

march newsletter

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



maintaining a healthy headspace during the bushfire season - supporting your young person

Supporting your young person

The timing and duration of bushfire danger seasons vary across different regions in Australia. While the threat of bushfires can directly affect people living in high-risk areas, 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 own and your young person's emotional reactions during the bushfire season can be helpful for your wellbeing during and after this time.

Looking after yourself

Although you might feel like looking after yourself is not a priority, it is important to practise self-care. It can improve your ability to care for your young person going through a tough time. Talking to a trusted other, such as a family member, friend, Elder, or counsellor about any concerns and feelings you are having can be helpful.

modelling self care and help seeking behaviors can be particularly important during the bushfire season, because your young person might look to you and be encouraged to practice self care.



Tips to support your young person

Listen to your young person

During bushfire response and recovery, young people's experiences can be overlooked. Listening to young people is important because it helps them feel understood and can make them feel more in control. It can also help them to process their thoughts and feelings. Providing young people with reassurance and emotional support can help them feel more secure. Remember that you don't have to have all the answers. If you're unsure about how to answer a question, work with your young person to find out together.

Get informed

To prepare for an emergency, discuss ways of how you and your young person could work together. This may help your young person feel proactive and more in control. This could include the steps to take in an emergency (e.g., what to take with them when evacuation is required; where to meet in case you get separated).

It's important to keep informed about bushfire developments. This includes monitoring official warnings. It's also important to calmly communicate accurate information with your young person. At the same time, be aware that constant exposure to bushfire-focused news can increase negative feelings. You and your young person may want to discuss ways to help them and your household access media safely (e.g., set limits for media use, manage automatic app alerts, or unfollow content or pages).

Connect with others

Keeping in contact with friends, family, and neighbours, especially during days with high risks for bushfires can help people feel more grounded. It can also help you and your young person draw on your strengths by getting connected with people who are reassuring and comforting.

Talk about your young person's role in supporting others

You may also notice young people feel responsible for caring for other family members or friends. For instance, those young people who have younger siblings might feel responsible for the wellbeing of their siblings. Remember to regularly check in with all of your young people about their worries. Make sure to talk to your young people about whether they feel supported enough.

Practise calming techniques

In times of heightened stress, practising calming techniques can help with feeling grounded (e.g., taking slow and gentle breaths). You might want to encourage your young person to access apps or websites that help with feeling calm and maybe even practise the calming exercises together. Note that the use of alcohol and other drugs can be counterproductive.

Get into a routine as soon as you can

When the danger has subsided, returning to old routines or establishing new routines is helpful. For your young person, this can include going back to school, uni, TAFE, or their job, engaging in hobbies, and seeing friends. Encourage them to be involved in the activities that give them a sense of purpose.

Getting support

It's normal for you or your young person to experience a variety of reactions to the bushfire season. This doesn't mean either of you will have ongoing problems. If you or your young person are noticing a significant impact on your emotions, your daily activities or you're not finding any improvement, it's important to get professional help.

for more information or fact sheets please contact headspace Horsham on 5381 1543 or info.headspacehorsham@vt.uniting.org

community services morning tea



we had **29** amazing people from community groups & businesses across the Wimmera, that work with or alongside young people join us in better understanding what services and support groups we have on offer by joining us at a morning tea in early February

left: our wonderful community members enjoying theadspace facilities

below: the headspace Horsham team (minus our fearless leader!)



left: Col, from Client Services, enjoying all her hard work



family & friends information night

Join the headspace team
to talk all things tips and tricks for managing
school holidays and returning to school

During this night we will be covering common challenges and experiences young people face, along with ways that family and friends can help them to support their mental health and wellbeing. We will be providing lots of tips and tricks around managing stress and other challenges that come with returning to school and navigating school holidays.

Participants who attend this night will gain the confidence to recognize themes and have tools for tough times.



WHEN: Wednesday, March 20

TIME: 7pm to 8pm

LOCATION: headspace Horsham
77 Hamilton Street

For more information, or to register:

Please call headspace Horsham on **5381 1543** or
email info.headspacehorsham@vt.uniting.org



rainbow group

28th March

4 - 5pm

every last Thursday of the month

headspace Horsham groups room



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

community engagement



Earlier in Feb,
Cass & Alisha
visited Longy College
to have some fun and
do some
lunch time activity's
with their
first year students



A trip to Kaniva College to
provide some mental health
literacy for their year 10-12
students was a huge success!

our team was able to talk all
things headspace and Youth
Reference Group





headspace

Horsham


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 below to apply

click the link  in the caption!



have you joined rainbow group yet?



last week we had 5 young people
join us playing “Whats in the box”
& Guess the song by the emoji..
Here is Ash, one of our Youth
Reference Group Members showing us
how Whats in the box is played..

**JOIN A SAFE SPACE
FOR LGBTQIA+ YOUNG PEOPLE
& ALLIES TO HANGOUT & DO SOME
COOL ACTIVITIES WITH OUR TEAM**

**next session:
27th March 4-5pm**



YA BOOK CLUB READING PROMPTS

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

march : **DYSTOPIAN**

april : *fan
fiction*

next session:
27th March
4-5pm



ever thought about joining our team?



check out our
intake & assessment worker
role recently advertised on seek...

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

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





the facts:
tips for a healthy headspace

stay active



Staying active is super important in keeping a healthy headspace and it can help improve our mood. It's often when we're stressed out or low that getting active can help the most.

The key to getting active is to find something you like to do. This can mean different activities to different people. It can also be a good way to connect with others who are also trying to stay active, and this can help with motivation.

Changing habits can be hard, remember to be kind to yourself while you're trying out new things.

Start small

Start by setting small goals; you will most likely achieve them, and this can help you to feel more motivated.

Make the time (even when you're busy)

When you're busy and stressed, staying active can be the first thing you stop. But prioritising physical activity can help you through the tough times.

Keep track

Monitor your progress and track the benefits after you're active. Notice how this made you feel. This can help you see the connections between how moving more helps you feel better.

Set a routine

Plan ahead and make staying active a part of your routine. Be organised, e.g., have your workout bag ready at the door, set reminders on your calendar or phone and setting an alarm can help you stick to your goals.

Do what you enjoy

Whether you enjoy working hard for short periods of time, or prefer swimming at the beach, it will be a lot easier to stick to it if you're having fun!



There are so many benefits to staying active

It can:

- help you sleep better
- improve your concentration
- raise your energy levels
- improve your confidence
- boost your mood
- release stress
- lower anxiety.



Healthy habits

When you're feeling low or going through a tough time it's important to put healthy habits in place to give yourself a better chance of coping with life's challenges.

Staying active is an important healthy habit, but it's not the only one. Things like sleep, eating well, and spending time on your relationships are also important for good mental health.



The Tight Arse Cookbook

macaroni & cheese

TOOLS:

Saucepan
Casserole dish
Mixing bowl
Strainer
Fork

- 1 packet of macaroni pasta
- 1 cup of grated cheese
- 2 eggs
- 1½ cups of milk
- 1 teaspoon of paprika
- Salt & pepper



1. Preheat oven to 180° degrees.
2. Bring a saucepan of water to the boil - add a pinch of salt.
3. Empty the packet of macaroni pasta into the boiling water.
4. Cook for about 8 minutes, stirring occasionally until the pasta is cooked, drain pasta with strainer in sink.
5. Put the macaroni in a casserole dish and cool for 5 minutes.
6. In a bowl, with a fork whisk eggs and milk for 1 minute.
7. Stir in the paprika, pinch of salt and pepper and most of the grated cheese (save some cheese for sprinkling on top).
8. Pour the cheese/milk/egg mix over the macaroni in casserole dish, and mix well.
9. Flatten it all out in dish and sprinkle rest of cheese on top.
10. Cook for 15 minutes in the oven or until cheese is golden.



what's on in March for young people this coming month...

International Womens Day

Friday 8 March

10:30am-12pm

Ararat RSL

Hear from 3 amazing inspirational local women who are changing the Wimmera for the better!
Morning tea to be held at the RSL in Ararat



Horsham Fishing Competition

Sunday 10 March

Wimmera River, Horsham

Catch a Redfin, Murray Cod, Catfish, Yellow Belly or Silver Birch and win prizes like cars, boats, fishing trips, fishing equipment or even up to \$40,000 worth of cash prizes!

Grampians Texture Festival, Workshops & Market

Saturday 16 - Thursday 21 March

Halls Gap

Workshop fees can be found at www.grampianarts.com.au

Beginner to expert workshops with Australian and international fibre artists showing us how to create some incredible artworks, where the less creative of us can visit the market and buy direct from the artist



what's on in March.. continued...



Ararat Jailhouse Rock Festival

Thursday 14th- Official Launch
Friday 15th- Cruise Night & Live Show
Saturday 16th- Street Festival, live music, Pinup competition
Saturday Evening- Rock and Roll Revival Ararat Town Hall
Sunday- Ararat Racecourse- Live bands, dancing, best dressed competition, truck/motorbike/car show, and food vans!

Stawell Gift Race

Easter Weekend

29 March - 1 April

Central Park, Stawell

Every year, many local & international athletes including some former Olympians come run this famous 120-metre race.

The final race is held on Easter Monday



Moysten Easter Market, Egg Trail & Vintage Cars

Saturday 30 March

Moysten Oval

Enjoy an Easter egg trail, painting & colouring, local arts & crafts, whilst listening to some live music and hopefully winning one of the raffles.

Fun fact: Moyston is recognised as the home of the "Aussie Rules Football"



contact headspace



5381 1543



info.headspacehorsham@vt.uniting.org

or follow us on our socials

