



headspace
Horsham

November newsletter

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



meet the Horsham team



Shanu

snr mental health clinician



Charlotte

snr mental health clinician



Alisha

community engagement



Anna

case manager



Trina

team leader of centre ops



Cass

community engagement



Ash

youth peer support worker



Kate

centre manager



Rob

mental health counsellor



Louie

trained therapy dog



Haylie

client services



U'Nita

team leader of clinical services

LGBTQIA+ Dates for Nov

Transgender Awareness Week 13th-19th November:

Trans Awareness week is held each year to raise awareness of issues facing the community as well as different ways that allies can improve the lives of transgender, gender diverse and non-binary people. The week is all about celebrating, creating equality and challenging discrimination in an effort to accept everyone for who they are and raise the voices of those who may identify as trans, gender diverse and non-binary.



Transgender Awareness Day of Remembrance 20th November:

Trans Day of remembrance is an annual day of commemoration that honours the memory of the lives lost within the trans, gender diverse and non-binary community from acts of transphobia and discrimination. It is a day of strength that marks the end of transgender awareness week and sets out to promote understanding and acceptance, while educating the public around the violence the trans community has, and continues to face.





Uniting Mental Health Art Exhibition Opening



Early in October headspace attended the opening of the Uniting mental health art exhibition to support the community and also submit some of our own works too! From a collage made by hWY member Hayley to embroidery works from Trina and Ash as well as a playlist made by Haylie, we loved sharing artwork that represents ourselves and our own mental health journey. Both Ash and Haylie presented a speech on their works and lived experiences with mental health to the community to demonstrate their relationship with art and how it helped them through tough times. It was amazing to see the community come together and support one another by attending and enjoying the artwork that was created.



OPENING NIGHT Mental Health Month Exhibition.

Come
celebrate
with us.

The exhibition will officially open on Tuesday 16th
October at 6pm at Uniting Wimmera, 185 Badde
Street, Moorabool.

Please come and join us to recognise Mental Health
Month and the wonderful artwork created by local
artists.

Contact us:
sarah.alexander@uniting.org
0800 242 8888

Uniting

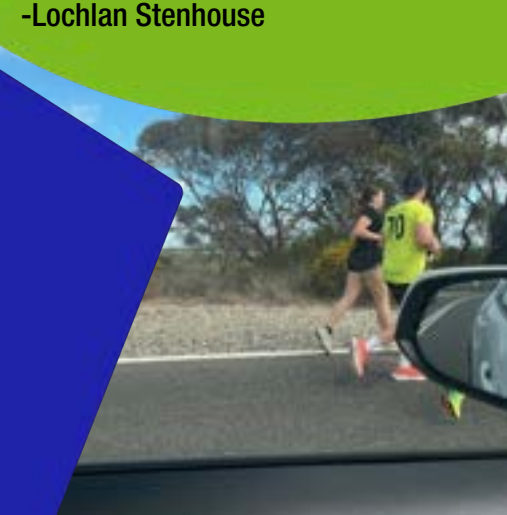


Mental Miles at Rainbow P-12

In support of Lochlan Stenhouse's mental miles fundraiser for headspace, Trina and Cass headed down to Rainbow P-12 College to be a part of the celebration as Loch crossed the finish line. The two set up some basketball competitions where the winners won NBA basketballs and offered some other activities like giant Jenga. Fiona from Uniting also attended and set up a chalk station where the community could write kind and encouraging messages for Loch to read as he finished his ultramarathon. The day was full of community support and it was incredibly inspiring to see Lochlan succeed at his mission.

"If their humanities teacher can show up and take on something as unexpected as running 70km, I hope it shows my students that they too are capable of chasing big goals. Whatever they want to achieve, I want them to believe it's possible — and to feel supported by the people around them as they go after it."

-Lochlan Stenhouse



headspace Day!

This year for headspace day the theme was 'Make Space' which encourages people to think about and share what they do to make space for themselves and their mental wellbeing. Instead of having our usual monthly Uniting morning tea at their building, headspace decided that we would host instead!

The centre set up a range of different activities like Mario Kart (I may have forgotten to take photos of this because I'm a Mario Kart Champion first and a photographer second apparently...) and biscuit decorating. We also got everyone upon arrival to write their name and something they do to create space for themselves on a sticky name badge, which was a great conversation starter to get to know people we don't always work with.

Trina, Haylie and our hWY members put their drawing skills to the test by creating a coping cupboard on a whiteboard for everyone to draw something that they reach for or do when they are going through tough times. The reason for this is to share healthy ways we look after our wellbeing and inspire others to add more ideas to their own personal coping cupboards.



How do you
make space?



Achievement Unlocked

In October our wonderful community awareness and youth engagement worker Cass started to plan for and facilitate a new program here at headspace called 'Achievement Unlocked.'

The program goes over a range of different learnings and has so far covered making goals, understanding emotions as well as understanding identity and values. The group does an amazing job at combining fun and self-reflection in something as simple as using imagination and playing games. Each week the group gets to unlock new achievement cards as well as an additional special achievement for the MVP of the group for that session.

Session 1:

Achievement Unlocked: "I SHOWED UP!" - Just being here is a huge step and something to celebrate.

MVP:

Achievement Unlocked: MVP - Most Valuable Plumber!

Keep the vibe high, the competition friendly, and the game interesting in Mario Party by stealing a few stars, but never too many!



Session 2:

Achievement Unlocked: True North Navigator – Discover the values that guide your path and help define who you are.

MVP:

Achievement Unlocked: Ultimate Origin Story – Give your character a backstory that could definitely be on its own Netflix series.



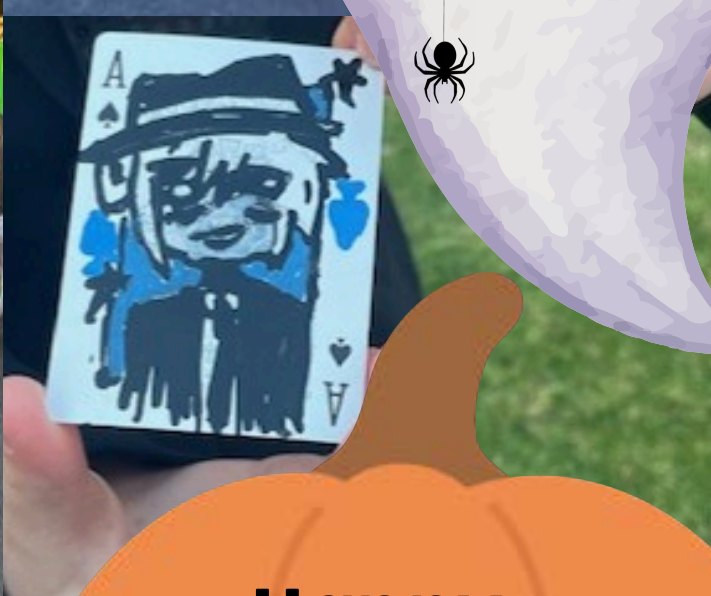
Session 3:

Achievement Unlocked: Face the Feels – Understand emotions, what they are, how to spot them, and how to make sense of what we're feeling.

MVP:

Achievement Unlocked: Mic Drop Moment – Share something wise, deep, or just downright funny.





**Happy
Halloween from
headspace and
hwy!**

meet the hWY crew!

Hi, I'm Ash and I'm 24 years old

I have been in hWY for 4 years.

I joined hWY back in high school, but had to finish because I moved away. When I moved back to Horsham, I found out that it was still running and decided to rejoin, since I loved being a part of the group!

My favourite thing about hWY is that I love being able to get together with people from a wide age group, to create fun and welcoming activities for the community to enjoy.

A fun fact about me is that I love expressing myself through dying my hair with fun colours and creating different peices of art!



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:

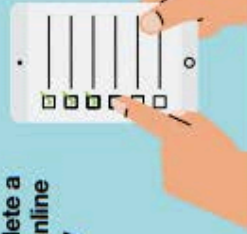
1

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?

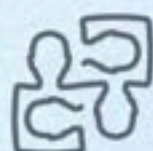
Physical & sexual health?

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

F.R.O.G

Focused. Resilient.
Open. Growing

Oct 13 – Dec 1 | For 12–18 year olds



Leap into Wellbeing!

Join our fun and engaging program designed for 12 to 18-year-olds, where you'll hop into activities that boost your mental health and wellbeing. Based on headspace's 7 healthy tips, FROG helps you:

- Get into Life
- Learn Skills for Tough Times
- Create Connections
- Eat Well
- Stay Active
- Get Enough Sleep
- Cut Back on Alcohol and Other Drugs

When?

We hop into action on Monday 13th Oct to 1st Dec (skipping the 3rd Nov) 3.30–5.00pm at Edenhope College – room A2
It's toad-ally happening!
Scan below to sign up!



Have Questions?

Email: info.headspace@vt.uniting.org

Phone: (03) 5381 1543

ACHIEVEMENT UNLOCKED

What is it?

Achievement Unlocked is a group made for young people who are going through tough times - whether it's dealing with anger, anxiety, stress, or just feeling like you don't quite fit in.

How does it help?

From slaying dragons in Dungeons and Dragons, to throwing bananas in Mario Kart, to starting all-out card wars in UNO No Mercy, you'll be having fun and picking up real-life tools to manage emotions, handle stress, and feel more confident navigating life's challenges.

When/where?


Date: Weekly
Thursday Sessions
(start Date TBC)
Time: 4pm - 5:30 pm
Location:
headspace
Horsham
77 Hamilton Street
Horsham



Interested?

Scan the QR code below to fill out the Expression of Interest Form, and our group facilitator will reach out with more info.





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



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



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

HORSHAM & SURROUNDS

November 2025

Saturday 1st 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 1st BBQ & Blues

Presented by Arapiles Historical Society
A night at the museum.
\$10 entry
5:30 pm - 9:30 pm
Relax to the rhythmic tones of Dog & Bass.
The bar will open and food available.

Saturday 1st - Sunday 2nd Shakespeare Under The Stars: A Midsummer Night's Dream

Presented by Smart Artz Theatre Inc.
Be under the stars at Horsham Botanical Gardens. 90-minute Fairy Festival, face painting, fairy crown making and story readings.
BYO picnic rug or chair. On site food truck and beverages are BYO or from on-site vendors.
More information: horshamtownhall.com.au

Saturday 1st & Sunday 2nd Horsham Truck Show 2025

Sat 9.30am-8pm & Sun 9pm -3pm
Horsham Truck Show has something for everyone. Convoy for kids Proceeds to W.A.C.K. Family entertainment, Truck Show, Live Music, lots of Stalls & food.
For tickets pricing and further info
horshamtruckshow.com.au

Saturday 1st & Sunday 2nd Silers Circus

Circus fun for the whole family. Please see website for Circus Show Times & Pricing. Located at the Wimmera Machinery Field Days site, Field Days Rd, Longerenong
silverscircus.com.au/showtimes/horsham

Sunday 2nd

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 Sunday 2nd November Nati Frinj Biennale 2025

Visual art and performance festival, showcasing the talents of local artists and invites other artists to present and collaborate on new art projects. For more information visit natifrinj.com

Monday 3rd

ADF Careers Pop Up

Start your Career in the Australian Defence Force. An information Pop up stall will be visiting May Park 9am to 4pm. All Welcome.

Tuesday 4th Melbourne Cup at the Cinemas

11 am \$40 per person
Movie, lunch, drinks, dessert and live streaming of the Melbourne Cup. Prizes and Melbourne Cup sweeps.
Centre Cinema
For bookings: 5382 1249 or 0421 197 786

Tuesday 4th Melbourne Cup Day at the West Side

Lunch Menu available between 11.30am and 2.30pm.
Sweeps, raffle tickets, spinning wheel, and prizes.
West Side Horsham
Ph: 03 5382 1416



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.
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What's On

HORSHAM & SURROUNDS

November 2025

Tuesday 4th

Melbourne Cup Luncheon

11:30 am, lunch served at 12:30 pm \$25 pp

Roast lunch with high tea dessert platters.

Free drink on arrival, fashion parade, prizes, races playing on the big screen & Melbourne Cup sweeps.

Horsham RSL

Friday 7th-Sunday 9th

Intersport Horsham Junior Classic

Huge 3 day tournament of the best junior basketball.

Located in various locations across Horsham.

For further information

tournament@horshambasketball.com.au

Saturday 8th

Sandra Humphries

Country Music Legend

Dinner and Show \$65.00

Doors open 6:00 pm, Dinner served 6:30 pm

Performing songs from various artists as well as her own.

Tickets on sale at Horsham RSL

Sunday 9th

Pleasant Afternoon Concert

Featuring Voices of the Wimmera, Horsham Rural City Band, Scott Harrison Theatre Organ and other wonderful local artists.

Concert starts at 2pm, \$20pp. Horsham Uniting Church. All Proceeds to Uniting's "Homeless Outreach Program"

Tuesday 11th

Remembrance Day 2025

Our annual Remembrance Day service will commence at 10.45am at the Horsham Cenotaph, Sawyer Park, Horsham.

Please contact Horsham RSL for further information.

Wednesday 12th

Boomerang Bag Working Bee

Horsham Urban Landcare

Senior Citizens Centre

1:00 pm - 4:00 pm

Thursday 13th & Friday 14th

The Sherrahs

Dinner & Show \$45.00 (Thursday only)

Two course meal and country music at 6:30 pm

Morning Melodies \$25.00 (Friday only)

Includes morning tea 10 am - 11:45 am

Horsham RSL

Book at The Horsham RSL

Saturday 15th

HUL Produce Swap

Patch Community Garden at the Salvos on Lynott St

Share your excess produce, chat and stroll in the garden even if you don't have any produce to swap.

Patch Community Gardens, Salvation Army,
31 Lynott Street, Horsham

Saturday 15th

The Regional Writers Roadshow

Best Westlander Motor Inn

100 Stawell Road, Horsham

10:30 am to 1:30 pm

Professional writing workshop.

Registration is required via Eventbrite.

Saturday 15th & Sunday 16th

EMBRACE -Natimuk

Cultivating our capacity to respond powerfully no matter what shows up in our lives, using the learnable skills of Nonviolent Communication with Certified trainer Kate Raffin

For further information phone Sayaka 0450 360 529



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HORSHAM & SURROUNDS

November 2025

Wednesday 19th Check Engine Light Night

6 pm - 11 pm

Celebrating International Men's Day with food, fun and conversation. Discover valuable resources and tips for enhancing your mental health. Free BBQ and catch up with your mates while checking out cool cars and bikes
For more information, call Simon: 0429 941 241

Every Saturday

Wimmera River Park Run

Meet at Sawyer Park, Memorial Drive, Horsham
8:00 am

Register prior to your first run:
<https://www.parkrun.com.au/register/?eventName=wimmerariverhorsham>

What's on in Surrounding Areas

Dimboola

Saturday 8th & Sunday 9th

Dimboola Riverfront Twilight Market (Saturday only)

Dimboola Recreation Reserve, 5:00 pm - 9:00 pm

Market Stalls, live entertainment & street food

Dimboola Town Garage Sale (Saturday & Sunday) 9 am

List of participating house's and maps will be available from retail stores in town on the day.

What's on in Surrounding Areas

Jung

Saturday 29th

Jung Market

Held at the Jung Recreation Reserve on the last Saturday of every month, excluding December when it is held on the third Saturday, from 9am to 1pm. The market has a wide range of local produce & products from stall holder.



Bigs Als Cabaret

Saturday 8th - 7pm

The Dancers Zone Presents,

Lights Camera, DANCE

Sunday 9th - 2pm

The Roy Orbison Story

Thursday 13th - 7.30pm

Man I feel Like a Woman

Thursday 20th - 7.30pm

Shake, Rattle n Roll - The Happy Days Tour

Saturday 22nd - 7.30pm



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



Life drawing with Lauren Larkins

Thursday 20th - 7pm start

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

Creative Minds Term 4

Tuesday 11th, 18th & 25th November

Drama Up! Term 4

Wednesday 5th, 12th, 19th & 26th November

Mini Makers Term 4

18th Nov - 16th Dec



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