

headspace News

A Regional Newsletter

JUNE 2023 · ISSUE 06



Team photo with YRG members of headspace Murray Bridge and headspace Victor Harbor team. From left to right: Aninna, Tyler, Sophie, Carolyn, Natalie, Dhowhaa, Jo, Suzanne, Carita, Zoe, Hannah, Emma, Gabby, Chidera, Bec, Steph, Amalie, Brenton, David, Isaiah.

headspace Murray Bridge and Victor Harbor Planning Day a Success!

On April 27 the Murray Bridge and Victor Harbor headspace teams came together to have a planning day where we discussed and planned for the year ahead.

We had the pleasure from hearing from headspace CEO Jason Trethowan and heard lived experience presentations from headspace Youth Reference Group members Tyler and Gabby.

After a shared lunch we joined to discuss our goals for the year ahead. Both teams came up with exciting new ideas to support and reach out to young people and their families.

A big thank you to everyone who came along and shared, and to the Bridgeport Hotel for taking such good care of us.

IDAHOBIT Day Enjoyed by Young People and Staff

IDAHOBIT is the International Day Against LGBTQIA+ Discrimination, held on May 17. This day brings awareness, support and education about LGBTQIA+ issues in schools, workplaces and the community.

Our office celebrated this day with young people making cupcakes and decorating them with LGBTQIA+ themes and even Pikachu made an appearance.

The first IDAHOBIT was held in 2005 and is today acknowledged by millions of people globally. While IDAHOBIT has evolved over these years, the purpose remains the same—celebrate the progress we have made while also raising awareness for the discrimination that LGBTQIA+ people still face today.

Thank you to staff, Youth Reference Group members and young people who helped make this day special.

headspace Staff Profile

Name: Isaiah Janiak

Favourite Movie: "How to Train your Dragon"

Fun Fact: Able to hold breath for a long time

Isaiah is one of our workers here at headspace so let's get to know him. Isaiah is Adnyamathanha Yura (Man) from the Flinders Ranges. Isaiah is part of the cultural program where he goes to events and runs activities with young people in the community. These activities include travelling to significant cultural landmarks, creating cultural artefacts, yarning, and cooking traditional food together.

A typical work week at headspace for Isaiah involves computer work, organization of cultural days and helping run the program.

Isaiah's proudest moment came before his employment commenced when he was still a volunteer. He performed a song at the national headspace forum where he also built a connection with the CEO of headspace. Isaiah is proud that headspace has given everything he's been through a purpose by putting him in positions where he can use his experience to help others.

Some advice for young people Isaiah has given is, "change happens when you decide to keep trying and look for any opportunity to initiate the process of change. headspace may have this opportunity for you, I say knowing is better than not trying. It could change your life".



Isaiah from headspace

headspace Staff Profile

Name: Fiona Garlett

Favourite Movie: "Avatar: Way of Water"

Hobby: Spending time with family and friends

Fiona works a part of our cultural program at headspace. Fiona is a proud Wajuk/Ballardong women. Ballardong are Noongar people of the Southwestern of Western Australia and Wajuk are Noongar people of the Western Australia region of Perth. Fiona, alongside Isaiah is a part of our cultural program where she is working as an intern as an Aboriginal Youth worker, helping to support young people.

Fiona goes out into community for cultural group where they do activities such as weaving with the elders, painting as a group, visiting different support organizations in the town, visiting historical sites at communities, learning about culture, and connecting with family.

Fiona's proudest moment while being at headspace is advocating for young people and being their voice when they don't feel heard and talking about a beautiful culture that has been here for many years and will continue to do so.

Fiona's advise for young people is, "mainly don't be afraid to experience new challenges! headspace is an amazing place to come by and talk about anything you like good or bad. The cultural group is an amazing opportunity for those who want to learn more about who they are and their culture. Also, a great way to break many barriers that you have on your own".



Fiona from headspace



Gym group is FREE at Snap Fitness for young people 12-25. Call us on 8531 2122 to sign up or to learn more.

Gym Group is a Smash at Snap Fitness!

At headspace we have a free gym group where young people between 12 and 25 can join us at Snap Fitness in Murray Bridge to attend the gym with headspace workers to help them work out, get fit and have some fun.

Gym team members are also there to help support young people in their fitness goals and desires, where they can do a small workout or more intensive ones if wanted.

This group is a great way for young people to attend a gym, even for the first time. Come and have a look and decide if would like to attend more regularly.

This program is a part of headspace and is done every Wednesday at 10:30am. A big thank you to Snap Fitness in Murray Bridge for their continual support in the program.

Give us a call on 8531 2122 to learn more or to speak with one of our workers to register.

Family Day with the African Community in Murray Bridge

As part of our commitments at headspace Murray Bridge, we continue to seek ways to engage with the whole community of Murray Bridge.

Recently, our Community Engagement team spent the day with the African community Murraylands and had the opportunity to bring awareness of all the wonderful mental health services available for free to young people 12 - 25 years. It was interactive and engaging as headspace provided the smoothie bike for extra refreshment with soccer being the main game of the day.

The chairman Mr. Mafara, and the president of African Communities Council of South Australia Mr. Denis Yengi appreciated headspace for supporting and engaging with young people from the community and look forward to further engagement.

headspace Murray Bridge continues to explore ways to bridge existing gaps by engaging effectively and continuously with this group and many others from the CALD group respectively.



Picture from the day. Community Engagement worker Chidera with young people.

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



Gym Group

Join headspace workers Wednesday mornings from 10:30am at Snap Fitness for some free gym sessions.

Wednesdays at 10.30am.
Snap Fitness, Murray Bridge
3/15 Swanport Rd, Murray Bridge.

In collaboration with Snap Fitness.
Call 8531 2122 to book a spot.



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



Family & Friends Group

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 to register for this group to get invited to any future meetings.



All social groups are for 12-25 year old's.
*Except for family and friends group.

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FREE

New GP & Nutritionist

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

Please note: a valid Medicare card is essential for GP service and is for young people aged between 12 and 25, and is bulk billed.

Our Nutritionist, Zoe, has started with us working once a day on a fortnightly basis. Contact us on 8531 2122 to learn more.