



headspace Edinburgh North Newsletter November 2015

Centre Update

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

The end of year is upon us and headspace has been as busy as ever with lots of events and training in the local community.

Community Connections

headspace Edinburgh North is continuing to connect with the community by delivering presentations within our local region and schools, attending local events, and running programs and training for young people, parents/carers and service providers.

With the end of the year just around the corner and the weather getting warmer headspace is busy heading out and about educating the community.

This month's community events were spread far and wide starting with attending a youth forum, with the Minister for Youth Zoe Bettison visiting the Northern Sound System to discuss upcoming plans and goals with the youth of the north. We then continued to speak with the Playford Alive community at their Family Fun Day held at the Playford Alive new town park. In conjunction with Northern Health Network, headspace hosted the Northern Community Ice

Forum at the Mawson Centre, with many guest speakers and agencies the day was very successful. Headspace was also proud to support one of the Youth Advisory Members Liam Goodrich to present at the Domestic Violence Snapshots Conference held at SAHMRI.

Upcoming Events:

- SafeTALK Training—3rd December
- Plan B Barossa—17th December
- ARA Christmas Party—18th December
- Barossa Fundraiser movie night—18th December

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: Keira Westcott

Position: Youth Worker

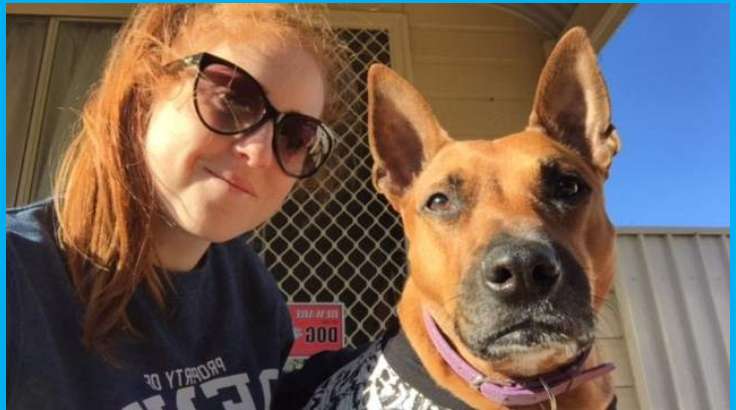
What do you enjoy about working at headspace? I like feeling like I can help people and that I can make a difference in some way.

Who would you most like to meet? I like to meet Ed Sheeran so we could bond over our ginger hair

If you could have any super power what would you have? I'd like to have the super power of always having enough money in my pocket to buy whatever I wanted. I don't know if it has a name but it would be awesome.

One word to describe yourself: Caring

Favourite things to do: Spend time with my family and partner or hanging out with my dog and watching Netflix.



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?

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

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



Minister for Youth Meeting



On 9th November some of our team and Youth Advisory committee members attended a youth forum/consultation with the Minister for Youth, the Honourable Zoe Bettison, at the Northern Sound System. We were thankful to have been invited to this event by our friends at the Playford Council !

At the consultation session, young people from the region spoke about current and emerging issues that they saw as priorities, and which they identified as the major challenges facing young people in the Playford Region. These included youth mental health, youth homelessness, physical wellbeing, and emerging issues such as young futures (employment, future opportunities for young people), family instability (e.g. substance abuse, domestic violence, young carers). This event was an amazing opportunity for us to get behind our young people and encourage them to have their voices heard in ways that could directly impact policy and funding allocation in our region. Minister Bettison spoke about the 2015 Youth Strategy for South Australia, a program called Youth Transitions (youth mentoring), and the current year's area of focus of homelessness. Thankyou to Playford Council for hosting this great event and inviting us !



Playford Alive Community Fun Day

On Saturday 21st November Playford Alive had a community fun day to open the new town center and new play ground. There were multiple stall holders there on the day from agencies and small businesses in the area. Cosi from South Aussie with Cosi was the MC for the day with lots of local acts performing and special guest Samantha Jade from X-Factor. Overall it was a very successful day with lots of young people and families coming down to enjoy the day.



Northern Community Ice Forum

With the support of the Mawson Centre and the City of Salisbury, the Northern Health Network and headspace Edinburgh North successfully hosted the Northern Region Ice Forum on Wednesday 25 November 2015 in Mawson Lakes. The Forum, facilitated by Emma Rebellato (Senior Journalist from ABC News), aimed at providing community members, health professionals and other community service providers with an opportunity to learn about methamphetamine (ice) users, the latest epidemiological data, patterns and trends of methamphetamine use and effects, and best practice treatment and intervention options.

A number of drug prevention services participated in the event and presented on relevant topics to all participants; they included:

- South Australian Police
- Drug and Alcohol Services SA (DASSA)
- SA Network of Drug and Alcohol Services (SANDAS)
- Comorbidity Action in the North (CAN)
- headspace National
- Flinders University's National Centre for Education and Training on Addiction



After the Forum, attendees had the opportunity to participate in a brief Q&A and discuss how to apply current data and research outcomes to improve response to methamphetamine use within the local community.

With multiple stall holders providing local service information it was a great day for networking and finding out about what services are available in our region. Our team was also lucky enough to meet and chat to Vikki Ryall, Head of Direct Clinical Services at headspace.

For facts about ice, services, and resources check out:

<http://www.drugs.health.gov.au/internet/drugs/publishingcp.nsf/content/home>



**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



LEGENDS UNITE



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



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

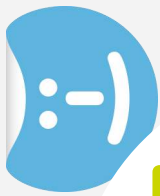


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Picnic in the Park 2015 Feast Festival

Headspace Edinburgh North along with our friends headspace Woodville attended the annual Picnic in the Park as the closing of Feast Festival. The day is a fantastic day out for everyone, with lots of stalls from community agencies, service providers and local businesses along with Hit 107 . With lots of things on throughout the day like a dog show and tug of war there was lots of fun. This event was a great opportunity to reach out to the LGBTIQ community and the general community to educate them on youth mental health and the services headspace offers.





Domestic Violence Snapshots

On Thursday November 26th headspace Edinburgh North was honored to support one of our YAC members Liam Goodrich to present at the 2015 Domestic Violence Snapshots Conference presented by Winspire. The DV Snapshots Conference is driven by South Australian survivors and supporters. DV SnapShots is a platform aimed at bringing all facets of the community together to focus on how domestic violence impacts many of today's societal issues.

DV SnapShots is presented in the form of a yearly Conference in South Australia and unites people from all walks of life while providing insight into real life experiences to initiatives being undertaken which aim to reduce domestic and family violence.



Liam was lucky to speak in regards to his own experience with the issue.

“At the DV Snapshot conference there was a lot of diversity of guest speakers. There were management in NGO’s focusing on Domestic Violence prevention, High profile people from the DV sector such as Libby Davies (CEO of White Ribbon Australia), Politicians, Domestic Violence Survivors, the wider community and of course headspace.”

“Being able to declare my freedom has now allowed me to work towards my action plan as a White Ribbon ambassador with my team of partners in the DV sector which will be using the right methodologies to implement the correct recommendations to stop the issues occurring in the northern suburbs of Adelaide. I hope to expand into other communities around South Australia and other states around the nation using my action plan.”



What's on!

Gawler

Christmas Carols

Saturday 19th December 7:30pm-9:30pm
Pioneer Park, cnr Murray St and Lyndoch Rd,
Gawler

Come along to Pioneer Park and enjoy the festivities. Free entertainment including jumping castle, Face Painters, Climbing Wall and much more. For more information visit www.gawlercarols.com

Gawler

Christmas Spectacular Blue Light Disco

Friday 11th December 7pm-10pm
STARplex, 18-20 Alexander Ave,
Evanston Park 5118
\$6 pp
8 - 17 yrs.

Contact: STARplex 08 8522 0400



Salisbury

Pool Party Blue Light Disco

Friday 11th December 7pm-10pm
Salisbury Swimming Centre, Salisbury Recreation Precinct, Happy Home Drive, Salisbury North
Tickets at the door - \$5 pp
12-17 yrs.

Just when you thought a Blue Light disco couldn't get more fun, they added water! Featuring a DJ, plus live bands - Burnout, Sweet Anarchy and Forbidden Envy. There will be airbrush tattoos, canteen facilities and of course loads of prizes.

Blue Light events are for 12 to 17 year olds and are a 'lock in' event, which means that once you drop your child off, they can't leave until you pick them up. Fully supervised by SA Police.

Please contact Elizabeth Police on 8207 9411 with any enquiries.



UNDER AGE RAGE

BROUGHT TO YOU BY >>> ELIZABETH BLUELIGHT



POOL PARTY

SALISBURY SWIMMING CENTRE

HAPPY HOME DRIVE >>> SALISBURY NORTH

POLICE SUPERVISED LOCK IN>>>

FRIDAY DEC 11TH 7-10^{PM}

TICKETS AT THE DOOR \$5 >>> 12-17 YEAR OLDS

AIRBRUSH TATTOOS CANTEEN >>> PRIZES

DJ + LIVE BANDS FROM YOUNG GUNS LIVE AUSTRALIA

SWEET ANARCHY >> FORBIDDEN ENVY >> BURNOUT

PHONE 8207 9411 (ELIZABETH POLICE)



[WWW.FACEBOOK.COM/
YOUNG-GUNS-LIVE-AUSTRALIA](http://WWW.FACEBOOK.COM/YOUNG-GUNS-LIVE-AUSTRALIA)



For 16-25 year olds

FREE YOUTH EVENTS IN SALISBURY

Bring your
FRIENDS

November
December

2 fun
events

Drug & Alcohol
FREE Events

for young people

Venue | Twelve25 Institute
17-19 Wiltshire St Salisbury 8406 8555

EMAIL
kkitching@salisbury.sa.gov.au
for **REGISTRATIONS**

OPEN MIC NIGHT

FRIDAY **20 NOVEMBER**

Make your voice heard!

7.00pm - 10.00pm

Acoustic, spoken word, theatre, comedy,
poetry, singing and dance

Lucky door prizes to be won

Register your performance
before 13 November 2015



CINEMA NIGHT

FRIDAY **18 DECEMBER**

Sit back and relax!

6.30pm to 10pm

Come along to watch the movies **Elf**,
starring Will Ferrall and **Four Holidays**,
starring Reese Witherspoon and
Vince Vaughn.

Bring your friends along

Popcorn, slushies
& candy canes



What's on!

Tea Tree Gully

Civic Park Carols

Sunday 13th December 3-10pm
995 North East Road, Modbury

Featuring Rachael Beck, the Boswell Project, Chloe Castledine, Sarah Lloyd, Mark Stefanoff, Zac Tyler, Cam Blockland, Vonda Last and our amazing community choir, this event is a must for the whole family. At 3pm we open the family fun zone with free inflatable fun for all ages, face painting, craft, handball, food and drinks. Pre show starts at 6pm with High Spirits Harmony and the Adelaide Army Band. The main show kicks off at 7.30pm and finishes at 10pm with fireworks.

Please note North East Road will be closed from 5pm to 11pm and Civic Park is a smoke free venue for the duration of the event.

Wheelchair friendly. Parking available.



Barossa

Outdoor Movie Night

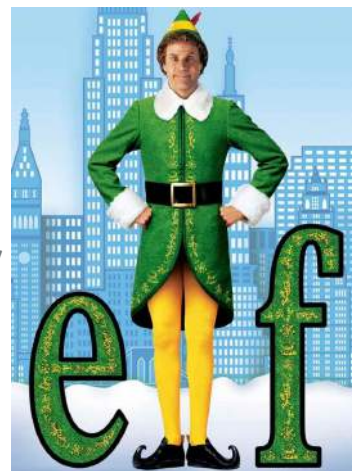
Elf - Family Christmas Movie
Friday 18th December 7pm
Nuriootpa War Memorial Swimming Pool
Lae Road, Nuriootpa SA 5352

Get in the Christmas spirit at this family friendly event hosted by YAC Barossa (Youth Advisory Committee).

We invite you to bring your friends and family to this fun film event. You'll be helping to raise much needed funds for the Pinery Fire Appeal. Tickets available at the gate. \$5 pp or \$20 family (2 adults, 3 children)

Gates open from 7pm, bring picnic blankets, cushions and beanbags to sit on!

Enquiries to Jeannine Malcolm, Coordinator Youth Services - The Barossa Council, 0417 503 243 or jmalcolm@barossa.sa.gov.au



Week 1

14.12

Tuesday 15

Christmas Crafternoon

⊕ 2pm - 4pm
FREE

All Ages

@ Playford Library Civic Centre

Week 2

21.12

Merry Christmas!

Week 3

28.12

Happy New Year!

Week 4

4.01

No activities

Week 5

11.01

Monday 11

Plaster Fun and Games

⊕ 10am - 12pm
FREE

1 - 7 years

@ Elizabeth Rise

Super Holiday Science Day
Icky Sticky Bangtastic show

⊕ 2pm - 4pm
FREE

7 - 12 years

@ Elizabeth Rise

Thursday 14

Family Outing

Bowling and mini-golf

⊕ 10am - 3pm
FREE

@ Elizabeth Rise

SUMMER 2015/16

SCHOOL HOLIDAYS

Week 6

18.01

Monday 18

Reading Tree Story Time

⊕ 10am - 12pm
FREE

1 - 7 years

@ Elizabeth Rise

End of school holidays Celebrations

⊕ 2pm - 4pm
FREE

7 - 12 years

@ Elizabeth Rise

Communicate with Confidence

⊕ 11am - 1pm
FREE

16+ years

@ NSS

Space Spectacular

⊕ 11am
Tickets: \$10 (accompanying adults are free)

@ Shedley Theatre

Tuesday 19

Sea Star Rock

⊕ 11am
Tickets: \$10 (accompanying adults are free)

@ Shedley Theatre

Sing with style

⊕ 4pm - 6pm
FREE

12+ years

@ NSS

Wednesday 20

Dinosaur Discovery session

⊕ 10am - 11am
FREE

5+ years

@ Playford Library Civic Centre

Thursday 21

Family Outing Fun at the Pool

⊕ 11am - 3pm
FREE

10+ years

@ Elizabeth Rise

Rock chicks Girls to the front!

⊕ 1pm - 3pm
FREE

14 - 19 years
@ NSS

Week 7

25.01

Monday 25

Dodge Ball Tournament

⊕ 1pm - 3pm
FREE

10 - 15 years

@ John Mcveity Centre (book with NSS)

Tuesday 26

Australia Day Celebrations

⊕ 3.30pm - 6pm
FREE

All ages

@ Fremont Park

Wednesday 27

Scooter maintenance workshop

⊕ 11am - 12.30pm
FREE

8 - 15 years

@ NSS



Book into all events at playford.sa.gov.au/events
OR call the venue



8255 5560

Elizabeth Rise Community Centre

8256 0155

Playford Library Service

8256 0333



8256 0337



What's on!

Playford

Communicate with Confidence

Northern Sound System - 73 Elizabeth Way, Elizabeth 5112

18/01/16, 11am - 1pm

Free, 16+ yrs.

For further details please contact 8255 5560 or email nkennedy@playford.sa.gov.au



Family Outing

14/01/16, 10am - 3pm

Bus from Elizabeth Rise Community Centre - 26 Hamblynn Rd, Elizabeth Downs 5112

Free

Bowling and mini-golf with a visit to Stebonheath Park. Bring your own lunch.

Please call Silvana on 8256 0155 or email on SCusack@playford.sa.gov.au if you have any questions.

School Holiday Fun!

The Big Wedgie Waterslide

Glenelg

13/12/15 - 28/01/16

\$12.00

<http://www.thebigwedgie.com.au/>



Moonlight Cinema

Botanic Park

03/12/15 - 14/02/16

\$14.50 - \$35.00

<https://www.moonlight.com.au/adelaide>



Mega Adventure Park

4 Hamra Ave, West Beach 5024

\$5.00 - \$55.00

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



Harry Potter-a-thon

The Mortlock Chamber, State Library of South Australia,

North terrace

18/01/16 & 19/01/16

1 day pass \$25.00, 2 day pass \$40.00

<http://www.slsa.sa.gov.au/site/page.cfm?u=828&c=44252>



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 Trepina 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

