



headspace  
Armidale

# july newsletter

everything going on with our centre  
and the community at large



# headspace

## Armidale details

### referrals

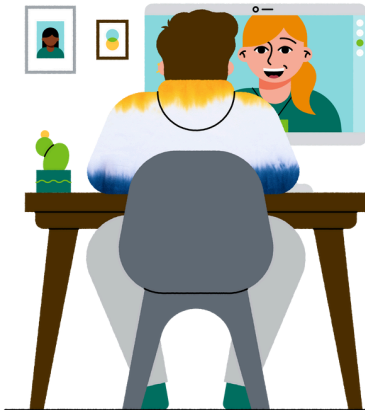
We provide free services for young people aged 12-25 years. Anyone can make a referral including self-referral, family, friends, service providers and health professionals. Referrals can be made in person, by phone, in writing (email, fax, letter) or online.

To access our online referral form, click on this link:

[LEARN MORE](#) 

headspace is not a crisis service: for emergency assistance call 000

Other helpful contacts: Mental Health Line 1800 011 511 Kids Helpline: 1800 551 800 Lifeline 13 11 14 Suicide Call Back: 1300 659 467 eheadspace: 1800 650 890 or eheadspace.org.au



## meet the team

Rhonda (she/her)

Centre Manager of headspace Armidale

How long you've been with headspace Armidale: 18 months

Your favourite part of the job/centre: the team, I love my crazy, happy, wonderful team!

What do you do in your free time: Renovate my house (my husband loves it), attempt to garden, cooking, watching TV.

What's your favourite music artist: Fleetwood Mac and Santana

Your favourite holiday destination: Ireland.



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# July updates

## youth reference group

The Youth Reference Group are amping up their plans for a Halloween party in October.

They are also endorsing the creation of a book club, a music group, study group, and a tv show/movie watching group.



## our waitlist

We are currently experiencing a waitlist of between 2 and 4 weeks.

Please complete the referral form, and a member of our team will reach out shortly to arrange your first appointment.

## your thoughts

What do you want to see from us?  
headspace Armidale is committed to being a resource for the community and our young people.

Is there an activity or event you'd like us to put on?

A workshop to deliver?

Let us know by completing the QR code form!  
or this button!

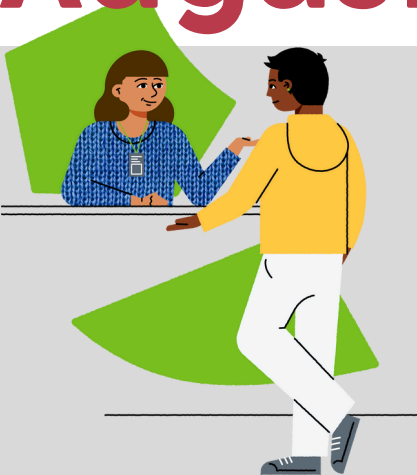


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# August Calendar



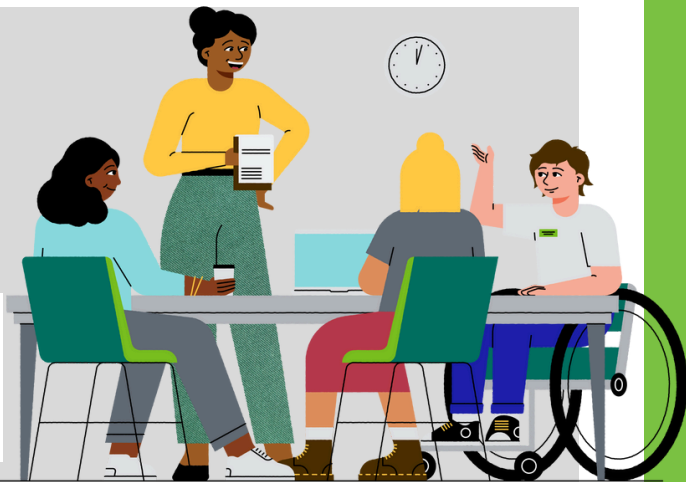
## GP Service

In July, headspace Armidale welcomed Dr Kate Martin into our centre. She will be available, by appointment, every Monday. Follow normal referral pathways to make an appointment.

## youth reference group

The Youth Reference Group will next on Tuesday August 20, at 4pm. Please complete this QR if you'd like to join us!

LEARN MORE



## book club

We're looking to put together a book club! Please complete this Expressions of Interest form if you're keen to get involved and let us know what you'd be interested in reading!



LEARN MORE



## Winter Blooming Ball

NERAM is hosting the 2024 Winter Blooming Ball!

Saturday August 17, from 7pm.

Tickets are \$15

[www.neram.com.au/event/winter-blooming-ball/](http://www.neram.com.au/event/winter-blooming-ball/)

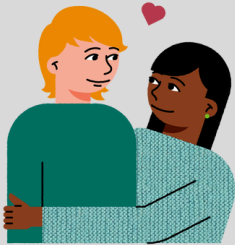


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# peer group chats

## navigating relationships



Relationships impact our mental health and wellbeing.  
Monday from 6.30pm weekly.

[LEARN MORE](#)

## adults supporting young people

If you are an adult supporting a young person, it can be helpful to hear from other adults about their experience.

Monday from 6.30pm weekly.



[LEARN MORE](#)

## qheadsapce

If you identify as, are questioning or are interested in learning about trans and gender diversity and/or sexuality join the community to discuss all things LGBTQIA+.



Tuesday from 6.30pm weekly.

[LEARN MORE](#)

## general coping

Join the community to learn more about how to keep on top of stress, and function at your best.  
Wednesday from 6.30pm weekly



[LEARN MORE](#)

## work and study

Join the community to learn some tips and tricks to support you in achieving your work and study related goals.  
Thursday from 6.30pm fortnightly.



[LEARN MORE](#)

## yarnspace

Everybody goes through times when our body, mind and spirit feel weaker. Join this online community for Aboriginal and Torres Strait Islander people to access resources and connect with other people like you.



Thursday from 6.30pm weekly.

[LEARN MORE](#)

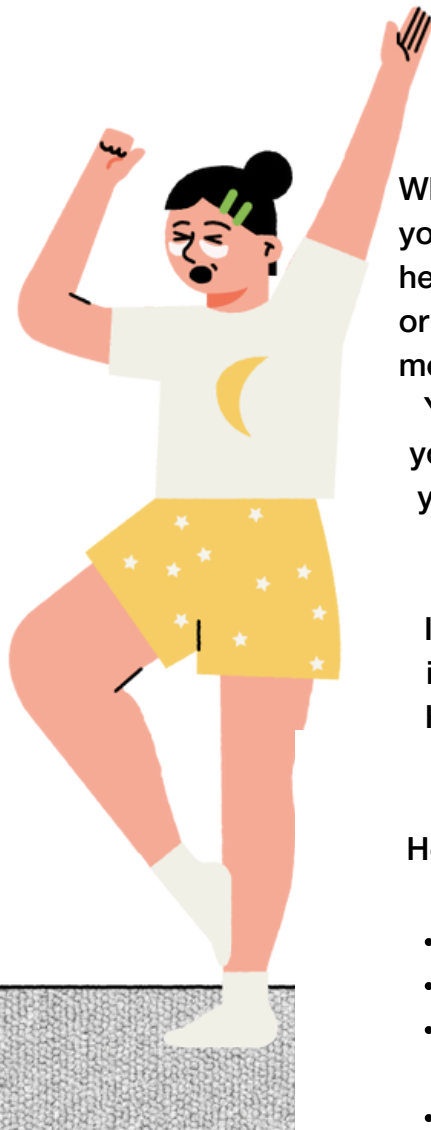


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# trends we're seeing

## sleep

Getting the right amount of quality sleep can give you more energy, improve concentration, help you better deal with stress and, you guessed it, keep a healthy headspace



### Sleep and your mood

Quality sleep is like a mental health superpower. When you get enough sleep, it's often easier to manage your emotions. This can help you have more patience and help you deal with any stress, including relationship, work or study difficulties. Also, it can help reduce your risk of mental health challenges in the future!

Yet, it's so common to struggle to sleep. That's because your sleep can be affected by many things – from the food you eat to feeling worried or anxious and even using your phone before bed.

### So...how much is enough?

If you're aged between 12–17 then 8 to 10 hours sleep is ideal, and 18–25 year olds should try to get 7 to 9 hours. Keep in mind that different people need slightly different amounts of sleep.

Here's how those zzz's can improve your headspace. They can:

- give you more energy
- improve your memory, attention and concentration
- make you less likely to crave snacks that aren't nutritious
- help you better deal with stressful situations.



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# July recap

## deadly fest 24





# July recap

## Minimbah NAIDOC celebrations

headspace Armidale was invited to attend NAIDOC Celebrations at Minimbah Aboriginal Pre-School and Primary School.



## Aboriginal Cultural Centre and Keeping Place Services Expo



headspace Armidale was invited to attend the Services Expo at the Aboriginal Cultural Centre and Keeping Place, Armidale, during NAIDOC Week.



# July recap

## headspace Armidale official opening

