

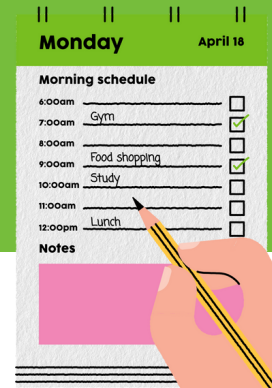
april newsletter

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



Mind and Money

community engagement



March was Work and Study month at headspace!

We know that talking about managing finances, looking for work and study options, and moving out can be really tricky topics to talk about.



Our Youth Reference Group thought young people needed a space to come and chat about these issues with people who can support them, so they created a space!

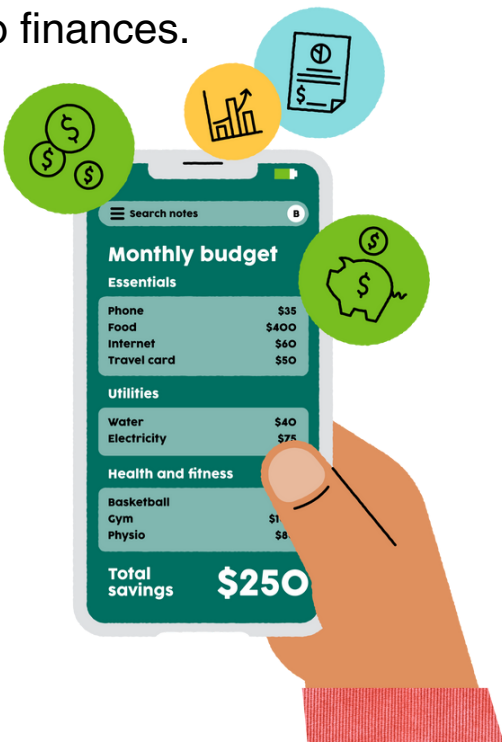
Our first session we covered off budgeting tips, talking to family and friends about money, and how to care for your mental health when it comes to finances.



Chris Schirmer, Natalie Humphreys, Ash King (YRG), Hayley Ramsay (YRG) and Lily Weaver (YRG)

Our second session we had Chris & Natalie, from Area Specialist Real Estate, come chat about moving out, what to expect in the rental market, and how to prepare yourself.

Both sessions were awesome and young people who attended reported that they felt more equipped to learn these life skills!

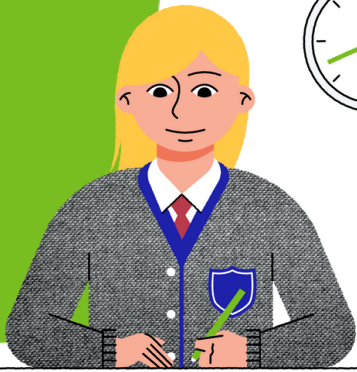


Monthly budget	
Essentials	
Phone	\$35
Food	\$400
Internet	\$60
Travel card	\$50
Utilities	
Water	\$40
Electricity	\$75
Health and fitness	
Basketball	
Gym	\$1
Physio	\$8
Total savings	\$250

community engagement

TAFefest

Alisha, our wonderful Community Engagement Officer, and Ash (who's such an important part of our Youth Reference Group), were proudly showcasing how headspace Horsham can be supporting students studying at Fed Uni Horsham



Family & Friends Info Night

During the night we talked about some of the struggles young people may have during school holidays and returning to school and skills and other support family and friends and utilise during this time.



school holidays and returning to school

If you're having a tough time, getting into work and study might be the last thing on your mind, but it can really help your mental health.



Keep learning new skills

Through working or studying, you can build an understanding of your strengths and values, learn skills to help you negotiate, problem solve and communicate. Work and study can also help you to develop skills that are useful in other areas of your life, such as managing stress, anxiety, and difficult situations.

Making connections

Working or studying can help you stay connected with people, places, and routines. Being connected with others can help you overcome challenges and see things from a new perspective. Getting into work or study is a great way to meet like-minded people who may even have similar interests and passions. With time, you can often build a group of people who care about you, and you will learn a lot along the way.

Build confidence and self-esteem

Through work and study, you can develop skills, practise strategies that support good mental health, and grow your confidence in new and challenging situations or environments. Learning new skills and overcoming challenges can build a sense of accomplishment as well as confidence and self-esteem in all areas of your life.

Learn how to cope through tough times

Any skill can be learned through practice, and resilience is no different. Feeling confident and knowing how to manage setbacks can have a positive impact on your mental health and wellbeing. You can build resilience by coping and learning from tough times. What you learn you can often take into other parts of your life, not just work.

Make it matter

Work and study can give us a structured and routine environment, which can really help you stay motivated and engaged, and something to feel proud of. Motivating yourself is hard! But working towards something that really matters to you can be really empowering and inspiring. We suggest taking some time to consider your values and why they matter to you – then doing the same with your company's values. A job or study environment will often feel more 'right' when these values align and it's easier to connect your purpose to your work.

getting support

The headspace Work & Study programs are tailored to your needs and can support you in developing the skills and confidence to reach your work or study goals.

Its totally free and we have options online via webchat, v ideo chat or phone, or even face to face in centre to help



its fan fiction month at YA Book Club



Last months topic was dystopia..
The group completed an intense
book-battle and a Family Fued game
hosted by our
co-facilitator and
YRG member Ash

Grab yourself something
from our bookshelf,
or the local library,
or even check out our
bookshelf in centre,
& join us in chatting all
things **fan fiction**



NEXT SESSION:
24th April
4-5pm

we are starting a family & friends reference group

Are you a friend or family member of a young person
going through a hard time?

Or do you have a passion for mental health & youth related issues?



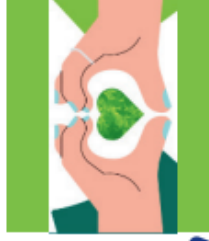
what are we looking for?

we want amazing people who are 18yr+ to join our group
to discuss all things youth mental health and how we can
best support our youth community.



what the commitment?

we will hold meetings quarterly between 1-1.5hrs long.
These meetings will alternate between in-person
and via Microsoft Teams



what will I get out of the group?

by being apart of the group means you get to have your
say on holistic care & improved services here at
headspace Horsham. We want to help deliver better
more targeted services to the whole Wimmera.



where can I apply to join?

email our friendly staff for more information:

✉ info.headspacehorsham@vt.uniting.org



or scan the QR code now to
register your interest in applying



**have you
joined rainbow
group yet?**

**Join us this
month in
Rainbow group
for a fun session where
we will be competing in
games like Uno, Family Feud
and many more!!!**



next session:

**18th April
4-5pm**



The Tight Arse Cookbook

cooking pasta

TOOLS:
Large saucepan
Strainer

- Water
- Packet of dry pasta or spaghetti

.....

1. Half fill saucepan with hot water, heat on stove until boiling (bubbling).
2. Add amount of pasta you want to cook (half a packet will feed two people & maybe some left over).
3. Cook until soft (about 15 minutes).
4. Drain pasta by pouring into strainer over the sink.



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

apply for youth reference group today!

in youth reference group, you will:

- plan and deliver events and programs for young people
- meet other young people with similar passions and interests
- gain leadership experience
- have training opportunities
- develop skills to put on your resume!

click the link  in the caption!



ever thought about joining our team?

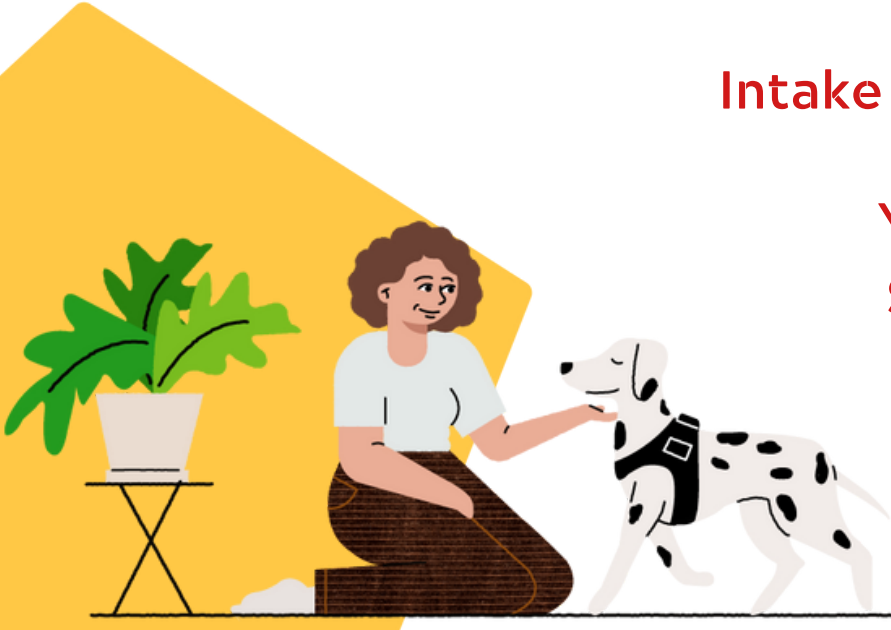
check out our

Intake & Assessment Worker and Youth LGBTQIA+ Support Worker

roles recently advertised ...

for more info check out
the careers page at

careers.unitingvictas.org.au



we have a few good perks,
including daily puppy cuddles from
Louie (trained therapy labrador)
& Wally (staff therapy cavoodle)

contact headspace



5381 1543

info.headspacehorsham@vt.uniting.org



or follow us on our socials

