



# february newsletter

everything happening within our centre and the community at large for young people

## special days in february

1

**08/02/2022**

safer internet day  
#PlayItFairOnline

2

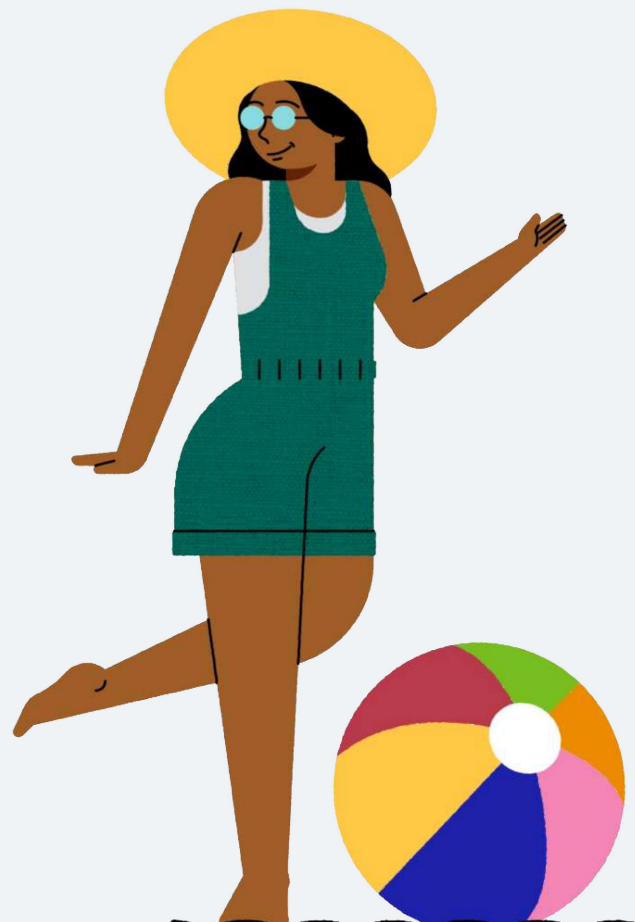
**17/02/2022**

national random acts of kindness day

3

**27/02/2022**

national pokemon day  
event information to come



**at headspace horsham, we understand the importance of feeling connected to others and having positive things to look forward to.**

**healthy relationships are important for our mental health and wellbeing. they can boost our energy, improve our sense of belonging, help us to relax and help us feel supported.**

**planning a catch-up, joining a club or participating in a safe online community can help you feel connected and to meet new people.**

**doing things you enjoy can help you to keep a healthy headspace.**

**here are some of the programs we run at headspace horsham!**



## Young Adult Book Club (12-18Y/O)

**Do you love reading and all things books? Then you should join our Young Adult Book Club!**

Our Young Adult Book Club will be running every second Wednesday of each month at 4pm.

Open to all young people across the Wimmera. Books will be ordered from the library and sent to you!

If you would like to be involved and attend please contact us on 53811543, [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org) or message us on our social media accounts.

Held at the headspace Horsham centre or online via zoom. Virtual attendance is also available. Send an email to [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org) and a zoom link will be emailed out to you.



January: 'The Lion, The Witch and The Wardrobe' by C.S.Lewis

February: 'Tomorrow When The War Began' by John Marsden

March: 'The Fault in Our Stars' by John Green

April: 'Heartstopper' by Alice Oseman

May: 'The Maze Runner' by James Dashner

June: 'The Book Thief' by Markus Zusak



If you are a young person and would like to join our book club, you can do so by emailing us at [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org) or phone on





## Anime Club

headspace Horsham

Do you love anime and want to connect with other young people who also love anime?

Are you between the ages of 14 and 18?

Well come along and join headspace Horshams Anime Club

An anime club is a group of young people meeting monthly to discuss, show and promote anime in a local community setting and can also focus on broadening their Japanese/Korean cultural understanding.

An anime club can also engage in other activities such as viewing anime/kpop music videos, karaoke, cosplaying and reading manga.

To register your interest in this group please contact us.  
Phone: 53811543  
Email: info.headspacehorsham@vt.uniting.org

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

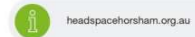
## Social Group

Do you struggle in social groups and communicating with others? Then come along and join the headspace Horsham Social Group.

During each session we will be learning how to communicate with others and how to feel comfortable in social groups while completing fun activities like cooking, board games, craft work and many more.

Responsibilities and Benefits:  
Participate in group activities and group discussion  
Maintain regular contact with the group in person, via phone, Facebook or email.  
Meet other young people and create relationships  
Develop a range of communication skills and mental health techniques

This Social Group will run once a month after school between 4:00pm - 5:00pm. To register your interest in this group please contact us.  
Phone: 53811543  
Email: info.headspacehorsham@vt.uniting.org



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

## HEADSPACE HORSHAM'S BOOK CLUB (18-25) SIX MONTH BOOK PICKS

February: 'Six of Crows' by Leigh Bardugo

March: 'The Book Thief' by Markus Zusack

April: 'The Martian' by Andy Weir

May: 'Eleanor and Park' by Rainbow Rowell

June: 'Children of Blood and Bone' by Tomi Adeyemi

July: 'Maus' by Art Spiegelman

If you are a young person and would like to join our book club, you can do so by emailing us at info.headspacehorsham@vt.uniting.org or phone on



## Adult Book Club (18-25Y/O)

**Books are great, but getting to talk about them is even better! If you feel the same then you should join our Adult Book Club!**

Our Adult Book Club runs on the first Friday of each month at 4pm and is entirely free!

Available to all young people between 18-25y/o across the Wimmera. Books will be ordered for you from the library and sent to you to read!

If you would like to be involved and attend please contact us on 53811543, info.headspacehorsham@vt.uniting.org or message us on our social media accounts.

Held at the headspace Horsham centre and via zoom. Virtual attendance is available. Send an email to info.headspacehorsham@vt.uniting.org and a zoom link will be emailed out to you.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

## things to know

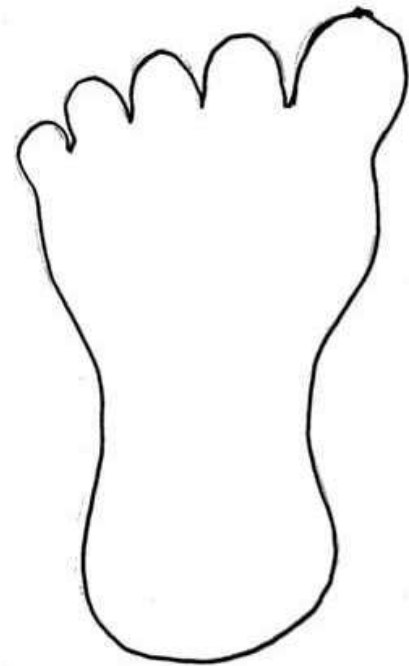
- Horsham Arts Council (HAC) are holding auditions in early february for a revamped 'broadway showcase'. HAC are looking for performers 14 years and older. for more information check out their facebook page at <https://www.facebook.com/horshamartscouncil>
- haven market is back in 2022! first market day will be saturday february 5th. this is a great community event for any young people and their families to attend.
- Horsham Lanes and Games are hosting teams of mixed netball starting at the beginning of February on a Monday night. For more information check our their facebook page or call on 53825022.
- looking for work or study opportunities? check out the wimmera southern mallee LLEN school jobs board at <https://bit.ly/3g1PjdR>
- feb fast is your chance to pause for a cause by giving up alcohol, sugar or another vice of your choice, to support disadvantaged youth in Australia. for more info check out <https://bit.ly/3r3pGzv>

## more stuff!

- the murtoa pool is open for the summer, featuring three pools, a kiosk and water slide. it's a great place to hang out with friends and cool down over the hot days. open 3pm till 7pm and right next to lake marma, it's a great way to spend an afternoon. for more information, check out their facebook page.
- Horsham Neighbourhood House is running a competition for the whole community. Design and decorate the below footprint and then in 50 words or less tell us what "footprint" do you want to leave in 2022. There are two prizes for the best Footprint and comments. One for children under 18 and then an adult prize. (Prizes are \$50 Shop Horsham –Gift Cards). Please drop in your entry to Horsham Neighbourhood House (13 Robin St Horsham). Entries close Friday 18 February 2022. Please make sure your name and contact number is with your entry.



### My Footprint for 2022



The footprint I want to leave for 2022 is \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Adult/Child Entry (please specify) \_\_\_\_\_

(please return entry to Horsham Neighbourhood House -13 Robin St)

# TRIVIA NIGHT

LIVE FUNDRAISER

Save the date  
18th of February

RESCUES  
INVOLVED

Catnap kitten rescue  
Horsham Paws  
Phoenix animal rescue

Ph: 53811 996

Hosts  
Your  
Family  
Vet

Exchange  
Hotel

Dee  
Devlin

and more!



Peter Taylor Memorial

# BAREFOOT WATERSKI TOURNAMENT



Dimboola Recreation Reserve

Come and see Australia and some of the world's best barefooters compete in slalom, trick and jump events, culminating in the spectacular 'Night Jump' on Friday night for juniors & Saturday night for Australia's elite jumpers. Catering on-site both days. Licensed booth on Friday & Saturday.

STRICTLY NO BYO

Saturday program followed by charity auction\*, DJ and fireworks

\*All proceeds from auction go towards  
Winners Against Cancer in Kids.



THIS EVENT IS GENEROUSLY SUPPORTED BY:



Altrens, Auto Tech Horsham, Belle-Vue Trading, Bendigo and Adelaide Bank Insurance, Blue Lake Milling, Camers, Dimboola & District Community Bank - Bendigo Bank, DJR Transports, DTM 83, Elders, HK Diesel & Equipment, Horsham Wool and Silage, IGA World, Mastercraft Melbourne, Max Trainers, Miller Transport Bhd, Miller Contractors Horsham, Murns Wrens Wind Farm, O'Connors, Rayer's Carpentry, SES Work, Sherron Bros, Skin Site and Surf, Sturm Engineering (SA), Traction Aq, Viterra, Wayne Ritchies Skiers Edge, Winmora Bearings, Winmora CMA, Wimpak, Webcon Marine, Wilkes Group Warrackbeed, Winmora Bakery, Winmora Mallee Ag, Keith Diesel & Dirt Depot, Dimboola Stockfeed, Dimboola Cropping Group, Winmora Mallee News, DAM Fodder, Barefoot Handles.

For more information [www.dimboolaskiclub.com.au](http://www.dimboolaskiclub.com.au)



## OUR VISION

To change lives and strengthen communities through local opportunities in community support, volunteering, learning and partnerships.

## Courses & Learning Programs

### HLTAID009 - Provide Cardiopulmonary Resuscitation

9:30 am - 12:30 noon

Ongoing schedules from Feb - Dec

4<sup>th</sup> Feb, 18<sup>th</sup> Mar, 29<sup>th</sup> Apr, 20<sup>th</sup> May, 17<sup>th</sup> Jun, 15<sup>th</sup> Jul, 19<sup>th</sup> Aug, 16<sup>th</sup> Sep, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov and 16<sup>th</sup> Dec

Cost: \$95 / person

This course is delivered and assessed on behalf of Allens Training Pty Ltd RTO 90909 by Centre for Participation

### HLTAID011 - Provide First Aid

9:30 am - 4:30 pm

Ongoing schedules from Feb - Dec

4<sup>th</sup> Feb, 18<sup>th</sup> Mar, 29<sup>th</sup> Apr, 20<sup>th</sup> May, 17<sup>th</sup> Jun, 15<sup>th</sup> Jul, 19<sup>th</sup> Aug, 16<sup>th</sup> Sep, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov and 16<sup>th</sup> Dec

Cost: \$190/ person

This course is delivered and assessed on behalf of Allens Training Pty Ltd RTO 90909 by Centre for Participation

### Introduction to Early Childhood Education and Care

Every Thursday 9.30 am - 3.00pm

1 Feb - 22 Feb

Cost: Free

### New Beginnings - A Woman's Journey

Semester 1 - 4 Feb to 24 Jun

Semester 2 - 15 Jul to 2 Dec

9:30 am - 3:00 pm Every Friday

Cost: Free

### Introduction to computers

Feb 7, 14, 21, 28, Mar 7

Every Monday, 9:30 am to 11:30 am

Cost: Free

### Getting started online

Feb 8, 15, 22 Mar 1, 8 and 15

Every Tuesday,

9:30 am to 11:30 am

Cost: Free

### English Beginner's Class

Semester 1 - 10 Feb - 23 June

Semester 2 - 14 Jul - 8 Dec

Every Thursday 9:30 am - 12:00 pm

Cost: Free

### English Intermediate Class

Semester 1 - 10 Feb - 23 June

Semester 2 - 14 Jul - 8 Dec

Every Thursday 9:30 am - 12:00 pm

Cost: Free

### To register:

head to [www.centreforparticipation.org.au](http://www.centreforparticipation.org.au) or call us on 5382 5607.

### Important Reminder:

There will be no classes during public and school holidays.



## OUR VISION

To change lives and strengthen communities through local opportunities in community support, volunteering, learning and partnerships.

### English for Karan group

Semester 1 - 10 Feb - 23 June

Semester 2 - 14 Jul - 8 Dec

Every Thursday 1:00 pm - 3:30 pm

Cost: Free

### English Conversational Class

Semester 1 - 10 Feb - 23 June

Semester 2 - 14 Jul - 8 Dec

Every Thursday 1:00 pm - 2:30 pm

Cost: Free

### Microbusiness

8 Feb - 9 Aug

Every Tuesday 1:00 am - 2:30 pm

Cost: Free

### Introduction to Community Services

Semester 1 - 7 Feb to 6 Jun

Semester 2 - 11 Jul to 7 Nov

Every Monday, 11 am - 3:0 pm

Cost: Free

### Hospitality Upskilling Pathways

Every Tuesday, 10 am - 1:00 pm

Term 1 - 8 Feb - 5 Apr

Term 2 - 26 Apr - 21 Jun

Term 3 - 12 Jul - 13 Sep

Term 4 - 4 Oct - 20 Dec

Cost: Free

### Hospitality Workforce Pathways

Every Wednesday, 10 am - 1:00 pm

Term 2 - 27 Apr - 22 Jun

Term 3 - 13 Jul - 14 Sep

Term 4 - 5 Oct - 21 Dec

Cost: Free

### Italian, French and Spanish

Term 1 - French

Term 2 - Spanish

Term 3 - Italian

6:30 pm - 8:30 pm

Every Wednesday, Cost: \$20 per night

### To register:

head to [www.centreforparticipation.org.au](http://www.centreforparticipation.org.au) or call us on 5382 5607.

### Important Reminder:

There will be no classes during public and school holidays.

**The centre for participation have the following programs running in the month of february:**

- 'New Beginnings - a woman's journey' is a positive, safe and nurturing learning environment where participants will be able to be supported by like-minded women, gain confidence in setting life goals and ambitions, enhance their interpersonal skills and develop effective communication. They will identify personal strengths and develop a positive self- image. To register <https://bit.ly/3rydA0e>
- Skills for work and study - Community services workshop. The community services course aims to develop learners Literacy and Numeracy capabilities and understanding of community services as pathway to the course 'Certificate II in Community Services'. In addition, it aims to improve learners' employability skills and develop their confidence to partake in further training in Community Services. To register <https://bit.ly/3lfDSey>



**INTRODUCTION TO EARLY CHILDHOOD EDUCATION AND CARE**



Do you have a passion to work with children in the Early Childhood Education and Care (ECEC) industry and Kindergarten?

This introduction to the ECEC course will provide you with the opportunity to gain an insight into the ECEC sector while also developing your Language, Literacy and Numeracy skills in preparation for potentially continuing your study with the Certificate III Early Childhood Education and Care.

Our experienced Trainer will support, encourage and challenge you every step of the way throughout this course.

**INTRODUCTION TO EARLY CHILDHOOD EDUCATION AND CARE**



**Areas of Study**

- Early Childhood Education and Care industry overview.
- How to create a safe environment that promotes play.
- Learn about the industry and what to expect should you decide to pursue a career.
- Legal responsibilities, Duty of Care and Mandatory reporting.

This is a pre-accredited course that will prepare you for success with the Cert III ECEC.

**Details**

**Start Date:** 1st February 2022  
**Duration:** 4 Tuesdays  
**Time:** 9:30am - 3pm  
**Location:** Centre for Participation 39 Urquhart St Horsham. Online available  
**Fee:** FREE  
**Book now:** [Introduction to ECEC](#)  
**For More information:** [robbie@centreforparticipation.org.au](mailto:robbie@centreforparticipation.org.au)  
 03 5328 5607

THIS COURSE IS PROUDLY BROUGHT TO YOU BY:



WHERE: WARRACKNABEAL SHOWGROUNDS

DATE: SATURDAY FEBRUARY 26TH

TIME: 7:00PM

COST: FREE

\*PLEASE REGISTER @

[HTTPS://WWW.EVENTBRITE.COM.AU/E/ACTIVE-FARMERSBLOKES-NIGHT-TICKETS-246968368037](https://www.eventbrite.com.au/e/active-farmersblokes-night-tickets-246968368037)

\*(BRING YOUR SWAG IF YOU WOULD LIKE TO STAY)  
 \*THIS EVENT IS FOR ALL BLOKES, NOT JUST FARMERS

\*COVID SAFE EVENT

**BBQ, (SUPPLIED) BYO DRINKS  
 GUEST SPEAKERS**



A night for Farmers/Blokes to socialise, relax, enjoy a bbq tea and listen to some quality guest speakers on farming, farm safety, succession planning and finishing with the outstanding Warren Davies from, 'The Unbreakable Farmer', who will talk about mental health and his farming and life journey.



**Ambulance  
 Victoria**



# Free Information Session

**Wednesday 23 February 2022 6.30pm**

Learn all about Ambulance Victoria

RSVP to Horsham Neighbourhood House

13 Robin St Horsham 3400

03 5382 5352

[info@horshamcommunityhouse.org](mailto:info@horshamcommunityhouse.org)



**RESPONSIBLE SERVICE OF ALCOHOL VIC**

Horsham Neighbourhood House is offering this course for locals wanting to complete this course.

**TALK TO US**  
 Course will be online, but participants are supported by Horsham Neighbourhood House  
 Cost: costs \$49  
 As the course is online can be completed any time by the participant.  
 Proof of ID, USI and email address required.  
 The course is run by CFT International

**TALK TO US**  
 for enquiries or bookings contact  
 Horsham Neighbourhood House  
 13 Robin St  
 0353 82 5352 or call into the office

**HORSHAM**  
**FRI 11 FEBRUARY**

**LEVEL UP?**

**RETRO GAMING**

**VIRTUAL REALITY**

**LET'S PLAY**

**CONSOLE GAMING**

**'LEVEL-UP!' GAMING EVENT FOR THE LOVE OF GAMING**  
 FOR ANYONE INTO GAMING, AGED 12 TO 25

EVERY FLAVOUR OF GAME...  
 VR PS5 XBOX SERIES X/S SWITCH  
 LAST GEN +++ MARIO KART TOURNAMENT!

**FREE** THE STATION  
 16 PYNSENT STREET  
 4PM - 8PM  
 FOOD AND DRINKS PROVIDED

RSVP TO AVOID DISAPPOINTMENT (LIMITED CAPACITY)  
[LEVELUPGAMINGEVENTS.COM/RSVP](http://LEVELUPGAMINGEVENTS.COM/RSVP)



**HORSHAM** **GRIP**  
FUZION **ROO GRIP**

**Skate-Scoot-BMX**  
**Comp 2022**  
Saturday 19th February  
**Horsham Skate**  
1 Park Drive, Horsham **Free Entry**  
10am Registration  
10.30am start –4pm finish

**For pre-registration**  
Message 0490 042 141

**Sausage Sizzle and water provided**

**Raffle Prizes**  
Drug and Alcohol Free Event  
COVID SAFE GUIDELINES APPLY

Proudly sponsored by **HORSHAM cyclery** Grampians Community Health

when things get tough it can help to talk to someone. headspace horsham is a good place to start.

**where to find support:**

many things contribute to someone mental health. that's why, at headspace Horsham, we provide information, social opportunities, support and services to young people. we offer appointments in centre 1-on-1 with trained mental health clinicians, or also via telehealth or phone services.

headspace also has a range of ways to support young people, with online or phone services available. they are open 9am to 1am, 7 days a week for 1-on-1 chats with trained clinicians. it's a confidential, free and a safe space to talk about what's going on. for more information you can visit <https://headspace.org.au/online-and-phone-support/connect-with-us/>

**self care tips for february**

- 1 listen to music**  
if your feeling stressed or just want to be able to unwind, listen to your favourite songs
- 2 take a shower**  
warm water can be soothing and cold water has been shown to help reduce anxiety
- 3 see friends**  
board games are a fun way to connect. pandemic, uno flip and life are good ones.
- 4 journal**  
getting your thoughts out onto paper can really help you work through stuff

PRESENTED BY THE PUSH, TRIPLE J UNEARTHED & FREEZA JOLLY GOOD PARTNERSHIP

**ALL AGES TOUR**

TICKETS \$20+BF

**THE SMITH STREET BAND**  
**ALEX LAHEY**  
WITH SPECIAL GUESTS  
**SAMI**  
**LANI WILLIAMS**

**SATURDAY 5 MARCH**  
STAWELL

FULL LINEUPS, LOCATIONS & TICKETS AT [THEPUSH.COM.AU](http://THEPUSH.COM.AU)