



AT A GLANCE

Make a Difference with Mental Health sessions with Joan Oldfield

Today: What is depression? What is anxiety? Millicent Civic and Arts Centre: 10am. Penola Visitor Information Centre: 1.15pm.

August 16: What is Psychosis? Millicent Civic and Arts Centre: 10am. Penola Visitor Information Centre: 1.15pm.

August 23: Substance use and abuse. Millicent Civic and Arts Centre: 10am. Penola Visitor Information Centre: 1.15pm.

Cost: \$2 per session.

HEALTH: Joan Oldfield will present Make a Difference to Mental Health sessions in Millicent and Penola.

Mental health talk

WEEKLY sessions to increase awareness and knowledge surrounding mental health issues will be held in Penola and Millicent for three weeks.

The Make a Difference to Mental Health sessions highlight the affects of different mental illnesses and what they do to the body.

The sessions are presented by tutor Joan Oldfield who has worked with the South East Junction in the past.

The remaining three sessions will be held at the Millicent Civic and Arts Centre

and Penola Visitor Information Centre for the next three Tuesdays, including today.

Topics include anxiety, depression, psychosis and substance use and abuse.

South East Junction coordinator Nel Jans said the sessions aim to create conversation.

"Our aim is to host these accessible sessions for the general public to have the chance to become familiar with mental illness," she said.

"It is important to talk about mental illness and reduce the

stigma so people will seek help earlier."

Ms Jans said the organisation had hosted similar events in Mount Gambier in the past.

"Our Mount Gambier sessions were very successful, we had good feedback and attendance," she said.

"We hope the Millicent and Penola communities take advantage of this opportunity."

The South East Junction is based in Mount Gambier but hosts regular mental health and wellbeing groups in Penola and Millicent.

IN BRIEF

Health councils defended

HEALTH Minister Jack Snelling has defended the state's health advisory councils from claims they are "toothless tigers".

A claim was recently made in the House of Assembly by Liberal member for Mount Gambier Troy Bell.

In reply, Mr Snelling said he was entitled to his opinion but it was not one he would share.

"I am surprised the member for Mount Gambier would attack the good work that is done by people who give their time to serve on our health advisory councils," Mr Snelling said.

"It is exciting to see our regions being so innovative and dedicated in providing the best care for the sick and elderly.

"I acknowledge the hard work of all our Country Health SA staff, health practitioners and volunteers who provide such important care in their communities and give them an assurance that the government is committed to always providing safe and appropriate health care as close to the homes of our regional patients as possible."

Motorbike mystery solved

A SOUTH East man has been reunited with his missing trail bike after a post on *The Border Watch* Facebook page.

The newspaper posted an item from South Australia Police, explaining that the motorbike had been found by a member of the public in sand dunes near Beachport last month.

People started interacting with the post through comments before owner Grant Higgins was tagged.

"The bike ended up being mine and we are currently in the process of sorting it out," he said.

"Thank you for promoting it, much appreciated."

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