



Welcome to the first edition of The Junction's

E-ZINE



**The Junction – Young People Health and Wellbeing
160-162 Great Junction Street, Edinburgh EH6 5L**

The **E-ZINE** is a new 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.

It will feature a different Hot Health Topic each month, plus a competition with 2 cinema tickets for the Ocean Terminal for the winning entry.

This is the first edition and we would welcome your feedback and suggestions for ways it could be made better. Email michael@the-junction.org and tell us what you think!

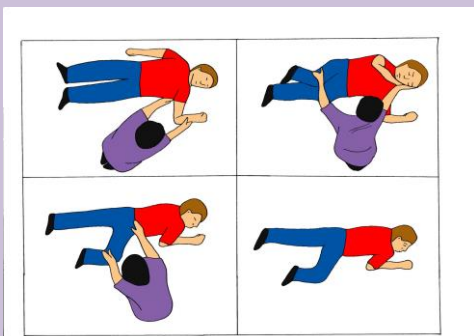
JUNE'S HOT TOPIC

Summer can be the best time of year, so we at the Junction want to make sure it all goes smoothly. While most young people **don't** drink, for those who do, this time of year can bring up new situations that can be hard to know how to keep yourself safe. If you or your friends **do** choose to partake in bevvying this season, here are a few tips to keep you right during the summer hols.



Pouring alcohol into other bottles can seem like an easy way to sneak booze into events to avoid having it dumped out. Just be careful – it is hard to know how much you are drinking when you mix things out yourself. Try bringing along **another** bottle of **just plain juice** and take turns drinking out of that one. That way you won't get to drunk too quickly. Remember it is not a race and you do not have to drink at the same pace as your friends. **PACE YOURSELF!**

KEEP AN EYE ON IT! Make sure you keep an eye on how much you're drinking. If you are drinking spirits (like vodka or rum) a good tip is to measure drinks by the capful. One capful is around 25ml or one unit. To keep healthy, adults are recommended not to consume any more than 2-3 units for women, and 3-4 units for men in a day. But there are **no** guidelines for under 18s.



Whether you are going to a big event or a familiar hang out spot, always keep a mate with you. That way if you lose the rest of the group you can look for them together. Most importantly **never let anyone leave with a stranger!** Make sure you know how you AND your mates are getting home at the end of the night. If anyone starts to get sick put them in the recovery position. Or if you think things just generally aren't going right **call 999, speak to any staff around, or call the police.**


For more information, contact Lara at the Junction lara@the-junction.org
Pop into the Wednesday drop-in from 4.30pm - 7.30pm

Visit the website <http://www.youngscot.org/info/health-relationships/alcohol>

WHERE WE ARE & WHAT WE DO

the junction*
young people, health & wellbeing

160 - 162 Great Junction Street, Edinburgh EH6 5LJ



- * for young people aged 12 - 21
- * free, confidential support and information
- * 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

160-162 Great Junction Street
Edinburgh EH6 5LJ
Tel: 0131 553 0570 info@the-junction.org
Text: 07758348850 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.

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.

Drop In Information

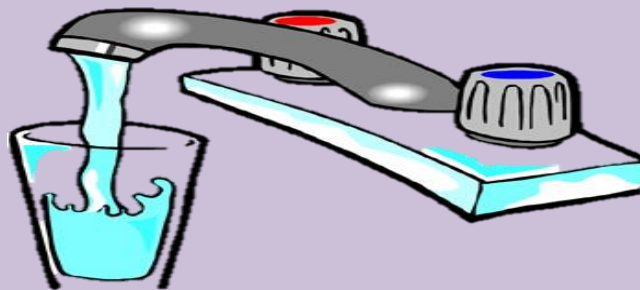
- Mondays 3pm - 5pm
- Wednesdays 4.30pm - 7.30pm
- Fridays 1pm - 4pm The Chiller

For more information come along to a Drop In and speak to a worker. Call 0131 553 0570. Check out our website www.the-junction.org

COMPETITION



If someone is drinking alcohol this summer why is it important that they keep lots of water in their system?

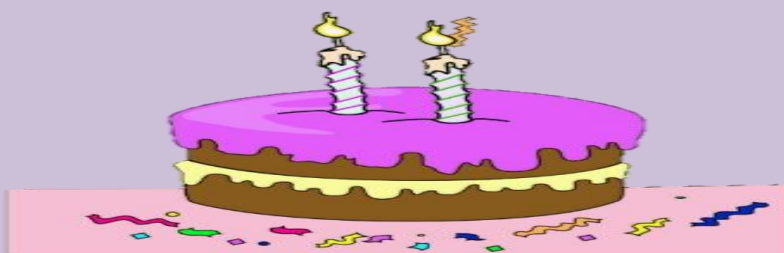


For a chance to win 2 cinema tickets for Vue at Ocean Terminal. Email your **name** and **answer** to competition@the-junction.org

The lucky winner will be contacted by email by the 7th of August 2013.

JUNCTION YOUTH ADVISORS

The JYA meet monthly to identify and discuss health issue areas relevant to their peers, create promotional materials and strategies to improve the Junction's visibility in the community, and help shape the delivery of services.



The Youth Advisors have just celebrated their 2nd birthday and go from strength to strength.

The JYA have designed a survey about young people and stress. This will help the Youth Advisors create a resource about stress, made by young people for young people.

If you could take 2 minutes to fill in the survey it would be much appreciated

<http://www.surveymonkey.com/s/56SLM5B>

If you have any questions or would like to find out more about the Youth Advisors, please get in touch. email us: youthadvisors@the-junction.org

LATEST NEWS

Summer Opening Hours



The Drop-In will be closed on 8th 10th 12th of July



Then it will be open as usual
(see days and times on the leaflet on page 2)

The Friday Chiller



Pop in for a massage over the summer

Back and Neck or Thai Hand

July - 5th 19th

August - 2nd 9th 16th 23rd

Face and Table Massage

July 26th & Aug 30th

Hope you found the E-ZINE useful and that we see you at the Junction soon!