



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**

Hi Everyone!

We hope you had a great summer. Welcome to our August **E-ZINE**...

...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/>

This Month's theme at the Junction

RELATIONSHIPS

This month we are exploring relationships. Some people might think that when we say relationship we mean our love life, but we have all sorts of relationships in our life.

As human beings we are always relating to others – we all have some emotions and feelings towards other people – sometimes we are aware of these, sometimes we are not or decide not to pay attention to them.



We have relationships with our family, friends, and pets but also with neighbours, teachers, and youth workers. Some relations are more important than others.

Whatever the relationships are, it will have some ups and downs, they are a mixed bag of different feelings.

A good thing to remember is that there are always two sides in a relationship – you have your feelings, beliefs and perspectives and so has the other person, and these impact on each other. So if someone is nasty to you, it does not mean this is your fault. You deserve to be respected.

The most important thing to remember is that everyone has the right to be safe and happy in their relationships, whoever they are and whoever they're with.



Going back to school after the holidays might be hard, especially if you did not have much contact with your friends or you choose different subjects than your friends and you end up surrounded by people who you don't know that well.

During our drop in we discuss what might help people to make sure that their relationships are working well. We also discuss what makes a good friend and how to recognize relationships that are not the best for us.



Walk-In Appointments

At **Walk-in** appointments, a worker may be able to see you straight away or will try to give you an appointment for later that day.



The Junction is a free, confidential service for anyone 12-21. You can talk to a worker about anything that is affecting your life.

We provide the following sexual health services: C:card, Chlamydia Testing and Pregnancy Testing.

Our **Drop-in** service is also available at the following times:

Wednesday 4.30 -7.30pm

Friday Chiller 1-4pm

Need more information? Contact us:

82 - 86 Great Junction Street. Edinburgh, EH6 5LL

Tel: 0131 553 0570 Text: 07758 348 850

info@the-junction.org www.the-junction.org 

New service at the Junction!

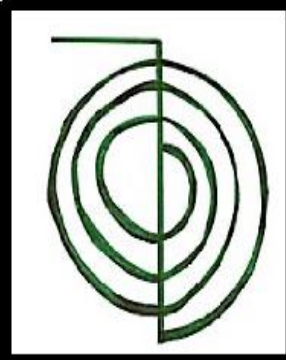
Are you between 12 and 21?

Want to relax? Try free Reiki!

Come along to the Junction

on Wednesday between 6pm till 7pm

Reiki



82-86 Great Junction Street, Edinburgh EH6 5LL

the junction*

young people, health & wellbeing

Reiki

A Japanese technique for stress reduction and relaxation that also promotes healing. Reiki @ the Junction is performed on someone who is fully clothed and lying down or sitting comfortably. Hands may be placed on or slightly above the body in various positions (none of which will invade your personal space). Our Reiki fab practitioner will make sure that you are at ease throughout.

Wednesday 6pm till 7pm

"It felt like floating to a different dimension"

"It felt really comfy, "me time" away from daily stress"

"Calming, relaxing, rejuvenating"

Session takes about 15min depends on the demand.

Just pop in and try it out!

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