

headspace Edinburgh North Newsletter May/June 2016

Centre Update

What's been happening at headspace Edinburgh North in May and June ?

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.

In this edition we have crammed in both the months of May and June. We have been busy here attending lots of events and presentations. There is also heaps of upcoming events for the school holidays.

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Upcoming Events:

- PASS! Hope Christian College
- PASS! Valley View Secondary School
- PASS! Mission Australia Rise Program
- NASSA Round Table
- PASS! St Thomas Moore Primary School

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: Trepina

Position: Youth Worker

What do you enjoy about working at headspace? Having the opportunity to work together with young people to help themselves reach their goals and be the best version of themselves.

Who would you most like to meet? The Dalai Lama

If you could have any super power what would you have? The ability to be in two places at once

One word to describe yourself: Determined

Favourite things to do: Cooking, reading, going to the gym



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**.

headspace Edinburgh North

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?

TWELVE 25
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

Self Esteem

..... AND

MAKEUP

WORKSHOP



Larissa teaches the importance of building self-esteem and confidence, and how to do it.

Learn how to apply makeup to enhance your own features, plus some tricks of the trade.

The
Beauty
Heartist
Larissa Jones

Monday July 11 • 9:30–12:30

Youth Shak, Gawler Sport and Community Centre
\$10 per person (for ages 12–25)

**Bookings essential through
youth.gawler.sa.gov.au**

*Everything
is provided!*

Gawler



Youth Mental Health Forum

On Friday 20th May 2016, the Northern Health Network, in collaboration with headspace Edinburgh North, convened the "Youth Mental Health Forum 2016" at Tandanya National Aboriginal Cultural Institute Inc in central Adelaide.

The event was supported by a number of organisations and gathered over 180 participants, among which included health professionals, school staff, young individuals from the community and their families.

The full-day Forum aimed to provide a comprehensive update about current research and reform that are happening in the youth mental health space. It also provided an excellent opportunity for those who work within the youth sector to share best practice and significant learnings.

Topics presented on included cyberbullying, working with culturally and linguistically diverse youth, sleep in adolescents, building resilience into a school curriculum and gaming in adolescents.

We would like to take this opportunity to thank the following speakers for their support in us conducting this special event:

- Professor Patrick McGorry AO, Professor in Youth Mental Health at the University of Melbourne, Director of Orygen Youth Health, founding board member of headspace.
- Ms Kate Bartel, Social and Behaviour Sciences Researcher from Flinders University (School of Psychology)
- Ms Narisha Cash, Community Arts and Youth Engagement Officer from Tandanya National Cultural Institute
- Ms Natalya Giffney, State Project Officer, Safe Schools Coalition SA at SHine SA
- Ms Sowaibah Hanifie, journalist/writer and multiculturalism advocate
- Dr Daniel King, Research Fellow and Clinical Psychologist, University of Adelaide (School of Psychology)
- Professor Barbara Spears, Senior Lecturer from the University of South Australia (School of Education)
- Dr Mathew White, Director of Wellbeing and Positive Education, St Peter's College

We are grateful for the continued support of the Adelaide Primary Health Network (APHN) and the Country SA Primary Health Network (CSAPHN). A special thank you to the Tandanya National Aboriginal Cultural Institute for facilitating this event.



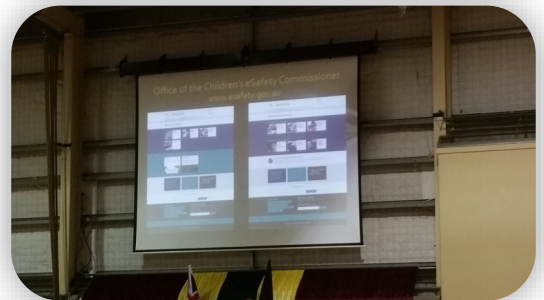
Parent and student information session

Xavier College

On Wednesday 25th May, Parents, Carers and students of Xavier College Gawler were invited to attend a information session on internet safety , technology concerns in young people and youth mental health. Everyone was lucky to soak in the knowledge of Detective Senior Sergeant Barry Blundel when he updated us on the current concerns for young people and their carers around technology and internet safety. He was a wealth of knowledge and everyone went home with new skills and information around how to be safe and protect themselves and others when online and using technology.

Then two of headspace Edinburgh Norths youth workers Teryn and Vince presented on what headspace is, what we offer as a service and information around mental health and young people and how to support yourself and others.,

The information session was very successful with around 120 people attending on a very cold and wet night. Thank you to the staff at Xavier College and all the Parents, carers and students that took time out of their night o come out learn more about internet safety and mental health in young people. If you would like more information around youth mental health or would be interested in headspace coming and speaking to your school or community group please contact Georgie Brown on 08 70737080 or gbrown@northernhealth.net



MULTICULTURAL YOUTH CONSULTATION

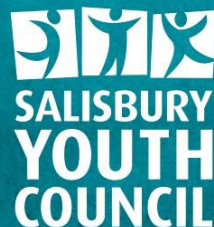
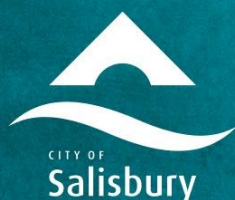
Are you aged 12 to 25?
Are you passionate about multicultural
youth issues?

Join us for free pizza and a discussion
hosted by Salisbury Youth Council

Monday 11 July
11am to 2pm

John Harvey Gallery
12 James Street, Salisbury

For more information, please contact Julie on
8406 8370 or email youthcouncil@salisbury.sa.gov.au



The RACE Barossa

On Saturday the 7th of May, YAC Barossa organised the Racial and Cultural Experience (RACE) event at Tolley reserve in Nuriootpa.

The day was jam packed full of different performances from around the world including African music from Desmond tucker, Urban Punjabi DJ, Fusion Beats—Indian dance group and many many more.

There was also delicious food from Adelaide Latvian Relief Society, Kampung Kitchen, Toly Vietnamese food truck, Barossa Valley IceCream and Crunch 'n' Munch—Bombay Style Street Food just to name a few.

The crowd was encouraged to get up and sing and dance with all the performers and complete the RACE challenges at the stations throughout the day.

Scott from the Rusted Tin Contemporary Aboriginal Art was there creating an aerosol masterpiece with help from the community.

The day was fantastic, even though the weather gave us a run for our money it was well attended by the community and load of FUN! Thanks to YAC Barossa and Barossa Council for inviting us to come along.



ABORIGINAL ART & MUSIC CELEBRATION

A FREE event for young people aged between 12 and 25. There will be entertainment by young Aboriginal artists, the chance to create artwork, and play table tennis and giant jenga.

Free raffles, food and drink available.

Wednesday 6 July 2016

4pm to 6pm

Judd Street Laneway

Near NAB Bank on John Street, Salisbury

Please call 8406 8370 or email
youthcouncil@salisbury.sa.gov.au for more details.

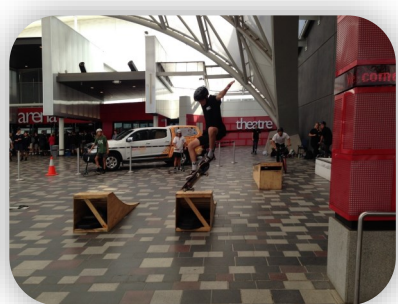
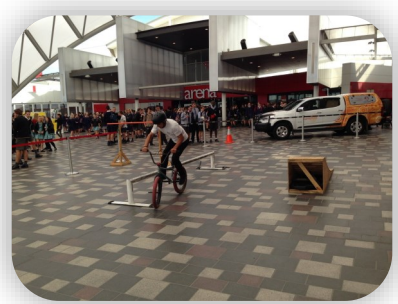




Elizabeth Riders Committee (ERC)

The Elizabeth Riders Committee is made up of young people between the ages of 12-20 years who have a passion for everything associated with skate parks in the Northern Area. The committee has now been running for 8 years and are supported by the City of Playford, Anglicare SA and by headspace Edinburgh North.

In the first fortnightly catch up we discussed leadership techniques and leadership styles. Also Meagan our female skater had an interview and photoshoot with the local Bunyip Newspaper to discuss what it is like to be the first female committee member. In the second fortnight the crew will be getting RAA safe rider training from the RAA road safe team and taking part in a team photo shoot to promote scooter and skate rider safety.



Fitness for the Forces

On Tuesday 7th June one of our youth workers Vince visited the young people attending the Fitness for the Forces program. This program is for young people on FLO that are wanting to get into the Defence Force. Vince spoke to the group about headspace, positive mental health and sleep hygiene. The feedback was great from the young people and there was a real positive vibe around mental health.



Gawler Reconciliation Community Fun Day!

On Friday June 3rd, the Town of Gawler held a Reconciliation event as part of the 2016 Reconciliation week.

The day was full of activities and performances from Brutha N I, Nathan May and the Amazing Drumming Monkeys.

The event has a reconciliation walk, where the community had to complete different activities and crafts at different stalls. They then received a sticker for their chat and once the chart was complete they handed it in to get a prize.

The event was well attended by the community and by local schools. With around 500 young people attending headspace Edinburgh North had a great opportunity to speak to them about mental health and young people.

We look forward to attending in the years coming to connect with the local community and young people.



Week 1

JULY

Saturday 9

Marra Dreaming Workshop

Join us for this special NAIDOC event with basket weaving and placemat painting.

10.30am - 12.30pm

FREE
5+ years
@ Playford Library Civic Centre

Monday 11

Mad Hatterz Craft Madness

Various arts and craft fun including plaster fun and face painting.

10am - 12noon

FREE
1 - 7 years
@ Elizabeth Rise

Boomstars and Hector the Lion

Get ready for a high-energy interactive show that will have everyone shaking it up!

11am
Children \$5
Accompanying adults free. (You can book online and pay on the day.)

5 - 12 years
@ The Shedley

Check 1,2 and Bangers and Mashups

Come and try hip hop beat making, recording raps and DJing and get your hands on a beat mixer.

1pm - 4pm
FREE
10 - 17 years
@ NSS

Bop Till you drop Super Hero Disco

Dancing, games, and lots of fun

2pm - 4pm
FREE
6 - 12 years
@ Elizabeth Rise

Tuesday 12

Winter Welly Show

Warm up inside this winter with loads of songs, dance and costumes with Digger Dog and the Cool 4 Kids Team!

3pm
FREE
@ Playford Library Civic Centre

Wednesday 13

Winter Welly Show

Warm up inside this winter with loads of songs, dance and costumes with Digger Dog and the Cool 4 Kids Team!

3pm
FREE
@ Playford Library Civic Centre

Mr Snot Bottom

Mr Snot Bottom is a hysterically disgusting kids comedian.

11am
Children \$5
Accompanying adults free. (You can book online and pay on the day.)

5 - 12 years
@ The Shedley

Check 1,2 and Bangers and Mashups

Come and try hip hop beat making, recording raps and DJing and get your hands on a beat mixer.

1pm - 4pm
FREE
10 - 17 years
@ NSS

Thursday 14

Family Outing Stinky Science in the Southern Seas!

Catch the show, explore the museum and climb the Lighthouse.

10am - 4pm
Meet before 9.45am for the bus pick up.
FREE
All ages - families
@ Elizabeth Rise

Bedtime Story Time

It's time for Bedtime Story Time! Wear your PJs and bring a teddy.

6pm - 7pm
FREE
All Ages
@ Playford Library Stretton Centre



WINTER 2016

SCHOOL HOLIDAYS

Book into all events at playford.sa.gov.au/events



Week 2

JULY

Monday 18

Reading Tree

Reading 'Dream Little One Dream' plus craft activities and special guests Percey and Penny

Sing and dance workshop

Work on your vocals and refine your dance skills in our two hour sing and dance workshop.

Super Science Show - DIY Super Hero Science and children's hands on science workshop

Interactive science show.

Tuesday 19

Animals Extreme

Learn about some of the amazing records in the animal kingdom! Presented by Children's University.

2pm - 3pm
FREE
7 - 14 years
@ Playford Library Stretton Centre

Pipkin Nature Play Space Opening

Come and explore the new play space.

Wednesday 20

Sing and dance workshop

Work on your vocals and refine your dance skills.

Thursday 21

Chinese Opera Mask Painting

Create your own masks with the Confucius Institute

July Splash at the Aquadome

Water slide, Swimming and fun for the whole family.

Friday 22

Kids with Swords

Want to fight like a knight? Let the Adelaide Sword Academy introduce you to medieval sword play.

Saturday 23

Dance Party

DJ's Atonik, Chiral, Jleo, RICH3, DJ Natoro, Think Twice, and Rhys Sfyrios.

08255 5560

Elizabeth Rise Community Centre
08256 0155

Playford Library Service
08256 0334

The Shedley
08256 0460



What's on!

Salisbury

Aboriginal Art and Music Celebration

Wednesday 6th July

4pm-6pm

Judd Street Laneway

A free event for young people ages 12-25. With entertainment by young aboriginal artists, the chance to create artwork, and play table tennis and giant Jenga.

Free raffles, food and drink available.

Contact 84068370 for more details.

Multicultural Youth Consultation

Monday 11th July

11am-2pm

John Harvey Gallery, 12 James Street Salisbury

If you are passionate about multicultural youth issues head on over for free pizza and a discussion hosted by Salisbury youth council.

For more info contact Julie Brett on 84068370

Songwriting
Recording
Music Technology
&
Performance
Ages 12+
Numbers strictly limited



3 Day
Music Workshop
July 20, 21 & 22

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

For more information contact
Christian Teusner:
theemutree@gmail.com
0408 364 900

Cost: \$50

Gawler



What's on!

Gawler

Scooter Maintenance workshop

Wednesday 13th July

Youth Shak: Gawler Sports and Community Centre, Nixon Terrace, Gawler.

\$5 2:00-3:00pm

Open to young people ages 12-20

Do you ride a scooter and want to learn how to be able to fix it yourself? Young people from the Elizabeth Riders Committee will teach you all of their scooter maintenance tips and tricks. Bring your scooter along and we will teach you how to take it apart, make sure everything is working and put it all back together.

For more information or to book please contact youth@gawler.sa.gov.au or call 8522 9295



Barista Basics Course

Monday 18th July

\$65 9:00am-3:00pm

Open to young people ages 15-25 Years

The course includes

- a brief history and appreciation of coffee
- operating the coffee machine and grinder
- all the techniques to extract the perfect espresso
- techniques to prepare the full coffee menu
- cleaning and maintained the coffee machine

For more information or to book please contact youth@gawler.sa.gov.au or call 8522 9295



What's on!

Barossa

Brick Barossa

16th-17th July
St Jakobi Lutheran School
208 Lyndoch Valley Road, Lyndoch 5351
Single Ticket – \$12 (\$15 at gate)
Children (3-17) & Concession – \$10 (\$12 at gate)
Family Ticket (2 adults, 3 children) – \$44 (\$59 at gate)
Tickets available at www.trybooking.com



Exhibitors, including those from Southern Bricks LEGO Group, will amaze visitors with their intricate displays and unique creations. There will be a dedicated themed area for Star Wars which will feature a complete collection of the Ultimate Collector Series sets – the largest single display of these ever seen in SA!

Tea Tree Gully

Cover 2 Cover

Wednesday 6th July 4:30-6:00pm
Tea Tree Gully Library, 571 Montague Road, Modbury

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

All Cover 2 Cover members are given extended borrowing time on their books to allow them enough time to read and review books they have selected.

Upcoming dates: 3rd August, 7th September, 5th October



What's on!

Tea Tree Gully cont..

Avcon Makeup Design

Thursday 14 July 2016 at 10.30am – 12.30pm

Tea Tree Gully Library, 571 Montague Road, Modbury

Calling all Avcon fans, learn from a professional body artist five Avcon face designs through this interactive, hands on workshop.

FREE

12-25 years



Complete your Avcon Design

Thursday 14 July 2016 at 1:00 pm-4:30pm

Tea Tree Gully Library, 571 Montague Road, Modbury

Bring in your own fabrics and sewing needs to finish off your costume with fellow Avcon enthusiasts. There will be sewing machines and plenty of inspiration available.

FREE

12-25 years

Slouch Bags and Badges

Wednesday 20 July at 1:00 pm- 3pm

Building 1 Jubilee Community Centre

7-9 Jubilee Way, Wynn Vale

Learn the basics of sewing your own awesome slouch bag and create personalised badges to embellish your bag.

\$10

10-16 years



All Bookings through www.cttg/sa/gov.au/shp

Bookings Open 27/6/16

What's on!

Tea Tree Gully cont...

Henna Workshop

Tuesday 19 July 2016 at 10.30am – 12.30pm

Community Learning Centre

Tea Tree Gully Library, 571 Montague Road, Modbury

Interactive art session on how to apply henna body designs

\$5

12-25 years



Bohemian Beaded Mobile

Tuesday 19 July 2016 at 1:30pm – 3:30pm

Relaxed Reading Area

Tea Tree Gully Library, 571 Montague Road, Modbury

Create your own funky bohemian beaded hanging mobile in a relaxed, peaceful atmosphere.

\$5

12-25 years

Game Truck

Thursday 21 July 2016

Session 1 10.30am – 12.30pm, 12 – 17 years

Session 2 1:30pm – 3:30pm, 18 – 25 years

Meet in Foyer, City of Tea Tree Gully Library, 571 Montague Road, Modbury

Gaming Truck Australia will be parked at the City of Tea Tree Gully Council (Civic Park car park) bringing an awesome social gaming experience to young people.

\$5

12-25 Years

Booking essential –places are limited



All Bookings through www.cttg/sa/gov.au/shp

Bookings Open 27/6/16

What's on!

Playford

Youth Drop In: Pier at the Rise

Tuesday 28th June

3:30pm-5:00pm

Aged 10-25

Video games on the big screen, cooking and free food. Table tennis and 8-ball. Arts and craft activities.

URBAN YOUTH SERVICE

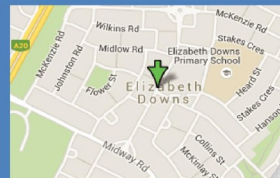
THE PIER at THE RISE Elizabeth Downs

YOUTH DROP-IN EVERY TUESDAY AT 3.30-5PM

- AGES 10 - 25
- VIDEO GAMES ON THE BIG SCREEN
 - COOKING AND FREE FOOD
 - TABLE TENNIS AND 8-BALL
 - ART AND CRAFT ACTIVITIES
- CHILL OUT AREA

ELIZABETH RISE COMMUNITY CENTRE

Shop 7 / 26 Hamblunn Road. ELIZABETH DOWNS



THIS INITIATIVE IS FUNDED BY THE DEPARTMENT OF COMMUNITY & SOCIAL INCLUSION IN PARTNERSHIP WITH PLAYFORD CITY COUNCIL.

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 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

Homework Club

Every Monday from 4:00pm-6:00pm

Tea Tree Gully Library

571 Montague Road, Modbury

Available during school terms

Gawler Youth Sports Person Sponsorship Program

The Town of Gawler recognises and encourages the achievements of young people aged 12-25 years of age in our community, by providing sponsorship for State and/or National representation in sporting activities. Sponsorship of \$200 for State representation and \$300 for National representation is available. For more information visit www.youth.gawler.sa.gov.au or call 08 85229295



Wheels in Motion

Helping young people aged 16 to 25 across the Cities of Salisbury and Playford to overcome a barrier to employment and further education by assisting them to access driving experience to get their P's'

This project is a collaborative project of City of Salisbury, City of Playford, Northern Connections, Northern Futures Inc, SA Police, FamiliesSA, Bagster Road Community Centre Inc, Rotary Club of Salisbury, RAA Inc and the Salisbury Road Safety Group. In-kind vehicle provision has been provided by Peter Page Holden, Elizabeth. Funding for the project establishment was received from the SA Government – Attorney Generals Department.

The Wheels in Motion program has three key components :

1. A 6 hour road safety forum that every young person who would like access to mentored support must attend
2. An interview where the young persons situation is explored to determine if a place can be offered and plans then need to be made for the young person to complete at least 4 hours of lessons with a licensed driving instructor
3. Mentored in car driving experience (1 hour sessions) from either the Salisbury or Playford program base

The mentored driving experience is conducted by specially up-skilled volunteer mentors. A administration charge of \$10 applies to each hour of driving experience.

The program is limited to 15 young people in the Salisbury council area and 15 young people in the Playford council area at any one time. Waiting lists will apply.

Young people who are indigenous, are (or have been) under the guardianship of the minister or with other barriers to getting their P's are encouraged to apply.

* This program targets young people without a accessible, appropriate vehicle in the household where they live and/or young people without access to a licensed supervising driver and where they are with the demonstrated incapacity to afford the of use mainstream commercial driving instructors. Young people that can demonstrate that having their P's would immediately improve their employment or education opportunities also receive some priority.

Thanks to Peter Page Holden Elizabeth for supplying the vehicle.
www.peterpageholden.com.au

Express your interest at <http://e.mybookingmanager.com/WIMEOI2016>

For further information about the program please contact:



Rick Henke
 Twelve25 Salisbury Youth Enterprise Centre
 Phone 8406 8555



Silvana Cusack
 City of Playford
 Phone 8256 0155

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 Steve Wright headspace Edinburgh North coordinator on 7073 7080 or swright@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

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

Like us on Facebook
headspace Edinburgh
North

