



# april newsletter

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

## special days in february

1

### Social Group

7th April from 4pm-5pm at the Wimmera Wellbeing Centre

2

### Creative Space

11th of April from 4pm-5.30pm at headspace Horsham

3

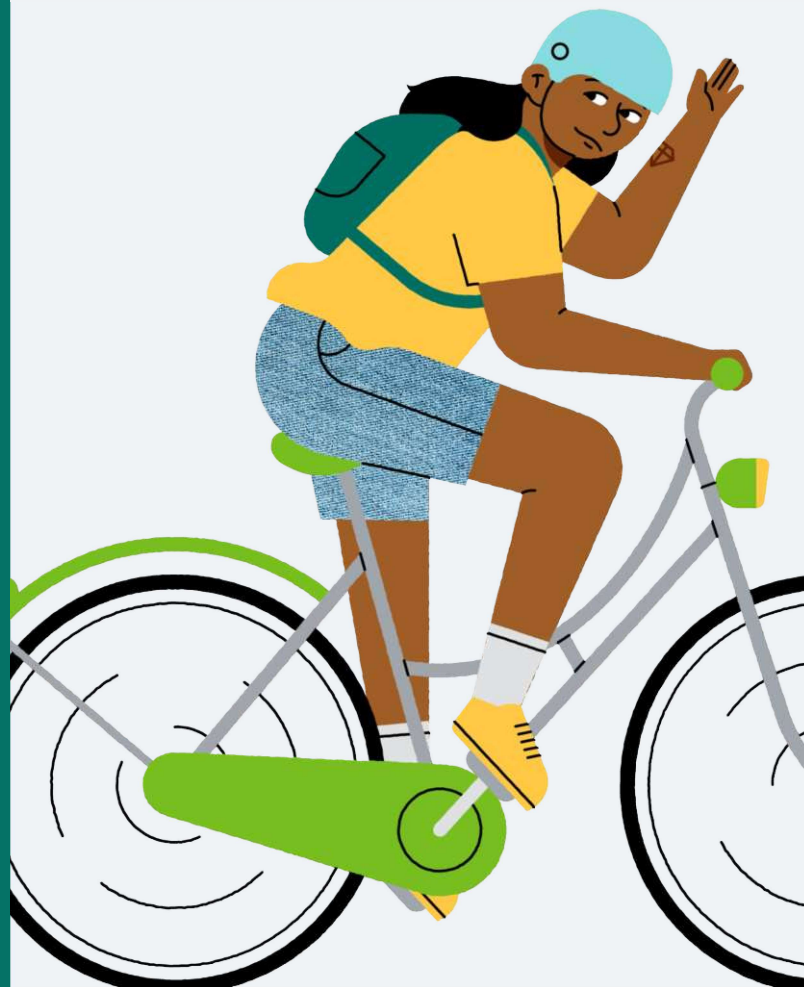
### Anime Club

14th of April at 4pm-5pm at headspace Horsham

4

### YA Book Club

27th of April at 4pm-5pm at headspace Horsham talking about 'The Fault in Our



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

Date	Time	Book
Wednesday 30/03	4pm-5pm	'Tomorrow, When the War Began' by John Marsden
Wednesday 27/04	4pm-5pm	'The Fault in Our Stars' by John Green
Wednesday 25/05	4pm-5pm	'Heartstopper' by Alice Oseman
Wednesday 29/06	4pm-5pm	'The Maze Runner' by James Dashner
Wednesday 27/07	4pm-5pm	'The Book Thief' by Markus Zusack



## Anime Club headspace Horsham

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

We'll come along and join headspace Horsham's Anime Club!

Its open to all young people between the ages of 12-25 years old.

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

# 'The Creative Space'

Are you interested in trying new creative opportunities?

Do you want to meet other creative people?

Second Monday of each month  
4pm to 5:30pm at headspace Horsham

- 11 April - Polymer Clay
- 9 May - Graphic Tees & design
- 13 June - Smart phone photography
- 11 July - Cross stitch/needle craft
- 8 August - Succulent nail polish vases
- 12 September - Lino cutting/stamps
- 10 October - Inktober
- 14 November - Bath bombs/crochet
- 12 December - Sneaker design

To register your interest in participating in 'the creative space'

contact us on:  
Phone: 5381 1543

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

Or DM us on our social media pages

@vt.unifing.org

Or DM us on our social media pages



# what's on at headspace?

social group - do you struggle in social groups & communicating with others? then come along and join headspace Horsham's social group!!



## what is 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 much more!



## when is social group?

social group runs once a month on the first thursday of each month from 4.00pm till 5.00pm. It is held at the Wimmera Wellbeing Centre at 28 Urquhart street, Horsham.



## Responsibilities & Benefits

- Participate in group activities and groups discussions
- Maintain regular contact with the group in person, via phone, facebook or email
- Meet other young people and create friendships
- Develop a range of communication skills and mental health techniques

social  
group

## Registration

To register your interest in this group please contact us on:  
- Phone: 5381 1543  
- Email: [info.headspacehorsham@vt.unifing.org](mailto:info.headspacehorsham@vt.unifing.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!

- Level Up! Gaming event in Goroke on April 1st
- Skate Park Day in Edenhope on April 11th
- Drop Zone & Movie Day in Goroke on April 12th
- Gravitrax Mega Day in Kaniva April 13th
- Kaniva Youth Action Team Wetlands Easter Egg Hunt in Kaniva April 14th
  
- A Skate, Scooter & BMX Competition will be running in Warracknabeal on the 14th of April at 1pm at the Warracknabeal Skate Park. Registrations to compete are necessary: <https://bit.ly/36Hrcj4>
  
- headspace Knox are hosting a 'Trans and gender diversity panel' on the 11th of April at 5pm via zoom. Register to be able to listen to some amazing young people tell their stories and share what it means to celebrate being trans! To register <https://bit.ly/3ix8BsL>

## more stuff!

- podcasts are a great way to take time out of your day to relax. they are also great for exploring your interests and finding strategies to live your best life. here are a few awesome suggestions from one of our clinicians Aaminah:
  - Not Alone- Beyond Blue Podcast <https://bit.ly/3DuM4qg>
  - H R U? Podcast <https://kidshelpline.com.au/hru>

## Uniting School Holiday Program

Uniting have teamed up with LevelUp Gaming for the school holidays. If you are in grade 6, year 7, 8 & 9 check out the following LevelUp events running:

Monday 11<sup>th</sup> of April in Horsham

Tuesday 12<sup>th</sup> of April in Harrow

Thursday 14<sup>th</sup> of April in Stawell

Thursday 21<sup>st</sup> of April in Rainbow

Friday 22<sup>nd</sup> of April in Murtoa



# Tuning into Teens™ at headspace

### EMOTIONALLY INTELLIGENT PARENTING

A FREE six session parenting program for parents and carers of young people

**Learn how to:**

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent.

Ask a headspace worker about the Tuning in to Teens™ program and other services this centre offers family and friends.

# WHEATLANDS WARRACKNABEAL AGRICULTURAL MACHINERY MUSEUM

2022 FEATURES: CASE AND AMERICAN ENGINES

CELEBRATE 101 YEARS OF BULLDOGS



## Easter Weekend

53rd Annual Vintage Machinery Rally  
16th and 17th April 2022

34 Henty Highway Warracknabeal, Victoria

WORKING MACHINERY · DEMONSTRATIONS · DISPLAYS · CATERING AVAILABLE  
TWILIGHT TRACTOR PULL · KIDS ACTIVITIES

For further information Phone: 03 5384 2244 Mobile: 0429 146 597  
Email: vintagerally3393@gmail.com



## LEARNER BENEFITS

Are you between the ages on 16 and 21, with unlimited access to a supervising driver or vehicle?

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



**NOW TAKING LEARNER ENROLMENTS**

Contact Penny: 0418 535 478 or L2P@cglten.org



# FAMILY FUN DAY

**THURSDAY 14th OF APRIL**  
**STARTS AT 9.30am**  
**@ Warracknabeal Library**  
**FREE EVENT & SAUSAGE SIZZLE**

Introduction, book reading and questions answered by local author of Mallee Sky **Jodi Toering**

- Magician Performance
- Board Games
- Colouring In
- Make your own library bag
- Music
- Story Time
- Skate, Scooter & BMX Competition



## APRIL SCHOOL HOLIDAYS PROGRAM

WEEK 1	WEEK 2
<p><b>FRIDAY 8 APRIL</b></p> <p><b>Youth Council Games Night</b> Jeparit Hall 5pm</p>	<p><b>MONDAY 18 APRIL</b>      EASTER MONDAY</p>
<p><b>MONDAY 11 APRIL</b></p> <p><b>Folky Dokey Musical Puppet Show</b> Dimboola Library 10:30am Nhill Library 1:30pm Jeparit Library 4:30pm</p>	<p><b>TUESDAY 19 APRIL</b></p> <p><b>Nature Walk, Talk &amp; Find with Landcare</b> Nhill 10am Dimboola 3:30pm</p>
<p><b>TUESDAY 12 APRIL</b></p> <p><b>Folky Dokey Musical Puppet Show</b> Rainbow Hall Supper Room 10am</p>	<p><b>Crafty Art with Danelle</b> Dimboola Library 2-3pm</p>
<p><b>Nature Walk, Talk &amp; Find with Landcare</b> Rainbow 12pm Jeparit 3:30pm</p>	<p><b>WEDNESDAY 20 APRIL</b></p> <p><b>Petting Zoo Animal Experience</b> Jaypex Park Nhill - 10am</p>
<p><b>Cam's Experiments</b> Dimboola Library 10-11am Nhill Library 2-3pm</p>	<p><b>Nhill Cinema Double Feature</b> Nhill Cinema 1pm &amp; 4pm</p>
<p><b>WEDNESDAY 13 APRIL</b></p> <p><b>CMY's Gariwerd (Grampians) Adventure Day Out</b> Meet at Nhill Shire Offices at 7:45am A day of fun team activities and challenges</p>	<p><b>THURSDAY 21 APRIL</b></p> <p><b>Crafty Art with Danelle</b> Nhill Library 2-3pm</p>
<p><b>Cam's Experiments</b> Jeparit Library 10 - 11am Rainbow Hall Supper Room 2 - 3 pm</p>	<p><b>Uniting Level-Up Gaming</b> Rainbow MECCA Supper Room 12-3pm Lunch provided. Transport available.</p>
<p><b>THURSDAY 14 APRIL</b></p> <p><b>Crafty Art with Danelle</b> Jeparit Customer Service Centre and Library 10-11am Rainbow Town Hall Supper Room 2-3pm</p>	<p><b>FRIDAY 22 APRIL</b></p> <p><b>Smartphone Photography Shire Tour</b> Pick Up Times Nhill Customer Service Centre 8:30am Dimboola Library 9am Jeparit Library 9:40am Rainbow Library 10:10</p>
<p><b>Jeparit Movie Night</b> Jeparit Hall From 4pm Dinner provided.</p>	<p><b>SATURDAY 23 APRIL</b>      STEAMPUNK FESTIVAL DIMBOOLA</p>

FRIDAY 15 APRIL      GOOD FRIDAY

For more information on all of our activities, and to book those activities where a booking is essential, visit [www.hindmarsh.vic.gov.au/events](http://www.hindmarsh.vic.gov.au/events), call 03 5391 4444 or email [info@hindmarsh.vic.gov.au](mailto:info@hindmarsh.vic.gov.au).



# DIGITAL EVENING LIGHT AT THE MUSEUM

## DIGITAL DANCE PARTY

Queer youth 12-19

Saturday 9 April

7pm via Zoom

**FREE TICKETS VIA MINUS18**

Adsumma  
Festival

IMMIGRATION  
MUSEUM

The WALT DISNEY Company  
Australia & New Zealand

## self care tips for april

1

### mobile apps

check out  
<https://au.reachout.com/tools-and-apps>

2

### make plans

making plans gives us something to look forward to & enjoy

3

### podcasts

check out our recommendations on page 4 of our newsletter

4

### self care

self care is more than bubble baths. its taking time when you need it.

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**

**WIMMERA STEAMPUNK FESTIVAL**  
DIMBOOLA VICTORIA

COME TO A MOST PECULIAR NIGHT EVENT & BE ILLUMINATED

23 APRIL 2022, 5.00 PM UNTIL 10.30 PM  
LOCHIEL STREET, DIMBOOLA  
(BETWEEN LLOYD & VICTORIA STREETS)

DRESS CODE: STEAMPUNK / COSPLAY  
(ENCOURAGED, BUT NOT COMPULSORY)

ENTRY - \$11 (THROUGH TRYBOOKING) \$15 (AT GATE),  
FREE TO UNDER SEVENTEENS

Book through: <https://www.trybooking.com/BXWXR>

**EXPERIENCE\*\*\***

Night Market Food & Stalls \* A Welcome to Country & Smoking Ceremony \* Grand Opening of Dimboola's new Tower Park \* Premiere of Tracey Rigney's Short Film about the former Dimboola Hotel \* Short Film of Characters of the Wimmera by Ten Bag Press \* Art Installation by Nichola Clarke \* Nhill-Dimboola Band \* Keychange Jazz Band \* Danny Walsh Banned Trio \* Rock Band 'Headrush' \* Alternative Country Band 'Blackbirds FC' \* Moonshine Coalition \* Vintage Cars on display

EVENT WILL BE HELD IN COMPLIANCE WITH COVID-19 RESTRICTIONS

GOROKE YOUTH ACTION TEAM

**GOROKE TOWN HALL**

**MOVIE DAY**

WEDNESDAY | APRIL 12 | 10:00AM-4:00PM

JUNIOR SESSION 10:00AM - 12:00PM  
SENIOR SESSION (11 - 17) 1:00PM - 4:00PM

**POPCORN / DRINKS**  
Proceeds to Operation Flinders

Enquiries: Leah Davies 13 99 72

WEST WIMMERA SHIRE COUNCIL  
youth  
freezer  
[www.freezer.vic.gov.au](http://www.freezer.vic.gov.au)

ROUND 1 OF THE  
**ARB AUSTRALIAN OFF ROAD RACING CHAMPIONSHIP**



A fun family day out for Dachshunds and their people  
Dogs must be on leads please.

**Day of the Dackel**

Free public entry from 10am

**3 April 2022**  
Henley Park,  
Edenthope, Vic.

- Dachshund Meet & Greet
- Fun Dachshund Events
- Dachshund Museum
- March of the Dachshunds
- Take-away Food
- Market Stalls

**SPECIAL GUEST MC:**  
**WANDA JACKSON**  
Star of Wanda Queen of the Little Desert Show



All enquiries to  
Diana Lee Saville  
0432 572 449

Advocate  
Now Pages & Gallery  
Edenthope Tourism Inc  
WEST WIMMERA SHIRE COUNCIL  
D'S ART & DESIGN & PRINTING