

The headspace Edinburgh North Holiday Zine



The Holiday Edition

The holiday season is upon us again! While for many, the season brings tidings of great joy, and the prospect of relaxing and reinvigorating for 2016, the holiday season also brings its own difficulties. With the stress of the season it's easy to get overwhelmed, inside this zine we've put together some fun ways to unwind during the holiday break.



We wish you all the best and hope you have a safe and happy holidays!

headspace
Edinburgh North

HEADSPACE EDINBURGH NORTH CHRISTMAS CLOSURE

Friday 18th December - Last Day-No services provided

Monday 21st December - Closed

Tuesday 22nd December - Closed

Wednesday 23rd December - Closed

Thursday 24th December - Closed

Friday 25th December - Closed

Monday 28th December - Closed

Tuesday 29th December - Closed

Wednesday 30th December - Closed

Thursday 31st December - Closed

Friday 1st January - Closed

Monday 4th January - Open 9am

If you are needing someone to talk to over this time visit www.eheadspace.org.au or www.kidshelpline.com.au

If you are experiencing an emergency during this time please call 000 or go to your nearest hospital

What to do when the season gets tough...

With the stress of the season it's easy to get overwhelmed, here's some tips to stay well and have a great holiday season.

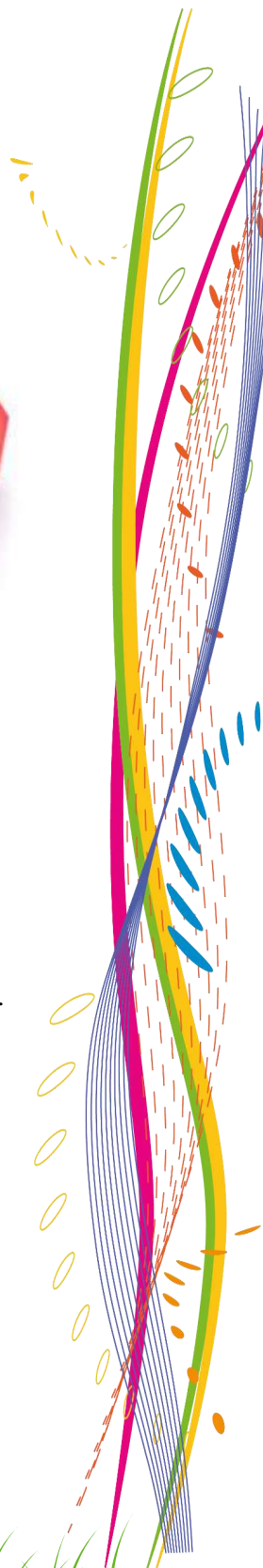
- Avoid the negative and embrace the positive—when the struggle is pulling you down, try to distract yourself with the things you love. Hang out with friends who make you feel good, watch a movie that makes you giggle or read a favourite book.
- Take time out for you
- Organise to catch up with friends or relatives
- Have fun and get creative—if you're feeling bored, maybe consider volunteering your time at a local organisation, making crafts for your friends or having a baking day.
- Know what annoys you
- Say 'no'
- Dive right into feeling good
- If you're feeling overwhelmed, reach out and tell someone
- If you're worried about the way you're feeling, have a chat to your local GP.



Who can I talk to during the holidays?

For crisis support call emergency services on 000.

For non-crisis support contact [eheadspace](https://www.eheadspace.org.au) on 1800 650 890 or visit [eheadspace.org.au](https://www.eheadspace.org.au). You can also phone [Lifeline](https://www.lifeline.org.au) on 13 11 14 or visit [lifeline.org.au](https://www.lifeline.org.au) (24 hours a day) or the [Kids Helpline](https://www.kidshelpline.com.au) on 1800 55 1800 (24 hours a day)



Holiday Find-A-Word

ADVENTURE

BREATHE

CELEBRATE

FUN

HAPPY

HOLIDAY

JOY

LAUGHTER



LOVE

MAGIC

MEDITATE

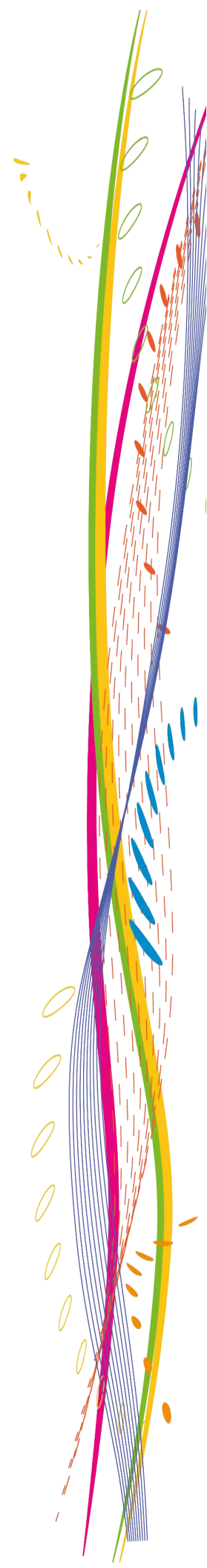
REJUVENATE

RELAX

RESOLUTION

UNWIND

Q U Q L V J T A R M W N T N N Z V C X M
V O K U Z V V A C I Z B S O L B R U E Z
I G Y A D I L O H Z U X I Y Y U M D T W
F W V H G H A P P Y C T F F S K I Q K A
Y S B O G K E M C L U N G R D T Q Q M E
J Z E C P Q T N M L J E E B A Y L E V D
S I J R A X A Q O A V J H T U C O L T E
U I P P A T N S P L G H E T G X V N F K
D D Y L S B E O L Z I I B G A U E U J Q
N S E A E R V A C E J Q C U H E N U L G
I R D U S L U A D S O C E L E B R A T E
W Q W G Y O J G U V I P Z F N Z A B R M
N D Q H V N E A P N E A C Z U X K E B E
U Y V T I P R A R B B N B V X N R D Y Z
W A Z E A Q G F B P I E T P D U V S P C
A C V R H Z A Z O J O K H U I J B G X K
X A R Z V T Q D K Y J G M X R K U J Z V
K X M I I G J C W G S L H Y X E G X I P
A G I M Y Z D P G H R S Y J J C O L G I
N P A U I I T S E Y Q H C O W I V Z C Q



Alcohol and Christmas

Looking after your body and mind can be difficult at the best of times, let alone when there's tasty treats like mince pies, delicious seafood and gingerbread to fill your belly with. Whether you and your family celebrate Christmas or not, chances are you might find yourself at a barbeque or pool party or some kind of slow-dance situation as summer heats up and the silly season begins.




For many young people going to parties with their friends and families, alcohol can often be present and even harder to avoid. Sometimes people can feel pressured to drink alcohol when their friends or siblings are drinking. If you do choose to drink alcohol, it should be on your terms.

While there's no "safe way" to drink alcohol, if you're choosing to drink, it is important that you drink as safely as possible. Follow our simple steps to stay safe when drinking:

- Don't drink alone. Pay attention to how you are feeling and avoid alcohol when you're feeling down/ stressed.
- Eat before and while you are drinking.
- Drink water in between alcoholic drinks and/or drink low alcohol drinks.
- Slow down. Finish one drink before the next and sip instead of scull. Avoid rounds (or shouts).
- Count the amount of drinks you consume and pay attention to drink labels (e.g. how many standard drinks, alcohol %)
- Take it in turns to stay sober so that one of you can drive everyone else home safely. If not, keep enough money for a cab.
- Look out for your mates. Keep an eye on them if they get sick, make sure they are okay to get home and don't let them get into risky situations.
- Try having days and weekends without drinking.
- Avoid drinking if you have school, Uni or work the next day.
- If you are feeling uncomfortable in a situation, leave. Don't feel pressured to do anything you're not comfortable with.

Sometimes when people are drinking, they can drink too much and become very sick. Even though it might be scary for you and your friends, it is important to get help and make sure your friend is okay. Some sensible things to do in situations like these are:

- Call 000 – you won't get into trouble for asking for help. Find an adult if there are adults around.
- Don't leave your friend alone.
- Put your friend on their side if they are unconscious or in case they vomit while you are waiting for help
- Keep an eye on their breathing.
- Stay safe



For some people, drinking alcohol can get out of control and begin to have an impact on their lives outside of parties. If your alcohol use is starting to affect things that matter, like your mental health, wellbeing or your friendships, it can be a good idea to talk to someone about your options, such as different ways to reduce or stop your use. Whatever you decide, headspace can help.

Personalised Mug

Supplies

- Mug (Available at places like Reject Shop, Cheap as Chips, Kmart and Target for as little as \$1!)
- Oil based paint markers (Available at Officeworks, Bunnings, art/craft shops)



Directions

Step 1. Write, draw, or color on your mugs. Get creative and have fun!

Step 2. Making sure your area is well ventilated – pop them in a 180° (160° fan-forced) pre-heated oven for 30 mins. Once 30 minutes is up, turn off the oven and let the mugs cool down inside.

Note: Great to fill with some hot chocolate packets when packaging it as a gift!

I have a mug that actually verifies that I'm the world's best dad. That's a mug.
That's not me talking. You can't just buy those.

Stephen Colbert



No Bake Holiday Balls

Ingredients

- 1/2 cup mixed fruit
- 2 tablespoons cocoa
- 1/4 cup coconut dessicated
- 6 weetbix (crushed)
- 1 tin condensed milk
- Extra dessicated coconut

Method

Step 1. Mix all ingredients in a bowl

Step 2: Roll mixture into a ball

Step 3: Sprinkle with the extra dessicated coconut and place in fridge



Win over your tastebuds with these delicious (and easy!)

Shortbread

Ingredients

- 250g cultured unsalted butter, softened
- 2/3 cup pure icing sugar
- 2 cups plain flour
- 1 cup rice flour

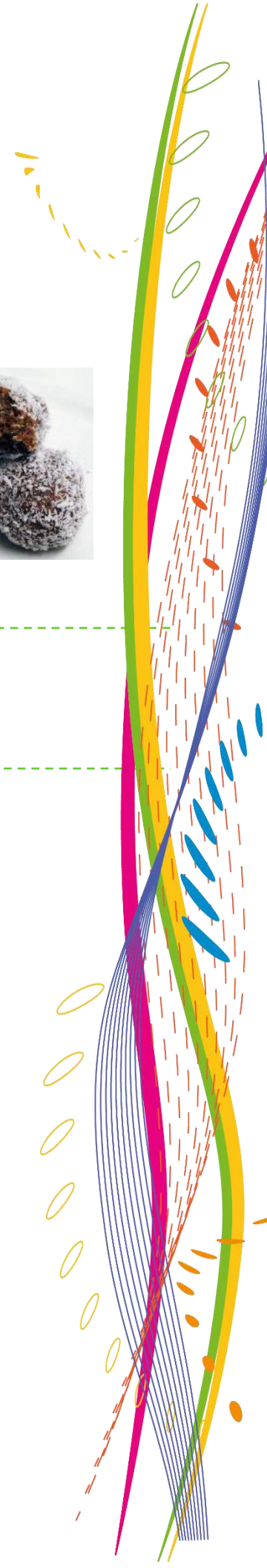
Method

Step 1. Process all ingredients in a food processor until mixture resembles fine breadcrumbs.

Step 2. Press mixture until it forms a dough. Divide dough in two.

Step 3. Roll out dough between 2 sheets of baking paper until 5mm thick.

Step 4. Using a cookie cutter, cut shapes from dough. Transfer to prepared trays. Bake at 160° (140° fan-forced)



Mindfulness

I knew mindfulness before I knew what it meant.

As children, our default state was mindfulness. Our eyes were open in wonder, constantly on the lookout for all these new and bizarre and beautiful things. We didn't know what a tree was, but we could see, and feel, and taste, and touch this strong, breathtaking 'thing' in front of us.

As we grew up, this magic turned into a dictionary, into defining and classifying, deciding and ignoring. Our idea of self became more closed to new wonders, and turned into dreams of travel and new things. This way of living introduced anxiety, as we began to worry about the future, and the past.

It is possible though, to go back to our child eyes again, to become explorers on this planet and reclaim the present moment.

If you want to let go of your anxieties, and open yourself up to all the magic this world has to offer, here's how;

1. Be comfortable, standing or sitting, it's 100% up to you. Breathe.
2. Look around you. Notice it all. Take in the whole landscape – what do you see?
3. Pick one thing to focus on. A bee, a flower, a blade of grass. Notice everything about it. Stare at it. What does it feel like, look like, smell like? What can you notice.
4. Breathe and become aware of yourself and the object. Does it notice you? How do you affect the presence of this object?
5. Expand your vision outwards, focus on more and more until you've taken in the whole scene. How do you feel?

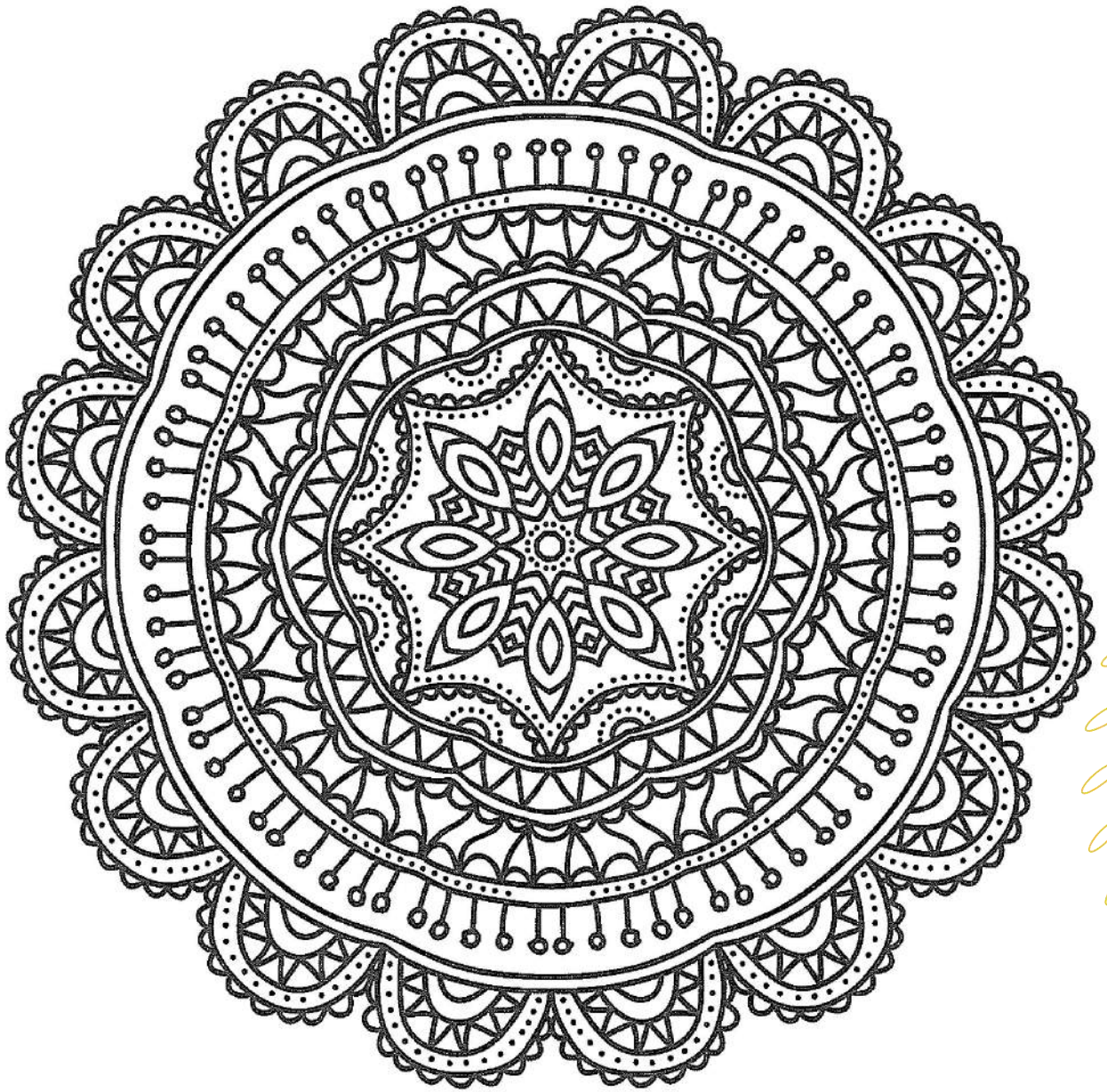
There are many other ways of practicing mindfulness or meditation. Smiling Mind is a great free app to learn and practice mindfulness, and is available for all ages, via either google play or the apple store.



By Sarah Jean

If you want to conquer the anxiety of life, live in the moment, live in the breath.

Amit Ray



School Holiday

Skating

The latest music and coolest games on wheels for school holiday fun!

Age: All ages welcome
Date: Wednesdays:
16 December 2015
6 January 2016
13 January 2016
20 January 2016
27 January 2016
Time: 12:00 noon – 2:30pm
Cost: \$7.50
(plus skate hire \$2.50)
Venue: Gawler Sport and Community Centre, Nixon Tce, Gawler
Details: Call 8522 9203
(bookings not required)

Gawler Pool -

Holiday Intensive

Program

5 or 8 days of half hour swimming lessons.

Age: All ages welcome
Date: 5 days:
14 – 18 December 2015
8 days:
13 – 22 January 2016
Time: Between 9:00am and 12:00 noon, dependent on age
Cost: 5 days: \$52.50,
8 days: \$80
Venue: Gawler Aquatic Centre, Victoria Terrace, Gawler
Details: Call 8522 2034

Summer

Reading Club

This year's summer reading club theme is 'Lost Worlds'. The club packs include activities, novelties, reading competition details, booklists and more. All participants are eligible for national, state and local prize draws.

Age: Up to 14 years
Date: Monday, 4 January 2015 through to Saturday, 30 January 2016
Cost: Free
Venue: Gawler Public Library: 89 Murray Street, Gawler; Evanston Gardens Branch
Library: 65 Angle Vale Road, Evanston Gardens
Details: Present at Library to register and receive your Summer Reading Club pack

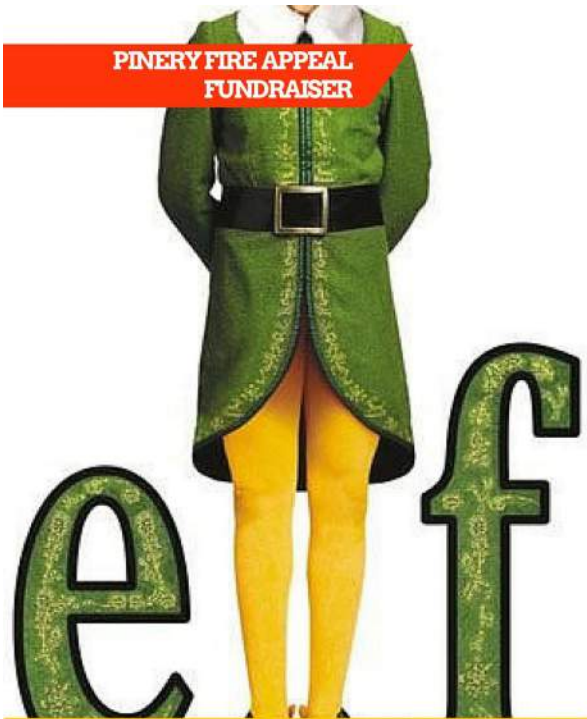
Evanston Gardens Library Open Day

A day of activities including a book sale, sausage sizzle, games, activities displays, demonstrations and entertainment.

Age: All ages welcome
Date: Tuesday,
12 January 2016
Time: 10:00am – 4:00pm
Cost: Free entry
Venue: Evanston Gardens Branch Library: 65 Angle Vale Road, Evanston Gardens
Details: Call 8522 9123
(bookings not required)



What's on! Barossa



PINERY FIRE APPEAL FUNDRAISER

Outdoor Cinema
Fri 18th Dec
7pm @ Nuri Memorial Pool
\$5 / \$20 family



Fundraiser for **RAW** IMPACT Cambodia

Outdoor Cinema
Fri 8th Jan
7pm @ Nuriootpa War Memorial Pool
\$5 / \$20 family



Outdoor Cinema
Fri 15th Jan
7pm @ Tanunda
\$5 / \$20 family



Outdoor Cinema
Fri 22nd Jan
7pm @ Williamstown
\$5 / \$20 family



FREE!

PLAN B

GOT YOUR SACE RESULTS?
UNI OR TAFE OFFER?
WHAT NEXT?

Come and talk to someone

- Careers coaches
- Apprenticeships & Traineeships
- Employment Services
- Counsellors
- Housing or Financial services

The Barossa Council

1-3 pm, Thursday 17th Dec, 2015

1-3 pm, Wed 20th January 2016



What's on! Salisbury



Getting Your L's Courses

A two day workshop and then assistance to sit the test in a supported environment. Delivered by Bagster Road Community Centre, it gives you mentored support in learning the road rules, understanding how the test works and understanding information to be a better driver in the longer term.

Age: 16 – 25 years

Date: To be advised for 2016

Cost: \$145.00 (includes test and lunch), separate \$58.00 required for L's permit

Venue: Twelve25 Salisbury
Youth Enterprise Centre,
17 Wiltshire Street,
Salisbury

Details: Call Twelve25 on 8406 8555

Boxercise - weekly on Mondays (except Public Holidays)

Are you a young person looking to get fit or keep fit? Then come along to this weekly kick boxing / group fitness circuit workout with Adam a personal instructor from Fit Fix. Social and fun for all fitness levels. Wear comfortable clothing & closed shoes suitable for exercising in.

4pm - 5pm
\$2 per session

Location: Twelve25, 17-19 Wiltshire Street, Salisbury

Details: Call Twelve25 on 8406 8555

Salisbury Secret Garden 2016

In February 2016 watch the Salisbury City Centre; including Twelve25 Salisbury Youth Enterprise Centre be transformed into the largest Fringe hub outside of Adelaide. Featuring a great mix of free family events and shows, including the popular outdoor movie night and of course ticketed, local, interstate and International acts. From comedy, music, poets, cabaret, dance, theatre, rap and much more, there really is something for everyone and all at realistic pocket friendly prices.

Age: All ages welcome
Date: 18 – 28 February 2016
Time: 4:00pm – 7:00pm
Venue: Various locations in Salisbury
Details: Call 8406 8555

or visit <https://www.facebook.com/events/550271085120598>

Cinema Night

Sit back and relax while watching Elf and Four Holidays on the big screen. Popcorn, slushies and candy canes provided. Bring your friends.

Age: 16 – 25 years
Date: Friday, 18 December 2015
Time: 6:30pm – 10:00pm
Cost: Free
Venue: Twelve25 Salisbury
Youth Enterprise Centre,
17 Wiltshire Street,
Salisbury
Details: Call Kate on 8406 8555

THIS HOLIDAY DISCOVER YOUR INNER ELF



Vince Vaughn Reese Witherspoon



What's on! Tea Tree Gully



Lino Cut Christmas Stamping

Make your own stamps, then customise your very own cards and gift wrap. Stay for the whole 2.5 hours, or drop in as you like, but bookings are essential to ensure enough materials are supplied.

Age: 13+ years
Date: Wednesday, 16 December 2015
Time: 2:00pm – 4:30pm
Cost: Free
Venue: Gallery 1855, 2 Haines Road, Tea Tree Gully
Details: Bookings essential, call 8397 7333 or visit www.teatreegully.sa.gov.au/shp

Portrait Christmas Presents

Turn images and photos into little silhouette presents to give to loved ones for Christmas. Options include framed pictures or small badges. Please feel free to bring any photos you are happy to cut up to use.

Age: 13+ years
Date: Friday, 18 December 2015
Time: 1:00pm – 2:30pm
Cost: Free
Venue: Tea Tree Gully Library, Classroom area, 571 Montague Road, Modbury
Details: Bookings essential, call 8397 7333 or visit www.teatreegully.sa.gov.au/shp

Your Inner Animal Masks

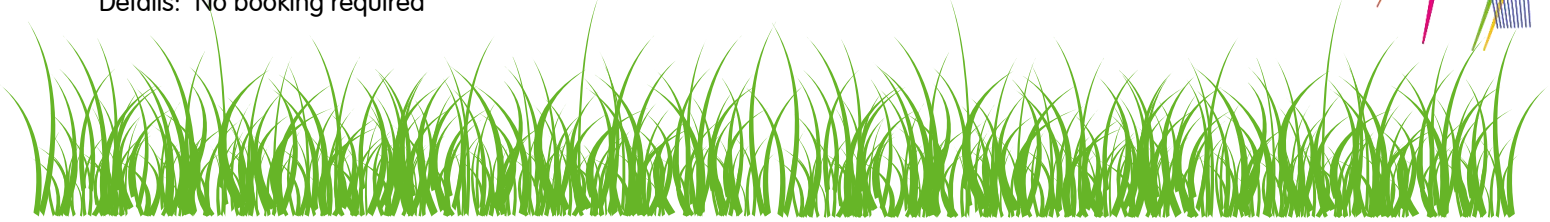
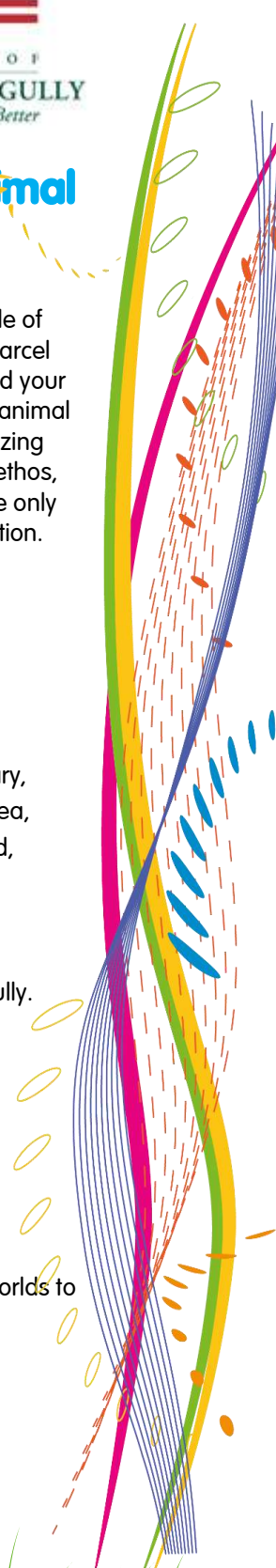
Gathering together a pile of packaging cardboard, parcel tape, a pair of scissors and your snacks, make yourself an animal mask. Using really amazing templates and recycling ethos, your animal creations are only limited by your imagination.

Ages: 13+ years
Date: Thursday, 28 January 2016
Time: 1:00pm – 3:00pm
Cost: Free
Venue: Tea Tree Gully Library, Relaxed reading area, 571 Montague Road, Modbury
Details: Bookings essential, call 8397 7333 or visit www.teatreegully.sa.gov.au/shp

Harry Potter Marathon

All Hogwarts enthusiasts! Starting with Year One at 10.30am, we will immerse ourselves in the Harry Potter worlds to beat the summer heat. Feel free to dress up and bring snacks and drink.

Age: 12+ years
Date: Thursday, 21 January 2016
Time: 10:30am – 4:00pm
Cost: Free
Venue: Tea Tree Gully Library, Classroom area, 571 Montague Road, Modbury
Details: No booking required



What's on! Tea Tree Gully



CITY OF
TEA TREE GULLY
Naturally Better

Outdoor Cinema

Arrive early, share dinner on the park, then sit back, relax and enjoy the movie in the natural surrounds of Civic Park. The movie starts at around 8.30pm, depending on sunset time. Entertainment for kids starts from 6.30pm with food vans, face painting, airbrush tattoos, giant board games, Nova 919 competitions, inflatable fun and other activities.



15th January



22nd January



29th January



5th February

CIVIC PARK AUSDAY

26 JANUARY
10am to 3pm

100m slip & slide
Jumping castles
Live music
Food vans

FREE EVENT

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



What's on! Playford



Communicate with Confidence

Learn communication skills to help you achieve anything. From interviews, to public speaking, and even chatting to that secret crush. Get the confidence you deserve!

Age: 16+ years
Date: Monday,
18 January 2016
Time: 11:00am – 1:00pm
Cost: Free
Venue: Northern Sound System,
73 Elizabeth Way,
Elizabeth
Details: For bookings please call
Northern Sound System
on 8255 5560

Dodge Ball Tournament

A series of modified Dodge ball games. Participants will be grouped into teams (dependent on numbers).

Age: 10 –15 years
Date: Monday,
25 January 2016
Time: 1:00pm – 3:00pm
Cost: Free
Venue: John McVeity Centre,
182 Peachy Road,
Smithfield Plains
Details: For bookings please call
Northern Sound System
on 8255 5560

Sing with Style

Work with ETI Music's Kristie Mac, to learn to sing like the professionals.

Age: 12+ years
Date: Tuesday,
19 January 2016
Time: 4:00pm – 6:00pm
Cost: Free
Venue: Northern Sound System,
73 Elizabeth Way,
Elizabeth
Details: For bookings please call
Northern Sound System
on 8255 5560

Scooter Maintenance Workshop

Ride a Scooter and want to learn how to be able to fix it yourself, take it apart and put it back together? Young people from the Elizabeth Riders Committee will teach you all of their Scooter maintenance tips and tricks.

Age: 8 –15 years
Date: Thursday,
26 January 2016
Time: 11:00am – 12:30pm
Cost: Free
Venue: Northern Sound System, The Workshop, 73 Elizabeth Way, Elizabeth
Details: For bookings please call Northern Sound System on 8255 5560




Joke Page



What do you call an old snowman?

Water!

www.ActivityVillage.co.uk



How does Good King Wenceslas like his pizzas?

Deep pan, crisp and even!


www.ActivityVillage.co.uk



What Christmas carol is a favourite of parents?

Silent Night!

www.ActivityVillage.co.uk



What do monkeys sing at Christmas?

Jungle bells, jungle bells!

www.ActivityVillage.co.uk

**Wishing you a safe and
happy holidays from the
team at
headspace Edinburgh
North!**

