



headspace
Horsham

February 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



Trina
team leader of centre ops



Mark
community engagement



Cass
community engagement



Haylie
client services



Kate
centre manager

👏 Farewell Ash! 👏

Within the last few weeks, we said goodbye and good luck to our wonderful peer support worker Ash! Ash has played a huge role at headspace over the years, moving from our YRG group to becoming a peer worker. From their amazing centre tour, to Fidget Fridays and their success with the FROG program Ash has left a huge mark on the centre and will be missed!

Goodbye

Farewell and

**GOOD
TIMES**

**best of
LUCK**



Good Luck!



LGBTQIA+ Dates for Jan

Midsumma Festival: 18th Jan - 8th Feb

PRIDE!

The Midsumma festival takes place on Sunday 18th of January to the 8th of February 2026 that celebrates a wide range of LGBTQIA+ events in Melbourne. The festival brings together a diverse mix of LGBTQIA+ art and performances for a wide range of audiences.

Midsumma Pride March 1st Feb in Naarm/Melbourne:

The March takes place on Fitzroy Street in St kilda celebrating diversity and pride and encourages anyone to join the festivities

Victoria Street Party 8th Feb in Naarm/Melbourne:

This marks the end of the Midsumma Festival. The streets will be transformed with a range of entertainment from musicians, artists and performers to food and drink from local businesses.



Aromantic Spectrum Awareness Week (ASAW) 15-21st

Feb 2026



Aromantic Spectrum Awareness Week takes place every year after Valentine's Day starting on a Sunday to spread awareness and acceptance of aromantic spectrum identities and issues. Aromanticism is a romantic orientation of people who experience little to no romantic attraction, feeling disconnected to romance or uninterested in romantic relationships.



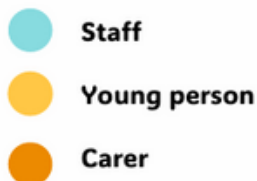
headspace Co-design project

The centre has been hard at work talking with the community, running workshops, reading surveys and promoting our socials all about our Co-design project for the centre renovations!

The feedback we received will help us during the design process with the architect, so that we can have a centre that best suits your needs. People shared what worked well and what we need to improve on, so the space is easier to access, nicer to use and better for everyone who comes here.

Our next steps will be designing a draft of the centre with the architect to turn those ideas into real plans and then we can share them with you! We will go through another round of feedback for you to check out what we have come up with to make sure it reflects what you told us, then we'll finalise the design and it will be onto the upgrade!

We listened to your ideas and this is what you had to say...



"A corner where you can sit down, enjoy the quiet and have an iPad there to do some drawing or colouring."

"Introduce adjustable lighting to set the mood for different activities."

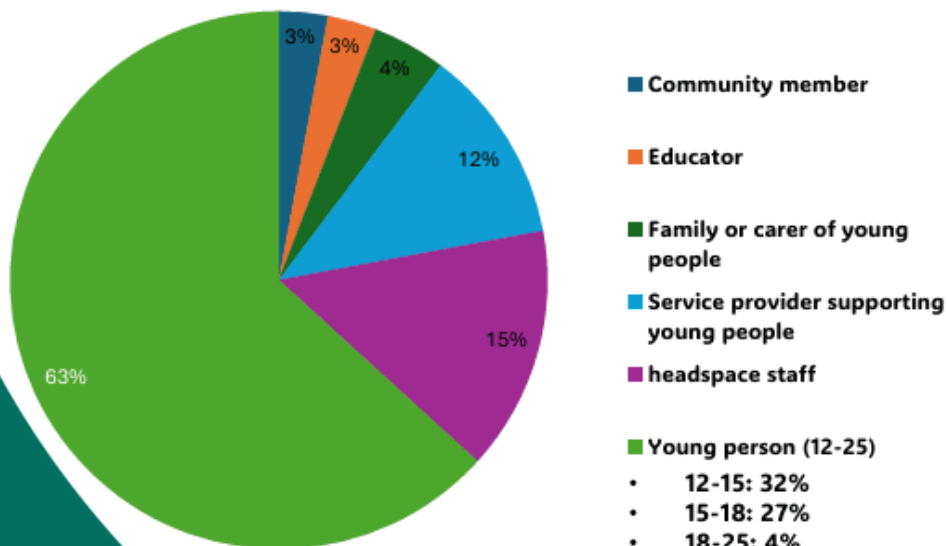
"Hammocks or net floor (normally in high ceiling rooms) as a chill out area. Bring the outdoors in....cave room. (Quite, green and feels like a forest)."

"Improved flow across access to spaces (limits feeling of confusion & overwhelmed)."

"Home-like feel: Comfortable seating options (couches, armchairs), cozy break areas, restorative spaces."

"Maybe the rooms could be themed like areas of our region (eg: bush, waters) and have motifs that represent that."

Survey responses by user groups



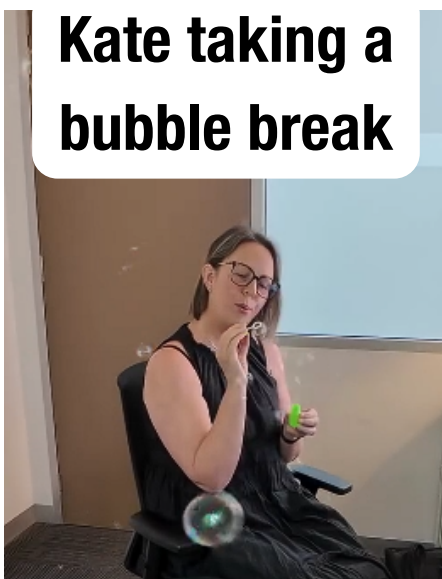
♥ headspace Updates ♥

January saw the centre become a lot more active on socials! From blowing bubbles to backing out of trust falls... we have had a blast! We want everyone to feel familiar with the team, so we love making content that lets our personalities shine.

We also said our final goodbye to Charlotte over video call due to the extreme weather not allowing her to come into the centre. We are super happy for Charlotte and wish her all the best!



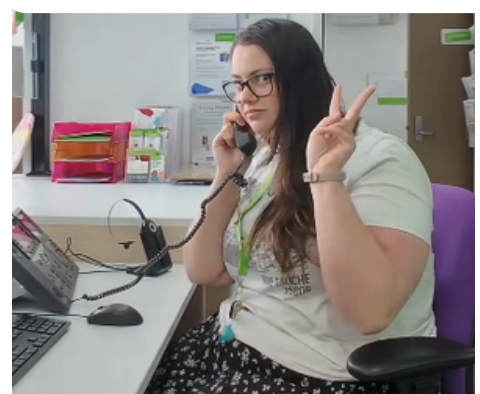
Cass & Haylie trying to use the phones



Kate taking a bubble break



Rob wanting the tea



Cass & Anna doing a trust fall



Saying goodbye to Charlotte via teams

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 – 5pm (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



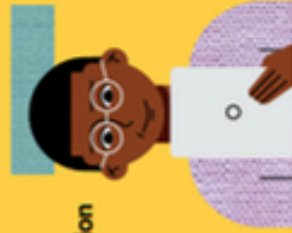
what might happen if I visit headspace?

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



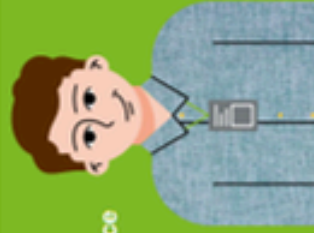
2

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



supporting a young person settle back into school



start with a calm conversation

Check in early about anything that might be worrying them. Planning ahead of time can be helpful for young people and can ensure the right school supports are in place.

explore strategies and supports

Together with your YP, get creative about what might help. This could include rethinking the morning routine, practicing simple relaxation techniques together, focusing on the young person's strengths and involving the school in a shared plan if needed.



get extra help if things aren't improving

If the worries or other things keep getting in the way of the young person settling into school, reach out for professional support, like headspace.

want to talk with your young person about mental health?

Here are 3 gentle ways to start.



1. notice and ask:

If you see changes in mood or behaviour and have some concerns, show them you care: “I’ve noticed you don’t seem yourself lately – are you ok?”



2. pick a calm moment:

Choose a relaxed time and place — like when you’re walking, driving or doing something else together. Avoid stressful or rushed moments.



3. listen & offer support

Use “I” statements, like “I’m here if you want to talk.” Be patient and allow them time to share in their own way. Don’t jump to ‘fix-it’ mode, or pressure them to share. Often what they need most is understanding and to know that you care.

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

THE STATION

16 PYNSSENT STREET, HORSHAM

YOUTH MAGAZINE

CREATIVE TEAM WANTED



Have your say, get creative, build skills, and be part of a magazine made by young people, for young people.

- **Launching in 2026**
- **Creative Team required on Wednesdays (during school terms)**
- **4:00pm-5:15pm**



ENGAGE!



**REGISTER
INTEREST
HERE**

For more information, email larissa.riddell@hrcc.vic.gov.au

THE FUTURE IS YOURS—LET'S CREATE IT TOGETHER!

ENVIRO FAIR 2026



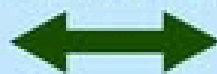
PLANNING COMMITTEE MEMBERS WANTED!

Be part of the team (aged 10 – 25) that organises eco-friendly initiatives, plans interactive activities, & makes sustainability fun and inspiring.

Meetings held on Tuesdays (during school terms) @ 4:00pm – 5:15pm

<https://forms.office.com/r/19PxQdM7Zf>

**APPLY TO BE A COMMITTEE
MEMBER VIA**



Writing Hour



at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome



ory
gen

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



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



PATHWAYS TO POSSIBILITIES LOGO DESIGN COMPETITION

**\$150 PRIZE PACK
FOR THE
WINNING DESIGN!**

Requirements:

Must include the words

Pathways to Possibilities

Keep your design clear, original and
suitable for print and digital use
Must be able to be adjusted to scale
where necessary

You may choose your design to reflect

Imagery that hints at Pathways, Steps,
Connections or Branching choices
Shapes or symbols that represent
Growth, Strength and Opportunity

Use any artistic medium you desire!

Digital Art
Paint
Coloured Pencils
Anything your choose!

Submit your entries in person to Renae at Dalki Guli Hub
or by email renae.podolski@goolumgoolum.org.au
call or text on 0474 933 998 with any questions!

PATHWAYS TO POSSIBILITIES LOGO DESIGN COMPETITION

Goolum Goolum are inviting all
Aboriginal and Torres Strait Islander Creative Artists
- young people, families, artists, storytellers -
To create a logo that represents the spirit of
Pathways to Possibilities

This initiative aims to support Mob in walking strong into

**Education
Training
Wellbeing
Future Opportunities**

Your logo will become the visual identity for
Pathways to Possibilities
across a variety of programs, events and communications at
Goolum Goolum

YOUTH
YOUTH
YOUTH
YOUTH



ARE YOU A YOUNG PERSON AGED 12-17?

PARTICIPATE & RECEIVE A \$25 VOUCHER.

YOU
YOU
YOU
YOU

**JOIN A 30-MINUTE ONLINE
INTERVIEW TO GIVE FEEDBACK ON
BODY IMAGE AND WELLBEING
SCREENING TOOL.**

**WE JUST WANT TO HEAR
HOW THESE QUESTIONS
SOUND TO YOUNG
PEOPLE LIKE YOU.**



**FLINDERS UNIVERSITY
INSTITUTE FOR MENTAL HEALTH & WELLBEING
QUESTIONS?
✉ MARCELA.RADUNZ@FLINDERS.EDU.AU**

FEBRUARY @

FREE!

THE

STATION

16 PYNSSENT STREET, HORSHAM



AMPLIFY

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people **Ages 12 - 25 4:00 - 5:30**



2VOX

A Zine for young people , made by young people. For creative team only
Ages 10 - 25 4:00 - 5:15



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AMPLIFY

Be apart of a group that plans, develops and delivers music, creative arts and cultural programs for other young people **Ages 12 - 25 4:00 - 5:30**



SWEET NOTES

Come and make some cards to give your loved ones, friends or just a nice thing to do for someone you don't know
Ages 10 - 18 4:00 - 5:30



2VOX

A Zine for young people , made by young people. For creative team only
Ages 10 - 25 4:00 - 5:15



2VOX

A Zine for young people , made by young people. For creative team only
Ages 10 - 25 4:00 - 5:15



**FOLLOW US ON
SOCIAL MEDIA**



@horshamyouth

What's On HORSHAM & SURROUNDS

Sunday 1st & 15th

☀️Riverfront Summer Series☀️

Enjoy long summer afternoons at the Riverfront Meeting Place with delicious food trucks, live music, outdoor games and unbeatable vibes.

From 2.00pm - 6.00pm, it's the perfect way to unwind, sit back, relax, and enjoy the season

🌞Upcoming Dates - 1/03, 8/03, 21/03

Monday 2nd at 7.30pm

St Michael & John's Catholic Church present Vivaldi Concerti Virtuosi

Bookings at www.trybooking.com/DHSAW
Door sales -Cash Only 30 mins prior to concert
Ss Michael & John's Catholic Church
10 Roberts Avenue, Horsham VIC 3400

Saturday 7th 9.00am-1.00pm

Haven Market

The Haven Market is just 5km from Horsham, conveniently located alongside the Henty Hwy. Open from 9am to 1pm, the market 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 7th - Racing from 6.00pm

🏁Blue Ribbon Raceway🏁

Limited Sportsman title, ESS Series, Open ladies, Juniors & open sedans & Mechanics race
Blue Ribbon Rd, Kalkee
www.blueribbonraceway.com.au

Sunday 8th 10.00am - 2.00pm

★Horsham Town Hall Season Launch★

Please join us as we showcase this year's Performing Arts & Event Program, exhibitions, local producers, artists and so much more.
Behind-the-scenes tour of the Gallery and/or Theatre at 10.30am, 11.30am (Fully accessible Tour) & 1pm
Horshamtownhall.com.au

Friday 20th - Sunday 22nd

Old Skool Hotrod & Custom Club presents Hot Summer Nights Rod Run 🚗

A weekend gathering of over 400 vintage hot rods, includes cruising the CBD and culminating in a Show n Shine at Sawyer Park on Sunday 9am-1pm
Public events are free to spectators.
For further info Old Skool Hotrod & Custom Club on facebook.

Saturday 21st - Gates open 4.45pm

The Australian Ballet - Ballet Under The Stars

🎭 Prepare for an evening of the very best in ballet as The Australian Ballet performs some of their favourite pieces in the highly anticipated return of Ballet Under the Stars. Audiences of all ages can enjoy the thrill of live performance under the starry night sky in Horsham.

A rare opportunity to see Australia's national ballet company in this unique outdoor setting, the entertainment begins early with 'class on stage' where you can peek behind the curtain and watch our dancers warm up for the evening's performance.

🎨 Horsham City Oval Recreation reserve

Gates open 4.45pm

Free event, but bookings are essential
The Australian Ballet Website

Saturday 21st - 6.00pm till late

The Blue Ribbon Foundation's Annual Fundraising Ball 2026

Live Music, 3 course meal, Live & silent auction plus much more at The Horsham Town Hall.
All money raised in memory of the Fallen Victoria Police Members is donated to purchase lifesaving equipment for the Grampians Health - Horsham Hospital
Tickets & further information brfhorsham@gmail.com



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 HORSHAM & SURROUNDS

Saturday 28th Events

Jung Market 9.00am - 1.00pm

 Held at the Jung Recreation Reserve on the last Saturday of every month (except Dec 3rd Sat)
The market has a wide range of local produce & products from stall holders

Horsham Pet Expo 10.00am - 3.00pm

 Exhibits & information of all animal related businesses for educational purposes for the community 
Sawyer Park - Soundshell

Saturday 28th Events

The 150km Feast Food Truck & Wine Festival

Celebrates the region's best food and drink, bringing Grampians and Wimmera Mallee producers together in a vibrant outdoor setting. From 12:30pm, enjoy live music, wine tastings from local wineries, distilleries and breweries, plus a delicious lineup of food trucks. As the sun sets, stay on for evening entertainment and the magic of Dinner Under the Stars from 6:00pm, with live music continuing until 11:00pm.

The Award-winning 150km Feast

Celebrates the best farmers, winemakers and food producers within 150km of Horsham. Set on the banks of the Wimmera River at Maydale Reserve, this unique harvest festival brings together great food, wine and company under the stars—while supporting the Ag Society's major fundraiser of the year. 6.00pm - 11.00pm
For tickets & further info, 150kmfeast.com.au



Performances

The Umbilical Brothers - Speedmouse
Wednesday 11th February - 7.00pm

Ireland - The Voyage
Sunday 22nd February - 2.00pm



Children's Workshops

Mini Makers

Tuesdays 10.00am - 11.00am 10/2, 24/2 & 10/3
Thursdays 2.00pm - 3.00pm 19/2, 5/3, 19/3

Creative Minds

Tuesdays, 4.00pm - 5.15pm 10/2, 17/2, 24/2, 3/3, 10/3, 17/3



Current Exhibitions

Held in light: Con Kroker photographs from the collection

Open until 1st March 2026

New acquisitions: The work of F.A. Joyner

Open until 1st March 2026

Women sculptors from the collection

Open until 1st March 2026

View from Here: Highlights from the National Gallery Collection

Open until 7th March 2027



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



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Heat can be fatal

There are ways
to **stay safe**

H

Home and
living conditions

E

Environment and
social exclusion

A

Age and underlying
conditions

T

Taking certain
medications

S

Stay cool and
drink water

A

Avoid being outside
in the heat of the day

F

Phone family
and friends

E

Emergency alerts and
weather warnings



HEATWAVE H.E.L.P.

A Grampians region collaboration
Grampians Public Health Unit



Grampians
Health
Grampians Public
Health Unit

Funded by

