

headspace News

A Regional Newsletter

SEPTEMBER 2025 • ISSUE 13

The Push-Up Challenge Strengthens headspace

The Push-Up Challenge ran from the June 2nd to June 26th and set a goal of 3,214 push ups or alternative exercises to raise awareness of mental illness and suicide in Australia.

Our new Community Engagement and Awareness Officer, Nina D'Alton came onboard at the end of March this year, the challenge provided a great opportunity to develop relationships with both the local community and businesses.

Nina was able to bring several local companies onboard, receiving generous donations towards the challenge, as well as promoting staff participation. Additional to the outreach for the challenge, a 'Launch Day' event was also held in collaboration with Snap Fitness. This event saw several community members join in both personally and professionally, as well as the attendance of local media outlets and radio stations, including Power FM and 5MU.

By the end of the challenge there were over 52,000 push-ups banked in support of headspace Murray Bridge and over \$3,700 raised. Overall, it was a successful campaign and highlighted the support and passion from the local community in regard to youth mental health.



"Our Push-Up Challenge banked up 52,000 push ups!"

Family Space Program

The family space pilot program is a partnership of headspace Murray Bridge and Tinyeri Children's Centre to provide support to young parents aged 15 to 25.

The program provides social connections, build support networks and boost parenting skills and confidence through groups, education and peer interaction. Young parents will be supported at Tinyeri Children's Centre through group activities and linked to individual support at headspace Murray Bridge.

The program facilitates early intervention parenting skills and builds connections to mental health services to promote the wellbeing of young parents and improved outcomes for their children. To learn more about this program please reach us on 8531 2122.



NAIDOC Week



This year's NAIDOC Week theme, "The Next Generation: Strength, Vision and Legacy," was lived and breathed by our community. Our Cultural Program Coordinator, Aninna Tarasenko, played a key role on the NAIDOC Committee, ensuring youth participation, and strong community connection remained at the heart of every celebration.

Sunday opened with the Elders Luncheon and the Points and Rovers football match. Aninna welcomed Elders into the luncheon, creating a warm, respectful space where they felt celebrated and honoured. She introduced the young people supporting the event and shared yarns about each of them. Youth from our Cultural Program served meals and cared for Elders with pride, and later receiving small incentives as a thank you for their cultural respect and dedication.

Monday brought the Ngarrindjeri NAIDOC Bridge Walk and Awards Ceremony. Our headspace Murray Bridge team closed its doors for the morning to join the walk, standing in solidarity alongside young First Nations people from the Cultural Program in our Piltenggi Mimin:ar Korn:ar ("Strong Women & Men") shirts. Together, they carried a striking banner, co-created by AC Care youth workers, Elders, and young people at AC Care's Hangout program in the lead-up to NAIDOC. We were proud to sponsor a Youth Award, with two of our own, Robert Day and Willow Sharrad, receiving well-deserved recognition through community nominations.

Tuesday was a mix of culture and relaxation, beginning with the opening of the powerful Three Echoes Art Exhibition at the Murray Bridge Regional Gallery, followed by a fishing day at Sturt Reserve. Despite the weather, the riverbank was alive with laughter, yarns, and stories shared between generations.

From start to finish, NAIDOC Week 2025 embodied the spirit of "The Next Generation: Strength, Vision and Legacy." It was a week where young people led with pride, Elders were respected and celebrated, and our whole community came together in a powerful show of culture, resilience, and unity.

Meet Our headspace Staff

Name: Sarah

Favourite Movie: "Bring it On"

Fun Fact: Grew up on a croc farm



Sarah Watkins from headspace

Sarah is our new Family and Youth Worker at headspace Murray Bridge. Sarah works at our headspace office and also works with Tinyeri Children Centre's "Young Mums" program. Her role at headspace is to support, both mums and dads, with their wellbeing.

Sarah is a Jingili Mudburra woman from the Northern Territory. Sarah has studied Bachelor of Social Work at Charles Darwin University and in the past has worked with CAMHS, including working at the APY lands. Sarah enjoys cooking and is a coffee lover.

To learn more about our family space program please reach us on 8531 2122 or chat with Sarah Watkins.

Social Group: Chill Space

At headspace we have a social program for young people to enjoy at our centre. Come along to our chill space program, a fun, safe and inclusive environment for all young people aged between 12 to 25.

Play board games, dominate on Mario Kart or try out a new type of art! headspace workers run activities so young people can meet others and have some fun together in a safe, relaxed space located at headspace: 10 Second Street, Murray Bridge.

Chill Space runs every Thursday during the school term starting 3:30pm to 5:30pm. If you or someone you know are interested, please contact us on 8531 2122 to speak with our friendly team.



Check out Chill Space at headspace Murray Bridge

“Adulting 101” Workshops

Starting in August this year, our Adulting 101 workshops run every month and covers topics like understanding renting, independent living, resume writing and so much more. Adulting 101 is free, and you can attend as many or as few workshops as you want. To learn more, reach us on 8531 2122.

Spotlight: Our Work and Study Team

In August, the Work & Study team welcomed Alyssa from the Academy of Interactive Entertainment (AIE) - Australia's most awarded 3D animation, game design, film and VFX educator - to the centre to talk about study options and career pathways. Young people learned about the exciting jobs available here in SA with a qualification in Game Art, Game Design, Game Programming, 3D Animation & VFX or Filmmaking.



Sarah J, Shane & Nina at Unity College

Shane, Sarah & Nina attended the Unity College Future Directions Expo to let young people know about headspace and the services on offer. Anyone who visited the stall was able win a prize by answering a question about how they look after their mental health and keep a healthy headspace.

Youth Reference Group

YRG is for 16 - 25 year old's who are passionate about their community, youth mental health and would like to volunteer.

Please give us a call on 8531 2122 or email us on headspace@ireach.org.au to learn more or to sign up.



Yarn Space

headspace cultural program invites all First nation's young people 12-25 to join us at Yarn Space every Friday from 11:30am-1pm

Activities include:
Aboriginal art, bead making, cooking and social wellbeing.

Call 8531 2122 or email us on headspace@ireach.org.au to register.



Chill Space

Come along to Chill Space after school every Thursday 3:30pm - 5:30pm during the school term.

Where: 10 Second Street,
Murray Bridge

Call 8531 2122 to book a spot



Family & Friends

headspace has grown through listening to the voices of young people, family members and community.

We hear you and want to hear more about what you want from your headspace service.

Call 8531 2122 or email us on headspace@ireach.org.au to register to get invited to any future meetings.



GP at headspace

We have a GP at headspace Murray Bridge. Dr. Myrtle is an experienced GP. Contact us on 8531 2122 to learn more.

A valid Medicare card is essential for GP service and is for young people aged between 12 and 25, and is bulk billed.



Gym Group

Join headspace workers Wednesdays at 10:30am and 3:30pm at Snap Fitness for free gym sessions during the school term.

Located at Snap Fitness:
3/15 Swanport Road, Murray Bridge

Call 8531 2122 to book a spot



All social groups are for 12 - 25 year old's. Except for Family and Friends Group.