

Welcome to the latest edition of The Junction's





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 bevvy you've had.

Top Tips

- When drinking spirits (like vodka or rum), measure drinks by the capful. One capful is around 2Sml/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.

PACEYOURSELF

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 H2O.

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

MATES STICK TOGETHER

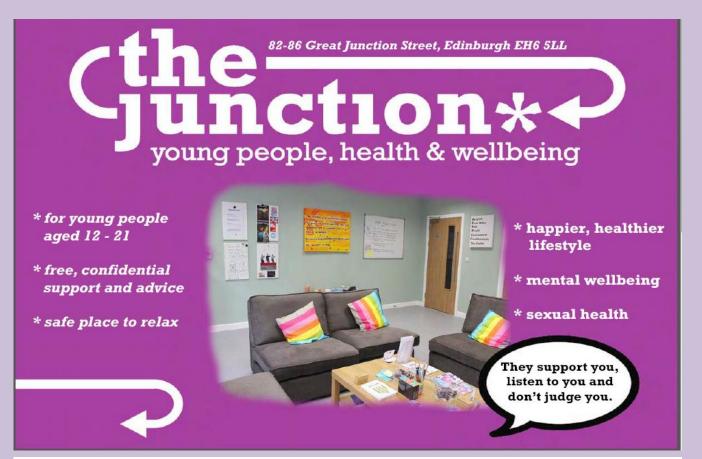
Make a spot that you can meet if everyone loses each other, like the tent (if you are camping), or front right of the main stage (if you're at a music event).

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





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.

One to One Support

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

Group Work

Contact us to find out about current group work opportunities.

The Chiller

Chill out before the weekend with a free massage.

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



Drop In Information

Mondays 3pm - 5pm

Wednesdays 4.30pm - 7.30pm

> Fridays lpm - 4pm The Chiller

VISIT US ONLINE Did you know we had a brand new website? http://the-junction.org/ Theres 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. thecthe-CONTACT US 40131 553 0570 Search The Junctic Go 🖾 CONTACT US 🗘 0131 553 0570 Search The Junctir 🛛 Go junction* Home About Services Projects What's On Get Involved Resources Updates Feedback Volunteering Home About Services Projects What's On Get Involved Resources Updates Feedback Volunteering Young People Health & Wellbeing 12-21 What's On - Outreach **Drop In Times** Hot Topic | Events | Outreach The Junction - Building on the Home + What's On - Outreach strengths of young people Street Outreach The lunction Street Outreach Team is out and about in the Leith area every Tuesday Outreach 3:30pm to 5:30pm. They go out into the community to tell young people they meet about all the different services that are available at The Junction for 12-21 year olds, who live or go to school in the local area. The Outreach Team also gives informatio about the monthly health topic and provide C:Card 'grab bags' for over 16s who want condoms but haven't managed to get to a The Junction Services C:Card point to collect them If you see them out and about give them a shout and say hello! Schools Outreach Counselling One to One Support Outreach in schools continues to grow and develop. We deliver and facilitate a high standard of group work sessions to \$1-56 and to work closely with the school guidance Alcohol Support & Education Referals ... departments at Trinity Academy, Leith Academy and Drummond Community High School, Our services are promoted through positive Substance Use Sexual Health interactions with young people, with a focus on our topical health issue of the month which is often identified in response to our conversations with young people about health issues which are important to them. Topics include health and wellbeing, sexual health Drop In **Complementary Therapies** alcohol and stress awareness. Address Updates Social Media

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

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