



Welcome to the latest edition of The Junction's

# E-ZINE



**The Junction – Young People Health and Wellbeing**  
**82-86 Great Junction Street, Edinburgh EH65LL**

The **E-ZINE** is a monthly wellbeing information bulletin for young people in Leith and North East Edinburgh. It tells you about The Junction and the services we provide, including stuff like when we are open and what's on.

You can also find out **much more** at our new and improved **website**  
<http://the-junction.org/>

# MAY'S HOT TOPIC



It's looking to be a great summer season... meaning lots of **beach & park parties, BBQs, FeStIvaL FuN** and **all sorts of madness**. Summer can be the best time of the year, so make sure you are able to enjoy it to the max! Here are a few tips to keep you right during the summer holidays

## THINK ABOUT YOUR DRINK

If you do choose to drink, **keep an eye on how much you are drinking**. With long summer nights at the park and all day festival events, it can be easy to lose track of how much bevvvy you've had.

### Top Tips

- **When drinking spirits (like vodka or rum), measure drinks by the capful. One capful is around 25ml/one unit), and you can also divvy things up equally between your mates.**
- **Keep your beer caps to count how much you've had**

To keep healthy, the recommended amounts are 2-3 units for women, and 3-4 units for men a day. **There are no guidelines for what is safe for under 18s.**

## PACE YOURSELF

Pouring alcohol into other bottles can seem like an easy way to sneak booze into outdoor events or to avoid having it dumped out by the police. **Just be careful—it is hard to know how much you are drinking when you mix things out yourself.**

**TIP:** Try bringing along **\*another\*** bottle of just plain juice and take turns drinking out of that one. That way you won't get too drunk too quickly and miss out on the event... Imagine if you spent all that dosh on a ticket, got too drunk, and couldn't remember any of the show!! Drinking too quickly seriously damages your health and puts you at serious risk of lots of things like getting sick, blacking out, and countless others.

## DRINK WATER

When you are out all day in the sunny weather it's always important to make sure you drink lots of water. Not just fizzy juice.

Alcohol is a diuretic, which basically means that it makes you have to go to the toilet more than you normally would. You lose a lot of water this way, making your body really dehydrated. That's one of the reasons that hangovers feel so bad—because your body is missing all that H<sub>2</sub>O.

So it's important to keep lots of water in your system **\*all through the day\***, especially when you are drinking bevvvy.

## MATES STICK TOGETHER

Make a spot that you can meet if everyone loses each other, like the tent (if you are camping), or front right of the main stage (if you're at a music event).

If you are going to the toilet or to get some food—always keep a mate with you. That way if you lose the rest of your group you can look for them together.

Never let anyone leave with a stranger (that includes yourself!). Make sure you know how you **AND** your mates are getting home at the end of a night.

**If you do start to get sick, get nervous about a friend or just generally don't feel right—get help!!** Head to the first aid tent, call 999, speak to the staff or call the police. They are all there to help you! Sometimes the situation is just too big to handle on your own.

# WHERE WE ARE & WHAT WE DO

## the junction\*

82-86 Great Junction Street, Edinburgh EH6 5LL

young people, health & wellbeing

- \* for young people aged 12 - 21
- \* free, confidential support and advice
- \* safe place to relax



- \* happier, healthier lifestyle
- \* mental wellbeing
- \* sexual health

They support you, listen to you and don't judge you.

## the junction\*

young people, health & wellbeing

82-86 Great Junction Street  
Edinburgh EH6 5LL  
Tel: 0131 553 0570 info@the-junction.org  
Text: 07758 348 850 www.the-junction.org

### Counselling

A safe, confidential space to talk to a counsellor about things that you may be struggling with from the past, present and how you may want to be in the future. Meeting on a weekly basis.



### Alcohol Service

Support & information on alcohol - your own use or that of a parent or carer - through One to One, Drop In, Group Work and Street Work

### Sexual Health Services

Sexual health and relationship information and support. Free condoms, chlamydia testing, pregnancy testing. Emergency contraception available on Mondays.

### Group Work

Contact us to find out about current group work opportunities.

### Drop In Information

Mondays  
3pm - 5pm

Wednesdays  
4.30pm - 7.30pm

Fridays  
1pm - 4pm  
The Chiller

### One to One Support

Free weekly individual support that is friendly, practical and confidential. Also available without an appointment during our drop-ins.

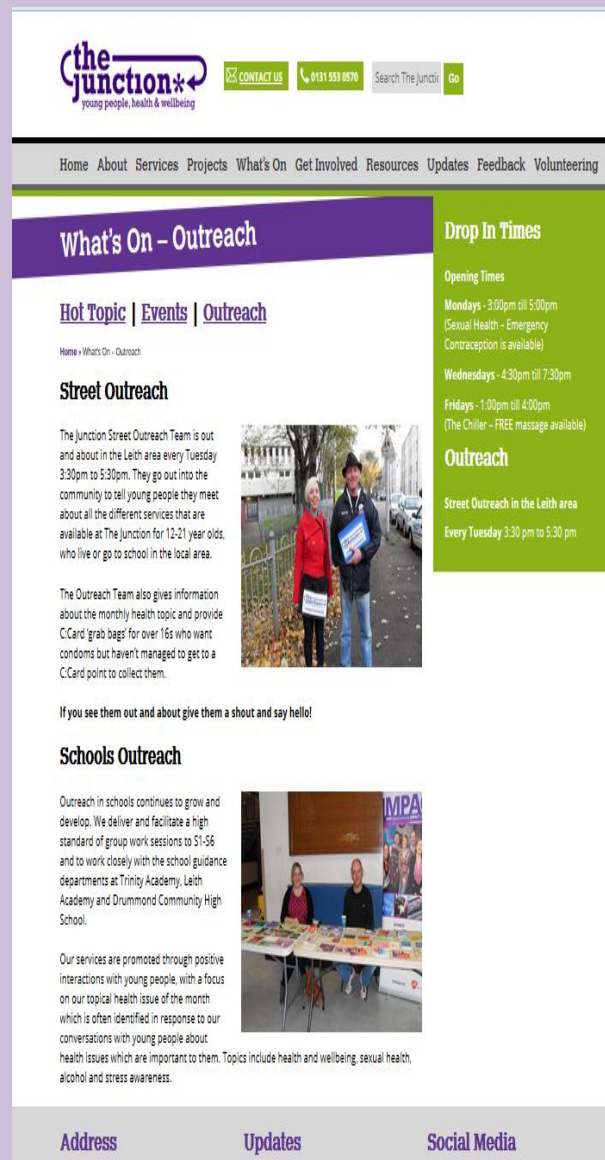
### The Chiller

Chill out before the weekend with a free massage.

# VISIT US ONLINE

Did you know we had a brand new website? <http://the-junction.org/>

There's loads of information about what we do and it's a really useful place to find out more about what's happening at The Junction.



Tell us what you think of our website or what you'd like to see on it?  
Email [Michael@the-junction.org](mailto:Michael@the-junction.org)



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