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Editorial

Dear attendees, members, volunteers, concerned others, government and non-government organisations, service clubs, businesses and all who will read this newsletter,

New volunteers have come on board which has resulted in our Facebook page, so find us on Facebook as South East Junction.
We have been involved in several movie screenings for the general public, such as Embrace and Screenagers, with great success.

Through our poetry booklet launch and Arts Play, the media attention from the Border Watch and ABC Radio we hope we have raised awareness as well as reduced the stigma around mental health issues.

When people are diagnosed with a mental illness they often feel like it is a life-sentence, yet many will recover and live well in the community. What many of us don't realise is that those who have been diagnosed hold the key to lessons we can all learn about our own or others health: resilience, compassion, perseverance etc. And what someone said, 'would I choose to have this illness: No. But it has made me a better and stronger person'.

Our partnerships with different organisations in town, as well as service clubs and businesses and the interest of the Border Watch and ABC Radio in what we do, is much appreciated and will be celebrated soon.

Over the past couple of months the Junction organised two courses for the general public, with good outcomes for all who participated. The five week Resilience Training was sponsored and facilitated by Tension Woods College with teacher Tania Sigley and the four week Seasons for Growth mini seminar facilitated by Liz Ferguson resulted in a small closed group for more in-depth learning.

Organising a full and worthwhile calendar for all our groups is only possible with the in-put of people with mental health issue, organisations and all interested in mental health. So if you have ideas for activities or would like to give some of your time and expertise to us for a session please get in touch with us.

Enjoy this Newsletter.

Nel Jans,
Coordinator

Resilience Training with Tania Sigley
Millions of Stars

The South East Junction and Soroptimist Mount Gambier have united to stand against domestic violence at the 2018 Commonwealth Games held in Brisbane. The Mount Gambier Soroptimist group supplied the ribbon to design the stars while the South East Junction members and their families and friends helped to create the colourful stars.

Soroptimist secretary Tanya Reddie and Stars makers Annie Amoroso, Riek Frost and Nel Jans

Article from the Border Watch:
Who would have thought when Kyra donated the money raised by her exhibitions her path would have led her to becoming a headspace youth reference group member and this Award. Congratulations
Mental Health Week

Booklet promotes mental wellbeing

Mental Health Coalition of South Australia
Positive Psychology is the scientific study of human flourishing, and an applied approach to optimal functioning. It has also been defined as the study of the strengths and virtues that enable individuals, communities and organisations to thrive (Gable & Haidt, 2005, Sheldon & King, 2001).

On Tuesday of Mental Health Week, members of the Junction participated in a positive Artsplay session at the Mount Gambier Library. A playful art activity, involving creating pipe cleaner stick figures, and tracing and painting them to make action figures, appeared simple, but it enabled creativity to be expressed by all participants.

For the group, the sense of happy accomplishment, the willingness to take creative risks and the enjoyment of time spent together in a state of positive engagement ("flow") showed the power of artsplay activities to help individuals and groups flourish.

Liz Ferguson, Artsplay facilitator
Visit to Bedford

Bedford is a local company that provides a mixed range of support to enhance an employee’s daily life. Bedford assist in development of skills to help their employees enhance their learning goals. This organisation offers a range of job opportunities to suit their employee’s specific needs and learning styles. They work with their employees and support them in maintaining career opportunities. Being NDIS registered, Bedford is suited to employ those who hold Disability Pension. Their objective is to design a flexible and adaptable employment that employees benefit from.

The Junction participants attended a tour at Bedford in Mount Gambier. They were shown by Patrick Goulding, who is The Personnel and Training officer of the site.

The members from The Junction got a guided tour around the company’s layout. Throughout the tour our members got to see the various tasks the workers completed. They coordinate with the timber mills in Mount Gambier and the surrounding areas. The timber mills provide the company with the required amount timber, so they can build different products.

They build timber products; airing sticking for the timber to breathe and dry appropriately, bearers to hold timber packs off the ground for ease of relocating packs. A large contract of Flat Pack Furniture and wet area furniture and other assorted items, which the company continually updates, to keep the Bedford shelving in Bunnings interesting. Bedford also engages in Commercial Gardening contracts looking after big contracts such as Housing SA, Navy, Army and Airforce maintenance of grounds and many other contracts throughout Mount Gambier.

Bedford has up to 90 employees and aspires to have 100 employees in the future. Bedford is a registered charity organisation and they are seeking committed workers. During the process of employment, they encourage set skills for each task they have. This will depend on the individual’s capabilities.

Bedford is a wonderful organisation with endless opportunities for those wanting to engage in the workforce and wishing to expand their skills. It was very insightful for us to see the amount of productivity and effort these workers engage in every day. It is an organisation that our region needs to help involve various members of our community who otherwise might not get a chance to employment.

Laurena
Outings

We went bowling. What a great day.
Played two games and a chat with friends.
Had a good lunch.
What a great day.

Gary

The Millicent and Mount Gambier Junction groups were meeting up in Mount Gambier to play ten-pin bowling. Leanne picked me up early in the morning. Colleen, Leanne and I met everyone else at the bowls. We had a lot of fun. We had a game and then had a break with lunch and after that a second game. Lunch was very yummy. We all talked around the table to see what we would like to do next time.
We all had lots of fun.

Vicki

Antiques and Collectables

The Junction members went for an enjoyable bus trip, with the Red Cross, to visit Frank’s farm in which we were invited to see his home and his hobbies, which include restoring and collecting antiques, going back to the 18th century.

After morning tea we started our tour around the house. Very interesting antiques, including weights and scales used in kitchens, butchers and grocery stores. It brought back so many memories as my mother still used some of them in the 60s.

Lots of awesome old restored furniture. There were old pedal sewing machines, phonogram record players. restored and now working. Old fly spray pump cans, irons, typewriters and old collectable tins. A day bed for which his mother, Annie. had made matching cushion covers, a job well done as it brought it back to life.
I spotted an old cream separator, an old washing tub and washing boards bringing back more childhood memories. There was an old car (chevvy), that Frank was restoring. Wow! I owned one of them years ago. I would love to see it finished. Bronnie said the highlight of the morning was seeing and sitting on the big blue trike, she said, “Boy! This feels good.” She wasn’t alone as Nel and Clare shared the moment and had a photo taken. She’s in her glory.

Thank you for inviting us into your home and showing us around your lovely home and sharing your hobbies with us.

Thoroughly enjoyed the morning.

We’d also like to thank the Red Cross for taking us all there and back, it was a most enjoyable trip.

Wendy and Bronnie.
Animal Welfare League

On the 25th of May 2017, members of the Junction visited the Animal Welfare League in Mount Gambier. Although, it was a typical Mount Gambier day with intermitted showers, we all had a great time being shown around the facilities by the lovely volunteers.

The recently opened animal memorial was first explained and everyone was very impressed by the beautiful flowers and poems on the walls. Following this, we were given a tour of the impressive new dog park, which was located out the back of the property. The dog park featured many different things for dogs to enjoy including a bridge, jumps, tyres and a large grass area to run around. We were also lucky enough to experience a dog trainer in action. She was training a new member of the facility named *Blue* and she was teaching him different hand commands because they had recently discovered he was deaf in both ears. The rain began to come down, so we went into the cat shelter and spent some time with the beautiful and friendly cats. Everyone enjoyed getting to hold and pat many different cats and each person definitely had their favourites. Unfortunately, because of the weather we were unable to visit the dogs and puppies. Hopefully we can visit again soon to see all the beautiful animals.

The Animal Welfare League are looking for volunteers if you would like to help the animals and give back to the community!

We would like to thank the volunteers at the Animal Welfare League for showing us around their beautiful facilities and also for the great work they are doing with all these beautiful animals.

By Kelly & Ruth (OT Students)
Embrace Documentary

We had in excess of one hundred people view the eight various screenings held. There was nothing but positive feedback and gratitude for the opportunity to see the documentary. At every screening I was asked if there was going to be another one because people were already thinking of other people who it could help. Some comments have been that it’s totally changed their life and how they think about themselves and their body. The follow up discussions after the viewing included conversations and comments about the concern for how we sexualise young girls as pointed out in the movie, how we do judge ourselves and worry about what other people think, how people are starting to learn that diets don’t work and the weight they’ve lost since giving up diets, how it all comes back to self love and when we love ourselves we can accept ourselves and not care or worry about what others might think or judge. One gentleman commented and said that the movie could be remade with men in place of the women and tell the same story. It was good to have a few men come along as well. A few mothers also shared they were keen for their teenage sons to see the documentary.

It’s been an absolute pleasure for me to attend each of these screenings and share how I relate to the many aspects of the documentary. Having my own experience with weight gain related to trauma, no amount of dieting and exercise alone was ever going to help me lose weight. I’ve been healthy for years but the diets and harsh exercise were a stress trigger and helped me to hold on to weight and gain some more. Once I did some deeper healing with the childhood trauma of domestic violence, bullying by a grade one teacher, sexual abuse and other abuse and understanding how my body had created a habit to protect me in all the ways it naturally knew how, in addition to finding exercise/movement that my body loved, I was able to start releasing weight effortlessly and continue to.

In summary I believe it’s been a wonderful resource to be sharing throughout the region and made available to so many people. These are the kinds of resources that I believe will make a significant difference to the lives and health of many if we continue to have spaces where these conversations and topics can be explored.

**Kathleen**
THANK YOU TO
THANK YOU TO

Many organizations, businesses, volunteers, local councils, service clubs and others have supported us with their products, their time or donations.

In a small way we want to express our appreciation and gratitude.

So to all who have made a contribution in one way or another.

THANK YOU VERY MUCH

And MENTAL HEALTH & WELLBEING GROUPS in Millicent and Penola with their own opening times

Opening times: Tuesdays from 10am till 3pm and Thursdays from 10am till 1.30pm

19 Ferrers Street, Mount Gambier

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