

# headspace News

A Regional Newsletter

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## School Visits headspace!

We had a lovely visit on the 26th May from the Year 11 Health students from Murray Bridge High School. Sally and Annina showed the class around our headspace center and discussed the staff roles at headspace and the various services and programs we offer.

As part of this excursion students were put into groups of three where they brainstormed ideas for group activities to improve the health and wellbeing of young people in our community. Some of the great ideas they came up with included mental health personal training sessions, an art club run by a young person/people and an excursion to an animal shelter or animal sanctuary/wildlife park, or even an animal therapy group that meets regularly.

We want to thank the Murray Bridge High School students and their Health teacher Aimee for contributing to headspace in such a unique way. We would also like to thank headspace Aboriginal engagement youth worker Aninna and community engagement worker Sally for facilitating this lovely event!



Aninna and Sally in the group room at headspace, workshoping with the young people.



## Naidoc Youth Event in Murray Bridge: An Incredible Day of Celebration

Thursday July 14 was an incredible day for headspace and our local Aboriginal community, filled with culture, connection and fun. Our NAIDOC youth event, the first of its kind in Murray Bridge, celebrated the launch of two amazing creative projects, made possible through support from Country SAPHN, headspace National and The Station.

The unveiling of our finished Aboriginal Art Mural in the headspace waiting area provided an opportunity to celebrate with new and familiar faces, all coming together for NAIDOC week, while eating delicious, Australian themed food provided by local caterers The Little Local Co. After our mural was opened, we all headed down to The Station for the launch of our powerful reconciliation-themed 'Survival Day Song', created by young people and professional artists from the local community including the Deadly Nannas, and were treated to a delicious lunch and more original live music by local Aboriginal artists.

Asked about the day, headspace centre manager Suzanne Fuzzard said she "felt very proud of our service, that saw around 70 people attend, with an estimated 50 attendees being Nunga and part of this community. If you haven't seen the mural, please pop down any time to check it out."

We want to thank everyone who came along and got involved! It was a great day, and we can't wait to see what the future will hold.

### headspace Staff Profile

**Name:** Sarah Johnson

**Age:** 25

**Favourite Film/Book:** "The Martian"

**Fun Fact:** Could change a car battery at 14

Sarah Johnson joined our IPS (Individual Placement Service) team at headspace Murray Bridge in January this year. In her role Sarah helps young people to find work and/or study in an area which interests them and works proactively with local employers who may be looking for employees now or in the future.

Having moved to Murray Bridge when she was only four, Sarah is a Murray Bridge native. She graduated from Adelaide University with a Bachelor of Arts majoring in Philosophy, but initially was studying Astrophysics! After only a semester however she discovered this was not her favorite subject, and Sarah is a firm believer that studying what you love is a "great start" to getting where you want to go.

When asked if she has any advice for young people looking for work, Sarah said "Don't give up. Rejection is hard but keep trying. I was actually rejected from headspace 2 years ago, but now here I am! It's all about the right time for the opportunity. Don't take it personally when you get rejection because it happens to everyone. The more applications you do, the more chance you have of getting through. Just don't give up."

If you would like either Sarah or Brenton from the IPS team to assist you in finding work or study, just call 8531 2122 to arrange an appointment.



Sarah from our IPS Work and Study team



Sally (left) and Adol (right) hanging out at "All Culture Fest" stall

### Lets Meet YRG Member Adol!

Adol is a part of our Youth Reference Group (YRG) at headspace Murray Bridge, and she volunteers to help run events for headspace. Adol is also an IPS client (our Work and Study team), and it was through this program that Adol recently found rewarding work that fits with her long-term career objectives, with a local disability support agency. Believe it or not this is actually a second job for Adol, and in addition to all of this, she studies psychology at Adelaide University...talk about a go-getter!

On Saturday 25th June Adol could be found at the 'All Culture Fest' in the Murray Bridge Town Hall with our community engagement worker Sally, helping to spread the word about headspace among our diverse multicultural communities in Murray Bridge. It was a beautiful event where people shared stories, songs, and dances from their homelands, and many people received their Australian Citizenship.

A big thank you to Adol for her insight and passion for our community.

### headspace Day: Save the Date

headspace day is coming up and we have a fantastic celebration to share with the community. We will be unveiling our new garden and afterwards having an open mic night which is designed to activate conversations about mental health & wellbeing. At the open mic night, young people from the community, and headspace staff, can share songs, stories, (or anything creative) with a mental health theme. Food and drinks provided. Keep **6th October** at 4pm free and we hope to see you there.



The Book and Movie Club has a relaxing atmosphere with blankets and cushions while we discuss stories.

## Introducing: The Book & Movie Club

At headspace Murray Bridge we have a Book & Movie Club for young people aged 12-25, where we are only reading books which have been turned into movies. Participants can read the book, or watch the film, or both, and then we unpack and discuss the story.

One of the things we look to do with each book/film, is find lessons which may be useful in our own lives, and ask ourselves what we would do if we found ourselves in the same position as the fictitious characters.

Previously we have discussed the stories Wonder, The Princess Bride, Bridge to Terabithia, The Hunger Games and Percy Jackson and The Lightning Thief. Each month we discuss a story and have some good conversations, eat some snacks, compare the book/movie, and have lots of laughs.

The Book & Movie Club at headspace Murray Bridge meets from 4-5pm on the last Wednesday of every month. If you or anyone is interested contact headspace on 8531 2122.

## Young & old talking and healing on country



A great day out for headspace and the community

Friday June 22nd was a beautiful and special day for headspace Murray Bridge, and for all our friends in the Ngarrindjeri community. With our amazing Aboriginal Engagement Worker Nina at the helm, headspace staff travelled to Meningie with roughly 70 community members - including local Ngarrindjeri Elders, families, and young people - for a Healing and Wellbeing Day at our Ngarrindjeri Ruwi (Camp Coorong).

Held in partnership with our lovely friends at Moorundi, the day consisted of cultural and creative workshops held in a place of great natural beauty and enormous cultural significance. Throughout the day we were treated to traditional weaving and storytelling with Aunty Ros by the fire, wood carving for the young men led by Lalo Kartinyeri, and a welcome to country and smoking ceremony performed by young Ngarrindjeri man Thomas Pearson. Thomas also took us on a bushwalk where he introduced us to native bush foods and medicinal plants, while sharing language and stories about the stunning land and water of the Coorong, surrounding us.

Of course, we couldn't do any of this on an empty stomach! Aunty Bella Koolmatrie cooked fresh Coorong Mullet on the campfire, caught from the waters where we met, along with home-made Kangaroo patties prepared by Nina and her sister Valentina (who is also a member of our Youth Reference Group), and their grandmother, who is also an Elder from the Ngarrindjeri community.

And finally this wonderful day was topped off by a visit to the Ngarrindjeri Cultural Hub, where Elder and artist Aunty Ellen Trevorrow took us for a tour and shared cultural knowledge about the significant artifacts and pieces collected in the museum. All in all, this Aboriginal Healing and Wellbeing Day was a spectacular success, and went a long way to nourishing the 'mi:wi' in all of us...Aboriginal and non-Aboriginal alike.

## Book & Movie Club



Are you a bookworm?  
Or a movie nerd?

Then join the club!

4.00-5.00 pm, Last Wednesday of  
every month

Bookings essential. To register your  
interest, please call Sally on 8531 2122



## Rainbow Rhythms

A group for like minded individuals to  
connect socially in a safe, fun and  
inclusive environment.

Every Second Tuesday 4pm - 6pm  
during the school term.

To register your interest,  
please call us on 8531 2122



## Hangout Group

Come along to hangout after school  
every Thursday 4pm-6pm during the  
school term

Where: 10 Second Street,  
Murray Bridge

Call 8531 2122 to book a spot



## Kayaking Activity

We have a school holiday  
Kayaking activity coming up on:

Thursday 13th October.  
10.30am-1.30pm.  
Sturt Reserve, Murray Bridge.

Free, but bookings essential!  
Call 8531 2122 to book a spot.



All groups are for 12-25 year olds.

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