

# headspace Edinburgh North Newsletter January 2016

## Centre Update

### What's been happening at headspace Edinburgh North over the last month?

Welcome to 2016.....

#### Community Connections

headspace Edinburgh North is continuing to connect with the community by delivering presentations within our local community and schools, attending local events, and running programs and training for young people, parents/ carers and service providers.

With the new year having commenced and the weather getting warmer headspace is busy heading out and about educating the community.

With a brand new year here at headspace we are even more passionate about servicing our local community to the best of our ability. We already have lots of events, training and presentations planned, and 2016 is looking to be a fantastic year.

The headspace youth work team is dedicated to delivering the best service to our clients and have all been receiving training in 'Coaching Young people for Success' during January.

#### Upcoming Events:

- FLO O Day—27th & 28th January
- H2O Explosion—5th February
- Salisbury Secret Garden—20th & 27th February

For more information on any of our upcoming events or if your school or community group is interested in headspace coming out to present or having a stall at a community event please contact Georgie Brown at the office on 08 7073 7080 or fill out the online form at

<https://headspace.typeform.com/to/XXKMRR>



# Staff Profile

**Name:** Valeria Nilova

**Position:** Youth Intake Worker

**What do you enjoy about working at headspace?**

Meeting inspiring young people who are brave enough to seek help and want to make positive changes in their lives.

**Who would you most like to meet? Myself in 40 years.**

**If you could have any super power what would you have? Invisibility!**

**One word to describe yourself: Determined.**

**Favourite things to do: Spending time with my family, partner and friends, travelling, cooking, reading and relaxing at the beach.**



## ★ ABC ★ of LOOKING AFTER YOURSELF



NOTICE HOW YOU FEEL. IF YOU OR SOMEONE YOU KNOW ARE FEELING LOW OR STRESSED TAKE ACTION. ASK FOR HELP. DON'T GO IT ALONE. TALKING THINGS OVER CAN HELP.

WHEN YOU'RE FEELING LOW OR STRESSED IT CAN ALSO HELP TO LOOK AFTER YOURSELF. FEELINGS COME IN WAVES, LEARNING TO NOTICE AND LET THEM PASS USING BREATHING TECHNIQUES CAN HELP.

TO IMPROVE WELLBEING STAY CONNECTED. STAY INVOLVED WITH THINGS THAT ARE MEANINGFUL FOR YOU; FAMILY, FRIENDS, SCHOOL, SPORT AND OTHER ACTIVITIES.

# Barossa Outdoor Cinema

## Pinery Bushfire Fundraiser

On Friday the 18th December YAC Barossa held an outdoor cinema at the Nuriootpa swimming pool. The purpose of the event was to raise money for the Pinery Bushfire appeal. It was a perfect night for an outdoor cinema at the local pool. With lots of the community coming to have a dip to cool down or just to watch a good old Christmas movie. It was fantastic to see the Barossa Youth Advisory Committee working together to serve popcorn and fairy floss to the local community. The event attracted 175 local community members and raised \$880 for the Pinery Bush Fire Appeal.

If you want anymore information about the Barossa Youth Advisory Committee please contact Jeannine Malcolm at [jmalcolm@barossa.sa.gov.au](mailto:jmalcolm@barossa.sa.gov.au)



## MIFSA LGBTIQ Cultural Awareness Training

On the 9th of December the headspace team was lucky to have Karen from MIFSA come to our Edinburgh North site and deliver LGBTIQ Cultural Awareness and Mental Health training. The training covered, using the correct language, how to support gender and sexually diverse people, how to make your workplace and service for inclusive for sexually and gender diverse people. Everyone in the training found it very resourceful and helpful towards their daily practice. If you would like any-more information on the training please contact Karen or Heath on 08 8378 4100 or [queerconnections@mifsa.org](mailto:queerconnections@mifsa.org)



# ARA Christmas Party

On the 18th of December at Salisbury 12 25 Youth Centre an end of year celebration to acknowledge the year it was for ARA Salisbury Homework Club participants and CALD youth supported by ARA and Headspace Edinburgh North services during the year. The event was co-facilitated by both ARA and Headspace Edinburgh North. Over 40 young CALD people attended the event and took part in a range of activities from henna art workshops to cultural dancing. There was also a cultural shared lunch to finish the event. Christmas gift packs were also given to each young person in attendance that included service information and resources. The end of year celebration was well received by all in attendance. A big thank you must go to Trepina and Steve for their coordination of activities and hard work on the day.



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# headspace and Northern Health Network - Last day of 2015

Headspace and Northern Health Network were lucky to have a break over Christmas and the New year. To celebrate a year of hard work in 2015 all employees had a Christmas celebration. The day was filled with tidying up for the end of the year, having a traditional all staff lunch and finishing off the day with Kris Kringle.

The day is enjoyed by all the staff members, and involves celebrating the year's achievements.



# What's on!

## Gawler

### Outdoor Cinema

Friday 22nd January from 5:30pm  
Apex Park—Cnr Julian Terrace and Murray Street

Come along to Apex Park for Gawler's Summer outdoor cinema.  
FREE event with lots of activities prior to the movie. Visit [www.Gawler.sa.gov.au](http://www.Gawler.sa.gov.au)

### Scooter, BMX and Skateboard workshops

Professional Da Klinik instructors will be providing FREE workshops for young people!

Scooter: Tuesday, 19 January 2016  
BMX: Wednesday, 20 January 2016  
Skate board: Thursday, 21 January 2016

#### Outline of the day

Beginner: 10am – 11am

Intermediate: 11am – 12pm

Break and Demo: 12pm – 1pm

Advanced: 1pm – 2pm

Registrations & waiver must be signed to take part, if under 17 yo must be signed by a parent or guardian.

# Gawler

## Salisbury

### Salisbury Secret Garden

Thursday 18 February 2016 - Sunday 28 February 2016

Cost: Various

Salisbury Secret Garden will run from 18 February - 28 February 2016 with performance venues all within a 5 minute walk around the Salisbury City Centre.

Some of Australia's biggest name acts and international performers will transform the Salisbury Secret Garden into the place to be in 2016.

For more information visit [www.salisbury.sa.gov.au](http://www.salisbury.sa.gov.au)



# CIVIC PARK AUSDAY

26 JANUARY  
10am to 3pm

100m slip & slide  
Jumping castles  
Live music  
Food vans

**FREE EVENT**

[cttg.sa.gov.au/ausday](http://cttg.sa.gov.au/ausday) | [#civicparkausday](https://twitter.com/civicparkausday)



CITY OF  
TEA TREE GULLY  
Network Area

Civic Park  
Events



maxima



Westfield TEA TREE PLAZA  
SHOP.WESTFIELD.COM.AU



# What's on!

## Tea Tree Gully

### Harry Potter Movie Marathon

Thursday 21st January 2016 10:30am-4:00pm  
City of Tea Tree Gully Library  
571 Montague Road, Modbury  
FREE



Calling all Hogwarts enthusiasts! Immerse yourself in the world of Harry Potter and beat the summer heat. We will start with the movie 'Harry Potter and the Philosopher's Stone' and watch as many as we can.

### Australia Day at Civic Park

Tuesday 26th January 2016 10:00am-3:00pm  
Civic Park, North East Road, Modbury

Head on down to Civic Park for a 100m Slip and Slide, Jumping Castles, Live Music and Food vans.



## Barossa

### Outdoor Movie Night

How to Train Your Dragon  
Friday 22nd January 7pm  
Williamstown

We invite you to bring your friends and family to this fun film event. You'll be helping to raise much needed funds for Raw Impact Cambodia

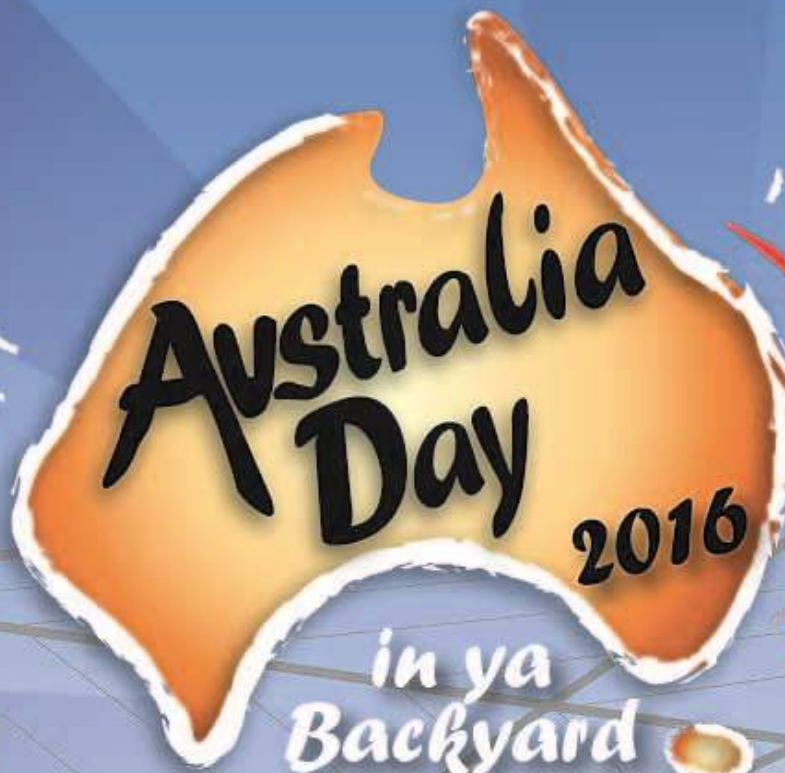
Tickets available at the gate. \$5 pp or \$20 family (2 adults, 3 children)

Gates open from 7pm, bring picnic blankets, cushions and beanbags to sit on!

Enquiries to Jeannine Malcolm, Coordinator Youth Services - The Barossa Council, 0417 503 243 or [jmalcolm@barossa.sa.gov.au](mailto:jmalcolm@barossa.sa.gov.au)







**TUESDAY 26 JANUARY 2016**

**8am-12pm**

**Fremont Park**

Yorktown Road, Elizabeth

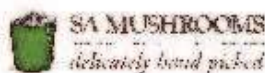
**Free BBQ Breakfast**  
*Amusements, activities  
and more!*

For more information call 8256 0333 or visit [playford.sa.gov.au/australiaday](http://playford.sa.gov.au/australiaday)

silver sponsor



catering partner



healthy living partner



signage partner



media partner



# EPIC

Engaging Peers In Communities

# GIVE BACK TO YOUR COMMUNITY



Gain leadership skills.

Gain a certificate of participation  
to present in your resume.

Weekly sessions commencing Term 1, Week 3,  
3:00pm to 5:30pm at Morella Community Centre  
90 Kings Rd, Parafield Gardens

Celebrate diversity within the community whilst gaining  
skills in leadership and networking with like minded  
members of your community!

Food will be provided at each session.



If you are aged 14-18, come from a diverse background,  
recognise as Aboriginal or Torres Strait Islander or have a  
disability you are eligible to register for EPIC. Contact the  
Sammy D Foundation at [aimee@sammyd.org.au](mailto:aimee@sammyd.org.au)



## Cool off this Summer at Adelaide biggest water fight - H2O Explosion!

headspace Edinburgh North will be heading to this exciting all-ages event is coming to Colley Reserve, Glenelg on Friday 5th February, 2016.

Kicking off at 6.30pm, H2O Explosion will see event-goers get drenched over 3 fun-filled hours!

You'll be supplied with hand held foam and water balloons, plus inexpensive water pistols will be on sale at the event.

Water and foam cannons will also be going off during the evening - so expect maximum drenching! Fun inflatables will add to the party atmosphere, plus there will be DJs playing great tracks to get you moving!

All are welcome to participate in this great event; it's a fantastic way to spend a balmy summer's evening in the company of friends and family!

Come prepared though - make sure to dress appropriately and ensure your phone has a waterproof casing.

Please note that you are not permitted to bring your own water pistol or water balloons.

This event is ticketed and tickets are priced as follows:

- Online: \$25 each or \$20 each when purchased in group of 4 or more
- Event Day Tickets: \$30 each or \$25 each when purchased in a group of 4 or more. (NB: Only available if event is not sold out prior)

To purchase a ticket online go to:

[http://www.active8change.com.au/index.php?option=com\\_content&view=article&id=67&Itemid=38](http://www.active8change.com.au/index.php?option=com_content&view=article&id=67&Itemid=38)

To ensure everyone's safety, security personnel will be in attendance at the event.

The event is also eco-friendly; Standard watering at this venue generally uses 7,000 litres of water in just 1 hour; the H2O Explosion will use 10,000 litres of water for the full event. Plus the addition of hand held foam is also good for the environment.

For more information on the event, what's permitted and ticketing options, please see:

[www.active8change.com.au](http://www.active8change.com.au)



**Giant Inflatables**



**All ages**



**Top DJ**



**Mass Water Fight**



## CALLING ALL YOUNG PEOPLE AGED 12-25 (AND THEIR FAMILIES/CARERS) TO SHARE THEIR STORIES

The Northern Health Network and headspace Edinburgh North are seeking young people aged 12-25 and families/carers of young people within this age group who would like to share their stories as part of a youth mental health campaign to occur in April 2016.

We are looking for:

- young people who are happy to participate in filmed or audio recorded interviews and discuss experiences related to mental health including stress, depression, anxiety, bullying, sexuality, drug use, physical illness, schooling/education, homelessness or unemployment.
- young people who are able to share their experience of mental health difficulties, the challenges they have faced, and the benefits of having a mental health service available to support them
- people from across the metropolitan region of Adelaide and outlying suburbs
- people who are available during February and March
- parents and families/carers of young people who have experienced a mental health issue

You don't need to have used headspace or Northern Health Network services before, but may be asked what your opinion is of a service like the Northern Health Network and headspace Edinburgh North and the value you place on having access to services like this.

**Successful applicants will be reimbursed for their time and may choose to be de-identified in any filming conducted.**

**Applications to be involved in this opportunity are open until the 19th February 2016.**

To apply please simply send a short email about yourself and how you fulfil the above criteria to [headspace Edinburgh North at \[headspace@northernhealth.net\]\(mailto:headspace.Edinburgh.North@northernhealth.net\)](mailto:headspace.Edinburgh.North@northernhealth.net)

**Successful applicants will be notified after 19/02/16**

For further information please contact: Steven Wright (headspace Edinburgh North)

✉ [swright@northernhealth.net](mailto:swright@northernhealth.net)

☎ (08) 7073 7070


# Rainbow Mates

Rainbow Mates is a group aimed at young females who are bisexual/same-sex attracted or are questioning their sexuality, and young people who identify as transgender or gender diverse between the ages of 12-25.

The group meets in Salisbury at Twelve25 Youth Enterprise Centre on a fortnightly basis afterhours. A light dinner is also provided with refreshments. The purpose of the group is to provide young people with a safe and respectful place to explore and express their

identity free from judgment and stigma. The content is driven by the needs of the participants which can include areas such as guest speakers discussing various health related topics, community event planning, discussing current events and media content as well as providing a generalised supportive environment and relaxed atmosphere.

For more information, please contact Keira or Georgie at the headspace office on **08 7073 7080**.



**Rainbow Mates** headspace  
Edinburgh North

Are you aged between 12-25 years old?  
Are you a female that identifies as a lesbian, bisexual, queer or transgender person?  
Are you questioning your sexuality or gender identity?

**TWELVE25**  
SALISBURY YOUTH  
ENTERPRISE CENTRE

**Come along to Rainbow Mates!**

headspace Edinburgh North and Salisbury Twelve25 are working together to provide young people a safe space to talk about sexuality and gender, without fear of being judged or criticised.

Contact headspace on 7073 7080 for information regarding times and dates or for a chat about coming along!

This group is a joint project between Twelve25 Salisbury Youth Enterprise and headspace Edinburgh North.



QSpace is a group for same sex attracted and gender diverse young people in the North East of Adelaide. We meet regularly to chat and be around like minded folk.

This QSpace we will venturing outdoors while we still are seeking a new venue.

Join us for a bbq in Civic Park  
(veggie options available).

**QSpace** returns Friday 12 February

5pm - 7pm  
@ Civic Park, Modbury  
Contact Fiona on 0418 854 638

# What's on!

## Playford

### Dodge Ball Tournament

John Mcveity Centre (JMC)-182 Peachey Road, Smithfield Plains  
Monday 25th January 1pm-3pm  
Free, 10-15 Years  
For further details please contact 8255 5560 or email nkenedy@playford.sa.gov.au



### Australia Day Celebrations

Fremont Park—Elizabeth Park  
Tuesday 26th January 3:30pm-6:00pm  
Free  
Come and join the City of Playford for a fun filled day which includes great kids activities, such as: Face Painting Temporary Tattoos, Jumping Castles, Velcro Wall, Pony Rides, and much much more.



## School Holiday Fun!

### The Big Wedgie Waterslide

Glenelg  
13/12/15 - 28/01/16  
\$12.00  
<http://www.thebigwedgie.com.au/>



### Moonlight Cinema

Botanic Park  
03/12/15 - 14/02/16  
\$14.50 - \$35.00  
<https://www.moonlight.com.au/adelaide>



### Mega Adventure Park

4 Hamra Ave, West Beach 5024  
\$5.00 - \$55.00  
<http://megaadventure.com.au/>



# Youth Advisory Committee (YAC)

Our Youth Advisory Council (YAC) is a group of young people aged 12-25, who are actively involved with **headspace** Edinburgh North in a number of ways. Young people on the YAC help make **headspace** Edinburgh North more youth friendly, through having a say in how our center looks and feels, as well as our community awareness projects and center promotions.



In addition to having a great time and meeting new friends, young people will be rewarded for their involvement wherever possible and are provided with training opportunities to expand their knowledge and skills. If you're interested in joining the YAC, or have a question please contact Trephina Gartley, headspace Edinburgh North Youth Worker on 7073 7080 or [tgartley@northernhealth.net](mailto:tgartley@northernhealth.net).

## Contacting headspace

You can call us on: **(08) 7073 7080**

Check out the website:

[www.headspace.org.au/edinburghnorth](http://www.headspace.org.au/edinburghnorth)

Email us:

[enquiry@northernhealth.net](mailto:enquiry@northernhealth.net)

Chat with a counselor anonymously

online: [www.eheadspace.org.au](http://www.eheadspace.org.au)

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