

january newsletter

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



that christmas feeling..

were you one of our special young people who created a Christmas bauble for our tree in reception?



our team here at headspace celebrated Christmas this year with a Grinch theme

Looking for something creative to do during January?

why not consider registering for our creative space workshops



The poster features a central illustration of an art station with a pink easel, a yellow mug of brushes, and paint containers. A speech bubble says 'FREE ENTRY'. A QR code is positioned above the easel. The background is decorated with colorful abstract shapes and a paint palette.

CREATIVE SPACE

EMBROIDERY ● MACRAMÉ ● SNEAKER ART

Register here: 

JANUARY 8TH- EMBROIDERY
JANUARY 15TH- MACRAMÉ
JANUARY 22ND- SNEAKER ART

1-3PM

headspace Centre 77 Hamilton St,
Horsham



we all know that festivals, clubbing and parties can be lots of fun, but they can also get out of control.

A lot of people don't see alcohol as a drug, but it's the most used and easily accessible drug in Australia.



Alcohol is a depressant which means that it slows down the brain – it dulls the senses and affects the way you think, feel and act.

Alcohol and peer pressure

It's normal to want to be part of a group and often drinking can be a big part of socialising. But if you don't want to drink, or have 'just one more', then that choice is yours. Deciding to drink alcohol should be on your terms.

If you choose to drink, it's important to get informed and drink as safely as possible.

It is important to remember that there is no safe way to use alcohol and it can impact on your developing brain and body.



What does alcohol do?

As a general rule, alcohol can make you feel more confident and relaxed, slow down your reflexes and affect your balance and coordination.

Drinking too much can cause headaches, dizziness, nausea and vomiting. In some cases, people can pass out and may not remember what happened. They may do risky things that they wouldn't do while sober.

How alcohol makes you feel depends on lots of things, like:

- your weight
- your health
- how regularly you drink
- how much you drink
- the strength of the drink
- what kind of mood you're in
- who you're drinking with.

The effects of alcohol can last for hours, even overnight, especially if you have drunk a lot. When it wears off you may feel tired, thirsty, headachy and sick. This usually won't last longer than a day.



Youth Reference Group

headspace Horsham are now recruiting for new Youth Reference Group members.

What is the Youth Reference Group?

The YRG is made up of young people between the ages of 15 to 25 passionate about mental health and well-being.

What is involved in the role?

YRG members will have the opportunity to be involved in a number of ways in the headspace Horsham centre and local community including:

- Support local headspace activities.
- Participate in meetings and be involved in the planning and the delivering in programs and events.
- Meet other young people passionate about youth mental health.
- Gain experience that can be added to resumes and create future opportunities.
- Receive training in mental health, alcohol and other drugs, media and other skills.
- Develop a range of skills including working in groups, fundraising projects and independence.

To apply for this role or for more information in regards to the Youth Reference Group please contact headspace Horsham.

Call: 53811543

Email:

info.headspacehorsham@vt.uniting.org



January Youth Reference Group

Tuesday 9th Jan

4-5pm

**small steps
can make a
big difference**



bushfire season? It's ok not to feel ok.

The timing and length of bushfire danger seasons vary across Australia. The threat of bushfires can directly affect people living in high-risk areas, but it's also normal to have reactions if you live further away and are indirectly affected (e.g. by media exposure or hearing from others).

Taking positive action and anticipating your emotional reactions during the bushfire season can be helpful for your wellbeing during and after this time.



Be aware of your possible emotional reactions to the bushfire season

People respond in very different ways to the bushfire season and it can be a tough time. Remember that being aware of your current and anticipated emotional reactions can be helpful. Also remember that there is no 'right' response and reactions can change over time. Some may not feel impacted by the bushfire season and that's OK, too.

Feeling overlooked

Some young people may feel overlooked during these times because the bushfire response (e.g. warnings and other communication, support and assistance) is usually directed at adults.

Feeling distressed or overwhelmed

You might feel high levels of stress and intense emotions. This can include experiencing different emotions at the same time or within a short space of time. Some might feel distressed by the direct threat of the fires during the bushfire season. Others might feel distressed because of the reminders this time can bring or through indirect exposure (e.g. by media or hearing others talk about it).

Triggers

The current bushfire season can be a trigger for remembering previous bushfire experiences. Smells, sounds, images, or anniversaries can bring up feelings or sensations that are connected to past experiences. These responses can be overwhelming or confusing and make it difficult to focus on what is happening now.

Disruptions

People who are directly or indirectly affected by the bushfire season might experience disruptions in different areas of their lives. This can include disruptions to school, university, TAFE, work or relationships. It can also impact on daily activities, diet, sleep or the ability to relax.

Fear, anxiety and worry

You might experience anxiety and worry for the safety of themselves and others. This can include feeling powerless, helpless or unsure of what to do next.

Turning away

You might prefer not to think about the bushfires or memories of previous bushfires. This might feel helpful, but thoughts and feelings that are pushed away can catch us by surprise later on.

Shock, anger and sadness

You might experience shock in the first few days after being directly or indirectly affected by a bushfire. You might also find bushfires difficult to understand, because the damage seems unfair. This can make some people feel helpless, sad, frustrated, angry and confused.

YA BOOK CLUB READING PROMPTS

**GRAB SOMETHING FROM YOUR BOOKSHELVES
OR THE LIBRARY AND GET INTO THESE FUN
READING PROMPTS!**

DECEMBER 2023 - FANTASY

JANUARY 2024 - YOUNG ADULT

FEBRUARY 2024 - ANGST

MARCH 2024 - DYSTOPIAN

APRIL 2024 - FANFICTION



January Book Club
Wednesday 31st Jan
4-5pm

Family and Friends Reference Group

we are looking for new members to join our new family and friends reference group!

The headspace Horsham Family and Friends Reference Group will be made up of a diverse group of family and friends who have a lived experience of supporting a young person who is/or has experienced mental health challenges.

Members of the headspace Horsham Family and Friends Reference Group have the opportunity to be involved in a number of ways including:

1. Advising on local and national projects and programs
2. Marketing, promotion, and community awareness of headspace Horsham
3. Input into service delivery
4. Education and training around youth mental health
5. Media spokesperson for headspace Horsham

If this is an opportunity you would like to be a part of, then contact us at 5381 1543 info.headspacehorsham@vt.uniting.org or DM us on our social media pages!

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



thought about joining the team at headspace Horsham?



**keep your eyes peeled on our socials
as we have a few exciting opportunities
upcoming in January for those
passionate about supporting young people**

riverfront pop up summer series events (Horsham)

On the 14th January, from 2pm – 6pm there will be a relaxing Sunday afternoon listening to the sounds of local artist Levi Mellington.

Beat the heat and visit local business Voddy and Vacay, or if you fancy an iced coffee you can grab one from the Caffe de Kerb.



While Friday, January 26, Horsham will host the Southern Waters Ski Show Team who will be taking to the waters of the beautiful Wimmera River Australia Day afternoon from 2-8pm.

This team is known for their fresh ideas and are not afraid to try something new!

Afterwards there will be further entertainment at the Riverfront area including food trucks and live music

keeping a healthy diet after all the overeating that the festive season brings.

why not try cooking up a yummy treat like the meatballs below to quench those hunger pains..

porcupine meatballs

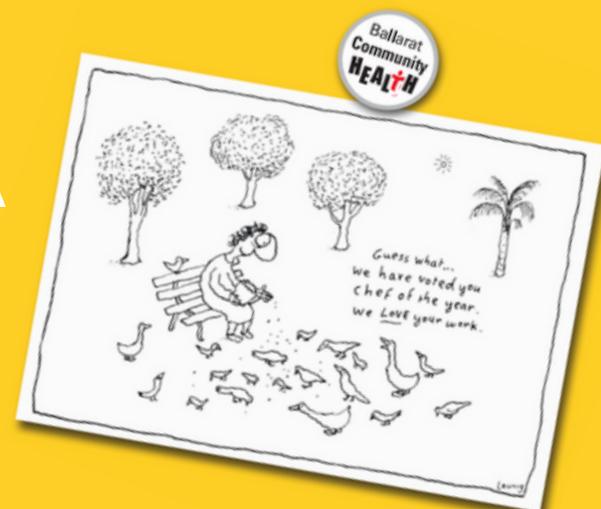
TOOLS:

Casserole dish with lid
Measuring cups
Bowl and plate
Knife and chopping board

- 500 grams of beef mince
- 1 onion
- 1 cup of raw rice
- 2 big tins of tomato soup
- 2 tins of water
- ¼ cup of plain flour
- pinch of dried mixed herbs

-
1. Chop onion into very small pieces.
 2. Mix mince, onion, herbs and uncooked rice together in a bowl with hands.
 3. Sprinkle flour on plate.
 4. Make mince mix into small balls and role in the flour on the plate and place in casserole dish.
 5. Mix water and soup together, then pour over meatballs in casserole dish.
 6. Put lid on dish and cook for 2 hours at 150° degrees.

*serve with mashed potato, veggies or on bread



rainbow group

every last thursday of the month

4 - 5pm

headspace Horsham groups room

A safe space for
LGBTQIA+ young people
& allies to hangout



January Rainbow Group

Thursday 25th Jan

4-5pm

First Aid Classes for Teenager's

Accredited training provided and conducted by Casey Kosch under Rich River First Aid responsibility and direction.

Date: Sunday 28 January 2024

9am to 4pm

Strictly Limited Spots Available, Bookings are essential

Please booked in by Friday 19 January 2024

13-18 year old's only.

\$190 per participant

There will be pre training work required to be completed first.



For enquiries or bookings please call Horsham Neighbourhood House on 03 5382 5352 or hello@horshamnh.com.au

