



headspace  
Horsham

# october newsletter

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



# Level Up Gaming

Last week our Youth Peer Worker, Jordan, made the trek down to Stawell to participate in the Level Up Gaming event!

Young people came through with their A-game, battling it out on their favourite consoles and having a great time with friends. Even Jordan got in on the action!

A massive thank you to everyone who attended, and a special shoutout to those who helped spread the word.

You all helped make the day unforgettable, and we can't wait to see you at the next one!

## 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.

# meet the Horsham team



**Alberto**  
*youth counsellor*



**Charlotte**  
*youth counsellor*



**Alisha**  
*community engagement*



**Helen**  
*youth counsellor*



**Trina**  
*team leader of centre ops*



**Cass**  
*youth outreach*



**U'Nlta**  
*youth enhanced worker*



**Jordan**  
*youth peer worker*



**Colleen**  
*client services*



**Louie**  
*trained therapy dog*



**Ash**  
*LGBTQIA+ peer worker*



**Wally**  
*staff therapy dog*

# LGBTQIA+ Dates

October is packed with celebrations for diverse genders and sexualities! After Bi Visibility Day on September 23rd, here's what we're looking forward to this month:

All of October: LGBTQIA+ History Month

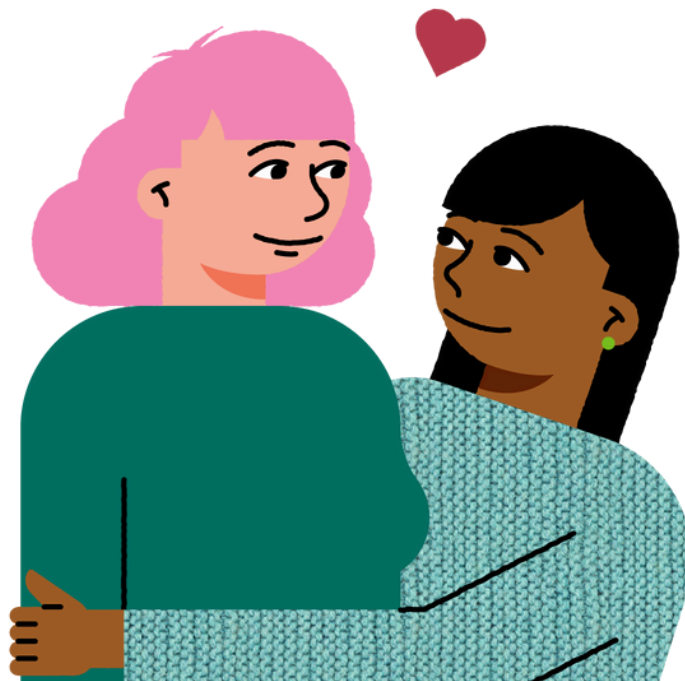
October 8: International Lesbian Day

October 11: National Coming Out Day

October 20-26: Asexual Awareness Week

October 26: Intersex Awareness Day

Let's take a moment to celebrate these awesome days! They're a chance for us to raise awareness, bring people together, and spark real change across the world!





# understanding your sexuality and diverse sexual identity

Sexuality is about how you see your identity and express yourself romantically and sexually. There are lots of words people use to describe their sexuality, many of which are captured by the term LGBTIQ+ (which also includes gender identity).

## What does LGBTIQ+ mean?



**Lesbian**  
Someone who identifies as a woman and is attracted to other people who identify as women.



**Gay**  
Someone who is attracted to people who identify as the same gender.



**Bisexual**  
Someone who is attracted to people of the same gender and people of another gender. Bisexuality does not necessarily assume there are only two genders.



**Transgender or trans people**  
Someone whose personal and gender identity is different from the one they were assigned at birth.



**Intersex** Someone who is born with chromosomes, reproductive organs, or genitals that don't fit the narrow medical or social expectations of what it means to have a male or female body.



**Queer** This term has many different meanings, but it has been reclaimed by many as a proud term to describe sexuality or gender that is anything other than cisgender and/or heterosexual.



**Asexual** Someone who has low or no sexual attraction to any gender, but may have a romantic attraction towards another person.



**+**  
This acknowledges there are many other diverse sexual orientations and gender identities.



*It's important to remember that your identity is your right. The way you want to describe it, and who you share that with, is completely up to you.*



## What if I'm not sure of my sexuality?

It's common for young people to be unsure of their sexuality (exploring) or to experience fluid sexuality (when someone's sexuality changes over time). Some young people prefer to identify as queer, as it's broader and does not place someone into a category. Others might not like the idea of these terms and don't want to identify their sexuality at all and that's OK too.



## How do I explain it to others?

### Coming out or inviting others in

**The idea of coming out or sharing your sexuality with others can feel really scary. Some people prefer to think of it as inviting others in rather than coming out. Some people, due to safety, might choose not to share their sexuality with certain people. Everyone's journey looks different, and everyone has the right to be treated with respect.**

It's hard to know what other people will think or how they'll react when you talk to them about your sexuality. Unfortunately, it's not something you can control. Not all people will have a positive experience if they come out.

## Here are some things to consider when discussing your sexuality with others:

Have the conversation when/if you feel ready.

It's up to you to choose who you want to tell and what you want to tell them.

You may want to suss people out first – perhaps by asking them for their thoughts on an LGBTIQ+ topic, like a TV show with a queer character.

Have the conversation when everyone is comfortable and relaxed in a place that is safe for you.

Expect a range of reactions. People might surprise you.

Give it time. Some people might respond better after they've thought about it for a while.

Try to keep calm, even if the other person is not.

If you need to call a time-out, have a plan in place. You could say something like, 'I still want to talk more about this, but we're too worked up at the moment'.

Responses can range from tolerance, to acceptance, to celebration. There may be others who don't accept your sexual identity no matter how you share it or how much time goes by. This can be painful, especially if it's someone you love or respect. But remember, you don't need anyone's approval or permission to be yourself.

### Dealing with discrimination

**If you're being unfairly treated because of your sexuality, this is called discrimination. Although discrimination is illegal in Australia, many young people still experience unfair treatment. If you have been affected by discrimination or any of these negative experiences, it's important to reach out for support.**

## Taking care of yourself

**People exploring their sexuality may be faced with challenges that can affect their mental health and wellbeing, such as:**

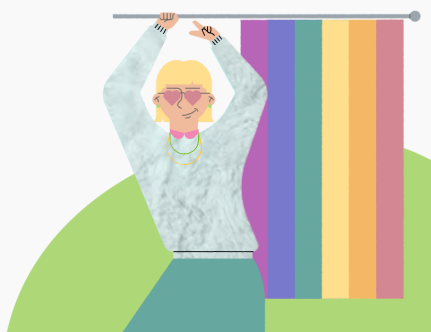
- other people making them feel 'different'
- rejection/fear of rejection
- bullying
- discrimination such as homophobia, biphobia and/or transphobia (verbal or physical)
- feeling pressure to deny or change their sexuality
- worries about coming out to others
- feeling unsupported or misunderstood
- being excluded or left out at school, uni, TAFE, work or in the community
- a desire to suppress or avoid unwanted preferences.



**If someone makes you feel badly about your sexuality, there are things you can do to take care of yourself.**

### Find a supportive community

It's important to remember that there is a strong LGBTIQ+ community to embrace and support you. Finding these communities can be tough, but be assured that they're out there! A simple Google search can help you find local support groups or online communities. Everyone deserves to have people who understand them, so it's useful to meet people with similar experiences to you.



### Getting support

**If you're finding it hard to cope or your social, work or studies are being affected, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor or health service.**

Look after your mental health and wellbeing by:

- visiting the headspace website for tips for healthy headspace ([headspace.org.au/tips](https://headspace.org.au/tips))
- connecting with the LGBTIQ+ community through social groups and online communities
- checking out online support services, such as Qlife or ReachOut
- connecting with qheadspace: chat anonymously with other young people who identify as LGBTIQ+ and ask questions of our headspace queer peers (12-25 years).



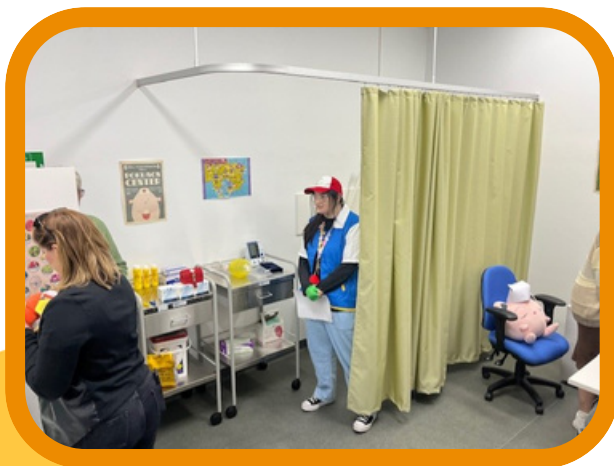
If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

# Escape Room

The 2nd of October was our 2nd annual Escape Room Event, and just like last year, it was a massive hit! We had such a great turnout, and it was awesome to see everyone getting into the puzzles and having a blast.

Huge shoutout to all the young people who spent part of their school holidays with us to crack the codes and uncover all the hidden clues. We hope you had as much fun as we did!



# Mental Health Day

As we tick over into October, this coming month marks Mental Health Month! On Thursday 10th October, it's World Mental Health day.

It's a great reminder to check in on yourself and your mates. Life can get heavy sometimes, and that's totally okay. What matters is knowing there's support out there when you need it.

Here are some awesome resources to keep in your back pocket:

- <https://headspace.org.au/>
- <https://au.reachout.com/>
- <https://www.beyondblue.org.au/>
- <https://kidshelpline.com.au/>
- <https://www.blackdoginstitute.org.au/>

Remember, reaching out for help is a sign of strength. We all have ups and downs, but no one has to go through it alone



# headspace Day

headspace Day is all about supporting the mental health and well-being of young Aussies. This year, it's happening on Wednesday, October 9th!

Get involved with headspace Day by taking a minute to pause, reflect, and reconnect. It's a chance to discover easy but powerful ways to take care of your mental health and find balance in your life.



# R U OK Day?

We had an absolute hoot at the R U OK event hosted at Donald High School! The students came dressed to impress in their favourite movie character outfits, so shoutout to everyone who went all out!

The games were next-level fun, shown by Ash's intense stare at the Jenga Tower. The engagement and entertainment was off the charts, with so many of the Donald students joining in and showing support for mental health. Thanks for everyone who made this fabulous event happen!



# St Brigids College

Cass and Jordan headed over to St Bridget's College to hang out with the Year 7s for two informative sessions all about bullying. They broke down the different types of bullying, how it can impact others, and also shared some solid tips on getting through tough times.

The students were super engaged, and we want to give a massive shoutout for all the great chats and feedback! They all made the sessions really meaningful!



# Intake and Assessment Room

If you have been following our socials, you may have noticed our posts surrounding our Intake and Assessment Room. This is one of the first rooms young people see when accessing our services! We want young people to feel comfortable walking through our doors and we need your help!



Below we've attached a feedback form to hear your thoughts on how we can make this room more young people friendly. We encourage young people, as well as their family, carers, and friends to fill in this form. Alternatively, you can comment on our Facebook or Instagram post or email us at [info.headspace@vt.uniting.org](mailto:info.headspace@vt.uniting.org)

<https://form.jotform.com/24247080779>

[4869](https://form.jotform.com/24247080779)



# which service is right for my young person?

We have many resources on our website ([headspace.org.au](https://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.



## headspace

headspace is a national online and phone support service for people aged 12-25, their families and friends. headspace 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 headspace is create an account at [headspace.org.au](https://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](https://headspace.org.au)/workandstudy (for web-chat and email) or phone 1800 610 794.

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](https://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](https://headspace.org.au/telehealth)



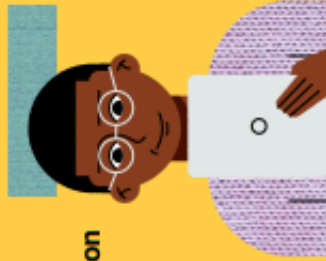
# what might happen if I visit headspace?

## at the first visit

Your first visit may be in person, or on the phone. At the first visit you will:

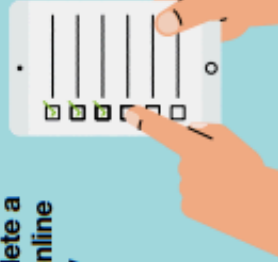
1

Fill in a registration form



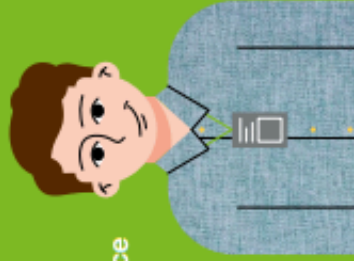
2

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

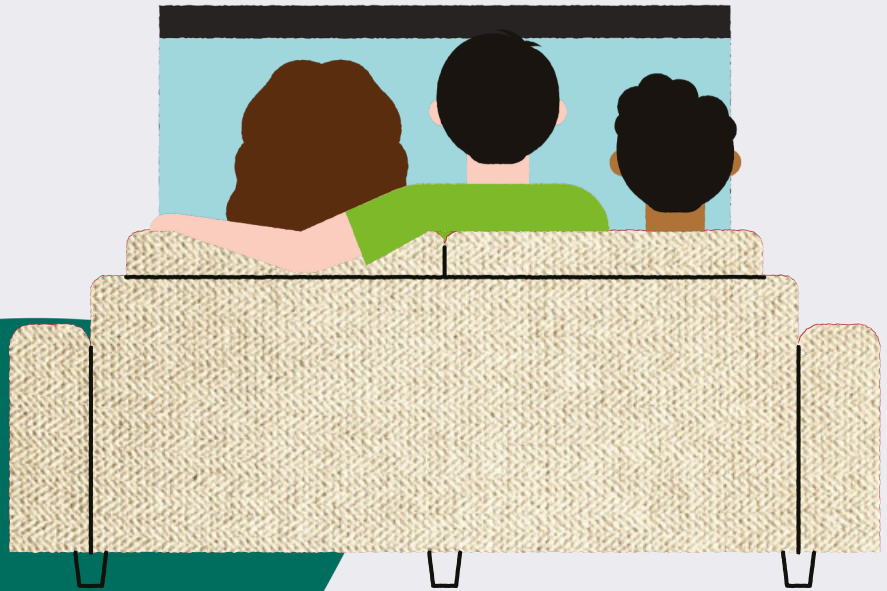
If you choose to continue at headspace, together we might work on goals you've identified as important to you. We would work together to plan the next steps which may include:

- 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.

# responding to family conflict



**Conflict is a normal part of all relationships including those in your family and it's something we all experience at times.**

Family looks different for different people. Family might include your biological family member(s), caregivers, partner, step family, housemates or close friends. Family conflict can occur between any of these people.

There are lots of different reasons family conflict occurs.

We are all different and our unique experiences in life shape how we communicate, what we value and how we live our lives. Conflict can occur when others have different values, communication styles or believe things should be done in different ways, or we just misunderstand what someone means.

Family conflict can be more common at times of increased stress like isolation due to COVID-19 and this can affect the whole family or individual members. Other things such as job changes or loss, exams, health concerns, moving house and new or changing family members can also have an impact.

## Dealing with family conflict

Conflict feels different for different people. Some people don't like conflict and will try to avoid it or please everyone. Others may try to defend themselves quickly as a way to protect themselves when they sense conflict. Others don't mind conflict and feel confident in being able to express their perspective, hear others and respond to family conflict.

If family conflict is occurring on a regular basis it may start to have an impact on a family member's stress, mood, how they feel about themselves and impact on their relationships even when the conflict is not happening.

Family relationships are important to us and can make us feel great when they are good and not so great when they are struggling. It is important to respond to family conflict in a calm and considered way that can hopefully lead to a mutual solution where everyone feels heard.



### Please note

The latest medical information for COVID-19/Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

[health.gov.au](https://www.health.gov.au)

You can also find more COVID-19 mental health information at:  
[headspace.org.au/covid-19](https://www.headspace.org.au/covid-19)

# Understanding and managing yourself

When understanding and responding to family conflict it is important to take some time to think about what it is that you are feeling and thinking. When we are feeling angry or hurt we can say or do things that we don't mean to the people we care about. It can also be really hard to talk about our feelings as it makes us feel vulnerable.

It is a good idea to think about what you are upset about so that you can communicate that clearly to your family members. It might be good to go to another room or to a quiet space somewhere to do this.

## Some good things to think about and ask ourselves include:

- **Is this what I am really upset about?**

Sometimes we have had a bad day or are feeling tired and overwhelmed about other things but our family member says something that makes us feel overwhelmed and we react in the moment.

Other times it is not so much what has been said or done by the other person but it's more their body language or facial expression that's making us feel upset.

It can also be something small that has happened that brings up feelings associated with something bigger that we have experienced before.

- **What do I want the other person to know?**

It's good to think about and understand what the most important thing is that we want to let the other person know so that we can communicate this clearly.

It's also important to think about how you want to respond to family conflict. This might be how you would like family conflict to be resolved or thinking about helpful ways of responding to other members of the family.

## Some ideas include:

- **Taking a 'you and me vs the problem' approach**

If you think about the problem side by side rather than 'you vs me' you are more likely to get a good outcome for everyone.

- **Letting the other person know that you care about them...**

...even though you may have different perspectives. Experiencing conflict with family doesn't mean we don't care about them. It is good to let the other person know this too. **Noticing your own physical reactions...** ...when experiencing conflict like a tense body or fists, fast thoughts, heart beating or tight chest. These are often the first signs that you are starting to get upset. It's understandable to be upset but this can make it harder to communicate clearly, **Acknowledge the experiences or feelings...** ...and take time out when required. If we notice ourselves getting upset, we can let the other person know this and that we need to take some time to calm down before talking.

- **Responding and repairing after conflict.** If things don't go to plan that's okay. It's good to go back to the person, apologise and let them know that you would like to be able to try again. This can be hard to do but important for our relationships.

Remember that you are not always going to get all of this perfect, no one does. It can be really hard to take this approach with family members if you do not usually express feelings like this.





# Timing

It is really important to think about when to have conversations in responding to family conflict.

When people are upset or angry their logical brain goes offline and we respond with our emotions instead. This is when we can end up saying things that we don't really mean. When we are in these moments of emotion it is good to try to take some time out, go for a walk or get some fresh air rather than talk to the person we are feeling upset with.

If this is happening for you, or the other person is still trying to talk to you about it, you could say:

- **I am feeling really [angry, hurt, scared, sad] right now and I need to take some time out.**

I really want to talk to you about this but I am hoping we can talk about this later when we are both calm.

- **I can see you are really [angry, hurt, scared, worried, sad] right now.**

I would really like to talk about it but feel like it would be good if we took some time to calm down first so that we can both listen to each other properly.



# Communication is key

Communication is really important when responding to conflict. It can be the difference between people feeling heard, supported and understood in relationships or feeling further apart. Often what we are trying to say can get missed by other people depending on what is going on for both us and them at the time.

## Some tips for good communication

### 1. Acknowledge and summarise what the other

**person has said.**

This shows you're interested and listening to the other person. When we feel our perspective has been heard and understood we are more able to listen to what the other person has to say.

### 2. Use 'I' statements to communicate.

Using 'I' statements helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

### 3. Think about your non-verbal communication like facial expressions, nodding and body language.

Non-verbal communication is as important, if not more important than what we are saying. If we say all the right things but our facial expression says something different the other person won't hear what we are saying.

### 4. Be prepared to negotiate.

It is important to go into conversations prepared to listen to the other person's perspective and see if we can find an agreement that works for everyone.

#### If you are not sure how you might start the conversation, here are some ideas:

- I can hear that you are feeling really [hurt, sad, scared, worried] about ....
- I am sorry I got angry with you. I was feeling ....
- When ... happens, I feel ..... I would like it if you could ...  
I really care about you and can see that this is
- impacting on us both. How about we take some time together to think about how we could do this differently?  
How do you think we could do things differently?
-

## How do I know if it is more than family conflict?

It can sometimes be hard to know the difference between what might be family conflict and what might be domestic violence. Domestic violence can occur to anyone in any relationship and it is never okay.

Domestic violence can take different forms including harming someone physically, verbally, sexually, psychologically, emotionally, economically, spiritually or legally.

Domestic violence can make you feel scared, confused or anxious a lot of the time in your family relationships.

If you are having any of these experiences or think you might be experiencing family violence it is important to talk to a professional about what you are experiencing.



**Below are some places you can go to for help.**

- **1800 Respect:** [1800respect.org.au](https://www.1800respect.org.au) or 1800 737 732
- **If you are ever in immediate danger, call the police on 000.**

## Where else can I go for help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

### National twenty four seven crisis services

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- **Beyond Blue:** 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)

### Additional youth support services

- **headspace:** visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890
- **Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- **ReachOut:** [reachout.com](https://www.reachout.com)
- **SANE Australia:** 1800 187 263 or [sane.org](https://www.sane.org)

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://www.healthdirect.gov.au).

### Other useful headspace links

- **Understanding anger issues in children:**  
<https://www.headspace.org.au/friends-and-family/understanding-anger-issues-in-children/>
- **Building a healthy relationship with your young person**  
<https://www.headspace.org.au/friends-and-family/building-a-healthy-relationship-with-your-young-person/>



**If you or someone you know is going through a tough time, you can get help and support from headspace, your school or university wellbeing service or your local health provider.**

**For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)**

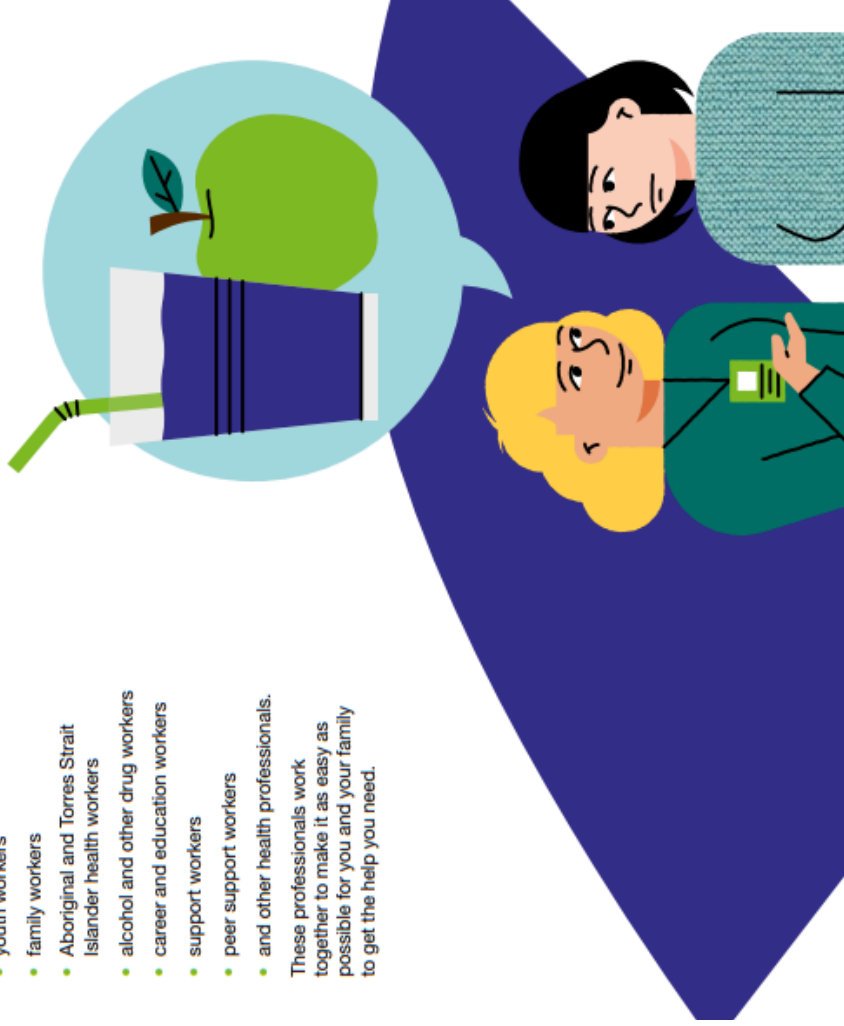
# who provides services at headspace?

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](mailto:info.headspacehorsham@vt.uniting.org)

or follow us on our socials



77 Hamilton Street  
Horsham, Victoria



# whats on in the Wimmera?



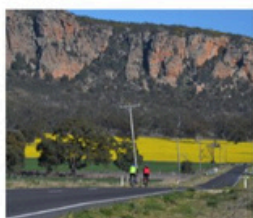
## Wimmera Libraries Events

28 McLachlan St, Horsham.  
Wednesday's, Thursday's and Friday's  
For more information see their website.



## Murtoa's Big Weekend 2024

Murtoa Various Locations.  
Friday 4th, Saturday 5th and Sunday 6th  
For more information see their website.



## Arapiles Cycling Event – The A.C.E. Ride

Meet at the NC2, Natimuk.  
Saturday 5th, 7am Start  
For more information see their website.

*What's On*  
HORSHAM & SURROUNDS



## Haven Market

Haven Recreation Reserve, Henty Hwy.  
Saturday 7th, 9am - 1pm



## Spirit of the Wimmera

Horsham and Surrounds, Various Locations.  
Friday 4th, Saturday 5th and Sunday 6th  
For more information see their website.



## 2024 DPE Victorian Country Series Round 5

650 Henty Highway, Dooen.  
Saturday 5th and Sunday 6th, 9am - 4pm  
For more information see their website.

*What's On*  
HORSHAM & SURROUNDS

# What's On October 2024

## HORSHAM & SURROUNDS

Every Saturday morning

### Wimmera River Parkrun - Horsham

Start your weekend with a walk, jog, or run at Sawyer Park along the Wimmera River in Horsham at 8am. Experience the tranquility of the river, harmonizing with nature's rhythm. The soft rustling of leaves and the cheerful chirping of birds provide a soundtrack, energizing both your body and spirit. Or become a volunteer and do tasks that keep Park Run pumping!

Monday - Sunday

### Events @ The Horsham RSL

The RSL offers a variety of events and activities! Enjoy bingo every Tuesday night and Saturday afternoon, starting at 8pm on Tuesdays and 2pm on Saturdays (booking discounts start 30 minutes before each event). Their calendar is full of exciting events! For more details on upcoming events, visit their website at <https://www.horshamrsl.com.au/upcoming-events-1>

First & Fourth Monday each month

### Haven Arts and Crafts

Come and join in for arts and crafts sessions at Haven Hall from 1pm to 3pm. It's a wonderful opportunity to connect with others, and indulge in activities you love. Explore painting, knitting, and crocheting during these sessions!

Wednesdays, Thursdays & Fridays

### Wimmera Libraries Events

Experience the Wimmera Libraries! Join for an exciting line-up of activities: Rhymetime Wednesdays, Craftanoons on Thursdays, and Storytime on Fridays. For more information on these events, <https://www.wimmeralibraries.vic.gov.au/events-calendar/>

Wednesdays & Saturdays

### Horsham Urban Landcare

The Horsham Urban Landcare team has a lot going on every month! Here's a rundown of their events: Boomerang Bag Working Bee at the Senior Citizens Centre from 1pm to 4pm on the 2nd Wednesday of the month; Produce Swap at The Patch, the Salvation Army Community Garden on the 3rd Saturday of the month; Repair Café at the Neighborhood House from 2pm to 5pm on the 4th Saturday. Find time to attend these events!

Saturday 5th

### Spirit of The Wimmera

Travel by heritage train from Horsham to Murtoa to attend the Murtoa Big Weekend activities including the Murtoa Cup. There are four shuttles leaving Horsham from 9am. Alternatively, you may choose the travel from Murtoa to Horsham and return. For more information email [info@srhc.org.au](mailto:info@srhc.org.au) or call 03 5799 0515



Saturday 5th

### 2024 DPE Victorian Country Series Round 5

The VCS kart racing series in Horsham, Victoria, is where the action's at! This free event is a family-friendly, adrenaline-pumping activity that serves as a training ground for future racing champions. Visit the club's website for more details at <https://www.wimmerakartracingclub.com.au/>

Saturday 5th

### Arapiles Cycling Event

The Arapiles Cycling, a community bike ride centered around Mount Arapiles, it features 3 levels of rides (100km, 50km & 20km) that all start & finish in Natimuk. A reminder that this is not a race. Will be starting at 7.30am and will be raising funds to W.A.C.K. For more information visit [aceride.com.au](http://aceride.com.au).

Saturday 5th

### Haven Market

The Haven Market is located only 5kms from Horsham situated alongside the Henty Hwy. Market times are 9am to 1pm. There is always a huge variety of stalls attending including locally grown and homemade produce, all set up in the relaxed rural atmosphere of the Haven Recreation Reserve.

Saturday 12th & Sunday 13th

### Spring Garden Festival

Come on down to the Horsham Botanical Gardens and enjoy the Spring Garden Festival! The festival welcomes Spring through displays, sellers, guest speakers, activities for young people and music. All proceeds are donated to local charities.



**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](mailto:tourism@hrcc.vic.gov.au) | [visithorsham.com.au](http://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

## October 2024

Sunday 13th

### Horsham Horse Show

Whether you're a seasoned equestrian enthusiast or a curious newcomer, there's something for everyone. The Horsham Horse Show is at the Horsham Showgrounds! This year promises an array of thrilling competitions, breathtaking performances, and fun-filled family activities. Do you want to know more exciting information, visit [horshamshow.com.au](http://horshamshow.com.au)

Friday 18th & Saturday 19th

### Horsham and District Relay for Life

Relay for Life event raises funds for Cancer Council's research, prevention, and support services. It honors cancer survivors, patients, caregivers, and lost loved ones while supporting life-saving initiatives. Visit [relayforlife.org.au/event/horsham-2024/home](http://relayforlife.org.au/event/horsham-2024/home) for more information. For more information visit the website [relayforlife.org.au/event/horsham-2024/home](http://relayforlife.org.au/event/horsham-2024/home)

Saturday 19th

### Burning Canes @ Barangaroo Wines

Barangaroo Wines celebrates the "Burning of the Canes" event marking the end of winter and pruning. It signifies the start of spring and bud burst in the vineyard. The event includes live music, cane fire lighting, and food. Drinks available for purchase. Optional bus transport from Horsham Cheap as Chips car park for \$10. For more information, email [barangaroo@live.com.au](mailto:barangaroo@live.com.au)

Friday 25th - Saturday 26th

### Horsham Chaplaincy Book Fair

Don't miss the Preloved Book Sale at the Ian Maroske Hall, Horsham College on Dimboola Road. Books are priced at \$1 each to support the Chaplaincy program at Horsham College. Sale runs from 12pm to 9pm on Friday and from 9am to 12pm on Saturday. Want more information? See the Horsham College Chaplaincy Book Fair Facebook page!

Saturday 26th

### Jung Market

Held at the Jung Recreation Reserve on the last Saturday of the 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 holders.

Holding an Event in Horsham & Surrounds?  
Email your event details to [tourism@hrcc.vic.gov.au](mailto:tourism@hrcc.vic.gov.au) to be included in our Monthly What's On



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

### Performances - HTH

**HAC Presents...ESSGEE'S Pirates of Penzance** - Thursday 3rd - Saturday 12th, 7.30pm

**You are a Doughnut** - Friday 18th, 4pm - After School Kids Show!

#### Events:

*Rotary Art Fair 2024* - Tuesday 8th - Sunday 13th, 10am to 4pm, Heritage Hall.



### Horsham Regional Art Gallery Exhibitions

#### Ground Floor Galleries:

#### Conflated: A NETS touring exhibition

1st June - 20th October

Exhibition Last Drinks for Conflated - Friday 18th, 5.30pm

#### Upstairs Gallery:

#### Tamara Dean - Leave only footprints

14th September - 24th November

#### Ian Kemp: Neverlasting

14th September - 24th November

#### Community Gallery:

**Inaugural Art Club** - 14th September - 20th October

**Lino Printing with Astrid Lempriere** - Monday 28th, 10am

### Horsham Regional Art Gallery Workshops

#### Japanese Art Workshop with Emi Kamataki -

Wednesday 23rd, 12.30pm Start

**Life Drawing** - Thursday 24th, 7pm

**Botanical Painting w/ Pam Thoday-May** -

Thursday 3rd, 7pm

#### For Kids:

**Mini Makers:** Thursday's 10am, 17th & 31st

**Creative Minds:** Tuesday's 4pm, 15th & 22nd

**Spring School Holiday Program, 10am:**

Tuesday - 1st, Part One & 2 Fantasy Fiction, Pam Thoday

Wednesday - 2nd, Magical Succulent Gardens, Emily

Friedrichsen

Thursday - 3rd, Surprise Package, Michelle Watson



# Mental Health Week Exhibition Opening.

Come  
celebrate  
with us.

The exhibition will officially open on Monday 7th October at 6pm at Uniting Wimmera, 185 Baillie Street, Horsham.

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

Contact us  
[tarni.eldridge@vt.uniting.org](mailto:tarni.eldridge@vt.uniting.org)

Learn more  
**(03) 5362 4000**

**Uniting**

# DIGITAL GAME

to help prevent depression



Researchers need your help to evaluate a mobile game designed to help prevent depression in trans and gender diverse young people.

**TO TAKE PART,  
YOU MUST:**

Participation will involve playing the SPARX-T game on an iPhone over 5 weeks and completing three short surveys assessing the impact of the game.



- ➔ Be living in Australia
- ➔ Be aged 14-18 years
- ➔ Identify as trans or gender diverse
- ➔ Have access to an iPhone



**The  
KIDS**  
RESEARCH INSTITUTE  
AUSTRALIA

**For more information  
scan the QR code or  
email Holly (she/her):**

**[holly.moss@thekids.org.au](mailto:holly.moss@thekids.org.au)**

