

headspace Bondi Junction School Newsletter 15



Youth Reference Group recruitment NOW OPEN

Our awesome Youth Reference Group (YRG) meets twice a month to advise and support the centres activities, and to make sure our centre is on track with being both youth friendly and effective in the services we deliver.

We are now recruiting new members - people who are aged between 16 and 25, have an interest in mental health, or had their own experience of mental ill health, or family and friends who have, AND are looking to make a difference in these areas.

See <https://bit.ly/2MVuX8J> for the application form and more information. Applications close 27 August.

Volunteer of the Year award

And one of our inaugural YRG members (4 years on the YRG) won the South Eastern Sydney Local Health District Volunteer of the Year award – congratulations Isa, and thank you for your ongoing support and wisdom!

Waves of Wellness Surfing Experience

In term 2 Matraville Sports High School Students completed 8 sessions with Waves of Wellness Surfing Experience, and had a huge amount of fun, presenting the facilitators with a signed surf board at the final session (photo below).

Fundraising and City to Surf

15 staff, private practitioners and YRG members ran or walk the City to Surf this weekend, and we all had a great time! We are raising funds for the centre – see <https://www.gofundme.com/f/atszfm-city-2-surf> if you are able to donate – all support is greatly appreciated!!! It will go to providing the additional supports that make Bondi awesome – GPs, Yoga, basketball program, and exercise physiology.



School activities

headspace staff can do talks covering mental health, exam and study stress, anxiety, bullying, self-care. To request a talk, email liesl.homes@health.nsw.gov.au. This term Liesl has spoken to St Clares Year 11 students about stress and pressure, and will be running 2 sessions for Aboriginal students at South Sydney High School.



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Welcome David and Lola!



David and Lola (pictured above), from Delta Dog Therapy, will be in fortnightly on Tuesdays 3-4pm.

Tuning into Teens for Term 4

This 6 week program enables parents to learn new skills and ways to support their teens through various emotional and life challenges. We are taking registrations for Term 4's program – all parents are welcome to register, call the centre on 9366 8800.

Principals Breakfast Forum – 20 August

headspace staff will be attending Principals Breakfast Forum next Tuesday. Run by Councils and Centre 360 it cover supporting vulnerable students transitioning to High School. Contact Nicole Fairley on 0290838936 or nicole.fairley@waverley.nsw.gov.au for info.

Free Dental Checks

Come and get a free clean and check - 2-4.30pm on Thursday 12 September and 10 October.

Yoga is back!

Yoga this term is on Thursdays 4-5pm starting on 22nd August – it's free for anyone aged 16-25.

Mental Health First Aid Gold Status

We have been officially recognised by Mental Health First Aid (MHFA) Australia as a Gold Standard MHFA Skilled Workplace. We have 4 instructors on staff, and many staff/YRG members trained as Mental Health First Aiders. Contact us if interested in a course.

Individual Placement Support in Education

We have received a grant from Orygen to pilot a program of Individual Placement Support (IPS) in Education. Young people who are at risk of disengaging with education or who have disengaged with education will be supported through case management to re-engage, and may include supporting the young person, the family, the school or TAFE to address the issues that lead to the lack of engagement, and support them in education.

Keith's Closet

Keith, a nurse from Kiloh, opened 'Keith's Closet' in order for patients to have access to appropriate clothing – to donate, contact Keith on 0429135642 or keith.donnelly@health.nsw.gov.au

How to Refer

Young people can call us up or walk in. Staff members can also refer - if you have the young person with you, call us on (02) 9366 8800 and ask to speak to an intake clinician. If you do not have the young person with you, email/fax a Service Provider Referral Form www.headspace.org.au/bondijunction.



Above: Minister for Mental Health, Regional Youth and Women, The Hon. Bronnie Taylor, MLC visits headspace