

TERM 2, 2022

headspace Mildura Newsletter



Welcome

Hello and welcome to the headspace newsletter!

We would like to acknowledge and pay our respects to the traditional custodians of the land where we live and work across the Murray Mallee region. We pay our respects to elders past, present and emerging and we celebrate their continuing culture and acknowledge the memories of their ancestors.

headspace Mildura is located at 2/125 Pine Avenue, you can contact us on 5021 2400 or visit our website <https://headspace.org.au/headspace-centres/mildura/>

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What's on at headspace?

- Tuning into Teens– 6 week program to educate and support parents, starting 5/5/22.
- Healthy headspace– 6 week mental health education program starting 4/5/22.
- Healthy headspace in schools– 6 week mental health education program available to students during school time. Contact us for more information.
- DRUMBEAT group therapy– Contact us for more information.

Headspace Mildura is a one stop shop for young people aged 12-25. At headspace you can get access mental health, physical health and sexual health services, work and study support and alcohol and other drug counselling. Our services are free or low cost.



Staff members at the 2021 NAIDOC celebration

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Youth Reference Group

The headspace Youth Reference Group (Youthspace) is a group of volunteers who promote headspace Mildura to the community and give us feedback to make sure that our services fit the wishes and needs of our young people. The group is open to young people aged 15-25 in the Mildura community who are passionate about youth mental health. The group welcomes diversity and is a safe space for anyone to join! For a position description please visit the job vacancies section on our website, email us at my.headspace@headspacemildura.com.au or call 5021 2400.



Family and Friends Reference Group

The Family and Friends Reference Group (F&FRG) are a group of volunteers aged over 25 who work to support young people and the families who are engaged with us. The F&FRG ensures that our centre is as family friendly as possible and provides us with feedback to help us tailor our services to meet the needs of the community. For a position description please visit the job vacancies section on our website, email us at my.headspace@headspacemildura.com.au or call 5021 2400.



Alphabet Soup

If you are a young person in the LGBTQIA+ community or are an ally who would like a safe space to chat and make friends, Alphabet Soup might be for you! The group gets together every second Tuesday from 5:30pm-6:30pm to socialise and be themselves. Due to COVID restrictions, the meetings are currently being held over Zoom.

To register your interest, visit: https://docs.google.com/forms/d/e/1FAIpQLSfcNGrG2WAKAzTFv1gg9_7IPLRSX0vaBhLQtOPR_zKsn8Nz3Q/viewform

Or you can email us at my.headspace@headspacemildura.com.au or call 5021 2400 to find out more.

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Lentil and veggie curry

Looking for an easy, quick and cheap meal to whip up? Look no further than this curry!

Ingredients:

- 1 1/2 tablespoons of curry powder
- 400ml can of light coconut milk
- 4 cups of frozen veggies that are 1/2 thawed or chopped fresh veggies (choose your favourites)
- 400g tinned brown lentils, drained and rinsed
- 1/2 cup of coriander leaves chopped (optional)

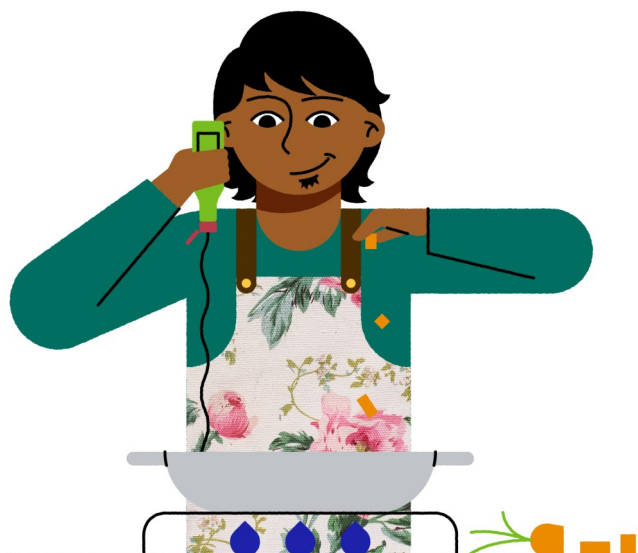
Method:

1– Combine curry powder and 1/2 cup of coconut milk in a large saucepan (not over heat yet). Whisk until curry powder dissolves, add remaining coconut milk and place over medium heat. Simmer, stirring occasionally for 4 minutes or until sauce comes to the boil.

2– Stir in veggies and lentils. Cover and cook on low/medium heat for 3 minutes or until curry returns to the boil. Remove lid and cook for 3 minutes or until veggies are tender.

3– Serve in bowls and top with fresh coriander (optional)

If you are wanting a more hearty meal try serving this over brown rice!



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Yoga– a way to exercise and practice mindfulness

Yoga is known for its relaxation, flexibility and strength benefits and is a great way to gently move your body. It is a time for focus, calm and awareness – all of which are key in mindfulness. Practicing yoga may help some people better manage worry and stress.

Between school work, homework and down time, we spend a lot of time looking at screens throughout the day. Yoga may be a way to slow down, remove distractions and check in with ourselves and how we are feeling.

If you are not sure where to start, there are heaps of YouTube channels that provide free, regular videos for all levels. Check some of them out here:

- Yoga with Adriene
- Yoga by Candace
- Aham Yoga
- Yoga With Cassandra
- Tarastiles



It can be hard to create new habits but give 5 minutes of yoga a try– you might find you enjoy it! Here are some easy poses to get you started.

