



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!

NOVEMBER'S HOT TOPIC

DOMESTIC ABUSE

DOMESTIC ABUSE is when one person harms someone they are going out with, living with as a partner or family member, married to or have broken up with. Domestic abuse can be:

PHYSICAL (hitting, pushing, kicking, grabbing...)

EMOTIONAL (put-downs, slagging off, controlling, stopping them seeing others...)

FINANCIAL (controlling or restricting their money, stealing...)

SEXUAL (making them do sexual things they don't want to do)

In most cases, the abuser is a man abusing women (and sometimes children) but not always – it could happen in any relationship or family. It is never the fault of the person being abused.



If you or someone you know is affected by domestic abuse...

LISTEN – don't judge or tell them what to do but encourage them to get help

TALK TO SOMEONE – have a chat with a worker at The Junction, a teacher or someone you trust. Websites like www.thehideout.org.uk can help too.

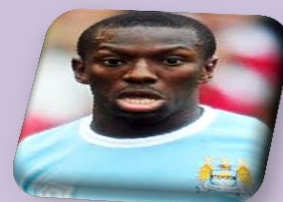
If you are worried about domestic abuse or would like some advice, pop in to have a chat with one of our workers at a drop in.

Mondays 3-5pm

Wednesdays 4:30-7:30pm

Fridays 1-4pm

Or call 0131 553 0570




"Unfortunately, many children throughout the UK witness violence in the family home. Let's stand up for those children. Domestic violence needs to stop."

Sean Wright Phillips

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

WOULD YOU LIKE A SAFE SPACE TO TALK ABOUT THINGS?

THE JUNCTION CAN OFFER YOU ONE-TO-ONE SUPPORT

HOW DOES THE ONE-TO-ONE SUPPORT SERVICE WORK?

You can refer yourself or ask someone you are working with to refer you. This can be done by filling in a referral form, calling The Junction and one of our workers will fill in the form over the phone, by email or by sending a text and we will call you back.

For the first meeting we can agree to meet you in a place you feel comfortable and a time that suits you. The first time we meet gives us a chance to tell you about the service. You can choose whether you want to use the service or not.

IF YOU CHOOSE TO USE THE SERVICE;

You will have a worker who will work with you as an individual so you can get the support you need.

Sessions take place at a prearranged time agreed with you. This is a free service for people between the ages of 12–21 in Leith and North East Edinburgh.

The One-To One Support Service is confidential. We will not give your name, details or information to anyone without your permission; or discuss what you tell us unless you ask us to. If a worker has reason to believe that you or someone you have talked about is in danger, they might need to tell someone, if this happened they would try to explain to you what they planned to do and why.

**THE JUNCTION, YOUNG PEOPLE, HEALTH AND WELLBEING
GREAT JUNCTION STREET, LEITH, EDINBURGH.**

TEL: 0131 553 0570

TEXT: 07749 722 866

INFO@THE-JUNCTION.ORG

COMPETITION



Fill in the numbers:

____% of boys and ____% of girls believe that women and girls are “often or sometimes” to blame for the abuse that happens to them.

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

The winner will be contacted by email on Friday 29th November 2013.



Art Competition

The Junction is moving to brand new premises in Great Junction Street. We would like to invite young people who live in the local area or attend Leith Academy, Drummond, Trinity and Edinburgh College to take part in our Art Competition. Categories are based on the themes chosen by the young people who use The Junction.

Themes for art-work are as follows

Star Sun Moon Sky Chill-Out Inspirational

Rules

Unlike most competitions there are no rules and all art mediums are accepted.

Prizes

Will be awarded for 1st, 2nd and 3rd place in each of the themed categories.

1st place is £30

2nd place is £20

3rd place is £10

The winning pieces of art will be displayed in the new premises and images will be used on The Junction's new website (coming soon).

Closing Date

Closing Date for all entries is Friday 20th December 2013. All art work must be submitted in person to The Junction 160-162 Great Junction Street Edinburgh EH6 5LJ.

Winners

Winners will be notified by email or text (your preference) by 13th of January 2014 and will also be invited to our launch event in February 2014.

For more information email audrey@the-junction.org or call 0131 553 0570

LATEST NEWS

Staff Changes



Lara and **Mel** have both now left The Junction.

They will be missed.

2 Staff Members Leave

4 New Staff Come In



Mairi - New full time counsellor

Mo - Project Worker (1:1's and drop-ins)

Suzanne - New Alcohol Worker

Louise - Young People affected by Parental Substance Misuse Worker

Pop into the drop-in for a chat

The Friday Chiller



Massage

Back and Neck or Thai Hand

1st 8th 22nd November

Face and Table Massage

29th November

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