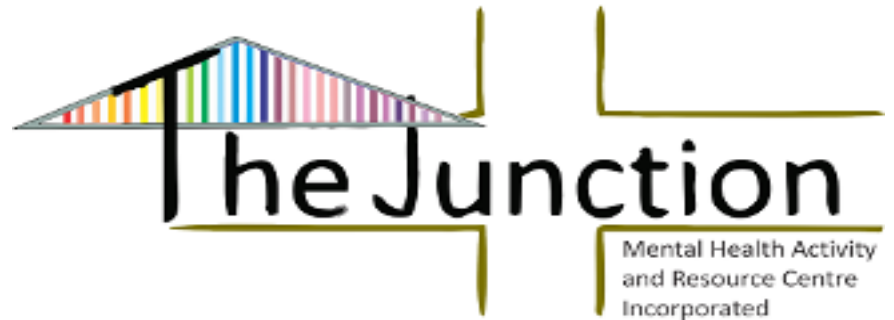


ISSUE 23 DECEMBER 2018



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**19 Ferrers Street
MOUNT GAMBIER SA 5290**

Contact 0477 886 450

or visit

www.thesoutheastjunction.org.au

**Facebook
South East Junction**

Editorial

Dear Attendees, Members, Volunteers, Concerned Others, Government and Non-Government Organisations, Service Clubs, Businesses and all who will read this newsletter,

2018 has been FLYING HIGH and a New Year is nearing.

It has been a challenging, interesting, exciting and rewarding year.

It all started with the launch of Lifeboat SE in March.

A cancelled fundraiser due to low numbers early October and Flying High, sponsored by the Building Better Regions Fund, during Mental Health Week.

As well as seven Mental Health First Aid courses run for the general public and sponsored by PHN, SA Health and Ski for Life, with great success.

Besides these highlights all kinds of activities have been organised in the centre here in Mount Gambier and with our groups in Millicent and Penola and by Lifeboat.

And Mindfulness/Meditation (Limestone Coast Meditation Community) for the general public has been popular.

In 2019 we will celebrate our 10th anniversary!

Unfortunately we will not run regular activities in Penola in 2019, due to low numbers.

We offer more Mental Health First Aid courses, starting 26 February and sponsored by Rotary Club of Mount Gambier Lakes, Lions Club of Mount Gambier, Lions Club of Penola and Rotary Club Mount Gambier.

Mid-February Advance Care Directive workshops will be organised all over the Limestone Coast. Activities in Mount Gambier and Millicent will be organised as usual and no doubt you will hear from our associates Lifeboat and the Limestone Coast Meditation Community.

We would like to deliver on our promise to have Flying High, the kite festival, on the annual tourism agenda. We only can make this happen with organisations, businesses, companies to sponsor us. Will YOU be the one?

Our volunteers and participants would like to wish you a lovely Christmas



and



Annie
(1939-2018)



We were all saddened by the death of our volunteer and friend, Annie.

Annie worked tirelessly on Tuesdays and Thursdays at the Junction, her green thumb saw the vegetable garden not only thriving but weed free, leading her to be affectionately called the Green Gnome by the Junction participants.

Last year Annie had us all diligently making stars for the One Million Stars Campaign for the Commonwealth Games. She, herself, made thousands and we now have a lovely reminder of her as we hang some of them as part of our Christmas decorations.

RIP Annie you are greatly missed.



Flying High Kite Festival



Setting Up



Tony flying a kite



Tony Pasin and the
Lioness Ladies



Flying High;
Giant kites



Flying High Kite Festival



Kite festival takes
Vibrant event raises mental health awareness at

A VIBRANT kite flying festival designed to raise awareness for mental health was held yesterday at Vansittart Park. South East Junction Mental Health Activity and Resource Centre coordinator Nel Jans said the festival had major benefits for Junction participants.

"The Flying High Festival engaged Junction participants to assist in the planning of activities for the event, improving resilience, reinstating skill sets and cultivating a sense of ownership and achievement," Ms Jans said.

"Around 100 people joined in on the event even though we had fairly poor weather, which was definitely a positive.

"The Junction looks forward to developing this into an annual festival, raising the profile of Mount Gambier and mental health awareness well into the future."

Member for Barker Tony Pasin said a range of kite making workshops run by The Junction were held at the festival to help address the stigma attached to mental health.

"The theme of the day was 'what keeps you healthy and happy' and these fun and educational workshops were held for small groups from schools and local organisations," Mr Pasin said.

"This event was a great way to get the community together, promote mental wellbeing and improve the leadership capacity of The Junction's volunteers."



Face Painting



Giant Kite Flyer Jo Baker



Art & Craft Marquee

Mental Health Week

Turn your obstacles into opportunities
and your problems into possibilities

MENTAL HEALTH IN THE SPOTLIGHT

Given The Junction, a volunteer run mental health service in Mount Gambier, relies entirely on fundraising and the generous support of local business and community groups, it is a massive achievement for the service to be celebrating its 10th anniversary next year.

Run by Nel Jans, a migrant from the Netherlands with a strong mental health background, the goal of the mental health outreach centre is to provide a range of services, experiences and opportunities to give support to people experiencing mental health issues or recovering from mental illness.

With no government funding, with the exception of the occasional small grant for a specific program or event,

The Junction has still managed to expand its services and programs as mental health becomes a bigger and bigger issue in all communities.

This month is a busy one for the centre with a major fundraiser and a raft of activities centred around Mental Health Week.

This Friday night a Goods & Services Auction & Dinner promises food, fun and laughter with MC Stan Thomson, special guest speaker Bill DeGaris and auctioneer David Kersley front and centre at the City Hall event.

The fundraising event is made possible through the generosity of Mount Gambier's service clubs - Scrimmist International Mount Gambier, Lioness Club of Mount



Gambier, Lakes Rotary Club Mount Gambier and the Lions Club of Mount Gambier - and the sponsorship of the City of Mount Gambier and TAFE SA.

The goods & services auction boasts items including accommodation packages, wine, interior design consultations, wheel alignments, house painting and lawn mowing, as well as plenty of surprises.

The Junction will then host a Kite Festival on October 9 at Varsity Park as part of its mental health week activities.

The Flying High Kite Festival will be the culmination of some work done in schools in the lead up to the event, where the art of kite making and what it signifies in different cultures has been explored.

And while some kids will have already been part of these kite making workshops, the opportunity will be there on October 9 to make and then fly your own kite.

There will also be giant kites taking to the skies, as well as face painting, art and craft workshops run by the Mount Gambier Library, a sausage sizzle and a jumping castle. The day will run from 10am to 3pm and there will be small kites for sale.

Funding for the awareness raising event was provided by the Mental Health Coalition and the Federal Government's Building Our Future funding pool.

"We are hoping this will become an annual event and actually promote tourism as well as creating awareness around mental health," Nel said.

The week will also see public yoga classes and meditation classes. The popular Mental Health First Aid courses are also returning in October and November with evening and afternoon classes.

For full details on The Junction and the services it provides, as well as grabbing a ticket for the dinner auction or finding out more about the Flying High Kite Festival or the raft of other Mental Health Week activities contact The Junction on 0477 886 450, email junctioncoordinator@gmail.com or head to the South East Junction website.

Above (bottom) - The Junction coordinator Nel Jans.



Creativity helps heal

ARMED with paint and brushes, community members have turned to the healing power of art to express their emotions in celebration of Mental Health Month.

Millianna's Mental Health and Wellbeing Group (MHWG) - which partners with The Junction - hosted the arts and crafts workshop last week, supported by Millianna of Sticks & Stones (MOSH) and funded by the Mental Health Coalition of South Australia.

The activity gave participants the opportunity to reflect upon and share what they were grateful for in life using art.

MOSH founder JD Chapman said the event was a great way to get people affected by mental illness together in a comfortable and non-judgemental environment.

"At MOSH, we run two drop-in services, very similar to the Junction in Mount Gambier and the MHWG in Melbourne," she said.

"The centres bring people together over an activity because they are more comfortable to chat with those around them while they are doing something."

"Sometimes people do talk about mental health issues and sometimes it is just a place for them to be."

"Creativity is a huge factor for people."

"Activities like this are about creating wellbeing and opportunities for conversation, as well as looking at a positive outlook on life."

Millianna, MHWG coordinator Lesene Langston said the group jumped at the opportunity to participate in a Mental Health Week event.

"The activity was presented as an opportunity to try which is very



easy," she said.

"The whole purpose of the mental health and wellbeing group is for those with mental illness to go somewhere where they feel they belong."

"It is a non-judgemental place of acceptance, where people feel safe and comfortable and they know they fit in."

"There are a lot of people that come because it is the only social place they actually go to."

Volunteer Colleen Cruise added

she was grateful for the life skills she had gained since joining the group.

"The reason I started attending group sessions was because it gave me a reason to leave my house," she said.

"I did not leave my house before I started coming here."

"I started as a member, then I became a volunteer and now I have got first paying job in 15 years."

"Without this I would never have had a paying job."

Currently, the MHWG meets on Tuesdays and Wednesdays in a range of indoor and outdoor activities.

On Tuesdays, the group goes to the gym, or for a morning activity walk.

Meanwhile, Wednesday's focus is on arts and crafts and it is time to let their creativity flow on their individual projects.

People interested in joining the group should call 0477 886

Perspectives on recovery

For hundreds of years we were kept locked inside
A danger to others, or just insanely alive
Custodial warders were sadistic and cruel
Treatment imposed and we were fed gruel

The theory propounded that the mentally ill
Could never recover, just keep taking that pill
That was most unworthy, a life sentence you see
No good behaviour bond for you or me

Best practice assumed "The research has been done.
They will be like it for life" and the psychiatrists won
Consumers were sentenced, stigmatized and given woe
Not allowed to move forward wherever we go

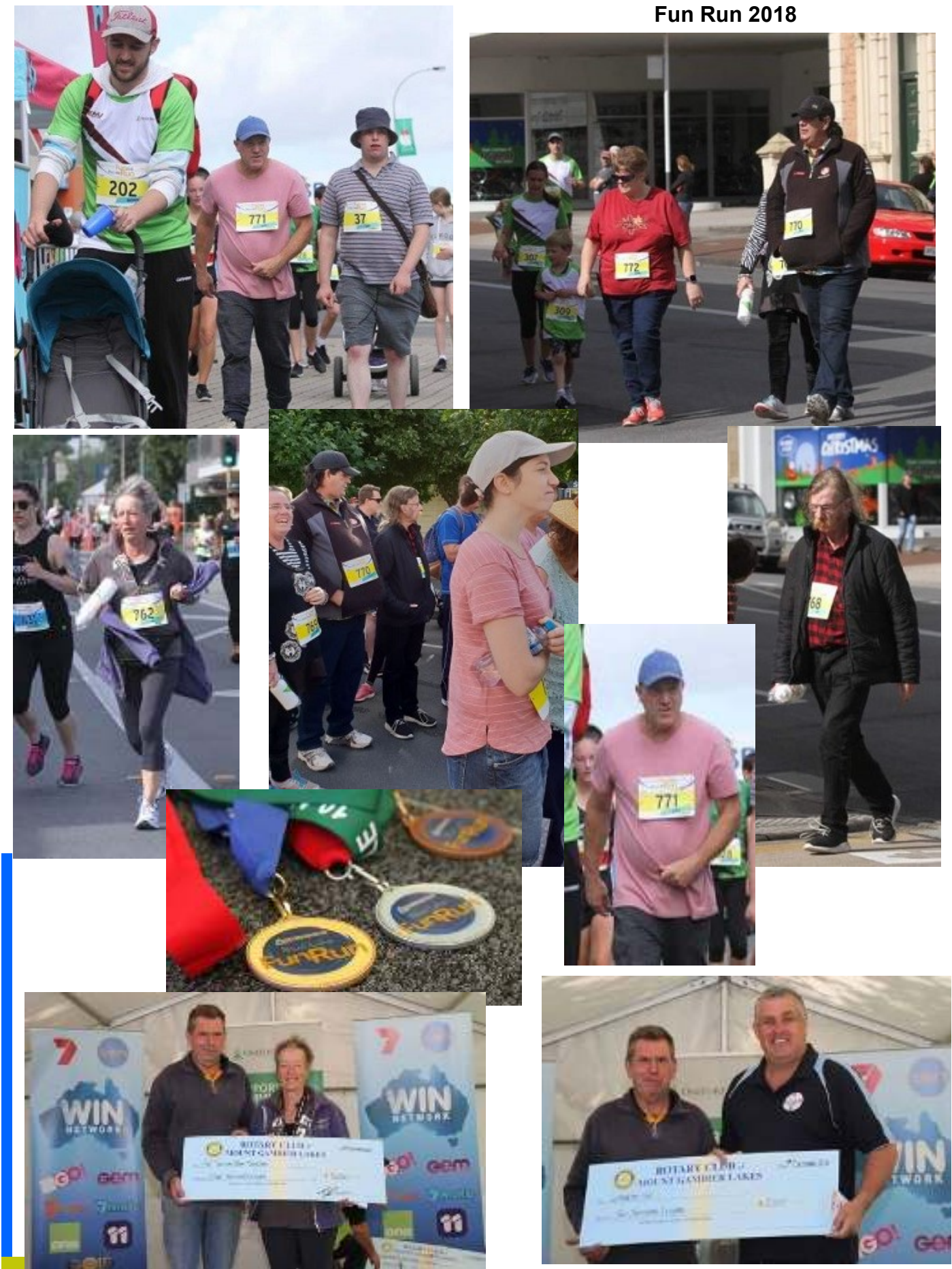
We all can recover in our own special way
That will assist us to live our lives each day
Our potential is enormous, a vast hidden surprise
I invite you, please help us to feel alive

Develop our talents and teach us some more
We wish to move forward and that is for sure
Can you walk beside us and help us along
So that in our community, we can belong?

Power to the people, please do what is right
Professionals must help us continue our fight
Recover is our catchphrase when we become ill
But it is rarely achieved with just a psychotropic pill

Trevor Parry

Fun Run 2018



MENTAL HEALTH FIRST AID COURSES

It has been a great pleasure to be able to Facilitate the Mental Health First Aid courses in Mt Gambier for The Junction this year.

Learning about the signs and symptoms of the main illnesses and the interventions available have increased knowledge and understanding. This has built confidence for all in our ability to respond appropriately when we become aware that there is a need for support or intervention.

Participants have gone away with a greater understanding and empathy around mental health problems and the impact that those problems may have on someone's life. Remembering that the person is always more than the illness, can help us change how we respond. The community is strengthened when we are inclusive and accepting of all. People do recover and live full and satisfying lives in the community. Recovery is an ongoing process and also is different for everyone.

There is to be another series of Standard Mental Health First Aid courses beginning 26 February 2019, over 4 weekly sessions. Cost \$25 and supported by several service clubs. Contact 04-77886450 or junctioncoord@gmail.com

It would be remiss to not acknowledge the ongoing work of Nel Jans at The Junction and her continuing efforts to find funding to continue the Mental Health First Aid courses. She has been ably assisted by Bronnie Leibhardt with admin.

Mental Health First Aid also provide some short courses around specific topics.

On 6 February there will be a Mental Health First Aid for the Suicidal Person course. This course is 4 hours 15 minutes in duration and begins at 12:45 in the IT room at Mt Gambier Library.

In March there will be a Mental Health First Aid course for Non Suicidal Self Injury and also Mental Health First Aid for Gambling Disorders. These courses are for people wanting to support someone.

Both are 4 hours 15 minutes in duration. Cost is \$70, part of which will be directed to The Junction to fund further Mental Health First Aid courses.

I look forward to seeing you perhaps at future training.

Joan Oldfield,
accredited facilitator Mental Health First Aid
joan4training@hotmail.com

Thank You Afternoon Tea



THANK YOU to all organisations, service clubs, businesses , volunteers and others who have supported us over the past year.



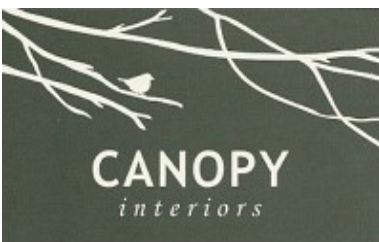
Bronnie receives a Commonwealth Bank certificate for her work as treasurer in the Junction



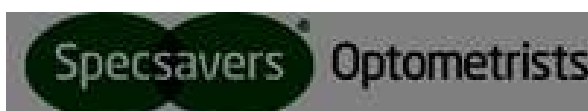
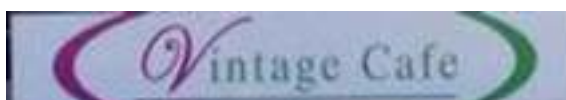
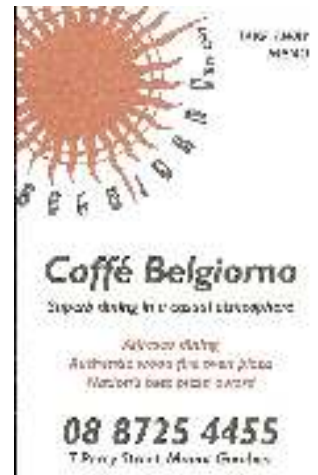
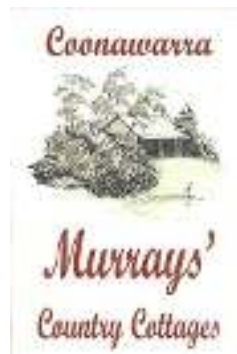
Christmas Market

Rotary Lakes Christmas Market is always a highlight for our Millicent Group as they provide all crafted gifts to the stall. This year we offered children a short craft activity which was taken up by several.

THANK YOU TO....



THANK YOU TO....



THANK YOU TO....



Country Health SA Local Health
Network Integrated
Mental Health Team South East



Supported by
Government of South Australia
SA Health

Country Health Connect



The Border Watch



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



Opening times: T
Mt.Gambier uesdays from 10am till 3pm and Thurs-
days from 10am till 1.30pm
Check our activities calendar!

!9 Ferrers Street, Mount Gambier
Contact: 04-77886450
e-mail junctioncoord@gmail.com
www.thesoutheastjunction.org.au

Including LIFEBOAT, Limestone Coast Meditation Community and
the MENTAL HEALTH & WELLBEING GROUP in Millicent