



The new year brings new ideas

Welcome back and hope you all had a good start to the new year. Like most beginnings to a year, this one has brought a few changes around the **headspace** and **The Station** building. To start off with, the **headspace** entrance has been changed, moving over to the door near the sign post (keep an eye out for the new sign that we will be putting up quite soon).

headspace is now all upstairs, the reception being to the left once you reach the top of the stairs of the new entrance. **The Station** is taking care of downstairs, the entrance being the old **headspace** door. You will notice the 'Hall of fame' being made over the next few months with pictures of local bands that have performed at some of our various shows that have been put on over the years, and that leads you into the auditorium where you can take part in various recreational activities or come in for our music **Drop-In** on Wednesdays with Paul Ankersen and Simone Duke. There has also been a reorganisation within the staff as well. Integration Services Manager Pat Pollard has changed position to the Business Service Manager over at the Murray Mallee General Practice Network (MMGPN), while Maurie Breust has come over as the Clinical Director. We have a new Child Visiting Psychologist, Jeff Gerrard, and he will be around

on Thursdays. Also, we have a new energetic volunteer working with us now, Darrell Moyses, and he will be active in many different areas like the **Drop-In** sessions on Wednesdays and the **ICAN** Program.



As above, the door on the left is the new entrance for those wishing to gain access to **headspace** while the door on the right is the new entrance for **The Station**.

Queensland Flood Appeal a huge success



The Breakaways during their rocking set at **The Station**.

On the 22nd of January we held an event for the Queensland Flood Appeal, with 120 people raising \$887. There was live music performed by bands such as Jake Cheeseman, Mark Bettcher, UGB, Stray Dogs, The Wallet Chain, The Breakaways and Dicientyr. Food for the event was provided by McCues Bakery, and there was a long line of local businesses that donated prizes for a raffle such as The Telstra Shop, Hittin' the Street, Bakers Delight and South Side Village Take Away. Renee Moss from RCMB said, "It was good to see young people putting their hands in their pockets and feeling like they were able to contribute to the cause with anything they had."

ICAN News

For those who haven't heard of the **ICAN** program before, it was first started in the Murraylands in 2010, and is for students of a DECS school aged between 12 to 19 years of age. The **ICAN** program supports students who have left or are thinking of leaving school early for many different reasons like it has become too hard, or they are experiencing difficulties with their social or emotional wellbeing.

Headspace supports students from Murray Bridge High School, Mannum Community Collage, Frazer Park Primary, Taillem Bend Primary and Murray Bridge South Primary School. When referred to the **ICAN** program, the student will get one on one case management, where the case manager will learn what the issues are and how they can use a holistic approach to achieve an outcome that will be most beneficial to the student. This may include linking students into an alternate educational pathway. The whole process involves both the student and the family to maximise its success. Primary schools utilise the **ICAN** through Exceptional Circumstances Case Management (ECCM), which is delivered on the school site. ECCM is a one on one case management support to students to help them with issues such as bullying, building relationships with teachers and other social wellbeing issues. Murray Bridge High school provides the **ICAN** program through FLO (Flexible Learning Options) as well as one on one case management. Students are encouraged to be actively involved in programs to further their education and employment options.

A new program that started last year was the **V-TECH** Automotive Training. Starting on the 21 of October 2010 with a 1 day taster, 9 students from the Murray Bridge High School came on down to **headspace** to find out what it was all about. After that, 8 of the 9 students enrolled in a short course program in automotive engineering that was held once a week for 5 weeks, where they achieved completion of their carry out workshop practice activity module which counts towards their Cert 1 in Automotive. This year, 5 of the 8 who were a part of the **V-TECH** program last year have returned to be a part of the **V-TECH** Regional Cert 1 in Automotive program that we are now supporting. These 5 students will spend the morning doing the theory side of the course at **headspace** with a **V-TECH** trainer while the practical side of things will be held at the Murray Bridge High School workshop each afternoon. It will be held for 1 day a week, 8.30 to 4.30 for the whole of the first semester.



Young Mums

Karlarie and Suzie return this year with the Young Mums Program, offering the young at heart the opportunity to catch up and relax with other young mums. For this month in particular we have a afternoon of scrapbooking on the 4th of March at the new Tinyeri Child Centre, located at 65 Jarvis Ave, Murray Bridge. Also, there is an opportunity for those with an energetic side to come along to a Zumba class on the 18th, but there are no details available at the time of publishing, so contact Kalarie at **Headspace** for more details. All activities are free and Crèche is available at all of the events, so bring your kids along for a good time too.



THE STATION

youth centre
12-25

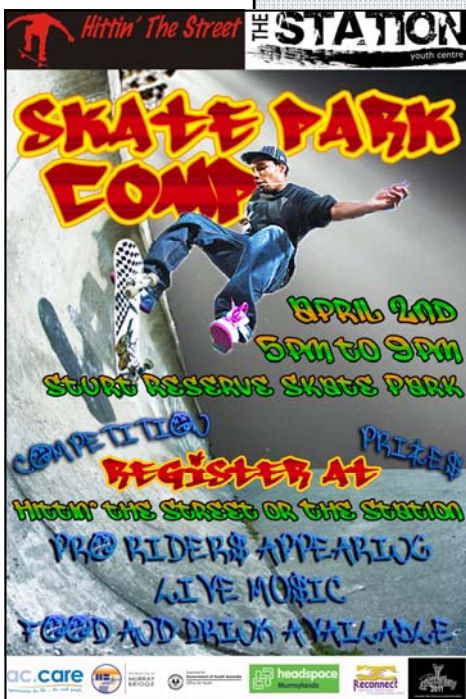
Band Rehearsals
Wednesdays 4pm - 9pm
Regular live music events
Get involved today!

The Station Youth Centre
3 - 5 Railway Terrace Murray Bridge 8531 2122
Paul Ankersen 0431 180 994



Youth Week News

National Youth Week is back for another year and it looks set to be a big week. Taking place from Friday April 1st to Sunday the 10th, it is a huge opportunity for



people aged between 12 to 25 years old to show their skills at various activities, compete in competitions and most important of all... HAVE FUN! This year the team at **The Station** and **Headspace** are bringing two big crowd pleasers back for another round of huge entertainment and fun. First up is the Skate Park Comp, which will be held on the 2nd of April at Sturts Reserve Skate Park. To register for the competition, see the staff at either Hittin' the Street or **The Station**. The second event is the best event we hold, BATTLE OF THE BANDS! Held on April the 9th at **The Station**, there will be a long list of local bands willing to come out and compete for the top prize, bragging rights and a \$1000 recording package. So come on down for both these awesome events and compete, or come down and support those that do.



CLOSE THE GAP

Campaigning for Indigenous health equality – Let's get it right!

Did you know there is a 17-year life expectancy gap between Aboriginal and Torres Strait Islanders and other Australians – and that's why we are hosting a 'Close the Gap' event to raise community awareness about it on Thursday March 24th.

Our event will help spread community awareness in Murray Bridge and surrounding areas about the need for increased and improved Aboriginal health services.

What are we holding?

We are holding an 'Open Health Day' at the Aboriginal Primary Health Care Unit where you are invited to attend and receive:

- Free Flu Vaccinations
- Free BBQ Lunch
- Service Providers Information
- Mini Adult Health Checks
- Mini Child Health Checks
- PIT Stops for Men
- Plus Heaps More

Where: Aboriginal Primary Health Care Unit, 124 Adelaide Road, Murray Bridge

When: March 24th 2010

Time: 10am to 3pm



For more information please contact Jessie-Mae Walsh on (08) 85 356 800

For more information on Closing the Gap or to make a donation visit www.oxfam.org.au/closethegap

Demand Indigenous health equality

Together we can end the Indigenous health crisis

Work Experience

Last year we had two people come in and do some work experience with us. Here is what they had to say about their experience.

Darrell Moyses - Cert IV in Mental Health - TAFE

Part of my course in was to do work placement in an organisation within the community. I chose to do mine at Headspace as it is a local group that has a lot of involvement in the community while offering a clinical side that youths can access if they have any problems. The staff here at Headspace are an awesome group of people and are so easy to get along with and I am thrilled to have had this valuable and rewarding experience.



Samantha Dodding - Karoonda Area School - Year 11

Choosing to do work experience at Murraylands headspace was one of my best schooling decisions, the team there are a lively, inviting bunch of people who are willing to help with anything that you need. My week was full of activities in the admin area and program support and realised how much effort it takes to organise events. I really enjoyed my week here and have come out of this opportunity with another career path in mind for when I complete year 12 and my SACE certificate.

March 2011 Calendar

MON

TUE

WED

THU

FRI

DURING THE WEEK EVENTS

	<p>1: Psychiatrist Sue Shannon is in. Drug Diversion Counselor Rose Boswell is in.</p>	<p>2: Psychologist Elise Wilson Barrett is in. Drop-In session at The Station from 4 to 9pm.</p>	<p>3: Psychiatrist Jeff Gerrard is in. GP Stephen Napoli is in.</p>	<p>4: AOD Counselor Sonia Benstead is in. Young Mums doing scrapbooking</p>	<p>Drop-In sessions at The Station, come on down with your band and practice on our stage. Open between 4 to 9pm every Wednesday.</p>
7:	<p>8: Psychiatrist Sue Shannon is in. Drug Diversion Counselor Rose Boswell is in.</p>	<p>9: Psychologist Elise Wilson Barrett is in. Drop-In session at The Station from 4 to 9pm.</p>	<p>10: Psychiatrist Jeff Gerrard is in. Psychologist Elise Wilson Barrett is in.</p>	<p>11: AOD Counselor Sonia Benstead is in. Psychologist Ivan Raymond is in.</p>	<p>Young Mums programs. On the 4th they are scheduled to do some scrapbooking. On the 18th they have a Zumba class organized. See page 2 for more info.</p>
14:	<p>15: Drug Diversion Counselor Rose Boswell is in.</p>	<p>16: Psychologist Elise Wilson Barrett is in. Drop-In session at The Station from 4 to 9pm.</p>	<p>17: Psychiatrist Jeff Gerrard is in.</p>	<p>18: AOD Counselor Sonia Benstead is in. Young Mums have Zumba class</p>	<p>Close the Gap is on the 24th of this month, being held at the Aboriginal Primary Health Care Unit. See page 3 for more details.</p>
21:	<p>22: Psychiatrist Sue Shannon is in. Drug Diversion Counselor Rose Boswell is in.</p>	<p>23: Psychologist Elise Wilson Barrett is in. GP Dr Elise Nicholls is in. Drop-In session at The Station from 4 to 9pm.</p>	<p>24: Psychiatrist Jeff Gerrard is in. Psychologist Elise Wilson Barrett is in. Close the Gap at APHCU between 10am and 2pm.</p>	<p>25: AOD Counselor Sonia Benstead is in. Psychologist Ivan Raymond is in.</p>	
28:	<p>Parents Lounge from 6 to 8pm at The Station.</p>	<p>30: Drop-In session at The Station from 4 to 9pm.</p>	<p>31: Psychiatrist Jeff Gerrard is in. Psychologist Elise Wilson Barrett is in.</p>		

ON THE WEEKENDS EVENTS

Keep a look out in this section for events that we will have on over weekends in the near future.