



Welcome to the second 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 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.

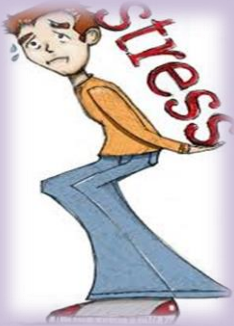
It features a different Hot Health Topic each month, plus a competition with 2 cinema tickets for the Ocean Terminal for the winning entry.

This is only the second edition and we would welcome your feedback and suggestions for ways it could be made better.

Email [michael@the-junction.org](mailto:michael@the-junction.org) and tell us what you think!

# October's HOT TOPIC

Mental wellbeing describes the way we think and feel about ourselves and others, our confidence, and our ability to control things in our life.

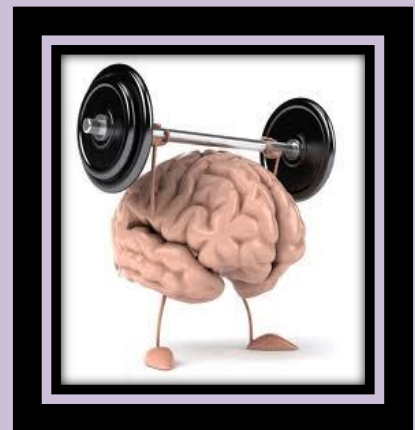


Without good mental wellbeing, our ability to learn and take in new information can be affected.

While the need for good physical health is often assumed, the need for good mental health can be forgotten. When our mental wellbeing is looked after and supported, we are better able to deal with what life presents us with.

Sometimes it can feel like we don't have any control over what we think or how we feel. But by making simple changes to our lives, we can make a real difference to our mental wellbeing.

At the drop-in this month we are looking at what things you can do to look after your mental wellbeing.



Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult. But it does mean that you feel you have the resilience to cope when times are tougher than usual.

**If you would like to chat about something that is worrying you or ways to look after your mental wellbeing pop in and speak to a worker at one of our drop-ins. Monday 3-5pm, Wednesday 4:30-7:30pm & Friday 1-4pm**

# WHERE WE ARE & WHAT WE DO




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.



young people, health & wellbeing

160-162 Great Junction Street  
Edinburgh EH6 5LJ

Tel: 0131 553 0570 [info@the-junction.org](mailto:info@the-junction.org)  
Text: 07758348850 [www.the-junction.org](http://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](http://www.the-junction.org)

# COMPETITION



Can you name 3 different ways to relax?

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

The winner will be contacted by email on the 31st of October 2013.



# The Junction Needs You!

## Youth Advisors aged 12-21 wanted



**Do You Want to...**

**...give your opinion on the types of health and wellbeing issues affecting young people?**

**...share your views on what should be done to help improve services for young people in your area?**

**The Junction Youth Advisors is a group of young people who get together every month to talk about the issues that affect the lives of young people in the community, and how we can work together to make positive changes.**

**Meetings are on the first Thursday of each month, 4:00-6:00pm**

**In return for your time you will get:**

- **FREE outings (bowling, ice skating, BBQs etc)**
- **A Saltire Award after 25 hours of contribution**
- **A letter of recommendation after one year (to boost your CV!)**

Interested? Call our office, email [Michael@the-junction.org](mailto:Michael@the-junction.org) or pop in and speak to one of the workers at our drop-in for more information and an application form.

**the junction\***  
young people, health & wellbeing

160 -162 Great Junction Street  
T:0131 553 0570 Fax:0131 553 0571  
[info@the-junction.org](mailto:info@the-junction.org)

# LATEST NEWS

## Smoking Cessation



### Thinking about stopping smoking, or cutting down on cigarettes?

During October you can come along to the Wednesday Drop-In at The Junction between 4.30 and 7.30 pm and have a chat with Avril the new Smoking Cessation Worker about the best way to do this.

## Street Outreach



### You'll find us out on Tuesday afternoons in and around Leith

Stop and have a chat to find out a bit more about the Junction and info on different health and wellbeing topics.

We also have **mobile C.Card** for those who are over 16

## The Friday Chiller



### Pop in for a massage during September

#### **Back and Neck or Thai Hand**

Friday 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> October

#### **Face and Table Massage**

Friday 25<sup>th</sup> October

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