



**headspace**  
Horsham

# August newsletter

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



# 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



**Andrea**  
*careers consultant*



**Charlotte**  
*snr mental health clinician*



**Alisha**  
*community engagement*



**Anna**  
*case manager*



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



**Cass**  
*community engagement*



**Ash**  
*youth peer support worker*



**Kate**  
*centre manager*



**Rob**  
*mental health counsellor*



**Louie**  
*trained therapy dog*



**Haylie**  
*client services*



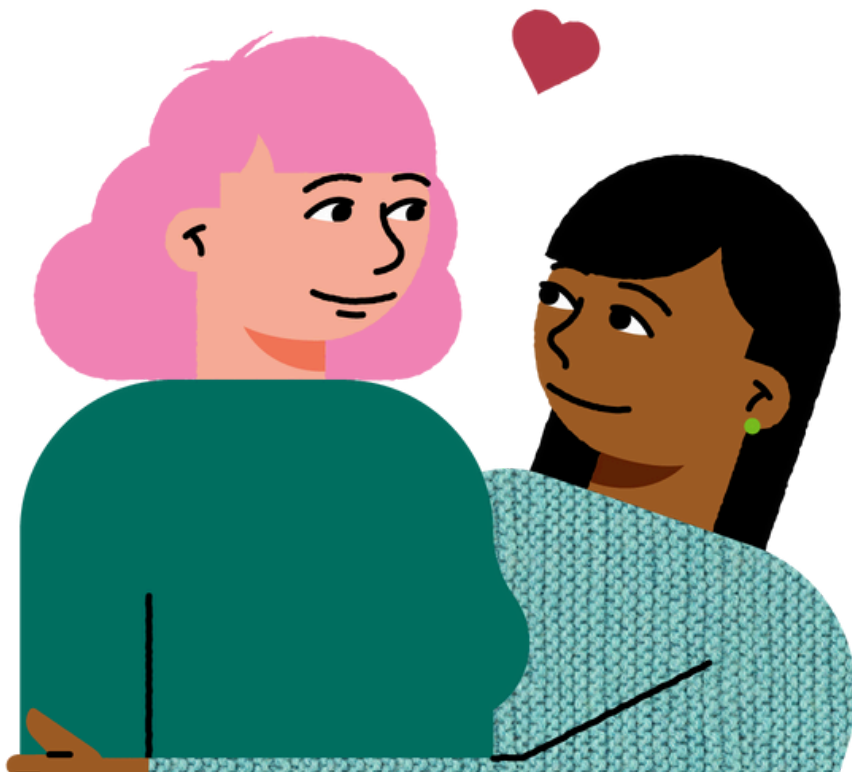
**U'Nlta**  
*team leader of clinical services*

# 🌈 LGBTQIA+ Dates for Aug 🌈

29<sup>Th</sup> August: Wear It Purple Day 💜💜💜

By wearing purple, we are able to demonstrate to the rainbow community that they are supported, respected and celebrated for who they are and who they are becoming!

This year's theme is "Bold Voices, Bright Futures" and we cant wait to see what everyone does with the theme! 🌈🏳️🌈



# ✨Fed Uni Visit ✨

Last week, we had the pleasure of presenting at Fed Uni, thanks to the warm welcome and support from Cass and Ash. ✨❤

The session was all about stress: what it is, the different types we experience, and, most importantly, what we can do to manage it. From everyday pressures to those big overwhelming moments, we explored practical tools to help students stay grounded and take care of their mental well-being. 😊👏📖

But the learning doesn't stop there. In just a couple of weeks, Alisha will be bringing those ideas to life, giving students the chance to put self-care into action. It's all about turning knowledge into habit, and we can't wait to see it unfold! 🌸❤📖



# 🚗 CEO Carol Jeffs Visit 🚗

We had the absolute pleasure of welcoming Uniting's new CEO, Carol Jeffs to our centre last week! It was fantastic to show her around, share the work we're so passionate about, and give her a glimpse into what makes our team and community so special. 🌱 ✨ 🌿

A huge thank you to Carol for taking the time (and the kilometres!) to visit us, and the other amazing Uniting buildings too. Your enthusiasm, insight, and curiosity meant so much to the whole team. We can't wait to see all the brilliant things you do next! 💚 ✈️

Come back anytime, we'll have the kettle on! 🍵 🍲 🍜



😄 And just like that, July is over... 😄



During our  
Trauma informed  
training session

Learning the  
different  
weights of  
human brains



Winter  
warmers  
fundraiser

YES YES YES stall  
at the Town Hall



# we are hiring!

are you aged 15-25 and passionate  
about youth mental health?

do you want to grow your leadership  
and advocacy skills?

do you want to make a difference for  
young people in your community?

do you want to be PAID for your  
expertise?

## apply for headspace Wimmera Youth today!



scan here to apply



# 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/workandstudy](https://headspace.org.au/workandstudy) (for web-chat and email) or phone 1800 810 794.

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:

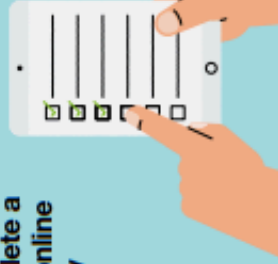
1

Fill in a registration form



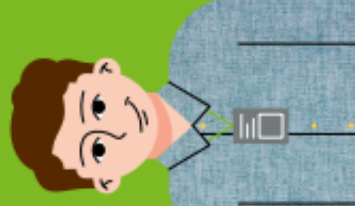
2

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.

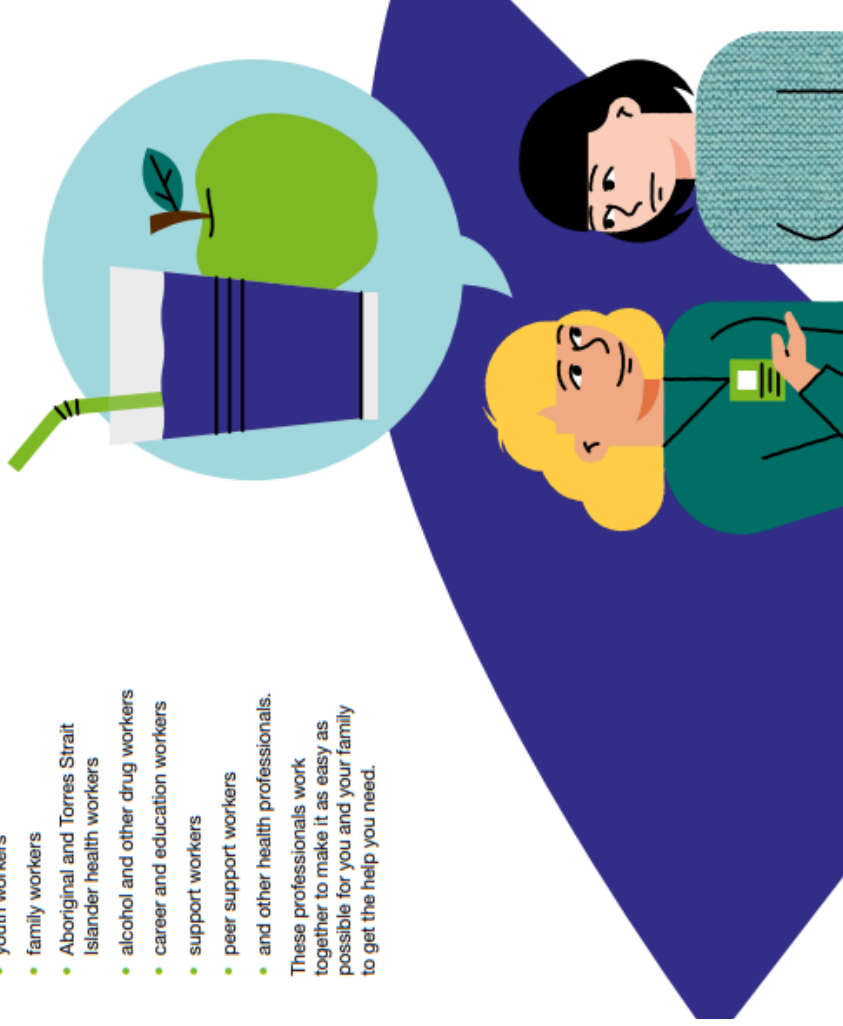
# who provides services at headspace?

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



# F.R.O.G

**Focused. Resilient.  
Open. Growing**

**Aug 22 – Oct 10 | For 12–18 year olds**



## Leap into Wellbeing!

Join our fun and engaging program designed for 12 to 18-year-olds, where you'll hop into activities that boost your mental health and wellbeing. Based on headspace's 7 healthy tips, FROG helps you:

- Get into Life
- Learn Skills for Tough Times
- Create Connections
- Eat Well
- Stay Active
- Get Enough Sleep
- Cut Back on Alcohol and Other Drugs

## When?

We hop into action on Friday  
22<sup>nd</sup> Aug to 10<sup>th</sup> Oct 3.30–  
5.00pm. It's toad-ally  
happening!

Scan below to sign up!



## Have Questions?

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

Phone: (03) 5381 1543



**mental health &  
wellbeing connect**

Free for family, carers and supporters

**Grampians**



**headspace**  
Horsham

# SPACE4US

Space4Us is an 8 week program designed for young people aged 12-18 with a family member, friend or a loved one who has experienced tough times with their mental health.



This program is all about bringing young people together to share their experiences, connect with others who truly get what they're going through, and have a blast while doing it!

Throughout this 8 week program, you'll dive into fun activities, engaging discussions, and explore ways to tackle tough times. It's a chance to learn, laugh, and grow stronger, all while making new friends who understand you.

Don't miss out on this unique opportunity to be part of something special – where fun and mental health support go hand in hand!

**Start Date:** 11/08/2025

**End Date:** 29/09/2025

**Time:** 4pm - 5:30pm

**Location:** Horsham (more details to be provided on registration)

**For more information or to register contact:**

**Phone:** 53811543 **Email:** [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)



GOOLUM GOOLUM

# YOUTH DROP IN

FOR 12 - 18 YEAR OLDS

MONTHLY GROUP TO HANG OUT,  
PLAY GAMES, HOMEWORK HELP AND  
HEAPS MORE FUN ACTIVITIES!

4:00PM - 6:00PM

AUNTY IRENE ROOM

43 HAMILTON ST, HORSHAM

\*DATE TO BE CONFIRMED EACH MONTH

ALL SNACKS AND DRINKS PROVIDED

\*GUARDIAN PERMISSION REQUIRED

\*FOR ABORIGINAL AND TORRES STRAIT  
ISLANDER YOUTH ONLY

FOR MORE INFORMATION PLEASE  
CONTACT HANNAH ON 0484 268 536



# Writing Hour



## at the Nhill Library

Third Thursday of every month

1pm - 2pm

All welcome



**Hindmarsh**  
Shire Libraries

Nhill Library  
5 Clarence Street  
03 5391 4449

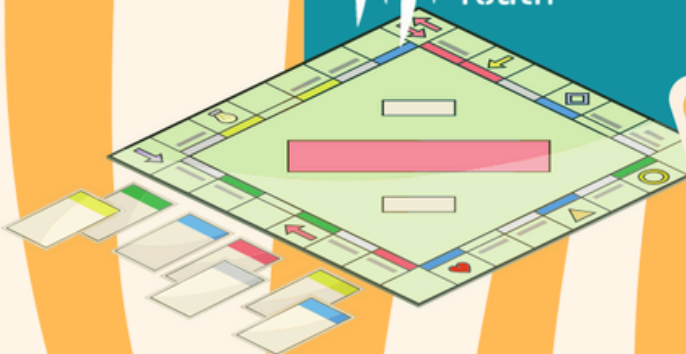
# Open House

The Station will be open to come and hangout every Thursday for all young people (10 - 25) during the school term from 4pm - 6pm

Come chill in our big comfy beanbags on your own or with your friends, watching a movie or listening to music.

Snacks and other activities also available

‘The Station’ - 16 Pynsent Street Horsham





BUSES FROM NHILL, JEPARIT  
AND RAINBOW

BUS REGISTRATIONS CLOSE  
7 AUGUST 2025 AT 5PM

# GAMES+TRIVIA AND KARAOKE NIGHT

FRIDAY 8 AUGUST 2025 | 6:30-8:30PM

@DIMBOOLA MEMORIAL  
SECONDARY COLLEGE HALL

THIS IS A SMOKE, DRUG, ALCOHOL AND VAPE FREE EVENT



# WHEN THE DUST SETTLES

BY AWARD-WINNING DIRECTOR  
STUART MCKAY

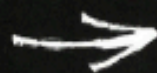
COLBY  
COWAN

MADDIE  
MORTIMER

CLINT  
HOLLAND

AN INTIMATE, VISUALLY STRIKING DOCUMENTARY THAT FOLLOWS THREE AUSTRALIANS  
FOREVER CHANGED BY SUICIDE'S RIPPLE EFFECTS. SET AGAINST THE VAST OUTBACK, IT  
CONFRONTS GRIEF AND SURVIVAL, REVEALING THE SILENT AFTERMATH AND THE BRAVE STEPS  
THESE INDIVIDUALS TAKE TOWARD CONNECTION, PURPOSE AND HOPE.

**Horsham Cinemas**  
**7pm Wednesday August 27**



Scan to book



# What's On

## August 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

### @ 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! These gatherings take place on the first and fourth Monday of each month 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 a delightful time at Wimmera Libraries! Join us for an exciting line-up of activities: Rhymetime Wednesdays, Craftnoons on Thursdays, and Storytime on Fridays. For more information on these events, please visit the website at <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 3rd

### 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 3rd & Saturday 24th

### Live Music @ The VIC

Experience an evening of entertainment at The VIC Hotel in Horsham. Don't miss out on a fantastic night filled with lively vibes and local music. On Saturday, the 3rd, catch Johnny Thunder & The Lightnings, and on the 24th, groove to the beats of Zero Below. Arrive early to enjoy a delicious meal before immersing yourself in a night of music. Music officially starts at 9pm.

Thursday 8th

### Homelessness Week Community BBQ

Come down to the Roberts Avenue pop-up park to support our homelessness service by contributing to their fundraising efforts. Enjoy a BBQ, music, talk about the service that can be provided, and help raise awareness.

HELP the  
HOMELESS



HELP the  
HOMELESS

Saturday 17th

### Longerenong B&S Ball

Prepare to have a blast at the Longerenong B&S Ball! Remember, this event calls for tickets to be bought in advance. Get ready for live shows by No Mistake and The Mason Boys, with special guest Sarah Catana! Keep in mind, the dress code is Formal Dress (Black tie only). For further information, visit their website at [www.longybns.com/](http://www.longybns.com/)

Friday 21st

### Rosehaven Farms - knitting and crochet

Come along and enjoy a free event where you can bring your knitting, crochet, spinning, cross stitch, and mingle with fellow enthusiasts. Reserve your spot, send a message to their Facebook page, as spots are limited. Starts at 10am to 1pm. Held at Rosehaven Farms, 989 Wonwondah Dadswells Bridge Rd, Laharum.



# What's On

## AUGUST 2024

# HORSHAM & SURROUNDS

Saturday 31st

### 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

### Performances

**Celtic Illusion** - Friday 4th, 7.30pm

**The Beach Boys Experience** - Tuesday 7th, 7.30pm

**Avenue Dance Studio Concert 2024** - Saturday 11th, 2pm

**Snow White and the Seven Dwarfs by Horsham College** -  
Thursday 15th - Saturday 17th, 7.30pm

**Hello Red Planet** - Wednesday 28th, 7pm

**Big Al's Cabaret** - Saturday 31st, 7pm



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

### Horsham Regional Art Gallery Exhibitions

#### Ground Floor Galleries:

**Conflated: A NETS touring exhibition**

1st June - 20th October

#### Upstairs Gallery:

**Amabile Dalfarra-Smith: Rhythm of the Land**

6th July - 1st September

**Keep the Fire Burning! Blak, Loud and Proud**

6th July - 1st September

#### Community Art Gallery:

**Keep the Fire Burning! Blak, Loud and Proud**

8th July - 26th August

#### Workshops

Landscape Workshop with Amabile Dalfarra-Smith -

Saturday 3rd, 1pm

Life Drawing - Thursday 15th, 7pm



### For Kids

#### Mini Makers:

Tuesday's 10am - 6th and 20th

#### Creative Minds:

Primary Students - Tuesday 4pm, 6th, 13th, 20th and 27th,

The Exhibition - Wednesday 4pm, 7th, 14th, 21st and 28th

Secondary Students - Thursday 4pm, 1st, 8th, 15th, 22nd and 29th

### Outside of Horsham:

**Sunday 4th & Monday 5th, 8am - 5pm, Sheepvention Rural Expo**

For more than 40 years, Sheepvention Rural Expo has been a vital event in the Western District agricultural calendar, highlighting the finest aspects of the industry and fostering innovation, teamwork, and progress. Experience two days filled with engaging exhibits, demonstrations, and dialogues! Join us for the Hamilton & Western District Sheep Show, over 500 exhibitor displays, and delightful Kids' Entertainment! Secure your tickets online. <https://www.123tix.com.au/events/42639/sheepvention-rural-expo>

Horsham & Grampians Visitor Information Centre

Open Daily 10am-4pm (Closed ANZAC Day, Good Friday & Christmas Day)

Located within Horsham Town Hall - 71 Pymsent 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.

# GLOW

BRINGING LIGHT TO HALLS GAP

JULY 5 – AUGUST 31



AN EIGHT-WEEK FESTIVAL OF LIGHTS AND GATHERINGS AROUND  
COMMUNITY, ART, WELLBEING, CREATIVITY, GASTRONOMY AND ADVENTURE

# SKILLINVEST JOBS BOARD

## CURRENT VACANCIES LABOUR HIRE & GROUP TRAINING

### Heavy Diesel Mechanic Apprenticeship

Contact Daryl Eastwell 0407 364 654

STAWELL

### Road Worker

Contact Tamira Cullinan 0408 109 324

DONALD

### Road Worker

Contact Tamira Cullinan 0408 109 324

WARRACKNABEAL

### Production Assistant

Contact Tamira Cullinan 0408 109 324

HORSHAM

### Qualified Mechanic

Contact Tamira Cullinan 0408 109 324

DONALD

Scan to learn more about these and  
other opportunities, or apply today:



[skillinvest.com.au/jobs](https://skillinvest.com.au/jobs)  
[recruitment@skillinvest.com.au](mailto:recruitment@skillinvest.com.au)

