



# headspace Edinburgh North Newsletter

March 2016

## Centre Update

### 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.

This month some of the staff were lucky enough to attend the headspace National Forum held in Melbourne with 650 other headspace staff members from around Australia. (page 3)

headspace Edinburgh North also celebrated Harmony Day this year by linking in with Salisbury High School and holding a soccer tournament. Check out page 5 for more of the story and pictures.

With the Fringe over and done with for another year we move into another important part of the year 'National Youth Week'. With so many upcoming events this month's newsletter is packed with things to do throughout National Youth Week. For more information and to see what's on in your area visit <http://www.officeforyouth.sa.gov.au/programs/national-youth-week>

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

#### Upcoming Events:

- Gawler Youth Week Event—9th April
- Nuriootpa High School Wellbeing Day—14th April
- St Patricks College PASS!—5th May
- Windsor Gardens School PASS! - 8th April

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: Teryn Cook

Position: Youth Worker

What do you enjoy about working at headspace?

Further learning/developing in the mental health area

Who would you most like to meet? Oprah

If you could have any super power what would you have?

Mind-reading

One word to describe yourself: focused

Favourite things to do: Eat good food with family/friends and spending time with my dog Dennis



## 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?

**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

# headspace National Forum

On March 9th and 10th some of the staff from headspace Edinburgh North were lucky enough to attend the headspace National Forum held at Etihad Stadium in Melbourne.

Over 650 staff from headspace centers, programs, consortiums and reference groups around Australia came together, and it was an opportunity to showcase the fantastic work being done in communities in youth mental health. The two days consisted of multiple breakout sessions on a variety of topics from Youth Engagement, eMental Health, School refusal, Engaging the LGBTIQ community and much much more. Each center also had a chance to showcase what their center has been doing over the past year with a showcase board which was viewable by everyone throughout the two days. This was a great opportunity to see what other centers are doing and what is working for them. Also a great time to bounce ideas off each other for future groups and programs.

Steve Wright the coordinator of headspace Edinburgh North site was lucky enough to present in one of the breakout sessions on eMental Health. The session was well attended and everyone left with a wealth of knowledge around the online programs and apps available for young people surrounding mental health.

The two days ended with an amazing performance from the Indigenous HIP HOP Projects. This was followed by a dance party with everyone that attended the two days.

This event was a fantastic opportunity for the staff at Edinburgh North and we look forward to progressing further with the ideas that came out of the two days!



DDDDDDDD





# ART COMP

**Feeling creative and aged 12 to 25 ?**

The Northern Health Network and headspace  
Edinburgh North are hosting their annual art  
competition

**WIN** a **\$250** voucher for first place,  
**\$100** for second place, and **\$50** for third place

**Entries close: 11th April, 2016**

Winners announced 13th April, 2016

See <http://goo.gl/ljsLj2> for full entry details



# Harmony Day Soccer Cup

On Friday the 18th of March we celebrated World Harmony Day by pairing with Salisbury High School and Football Federation SA and running a free soccer tournament and soccer clinic for the students. The day was well attended by all students with a big turnout of the ESL (English Second Language) students. We set up our Marquee with music throughout the day and free water and oranges for students, and an inflatable soccer pitch for the 5-a-side soccer matches. Supplied by FFSA. Adelaide United, Salisbury Soccer stars and ex Socceroo Joel Porter were available giving away prizes and signing autographs. The aim of the day was to promote positive mental health and how being physically active can have an impact on your mental health. Thank you to Salisbury High School, Football Federation SA, Adelaide United, Salisbury Soccer stars and ex Socceroo Joel Porter for supporting us to have such a successful day.



# Position available - Research Assistant



The Northern Health Network (headspace Edinburgh North) is excited to announce that it has partnered with Orygen – The National Centre of Excellence in Youth Mental Health in a groundbreaking research study. The IMPACT Youth Study (Improving Mood with Physical ACTivity) aims to investigate whether physical activity helps with treating symptoms of depression in young people. The current recommended treatments for depression in young people, such as cognitive behavioural therapy, have been shown to reduce symptoms of depression and/or lead to recovery from depression.

However, improvements to the effectiveness of such treatments can be made and it is considered important to examine additional treatment strategies in order to provide better outcomes for young people. One such strategy that has an emerging evidence-base is physical activity as an augmentation or adjunct treatment (that is, adding physical activity to usual treatment). The project will involve participants receiving the treatment that they would usually receive when coming to the headspace centre. In addition, clinicians that choose to take part in the project will be randomized to provide either the brief physical activity intervention or lifestyle information. The physical activity intervention is considered the “active” treatment as this is the intervention we are most interested in investigating. The lifestyle information is considered the “control” treatment, as it is being used as a comparison treatment. A total of 960 young people will participate in this project. The research has been funded through a National Health & Medical Research Council project grant. The project has been approved by the Human Research Ethics Committee of the University of Melbourne.

As part of the forthcoming roll-out of the study, NHN is currently recruiting for a Research Assistant to join the dynamic multi-disciplinary headspace Edinburgh North team and to be the lead researcher in this study.

Full position information is available from:

Ms Kiara Hillam at [khillam@northernhealth.net](mailto:khillam@northernhealth.net) or (08) 8209 0700



# CELEBRATING NATIONAL YOUTH WEEK IN GAWLER

# FUN AT THE PARK

**Clonlea Park:** Murray Street, Willaston

**SATURDAY  
APRIL 9TH  
11AM-3PM**

## FREE EVENT

- **COMPETITION**
- DJ
- Gladiator Ring
- Sumo Suits
- Bubble Soccer
- Break dance demo's
- Body Art
- Glitter/Aerosol Tattoos
- BBQ & Drinks
- Youth Service Provider Expo
- ...and more

### REGISTRATIONS

11.00AM

### SCOOTER

12.00PM

### BMX

1.00PM

### SKATEBOARD

2.00PM

Participation in the Scoot, BMX and Skate competitions and Bubble Soccer requires registration and/or waiver forms to be signed. Parent signature is required if under 18 years of age.

These are available at [youth.gawler.sa.gov.au](http://youth.gawler.sa.gov.au)



**ALCOHOL & DRUG FREE EVENT**



Northern Area Community & Youth Services Inc





Songwriting  
Recording  
Music Technology  
&  
Performance

Ages 12+

Numbers strictly limited

The  
EMU  
Tree  
.com

Gawler



3 Day  
Music Workshop  
APRIL 20, 21 & 22

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

For more information contact  
Christian Teusner:

[theemutree@gmail.com](mailto:theemutree@gmail.com)

0408 364 900

Cost: \$50

## 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](mailto:jmalcolm@barossa.sa.gov.au)  
M: 0417 503 243



Recipient, 2015 FRRR ABC  
Youth Innovation Grant



HEYWIRE



# What's on!

## Gawler

### Bluelight Disco

Friday March 4th 7:00pm-10:00pm  
Starplex Gawler, \$6  
8-17 Years old, Tickets at the door

### Fun at the Park

#### Youth Week Event

Saturday April 9th 11am-3pm

FREE Event

Skate, BMX, and scooter competitions Dj, Gladiator Ring, Sumo Suits, Bubble Soccer, Break dance demo, Body Art, Glitter/Aerosol tattoos, BBQ and Drinks, Youth service provider information and more.



## 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



**NORTHERN YOUTH**

# ARTS Market



**SATURDAY 9TH APRIL 2016**

**10AM TO 3PM**

**JOHN HARVEY GALLERY,**

**12 JAMES STREET, SALISBURY**

**MARKET OPEN TO ALL AGES**

**FREE  
event**

VARIETY OF ART AND CRAFT STALLS, LOCAL YOUTH MUSIC, OPENING OF ART EXHIBITION, BODY ART, PHOTO BOOTH, INTERACTIVE ART ACTIVITIES AND DELICIOUS FOOD AND DRINKS FOR PURCHASE.

PHONE: KATE ON 8406 8555

FOR MARKET UPDATES VISIT [FACEBOOK.COM/YOUTHINSALISBURY](https://www.facebook.com/youthinsalisbury)

# What's on!

## Tea Tree Gully

### Youth Enterprise Boot Camp

Tuesday 12th April 10:am-4:00pm FREE

Gallery 1855

2 Haines Road, Tea Tree Gully

Kicking creative ideas into action. Professional development opportunity for young emerging artists. Catering provided. Registration is required. Please contact Carly Didcote on 08 8397 7262 or carly.didcote@cttg.sa.gov.au

### 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

### Body Art workshops

Learn how to apply modern body art designs using face paints and find out more about this interesting and popular art form. Workshops will be delivered by Vanessa from Voodoo Body Art.

15, 22, 29 March & 5 April

11am – 1pm

\$5 per session

Gallery 1855

2 Haines Road, Tea Tree Gully

### Your Turn to cook

Your Turn to Cook- Practical cooking lessons to teach how to prepare tasty, low cost and nutritional meals and learning how to independently cook for yourself

31<sup>st</sup> March, 7<sup>th</sup> & 14<sup>th</sup> April

4 – 6pm

Cost \$5 per session

Jubilee Community Centre

7 – 9 Jubilee Way, Wynn Vale

# What's on!

## Tea Tree Gully

### National Youth Week- Northern Youth Art Exhibition

9 – 20th April

Young people can enter up to 3 art works into the Art exhibition in the age categories 11 – 17 years and 18 – 25 years. There are cash prizes to be won.

Opening launch Saturday 9 April

John Harvey Gallery, 12 James Street, Salisbury

10am – 3pm

### School Holiday Program

Thursday 20 April

Textile workshop to sew a basic modern handbag using vibrant pop art fabrics.

Cost \$10

Jubilee Community Centre

7 – 9 Jubilee Way, Wynn Vale

## 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





# NITE SK8 2K16



**SAT APR 16**

4 - 10PM  
TOLLEY RESERVE  
NURIOOTPA

SILENT DISCO  
FOOD & DRINK  
MUSIC  
MORE

NATIONAL YOUTH  
WEEK EVENT



The  
Knowledge  
Tree



# Youth Week 2016

Screen on the green

Friday 8 April

4.00 - 10.30pm

**FREE!**

Outdoor Cinema

Screening 'Soul Surfer' start 6.30

Bring warm clothes, picnic rugs/blankets

FFSA Soccer

Rock climbing

Bungee Cord Run

Fresh FM DJs

Breakdancing performance

Food Vans

Gaming Truck

@ Playford  
Alive Town  
Park

Cnr Peachey Rd  
and

The Parkway,  
Munno Para



FFSA

For further details contact Nina Kennedy on 8255 5560



Supported by  
Government of South Australia  
Office for Youth

NYW NATIONAL  
YOUTH  
WEEK

An Australian, State, Territory and Local Government Initiative



Playford Youth Advisory Council



Northern Sound System



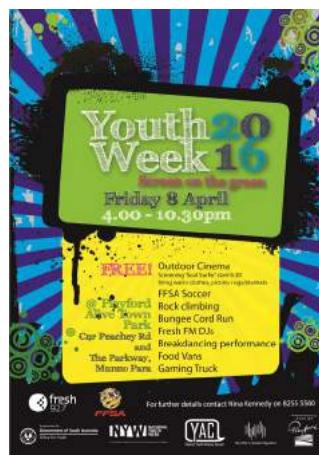
# What's on!

## Playford

### Screen on the Green Youth Week event

Friday 8th April 4:00pm-10:30pm  
Playford Alive Town Park  
Cnr Peachey Road and The Parkway, Munno Para

FREE!  
Outdoor Cinema (screen Soul Surfer)  
FFSA Soccer  
Rock Climbing  
Bungee Cord Run  
Fresh FM Djs  
Breakdancing performance  
Food Vans  
Gaming Truck



## Weekend Fun!

### Mega Adventure Park

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



### Comics Lab with Georgina Chadderton

Saturday 9 April, 1-3.30pm, Len Beadell Library - 55 John Street Salisbury

Join artist and writer Georgina Chadderton, from George Rex comics for a creative and inspiring afternoon. Release those great stories ideas that are bouncing around in your head onto paper and see the different ways that comics can help you to tell your story. In this

workshop you will create characters and learn tricks of the trade. B.Y.O. Good vibes.

Contact Simone on 8406 8275 or [swise-carrig@salisbury.sa.gov.au](mailto:swise-carrig@salisbury.sa.gov.au)



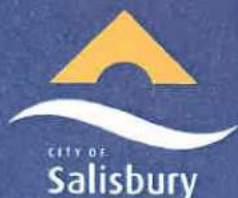
**SATURDAY**  
16 APRIL @ 5pm

WATCH THE MOVIE 'GUARDIANS  
OF THE GALAXY' ON A BIG SCREEN!

# OUTDOOR CINEMA

**FREE ENTRY**

FOOD AND DRINK AVAILABLE ALL NIGHT • BRING YOUR OWN CHAIR



Civic Square Car Park

Corner of James Street, Salisbury

T: 8406 8593 W: [salisbury.sa.gov.au/outdoorcinema](http://salisbury.sa.gov.au/outdoorcinema)



# What's on!

## Extra

### Interview Me

A structured practice job interview. 20 minutes of a real interview experience, 10 minutes verbal feedback and then a written report with improvement suggestions. Check out [www.interviewme.wikispaces.com](http://www.interviewme.wikispaces.com) to download the job advert you wish to apply for.

Free, Twelve25 Salisbury Youth Enterprise Centre, 17 Wiltshire Street Salisbury, to book an interview contact: Twelve25 on 8406 8555

### Youth Tutoring

Low cost tutoring sessions in high school maths and physics

1 hour sessions, \$15.00

Tuesday's and Friday's, 4-5pm and 5pm-6pm

Twelve25 Salisbury Youth Enterprise Centre - 17 Wiltshire Street Salisbury

Call 8406 8555 for bookings

If you would like headspace Edinburgh North to add your upcoming event or workshop into our monthly newsletter please contact Georgie Brown on 08 70737080 or [gbrown@northernhealth.net](mailto:gbrown@northernhealth.net)

# NITE SK8 2K16



**SAT APR 16**

4 - 10PM  
TOLLEY RESERVE  
NURIOOTPA

HIP HOP  
DJ/MC  
AEROSOL ART  
BREAKDANCE  
FOOD & DRINK  
MUSIC  
MORE

NATIONAL YOUTH  
WEEK EVENT



The  
Knowledge  
Tree



# 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.

## 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)**

If you would like headspace Edinburgh North to add your upcoming event or workshop into our monthly newsletter please contact Georgie Brown on 08 70737080 or [gbrown@northernhealth.net](mailto:gbrown@northernhealth.net)

Like us on Facebook  
**headspace Edinburgh  
North**

