



# march newsletter

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

## special days in february

1

**08/03/2022**

International Women's Day

2

**19/03/2022**

international day against bullying & violence

3

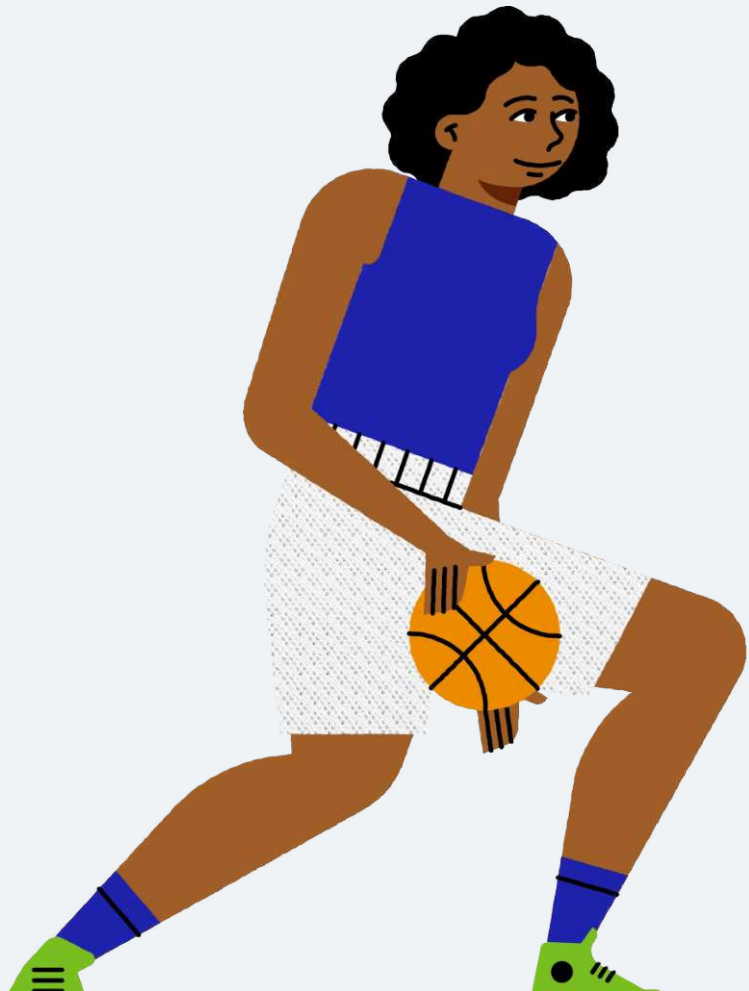
**20/03/2022**

international day of happiness

4

**31/03/2022**

transgender day of visibility



at headspace horsham, we understand the importance of feeling connected to others and having positive things to look forward to.

healthy relationships are important for our mental health and wellbeing. they can boost our energy, improve our sense of belonging, help us to relax and help us feel supported.

planning a catch-up, joining a club or participating in a safe online community can help you feel connected and to meet new people.

doing things you enjoy can help you to keep a healthy headspace.

here are some of the programs we run at headspace horsham!



## YA Book Club Sessions

## Adult Book Club Sessions



Date	Time	Book	Date	Time	Book
Wednesday 30/03	4pm-5pm	'Tomorrow, When the War Began' by John Marsden	Monday 28/3	4pm-5pm	'Six of Crows' by Leigh Bardugo
Wednesday 27/04	4pm-5pm	'The Fault in Our Stars' by John Green	Monday 2/5	4pm-5pm	'The Book Thief' by Markus Zusack
Wednesday 25/05	4pm-5pm	'Heartstopper' by Alice Oseman	Monday 30/5	4pm-5pm	'The Martian' by Andy Weir
Wednesday 29/06	4pm-5pm	'The Maze Runner' by James Dashner	Monday 27/6	4pm-5pm	'Eleanor & Park' by Rainbow Rowell
Wednesday 27/07	4pm-5pm	'The Book Thief' by Markus Zusack	Monday 25/7	4pm-5pm	'Children of Blood and Bone' by Tomi Adeyemi







## Anime Club

headspace Horsham

Do you love anime and want to connect with other young people who also love anime?

Are you between the ages of 14 and 18?

Well come along and join headspace Horshams Anime Club

An anime club is a group of young people meeting monthly to discuss, show and promote anime in a local community setting and can also focus on broadening their Japanese/Korean cultural understanding.

An anime club can also engage in other activities such as viewing anime/kpop music videos, karaoke, cosplaying and reading manga.

To register your interest in this group please contact us.  
Phone: 53811543  
Email: [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)

## Social Group

Do you struggle in social groups and communicating with others?  
Then come along and join the headspace Horsham Social Group.

During each session we will be learning how to communicate with others and how to feel comfortable in social groups while completing fun activities like cooking, board games, craft work and many more.

Responsibilities and Benefits:

Participate in group activities and group discussion

Maintain regular contact with the group in person, via phone, Facebook or email.

Meet other young people and create relationships

Develop a range of communication skills and mental health techniques

This Social Group will run once a month after school between 4:00pm - 5:00pm. To register your interest in this group please contact us.

Phone:

53811543

Email:

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



# Youth Reference Group

## 15-25 Y/O

## The Youth Reference Group are Looking for New Members

### Responsibilities and Benefits

- Support local headspace activities.
- Participate in meetings and be involved in the planning and the deliving in programs and events.
  - Act as a representative of headspace Horsham.
- Maintain regular contact with the group.
- 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.
  - Become a community advocate for youth mental health.
- Develop a range of skills including working in groups, fundraising projects and independence.



## things to know

- Horsham Fishing Competition is back on March 12th to 14th along the Wimmera River. This year there is over \$60,000 worth of prizes to win. To register use the following website [www.horshamfishingcomp.com.au](http://www.horshamfishingcomp.com.au)
- On the 19th & 20th of March the Wimmera yard dog trials will be held at the Horsham Show grounds by the Horsham Agricultural Society.
- Horsham Autumn Horse Show is held at the Horsham Show grounds on Sunday March 27th at 9am. \$5 entry.
- looking for work or study opportunities? check out the wimmera southern mallee LLEN school jobs board at <https://bit.ly/34hZmsS>
- Love sweet cuddly kittens? Then you should check out the Cats Cafe on March 26th at the Russell Hall at the Maydale Reserve between 1pm till 5pm. There will be kitten cuddles, cuppas & treat, and lucky dip prizes.

## more stuff!

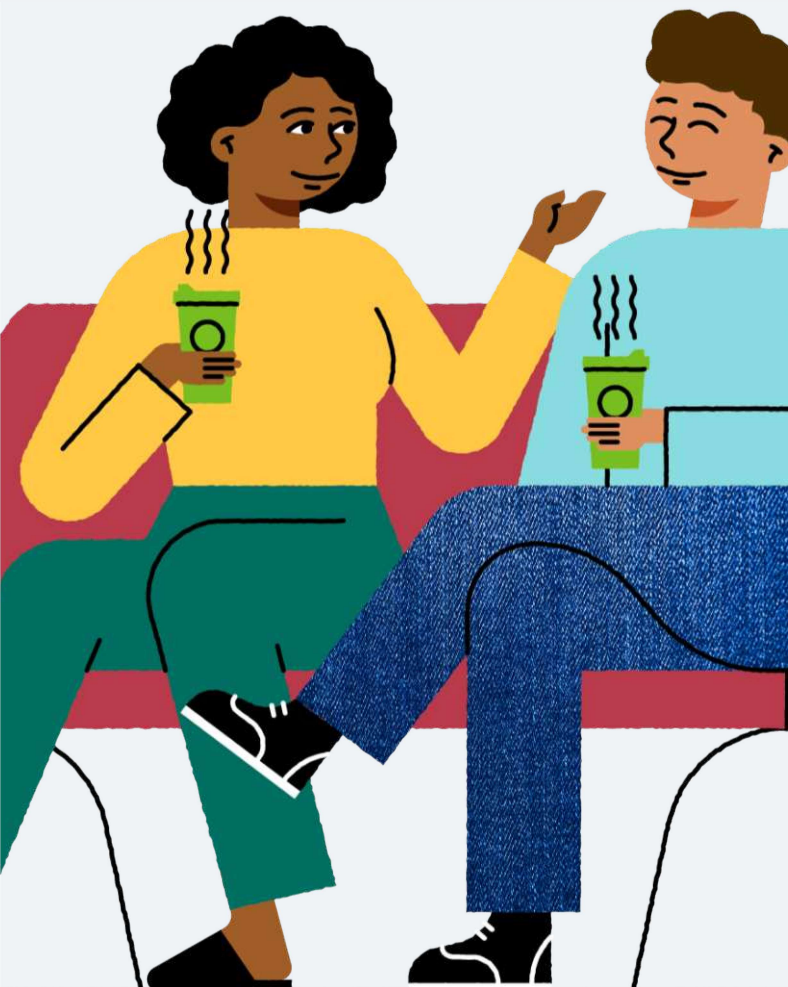
- Horsham Rural City Council is partnering

with local fitness and wellbeing providers to deliver free sessions at Sawyer Park on Saturday mornings. Starting from 9am, no registrations necessary.

- Saturday March 12: Yoga with Planet Feelgood
- Saturday March 19: Core training with Planet Feelgood
- Saturday March 26: Yoga and core training with Planet Feelgood

Hindmarsh Shire Council have two great upcoming events!

- Friday 18th March The Level Up team will be at the Jeparit Hall to host an epic night of gaming from 5-9pm! There will be Mario-Kart competitions, VR, nostalgic games and much more. There will be a free dinner and transport from Rainbow, Dimboola and Nhill. To register <https://bit.ly/3pIPIMJ>
- Screening of Uncharted at the Nhill Cinema Thursday 7th of April at 7:30pm. To find out more, call 03 5391 4444



# International Women's Day 2022

Horsham Town Hall  
Monday, 7 March 2022 | 5.30pm - 7pm

Guest speaker: Professor Martha Hickey,  
Deputy Head, Dept. Obstetrics and Gynaecology  
Royal Women's Hospital

Pay bar and nibbles provided  
Registration essential





1ST WARRACKNABEAL CUBS AND SCOUTS PRESENTS



**COME AND TRY DAY**

**AGES 6-18 YEARS**

*Prizes and giveaways*

SHOW BAGS FOR THE FIRST 50 TO ARRIVE

**FREE ABSEILING  
OBSTACLE COURSE  
BILLY CARTS**

**COFFEE VAN & FREE BBQ**

**MARCH 27 10AM-2PM  
ANZAC PARK**

# ART PROGRAM

THE FIRST ART PROGRAM SESSION WILL FOCUS ON CREATING MOSAIC TILE ARTWORKS. ALSO TO SHARE ARTWORK IDEAS FOR THE NAIDOC EXHIBITION.

**WHEN:  
THURSDAY 17TH MARCH**



**TIME:  
11AM-2PM**



**WHERE:  
GOOLUM'S COMMUNITY BUILDING  
46 LESLIE ST, STAWELL**

LUNCH IS PROVIDED

PLEASE LET US KNOW IF YOU WISH TO ATTEND OR IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:  
TONI: 0488 590 988  
OR

TANISHA: 0427 257 272



# ART PROGRAM

THE FIRST ART PROGRAM SESSION WILL FOCUS ON CREATING MOSAIC TILE ARTWORKS. ALSO TO SHARE ARTWORK IDEAS FOR THE NAIDOC EXHIBITION.

**WHEN:  
WEDNESDAY 16TH MARCH**

**TIME:  
11AM-2PM**



**WHERE:  
GOOLUM GOOLUM IN  
AUNTY IRENE'S ROOM HORSHAM**

LUNCH IS PROVIDED

PLEASE LET US KNOW IF YOU WISH TO ATTEND OR IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:

TONI: 0488 590 988

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The Wimmera Regional Sports Assembly  
Presents



# RESPONSIBLE SERVICE OF ALCOHOL COURSE

Come and learn the responsibilities of serving alcohol!

**WHEN: MARCH 22ND, 2022**

**WHERE: WEST SIDE HORSHAM, BENNETT ROAD**

**TIME: 6PM - 10PM**

Cost is \$70 per person

17 year olds can do the course, but are not allowed to use the RSA for employment until they are 18 years old

**FOR MORE INFORMATION CONTACT DAVID AT  
THE WRSA ON 53824599**

**RSVP TO DAVID BY THE 17TH MARCH 2022**



# mar chats

Led by clinicians, these chats bring young people, friends and family together and explore topics that are important to the community.

**Challenging negative thoughts**  
[Tuesday 1 March 7-8pm AEDT](#)

**Recognising early warning signs**  
[Thursday 10 March, 7-8pm AEDT](#)

**Keeping secrets**  
[Sunday 20 March 7-8pm AEDT](#)

**Setting up healthy work & study habits**  
[Wednesday 23 March 7-8pm AEDT](#)

**Living in poverty**  
[Tuesday 29 March 7-8pm AEDT](#)

Check out and register for the chats by scanning the QR code below.



headspace National Youth Mental Health Foundation  
the Australian Government Department of Health

# self care tips for march

1

## brain puzzles

wordle is a great example of a brain puzzle that allows you to learn something new

2

## good sleep

quality sleep can give you more energy & help you better deal with stress

3

## movement breaks

take time to stretch or move your body. breaks can help you reset.

4

## time w/ friends

put your phone down & make some time to connect w/ friends

when things get tough it can help to talk to someone. headspace horsham is a good place to start.

## where to find support:

many things contribute to someone mental health. that's why, at headspace Horsham, we provide information, social opportunities, support and services to young people. we offer appointments in centre 1-on-1 with trained mental health clinicians, or also via telehealth or phone services.

headspace also has a range of ways to support young people, with online or phone services available. they are open 9am to 1am, 7 days a week for 1-on-1 chats with trained clinicians. it's a confidential, free and a safe space to talk about what's going on. for more information you can visit <https://headspace.org.au/online-and-phone-support/connect-with-us/>

# Space4Us Holiday Program



## Fun activities include bounce, movies, laser tag and bowling!

Space4Us is a peer support group for young people between the ages of 12 and 18 years who have a parent, older sibling or other adult family member who is affected by a mental illness.

This is a great opportunity to meet other teenagers who have similar experiences, to learn more about mental health and illness, to explore ways of coping, and to have some time out and fun!

This is a free program inclusive of all activities, snacks, meals and laughs. Enquire by phone about how we can help with transport as well.

Topics will include:

- Understanding different mental illnesses
- Relationships with family and friends
- Communication and problem solving
- Responding to stigma and different ways to take care of ourselves

Cost  
Free

Venue  
Wimmera Wellbeing  
Centre

28 Urquhart Street  
Horsham

Date  
School holidays  
11-14<sup>th</sup> April 2022

Ages  
12-18 years

Get in touch:  
jessica.jamieson@  
vt.uniting.org

tegan.johnson@  
vt.uniting.org

Phone: 0353624000  
(Uniting reception) asking  
for Jessica or Tegan.



**Uniting**