



headspace
Horsham



December newsletter

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



meet the Horsham team



U'Nita
*team leader of clinical
services*



Louie
trained therapy dog



Shanu
snr mental health clinician



Anna
case manager



Rob
mental health counsellor



Charlotte
snr mental health clinician



Trina
team leader of centre ops



Ash
youth peer support worker



Cass
community engagement



Mark
*community
engagement*



Alisha
*community
engagement*



Haylie
client services

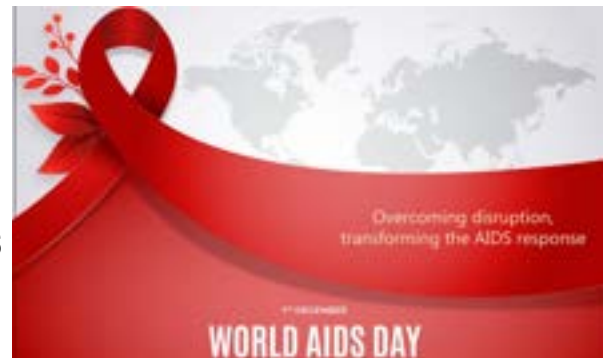


Kate
centre manager

LGBTQIA+ Dates for Nov

1st December: World AIDS Day

World AIDS Day promotes raising awareness for the AIDS Pandemic caused by the spread of HIV. Each year there is a different theme that reflects the current challenges and goals of fighting AIDS and this year's theme is 'Overcoming disruption, transforming the AIDS response.' This theme focuses on the need to address stigma and improve access to care and treatment. This World AIDS Day try reflecting on the progress made, honor the lost and advocate for the combat against HIV/AIDS.



8th December Pansexual/Panromantic Pride Day



Pansexual/Panromantic Pride Day is an important celebration that shines a spotlight on those who identify as pansexual or panromantic. There are many similarities between bisexuality and pansexuality, however pansexuality is characterised by the attraction to individuals regardless of their gender or gender identity. The pansexual and panromantic community is commonly misunderstood which is why raising awareness and advocating is so important to help ensure that their voices are heard in and out of the LGBTQIA+ spaces.

14th December: HIV Cure Research Day

HIV Cure Research Day is a day of awareness celebrating efforts of researchers advocates and community members who are working towards finding a cure for HIV. It serves as an opportunity to educate the public of HIV by acknowledging a collaboration of contributions from researchers, advocates and people living with HIV.



Horsham Primary Grade 6 Transition Panel

We went to Horsham Primary School and hosted a panel for the Grade 6 students that was all about transitioning to year 7. Alisha visited the week before to get their most burning questions about going to high school, then we got an awesome panel together to answer the questions. The panel included our very own Cass, Shanu and Ash (hWY), as well as Ms Nolan, from Horsham Primary School. We got to talk about important topics like, making new friends, bullying and who you can talk to if you're having a hard time. We had a lot of fun and wish the all the Grade 6 students good luck for their new adventure into high school next year!



Good luck next year!



out and about



Trina from headspace
and Laura from
Uniting at the
Horsham Special
school family expo



Cass and Trina from
headspace, the orange
door and Uniting at the
16 Days of Activism
Panel



Achievement Unlocked

Achievement unlocked has been a blast and their last adventure is this Thursday 4/12! Here is a little something that facilitator Cass has whipped up:

“Along the way, our heroes ran into the mighty Chicken King (yes, he ruled with an iron wing), his loyal feathered army, a group of bandits who were very easily distracted, and an adorable—but slightly dangerous—book worm who definitely needed to be returned to the library’s “Do Not Pet” section.

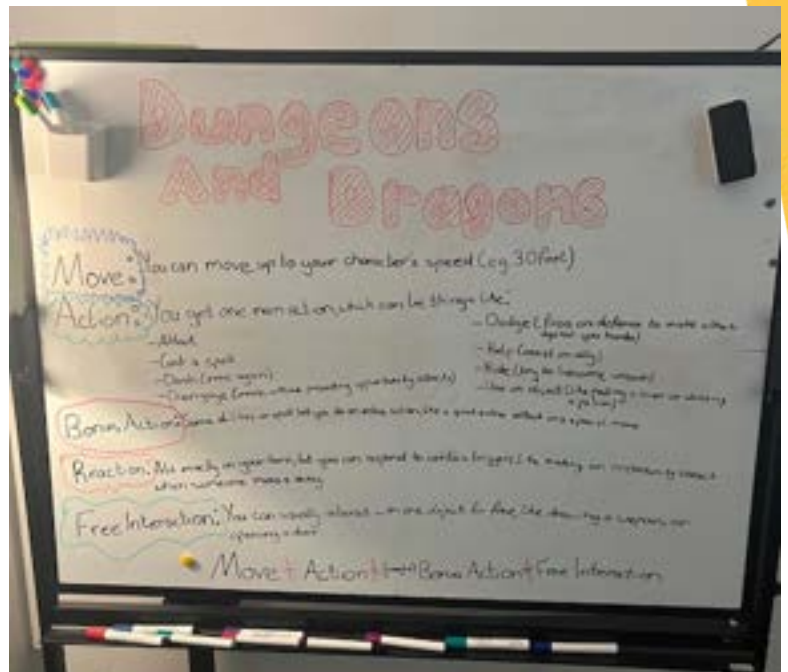
Between dodging chickens, outsmarting bandits, and negotiating with creatures who may or may not bite, our party learned some solid life skills around Decision making. We learnt, how good decisions are made, why they matter, and how to use them when real-life get tricky.”

Whole Group achievement:

Achievement Unlocked: Dragon of Determination - Didn't give up, even when the quest got tough.

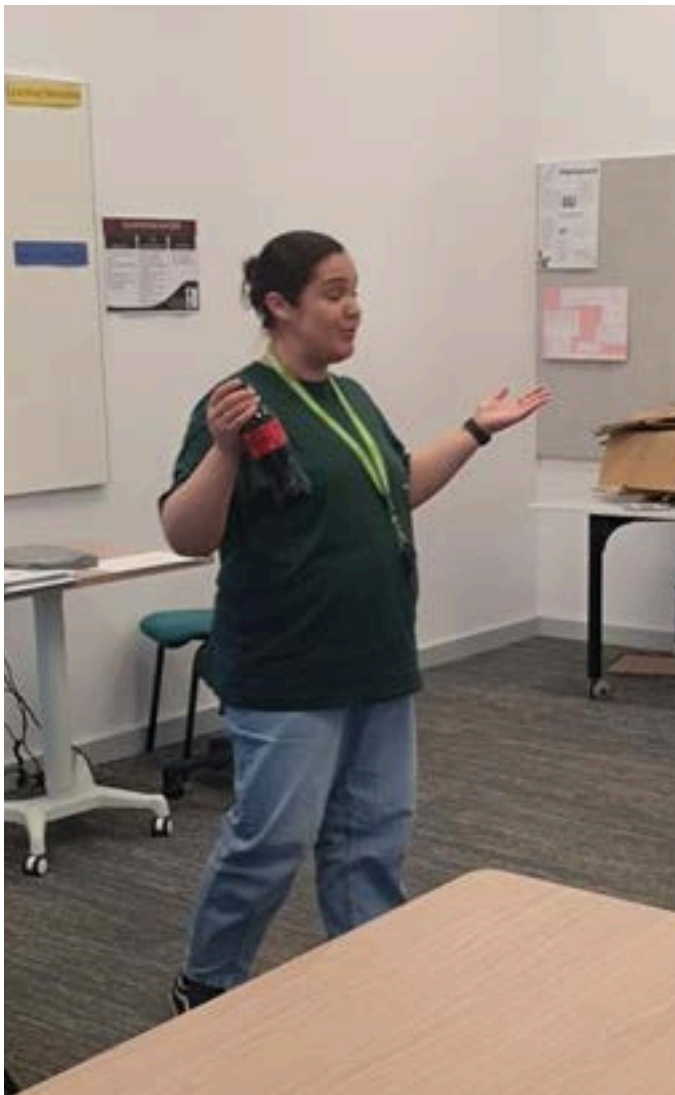
Special Achievement:

Achievement Unlocked: Critical Thinker - Calculated risks and played their turn like a pro strategist.



FROG Program and Leaders of the Pack

Ash has been hopping over to Edenhope College each week to deliver, FROG, a program all about headspace's 7 Healthy Tips. Each week, students leapt into practical ways they can improve their mental health and wellbeing. A huge thank you to Edenhope College for allowing Ash to deliver this program, we couldn't have asked for a more ribbit-ing reception. It's been totally amazing to see the students grow, one healthy tip at a time!

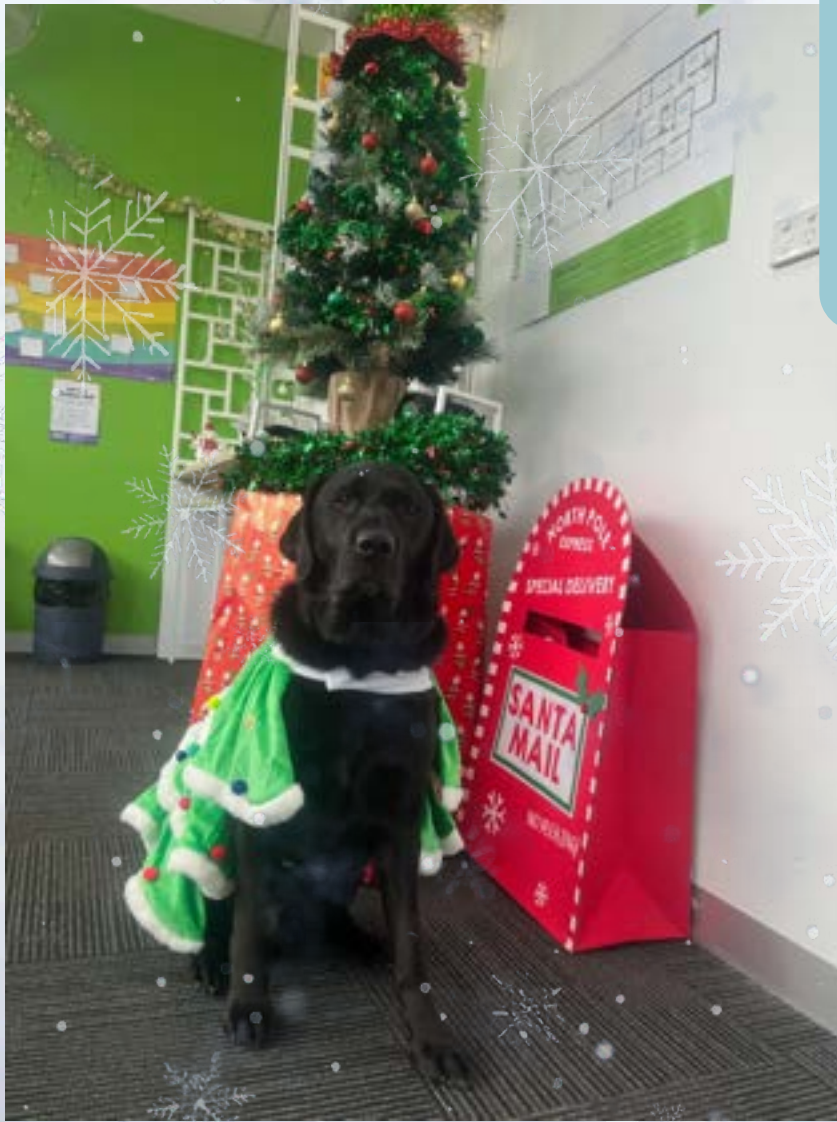


Alisha and Ash went down the dusty trail to deliver Leaders of the Pack at Hopetoun P-12 College. This session was about building mental strength, learning the ins and outs about stress and what to do when you're feeling overwhelmed. Things fizzed over in this awesome demonstration where Alisha showed what happens when you bottle things up. Thank you Hopetoun P-12 and the Western Bulldogs for allowing them to be a part of this awesome program!



Welcome to our winter wonderland

Our wonderful youth advisory group hWY came up with the magical theme 'Winter Wonderland' for our centre's Christmas decorations! There is still more to come, but watch Shanu, Cass and Haylie decorate our cute little Christmas tree!



Your Space



headspace Horsham Listening survey



**Have your say on what you
would like to see in the
centre!**

Your Voice



Your headspace



meet the hWY crew!

Hi, I'm Bethany and I'm 20 years old

I have been in hWY for 4 years.

I joined hWY for the social aspect, to have the opportunity to help make change, and to host fun activities and events in the community.

My favourite thing about hWY is that we work so well together to create and plan events. We also have snacks and get to joke around with each other.

A fun fact about me is that I am a huge Minecraft and Star Wars nerd!



we are hiring!

are you aged 15-25 and passionate about youth mental health?

do you want to grow your leadership and advocacy skills?

do you want to make a difference for young people in your community?

do you want to be PAID for your expertise?

apply for headspace Wimmera Youth today!



scan here to apply



common myths and facts about mental health difficulties

Myth

Family and friends can't help people with a mental health difficulty.

Fact

Family and friends, as well as the wider school, work and community network, play an important role in supporting young people recovering from mental health difficulties. Family and friends have an ongoing connection with the young person and can offer understanding and practical support that makes a big difference.

Myth

People don't recover from periods of mental ill-health.

Fact

Most people recover from mental ill-health. In fact, recovery is more likely than not. With the right treatment and support, people commonly return to wellness, as well as learn lifelong skills that help handle life's tough times if they occur in the future.

While some people can experience multiple episodes throughout their life, these learned skills can reduce the duration and severity of these periods, and increase someone's capacity to live the life they want during periods of illness.

Myth

Mental health difficulties are caused by genetics.

Fact

Mental health difficulties and mental ill-health are complex and can occur for different reasons. Things like grief, relationship break-ups, bullying, exams, family conflict – also called environmental factors – are some of the most common contributors to the onset of mental ill-health in young people.

While environmental factors can worsen any genetic vulnerability, they can also help. For example, a strong family support system can go a long way towards preventing onset of mental health difficulties.

which service is right for my young person?

We have many resources on our website

(headspace.org.au) to help you take care of your young person's health and wellbeing.

If they've been using these resources for some time without improvement it's important to get the support of a professional.

Here's a list of our services to help you work out what might be right for them.



headspace centres

headspace centres provide face-to-face information, support and intervention (where appropriate) to young people aged 12-25 for anything affecting their health and wellbeing.

Support may be offered across any of the headspace four service areas (read about these areas on page 4).

Many headspace services also offer group support/programs in addition to individual support.

To find out about the services that are available or to make an appointment on behalf of your young person you can call, email or drop into your local headspace centre.



eheadspace

eheadspace is a national online and phone support service for people aged 12-25, their families and friends. eheadspace is staffed by experienced and qualified youth mental health professionals.

Web-chat and phone support operates from 9am – 1am (AEST), every day of the year. All they need to do to access eheadspace is create an account at headspace.org.au (for web-chat or email support) or call 1800 650 890.



work and study

headspace Work and Study is an online and phone support service for people aged 15-25 years who need support with work or study. It is staffed by work and study specialists.

The service operates within business hours, and we will try and find an appointment time that works for your young person. Work and Study sessions usually take an hour.

To access the Work and Study service, all your young person needs to do is register at headspace.org.au/workandstudy (for web-chat and email) or phone 1800 810 794.

All Work and Study services are free, but if called from a mobile the usual call charges will apply.



career mentoring

Career Mentoring is an online and over the phone service that connects young people aged 18-25 with an industry mentor in their field of interest. Mentors work with young people to help them find, maintain and enjoy work.

Mentoring occurs every two weeks, for up to six months.

To register interest in Career Mentoring, your young person can visit headspace.org.au/mentoring

All Career Mentoring services are free. If a young person is connecting with their mentor by phone, they will be given a toll free number to call.



headspace Telehealth

In regional and rural areas, getting access to expert psychiatrists is difficult. headspace Telehealth addresses this by providing 12-25 year olds in these areas access to highly-skilled psychiatrists via video consultations.

The low cost service ensures young people get high quality mental health care, while continuing their treatment within their local community.

Read more about headspace Telehealth at headspace.org.au/telehealth



what might happen if I visit headspace?

at the first visit

Your first visit may be in person, or on the phone.
At the first visit you will:

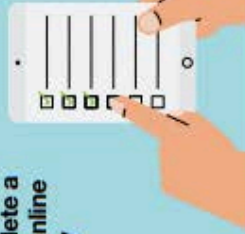
1

Fill in a registration form



2

Complete a brief online survey



3

Talk to a headspace worker



4

Be given the opportunity to:

- share what's been impacting your wellbeing
- talk together about what goals you might want to work on.

If you feel comfortable, family members are encouraged to attend.

after the first visit

If you choose to continue at headspace, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:

- access to a doctor and/or mental health nurse for physical or mental health difficulties
- study or vocational assistance with a work and study specialist
- sexual health information and support
- alcohol and other drugs assistance from an Alcohol and other Drug Support Worker
- referral to other agencies best suited to you and your family's needs. If you need a referral from a doctor to access a particular service, we can arrange this
- mental health support, such as cognitive behavioural therapy (CBT), problem solving, supportive counselling and group therapy.



We take your confidentiality, privacy and safety seriously. Read more about confidentiality and our duty of care on page 16.

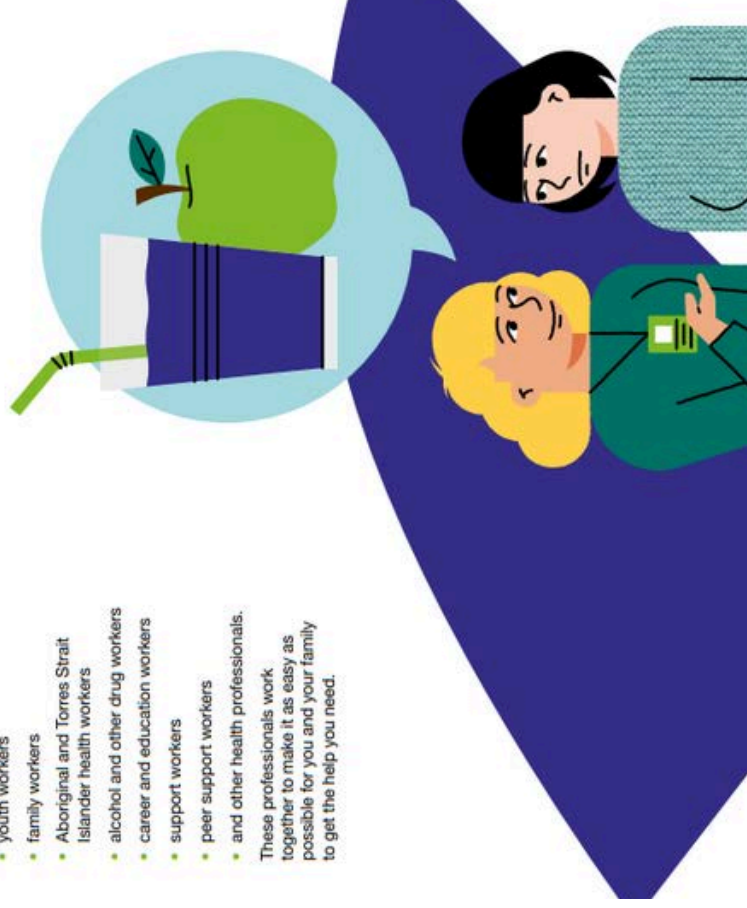
who provides services at headspace?

At headspace, you can meet with a range of workers, including:

- psychologists
- social workers
- occupational therapists
- mental health nurses
- doctors
- psychiatrists
- intake workers
- youth workers
- family workers
- Aboriginal and Torres Strait Islander health workers
- alcohol and other drug workers
- career and education workers
- support workers
- peer support workers
- and other health professionals.

These professionals work together to make it as easy as possible for you and your family to get the help you need.

Each headspace centre caters for their local community, and may not have all of the workers listed here. Make sure to check with your headspace centre about what services they provide. If they don't have the exact service you're looking for, they will be able to help recommend or suggest another service.



how to contact headspace

our centre is open Mon - Thurs 9-6pm
and Fridays 9-5pm



5381 1543

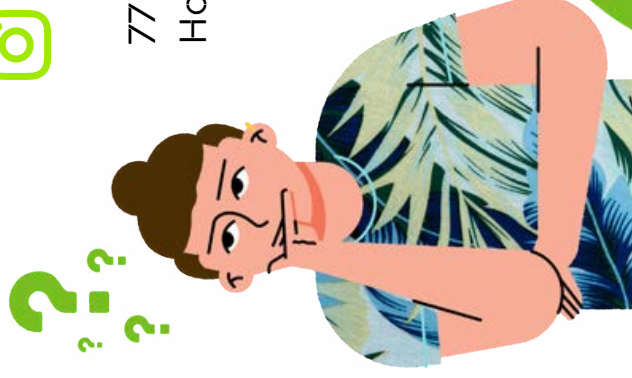


info.headspacehorsham@vt.uniting.org

or follow us on our socials



77 Hamilton Street
Horsham, Victoria



Are you or someone you know between the ages of 12 and 25 ?

Are you needing a little more support with:

Mental health & wellbeing?

Alcohol & other drugs?

Physical & sexual health?

Work & Study?

headspace is a FREE counselling and support service for young people



If you are looking for
support, follow this QR
code



headspace
Horsham



HINDMARSH SHIRE

youth

COUNCIL

**APPLY
HERE**



2026 YOUTH COUNCIL

applications - extended

If you are between the age of 12-18 years, *we would love to hear from you!* Joining Youth Council gives you the chance to make a positive contribution to your community and plan events that benefit young people across the Shire.

CONTACT US

info@hindmarsh.vic.gov.au
(03) 5391 4444

It's important to us that our Youth Council is inclusive. If you have any questions about inclusivity or accessibility, we'd love to chat to you! Reach out using the contact details above.

**APPLY TO JOIN THE HINDMARSH SHIRE
YOUTH COUNCIL TODAY!**

Visit www.hindmarsh.vic.gov.au/our-youth-councillors for more information!



16 Days of Activism

Free Youth Event

Own your digital space:

*Hear from experts as they share practical
tips on staying safe online*

Free Bonnie and Clydes pizza



Horsham Rural City Council has been funded under Respect Victoria's 16 Days of Activism Grassroots Initiative.



FUNDED UNDER RESPECT VICTORIA'S
16 DAYS OF ACTIVISM GRASSROOTS INITIATIVE
Hindmarsh Shire Council

FREE
EVENT

RUN FOR *Respect*

AS A PART OF 16 DAYS OF ACTIVISM AGAINST
GENDER-BASED VIOLENCE

You are invited to join us for a colour run, to bring awareness to
gender-based violence.

Each event will end with a free barbeque tea.



MONDAY

01

Dec
2025

Jeparit

Riverbank Precinct



6pm–8pm



TUESDAY

02

Dec
2025

Rainbow

Recreation Reserve



6pm–8pm



MONDAY

08

Dec
2025

Dimboola

Soundshell



6pm–8pm



TUESDAY

09

Dec
2025

Nhill

Jaypex Park



6pm–8pm

Please bring...

Suitable
footwear

Eye protection,
e.g. sunglasses,
goggles

A change of
clothes and/or
towel

To register for any of these events, please scan the QR code, call
(03) 5391 4444 or visit any of Council's Customer Service Centres.





If you don't wish to join in the colour run, please come along
and watch the fun, and join us for the free barbeque tea!



SAFE + EQUAL

RESPECT VICTORIA

If you have any questions, please contact
Stephanie Lynch: Free From Violence Project Officer
slynch@hindmarsh.vic.gov.au



GOOLUM GOOLUM

YOUTH DROP IN

FOR 12 - 18 YEAR OLDS

MONTHLY GROUP TO HANG OUT,
PLAY GAMES, HOMEWORK HELP AND
HEAPS MORE FUN ACTIVITIES!

4:00PM - 6:00PM

AUNTY IRENE ROOM

43 HAMILTON ST, HORSHAM

*DATE TO BE CONFIRMED EACH MONTH

ALL SNACKS AND DRINKS PROVIDED

*GUARDIAN PERMISSION REQUIRED

*FOR ABORIGINAL AND TORRES STRAIT
ISLANDER YOUTH ONLY



FOR MORE INFORMATION PLEASE
CONTACT HANNAH ON 0484 268 536



Writing Hour



at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome



orygen

You're invited to the Right Here, Right Now study!

Orygen and the University of Melbourne are seeking young people aged 13-25 for a new study.

This study will involve downloading an app and completing some brief surveys each day (2-3 mins per survey), over 6 days.

These surveys will ask about mental health issues, thoughts of suicide, and self-harm – as they happen.

This is so we can understand what causes these thoughts and urges, and what can help other young Australians.

You will be paid for your participation.

INTERESTED?

Visit the link to learn more, complete a short form, and book a time for a Welcome Interview with our team.

https://redcap.link/rhrn_study





**mental health &
wellbeing connect**

Free for family, carers and supporters

Grampians



Help, hope and purpose

Grampians Mental Health and Wellbeing Connect

For Families and carers

We will provide a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds of people with mental health and/or substance use challenges. You will be able to connect with peers, access tailored information, resources, advocacy, peer support (individual and group-based), and support access to brokerage funds.

All of our staff have a lived experience of supporting someone. We are here to listen to families, carers, kin and supporters, and we offer a variety of supports based on your specific needs. We work across the Wimmera and Central Highlands regions providing support in-person and over the phone.

Call 1800 962 008

Email GrampiansMHWConnect@mindaustralia.org.au

Support is available for people in the Ararat, Ballarat, Golden Plains, Hepburn, Hindmarsh, Horsham, Moorabool, Northern Grampians, Pyrenees, West Wimmera, and Yarriambiack local government areas.

In partnership with



What's On



December 2025

HORSHAM & SURROUNDS



Every Saturday

Wimmera River Park Run

Set your pace every Saturday with Park Run, jogging or walking along the scenic Wimmera River, meeting at Sawyer Park in Horsham at 8am, and feel free to bring your friends, family, or pets. Volunteers are always welcome.

Friday 5th & Friday 19th

Riverfront Summer Series Christmas Extravaganza

This exciting series at the riverfront meeting place features delicious food trucks, live music, outdoor games and great vibes, running from 5pm to 9pm—perfect for a summer evening out!

- ✦ Friday 5th - Family activities & a visit from Santa
 - ✦ Friday 19th - Christmas Carols & Cocktails on the river
- Sit back and relax as you enjoy the Riverfront Summer Series Event!

Saturday 6th

Makers Christmas Market

Discover a fantastic array of high-quality, stylish wares from inspiring craft makers, featuring unique handcrafted giftware, clothing, and produce. Located in the carpark of Horsham Library, this vibrant market runs from 9am to 1pm. Perfect for finding something special!

Saturday 6th

Haven Market - Twilight Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy. December's Market is 4pm-8pm. It offers a wide range of stalls featuring locally grown produce and homemade goods, something for everyone to enjoy! All set up at the charming Haven Recreation Reserve.

Saturday 6th

Horsham Fire Brigade 150th Year Torchlight Procession

Join us as we mark a historic milestone: 150 years of service by the Horsham Fire Brigade.

- ✦ A number of brigades will proudly march from the Old Fire Station (Pynsent Street) to the new Station (Hamilton Street), carrying glowing LED torches in a spectacular torchlight procession. 8.30pm-9.30pm.

♣ Looking for that perfect Christmas gift for that hard-to-buy-for someone? ♣

Drop into the Horsham Town Hall – Visitor Services! We've got a beautiful range of local produce, handcrafted giftware by local artists, and plenty of unique treasures you won't find anywhere else.

- Not sure what to choose
- Give the gift of choice with a Town Hall Gift Voucher — redeemable for any performance and with no expiry date!
- ✦ Visit us today and discover the ideal Christmas gift.

Sunday 7th

Carols By Candlelight

✦ Join us from 6pm for a festive night filled with Christmas carols, joyful vibes, and fun kids' activities. Bring your picnic rug or chair, gather your loved ones, and settle in for heartwarming celebrations under the stars. Food trucks on site. Sawyer Park, Horsham.

Sunday 14th

Natimuk Farmers Market Plus

Explore the Natimuk Showgrounds from 10am-1:30pm and discover a local market that features an array of handmade items, local produce, and treats. The entry fee is a gold coin donation at the Natimuk Showgrounds.

Saturday 20th

Jung Market

Held at the Jung Recreation Reserve on the third Saturday in December. The market has a wide range of local produce & products from stall holders. 9am-1pm

Sunday 21st

Mixx FM Santa Race Day

🏇 Celebrate the season & enjoy thrilling horse racing, live music, kids' activities, and a visit from Santa—all in a festive country atmosphere. Perfect for families, friends, and work parties. Gates open 11am, Horsham Racing Centre, Bennett Rd.
horsham@countryracing.com.au



Horsham & Grampians Visitor Information Centre

Open Daily 10am-4pm (Closed ANZAC Day, Good Friday & Christmas Day)

Located within Horsham Town Hall - 71 Pynsent Street Horsham

Free Call 1800 633 218 | tourism@hrcc.vic.gov.au | visithorsham.com.au



Please note that all events are correct at time of distribution.

Horsham & Grampians Visitor Information Centre take no responsibility of any advertised events that have been postponed or cancelled.

What's On



December 2025

HORSHAM & SURROUNDS



Sunday 21st

Amy Shark: The Solo Acoustics Songs and Stories Tour

Following her mammoth sold-out 20-date regional tour earlier this year, 8-time ARIA Award winner and alt-pop singer-songwriter Amy Shark is back on the road with an additional 26 intimate shows across Australia.

Join us for a special night of stripped-back performances and raw storytelling as Amy takes the stage for The Solo Acoustic Songs and Stories Tour.

📍 Horsham Town Hall - 8:00 PM

horshamtownhall.com.au

Don't miss this chance to experience Amy Shark up close in a unique acoustic setting.

Tickets selling fast - secure yours now!

2026 Horsham Town Hall Performances on sale now

- ✦ The Umbilical Brothers - Speedmouse - 11 February
- ✦ The Best of the Bee Gees Greatest Show - 6 March
- ✦ Human Nature - Motown 20th Anniversary Regional Tour Part 2 - 11 March
- ✦ Kevin Bloody Wilson - 18 March
- ✦ Cosentino Tricked - An Evening Of Wonder - 22 March
- ✦ Cirque Nouvelle - 9 April
- ✦ Luke Kidgell: Good Intentions - 17 April
- ✦ Everly Brothers and Friends and Roy Orbison - 16 July
- ✦ Bluey's Big Play The Stage Show - 5 August



For more details & tickets for events on at Horsham Town Hall & Horsham Regional Art Gallery, scan the QR or call 03 5382 9555



HORSHAM
TOWN HALL

Student Public Speaking Workshop Facilitated by Youth Engagement Project

Tuesday 2nd 10.30am (Heritage Hall)

Gen Z Communication & Engagement Professional Development Facilitated by Youth Engagement Project

Tuesday 2nd 4.30pm (Heritage Hall)

Rudolph the Red-Nosed Reindeer Jr. Presented by Horsham West and Haven Primary School

Thursday 11th & Friday 12th 7pm

Amy Shark: The Solo Acoustics Songs & Stories Tour

Sunday 21st 8pm



HORSHAM
REGIONAL ART GALLERY

Current Exhibitions

Anne Middleton
Beyond Feeling: The Texture of Time
Open until 1st February 2026

Mack Jost: Gift Exhibition
Open until 26th January 2026

**View from Here: Highlights from the
National Gallery Collection**
Open until 7th March, 2027

Children's Workshops

Mini Makers Term 4
18th Nov - 16th Dec

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**Merry Christmas and
happy new year!**

**We hope you all have a safe and happy holidays and
we can't wait to see you all when we come back!**

**From all of the team at
headspace!**