



headspace Edinburgh North Newsletter

February 2016



Centre Update

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

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.

As usual headspace Edinburgh North have been busy on their feet out and about in the community.

With the start of the year well and truly underway, with school and University going back and lots of events going on in and around Adelaide including the Adelaide Fringe and Uni O Weeks, headspace has been busy upskilling people on what we do.

headspace attended two of Salisbury's Fringe events in their Secret Garden including the family fun night and the Movie night.

We also attended Adelaide biggest water fight H2O Explosion with our friends from headspace Murray Bridge and headspace Woodville.

Upcoming Events:

- Closing the Gap Day—16th March
- Young Leaders Day—21st March
- St Patricks PASS!—24th March
- Evocca College PASS! - 30th March

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: Rebecca Shepley

Position: Mental Health Support Officer

What do you enjoy about working at headspace? I enjoy working with the staff of headspace who project positive vibes and energy into the community and youth.

Who would you most like to meet? Myself in 5 years time.

If you could have any super power what would you have? Read minds!

One word to describe yourself: Conscientious

Favourite things to do: Spending time with my puppy Chester, and family and friends. Taking Chester to the beach and taking time from Uni to relax. Listening to music to help unwind my thoughts when they get crowded.



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

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?

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

Salisbury Secret Garden



As part of the 2016 Fringe Festival Salisbury Council held their own Garden of Unearthly Delights called the Secret Garden. The garden was open from the 18th February till 28th February with a variety of acts and shows around Salisbury. Headspace was lucky to attend 2 of the events in the garden, including the Family fun night and the Movie night. Both events were well attended by the local community and were lots of fun. The Family night consisted of few circus acts, sand pit, mega maze, croquet and arts and crafts. The Movie night was a showing of the movie Turbo. This night was highly successful with lots of the community coming along.



H2O Explosion



headspace Edinburgh North along with friends from Woodville and Murray Bridge volunteered at the H2O Explosion event in Glenelg. The event was run by Active8Change an organisation that's dedicated to organising a range of different active events to raise money for a variety of different charities. H2O Explosion was Adelaide's biggest water fight for all ages. The event was held at Colley Reserve in Glenelg with loads of different activities throughout the night including a mass water fight, Foam dance party, giant inflatables and lots of water balloons.

Headspace staff and YAC members had an awesome time helping out and getting drenched. If you were there on the night and want to see some photos or would like more information about Active8Change head to their website <http://www.active8change.com.au/>



Resilient Futures

headspace Edinburgh North is proud and excited to be partnering with The South Australian Health and Medical Research Institute (SAHMRI) to deliver the 'Resilient Futures' resilience based mentoring program to young people in the Northern region. The 'Resilient Futures' program will measure and build resilience and wellbeing amongst 850 disadvantaged young people, and our team commenced its involvement in the program by attending 5 days of intensive training provided by SAHMRI and TechWerks in February.

The training content included Introduction to Resilience, Resilient Thinking, Purpose and Meaning Making, and Social Connections, and provided great knowledge and skills about how to build resilience in young people.

We hope to be able to provide further information about our 'roll out' of the program in the coming months.



Songwriting
Recording
Music Technology
&
Performance

Ages 12+

Numbers strictly limited

The
EMU
Tree
.com

Gawler



For more information contact
Christian Teusher:
theemutree@gmail.com
0408 364 900
Cost: \$50

3 Day
Music Workshop
APRIL 20, 21 & 22

The Youth Shak,
Gawler Sport and Community Centre,
Nixon Terrace.
Gawler.
10am to 4pm



JOIN US

YAC Barossa are excited to invite you to The RACE - a family friendly event celebrating Australia's multicultural diversity.

Eat, sing, dance and explore your way around the world through a range of cultural engagement activities.

WHEN: Saturday, May 7th , 2016
WHERE: Tolley Reserve, Nuriootpa
TIME: 11 am - 5pm
COST : Gold coin donation to the Australian Refugee Association

Contact: Jeannine Malcolm
Co-ordinator - Youth Services
The Barossa Council
E: jmalcolm@barossa.sa.gov.au
M: 0417 503 243



What's on!

Gawler

Bluelight Disco

Friday March 4th 7:00pm-10:00pm

Starplex Gawler, \$6

8-17 Years old, Tickets at the door



Roller Skating Disco

Every Friday Night from 7pm-9:30pm and Saturday Mornings 10am-12pm

Friday Night Skating Disco is the most popular skating session.

The disco plays the latest music with loads of fantastic games during the session. So come skate under the flashing lights for the most fun on wheels! Gawler Sports and community center, 7 Nixon Terrace, Gawler

\$7.50 per skater and \$2.50 Per skate hire



Salisbury

Northern Youth Arts Market

Saturday April 9th 10am-3pm

John Harvey Gallery

12 James Street, Salisbury

FREE Entry—open to all ages

Variety of art and craft stalls hosted by young people, local youth music, opening of art exhibition, body art, interactive art activities and delicious food and drink available for purchase. For further info contact Kate on 8406 8555 or Julie 8406 837



Movie Night in the Square - Guardians of the Galaxy

Free event for young people 12-25 years

Saturday 16th April

Civic Square, John St, Salisbury

Activities 6.30pm

Movie 8pm-10pm





headspace Edinburgh North is proud to present a 1 day workshop focussed on the early detection of emerging mental health problems in young people and building skills to engage with young people experiencing mental health and other psychosocial difficulties. Learning objectives include providing participants with:

- An understanding of the biopsychosocial development of young people
- An understanding of barriers that young people face in accessing health care
- A broad knowledge of effective psychosocial and biomedical interventions relevant to young people with mental health and/or substance use issues and their carers
- An understanding of medico-legal issues relevant to working with young people and their carers, including confidentiality and consent
- An ability to communicate effectively with young people and carers in order to build rapport, screen for risk and protective factors, and recommend appropriate intervention or referrals
- An ability to perform a health risk screen using the headspace Psychosocial Screening Framework (HEADSS)
- An ability to assess the need for ongoing monitoring or a more intensive intervention
- An ability to provide basic health advice regarding mental health, substance use and related issues

Date: Friday 1st April, 2016 9 am—5:00 pm

Suitable for : Mental health workers, GPs, school counsellors, teachers, and youth workers

Location: headspace Edinburgh North, 2 Peachey Road, Edinburgh North, SA 5113

Cost: \$50.00 per participant (limited participant numbers are available)

Registration Response: Please contact Georgie Brown at headspace on (08) 7073 7080 or email gbrown@northernhealth.net by Friday 25th March 2016 to register.

What's on!

Tea Tree Gully

Writing Group for Young People

2nd Wednesday of every month

City of Tea Tree Gully Library

571 Montague Road, Modbury

FREE

4:30-6:30pm



Come along to leave develop and inspire, for young people aged 12-25 and writers of all skill levels.

Cover2Cover Youth Book Group

Wednesday 2nd March 4:30-6:30

City of Tea Tree Gully Library

571 Montague Road, Modbury

Talk about books you love, hate or have never heard of with other young people.

Upcoming dates:

- Wednesday 06 April 2016 - 4:30PM
- Wednesday 04 May 2016 - 4:30PM

Barossa

The RACE

Saturday May 7th 11-5

Tolley Reserve, Nuriootpa

FREE

The RACE—Racial And Cultural Experience
Food trucks with foods from around the world

A stage showcasing the colour, music and vibes of different cultural groups
Arts and crafts, and much much more.



If you are interested in participating or helping out or For more information contact Jeannine

Malcolm, Coordinator—Youth services, Barossa Council

jmalcolm@barossa.sa.gov.au

0417503243

City of Playford Youth Forum 2016

Are you aged between 12-25?
Tell us what you think about
living in Playford.



Be inspired, say what you think and dream big at these interactive workshops. Your ideas can influence big changes to where you live and help create Council's Youth Directions Report.

Wednesday 2 March 2016

Northern Sound System, 73 Elizabeth Way, Elizabeth

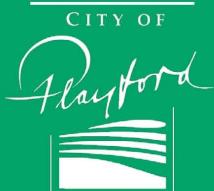
For more information or to book in please contact
Georgina Pearce Youth Development Officer on **8255 5560** or gpearce@playford.sa.gov.au



Northern Sound System



Playford Youth Advisory Committee



What's on!...

Playford

Northern Sound System Cypher Premiere

Friday March 4th 7pm

Northern Sound System, 73 Elizabeth Way, Elizabeth

All Ages event

\$5 Entry (tickets available at the door)

Live Performances from a number of artists

Freestyle Tournament

Live art and DJs

Prizes to be won throughout the night



For more information visit Northern Sound Systems Facebook Page!

Weekend Fun!

Mega Adventure Park

4 Hamra Ave, West Beach 5024

\$5.00 - \$55.00

<http://megaadventure.com.au/>



Adelaide Fringe Festival

Feb-12th to March-14th

Multiple different shows

Free and Paid events

For more information visit

www.adelaidefringe.cm.au



What's on!

Parents and Carers

Social Media Storm

Wednesday 23rd March 7:15-8:00pm
Holden Hill Community Centre
32-40 Bentley Drive, Holden Hill



This open and interactive session will educate parents about the complexities of the digital world both good and bad, plus the social and health issues that online youth experience by highlighting core issues of bullying, popularity and status, depression and social anxiety, risk-taking and sexual development.

Suitable for anyone over 16 years.

Stomping Ants

Wednesday 23rd March 6:00-7:00pm
Holden Hill Community Centre
32-40 Bentley Drive, Holden Hill

Ever opened a block of chocolate and thought "I have ruined my diet so I may as well eat the whole thing now!" Or have you been waiting for that job offer, only to receive a "thanks but no thanks" letter and written your entire future career off on the radar? What about watching on the sidelines of others lives thinking "why are they always the lucky ones?".



This experience is commonly known as automatic negative thoughts - ANTS. The good news is that this workshop will bring an awareness of your own personal ANTS and the "how to" of creating an entirely new way of thinking.

Suitable for anyone over 16 years.

Booking are essential for both these workshops. Please visit www.teatreegully.sa.gov.au or email ccbookings@cttg.sa.gov.au or phone 08 8397 7444

QUILT BAG

QUEER • UNDECIDED • INTERSEX • LESBIAN • TRANSGENDER/SEXUAL • BI • ASEXUAL • GAY

Youth Cinema Celebration of Sexual & Gender Diversity

A celebration for youth—but don't forget to bring your family and friends even the non LGBTQI ones.

Bring a bean bag or cushion. Fun Activities, Nibbles & Drinks.

WHEN

11th March 2016

Doors open 7pm

Movie starts at 8pm

Finishes at 10pm

WHERE

NSS (The Floor)

73 Elizabeth Way, Elizabeth

COST

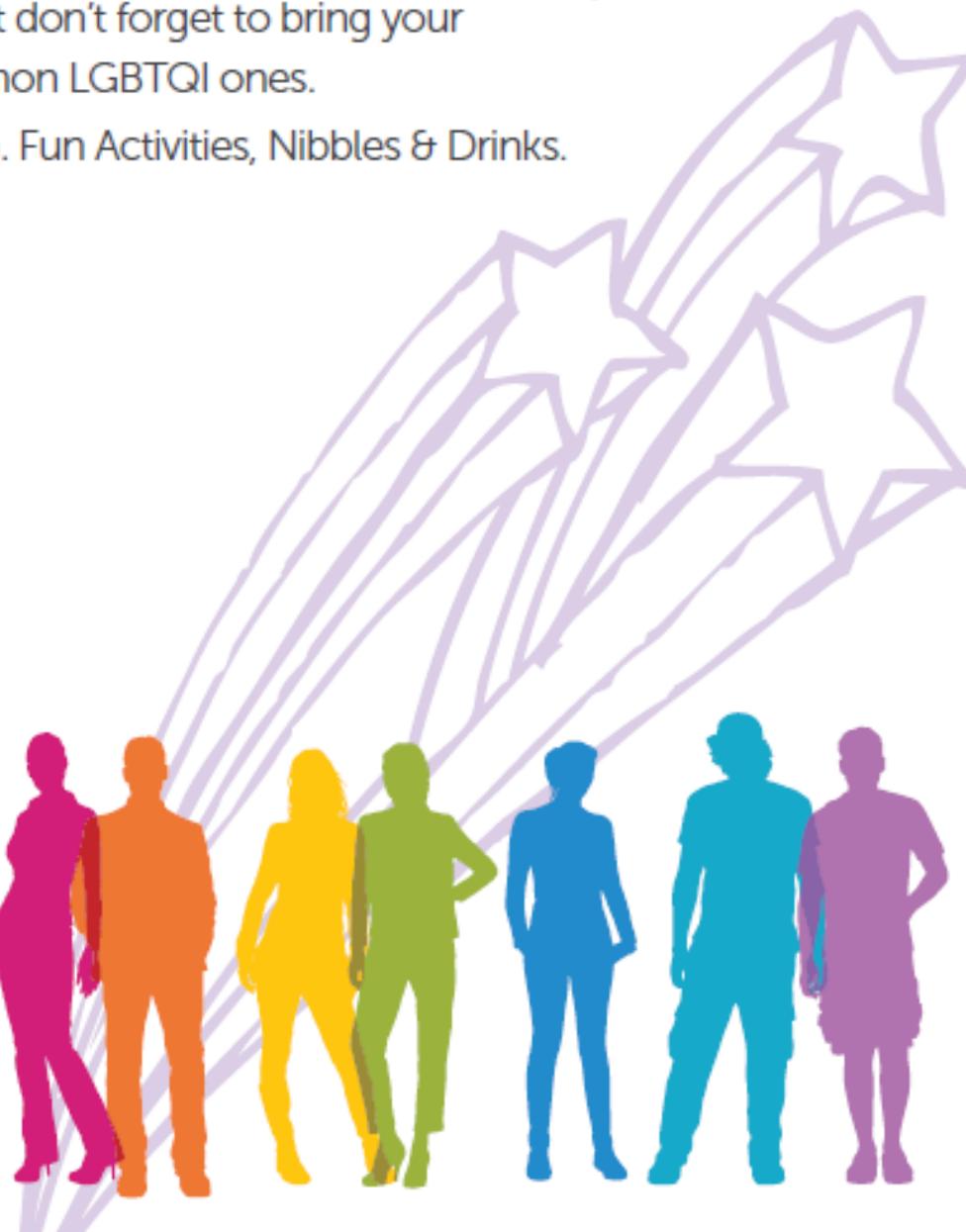
\$8 for pre-booked tickets
(through FRINGE TIX)

\$10 on the door

FREE POPCORN



(Gay Best Friend)



Supported by
Government of South Australia
Department for Communities
and Social Inclusion

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 Trepheina Gartley, headspace Edinburgh North Youth Worker on 7073 7080 or tgartley@northernhealth.net.

Contacting headspace

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

Check out the website:

www.headspace.org.au/edinburghnorth

Email us:

enquiry@northernhealth.net

Chat with a counselor anonymously

online: www.eheadspace.org.au

Like us on Facebook
**headspace Edinburgh
North**

