

ISSUE 24 MAY 2019



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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,

You have not heard from us for a while, but that does not mean nothing is happening. 2019 is a very special year for us as we celebrate the Junction's 10th anniversary and of course you are all welcome. So SAVE THE DATE: **5 September 2019** 10am City Hall and meet us for morning cuppa and some activities.

Another date to save is **19 October** when we present Flying High again with huge kites flying plus a Teddy Bear Picnic. And a competition for all who love bears, in the lead up to the event. Get in touch with us to hear all about this.

Some businesses and companies already have joined to make this event happen, for which we are very grateful.

We continued with Mental Health First Aid courses (with the support of several service clubs) and a return of Advanced Care Directive workshops. We hope we can offer more of both workshops in the next half year.

The Mount Gambier Group as well as the Millicent Mental Health & Wellbeing Group, Lifeboat SE and Limestone Coast Meditation Community are doing well with their activities. Lifeboat SE's drop-in night has changed to the first Wednesday night of the month. Penola Meet & Greet has continued and would love to see more people attending who come for a cuppa and a chat or something to do.

The Junction was also put in the spotlight in the political arena, so fingers crossed we will get some financial outcomes to continue the work we do.

A **thank you** is in order for all who have supported us, whichever way, these past years. From organisations to businesses and companies as well as service clubs and participants of all our activities, you all deserve our gratitude for without you the Junction would not have reached this milestone.

Nel Jans,
Coordinator



Recently Ryan Hinshelwood left this earth and his partner, family and friends. But like he said when I last met him: I will be there in spirit and challenge you.....

Ryan worked as a volunteer for the Junction since 2012. He worked mainly behind the scenes, and many of you might not even have known he worked for us.

He had ideas and certain philosophies which were food for discussions and thought. But he delivered and it is a pleasure having known him.

**COUNT YOUR LIFE BY SMILES NOT BY TEARS
COUNT YOUR LIFE BY FRIENDS NOT BY YEARS**



**Bronnie & Amy at the
Wellness and Wellbeing Festival
Feb 2019**

Essential Oils with Meg

I would just like to thank the Millicent group and the Mt Gambier group for having me come visit at The Junction... All I can say is that I'm blown away by such an organisation that is run by volunteers, this really warms my heart. I wish I had known about this group years ago when I was at my lowest, suffering extreme anxiety and depression, but that's ok its been a journey and has got me to where I am today. I'm just so glad right now at this moment, that I've had the opportunity to introduce doTERRA's Essential Oils to you all, and the majority of you have enjoyed the experience and have something to take home with you from our session... whether it be a smile, a roller bottle, or new knowledge on essential oils.

I thoroughly enjoyed both sessions in Millicent and Mt Gambier, you were all such a lovely bunch and I'm really looking forward to coming back again one day.

I started my journey with doTERRA in October 2016 and I use the essential oils on a daily basis, which helps me get through the day and support my moods and emotions. In Jan 2017 I did a few classes and workshops and I haven't stopped since. I love to empower others to take responsibility for themselves and give these natural solutions a try. The oils are so versatile and can be used in many ways... from flavouring food dishes, first aid, supporting our children and low tox cleaning in the home. And the overall health of myself and my family has been so much better.

Kind regards,
Mel Beggs



Kiri, Winner of the Hot Seat Quiz

**Hot Seat Quiz is a regular and very
much enjoyed activity at
the Junction**

Nature in Mind

Nelson River Mouth, Clean-up



Dry Creek



Report for Palliative Care SA and The Southeast Junction on the Limestone Coast Tour February 2019

From 5 to 11 February 2019, Dr Sandra Bradley, RN, PhD conducted a series of workshops on the South Australian Advance Care Directive in towns along the Limestone Coast as part of the Say It Forward campaign. This tour was a collaboration of The South East Junction, Mental Health Activity and Resource Centre Inc. (Mt Gambier), Palliative Care SA and SA Health. The tour encompassed 10 workshops at 7 different locations (Bordertown, Naracoorte, Penola, Millicent, Mount Gambier, Robe and Kingston).

During the workshops, participants were guided through the various sections of the Advance Care Directive (ACD) document with examples of what they need to consider when completing each section. Participants were provided with a folder or reusable bag of materials to assist their decision-making, such as the Advance Care Directive Kit from SA Health, the Older People Have Rights booklet from the Department of Health and Wellbeing, Office of Ageing Well, information about Palliative Care SA and other materials. As part of the workshop, participants were also provided information on social issues such as housing and finances that may impact on their decision-making in what they write in their own ACD.

Nel Jans, Coordinator of The Junction and her counterparts in all of the towns were thrilled to see the number of people who turned out for the workshops with over 200 people attending in total. Bordertown won the prize for most participants at a single event with approximately 40 people attending. Participant feedback indicated that although the presentation was confronting, it was information the audience wanted and needed to hear to understand the ACD better before deciding whether to complete one. The workshops also enabled people to provide experiences relating to the ACD achieving the aim of open and honest conversation about elements of aged and end of life care that were important to people such as what to do if you are assessed for a home care package but aren't able to get one for many months.

Dr. Sandra Bradley



Naracoorte



Robe



Kingston



Bordertown

Advance Care Directive workshops



Millicent

Mental Health First Aid with Joan Oldfield



HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or 2 smells you like)
- 1 emotion you feel

This is called **GROUNDING** - it can help when you feel like you've gone too far in your head and lost all control of your surroundings.

Please share this, it could really help someone in need!

Nature in mind.
Cape Northumberland
7 May 2019



Kim & Paula being one
with nature, blending in.



Nature in mind.**Nature Walk to 'Germein Reserve' Port MacDonnell on Tuesday 7th May**

We left The Junction a few minutes past 9 am with James at the wheel and drove straight to the 'Germein Reserve' in Port Mac.

Dave from 'friends of Nature' was fully equipped to help us through our walk.

At the start of our adventure, Dave pointed to us a stream that ran opposite the entrance of the walk ways and explained to us what a wetland looks like. The first thing we saw were the Dingley Dell gum trees which are native to this area. Bronnie showed us a pink flower of the Dingley Dell.

Following Dave were Bronnie and Paula, following them Lakshini (myself) and Kim, Michael, Mark and James.

We walked along a pathway that lead us to the boardwalk. We were walking cautiously on the boardwalk whilst listening to Dave speaking to us about the flora and fauna. The amount of bamboo on either side of the boardwalk amazed us.

We were introduced to the 'Silky tea tree' which was growing in that environment which is used to make tea tree oil.

We also noticed a creeper which grows on scrubs and trees. It is the 'Australian Dodder' a parasite that grows on scrubs and covers like vine.

We saw a variety of the 'Mistletoe' which grows as a parasite on branches of trees and curiously mimics the nature of the tree itself. The mistletoe had edible leaves.

There were bat boxes in many trees put up by the 'friends of nature'

Hat's off to the nature trekkers for braving the boardwalk as there were sections where the wood was warped and out of place.

On our way back Dave showed us the common Sheoak and Heoak which we were familiar with from other nature walks.

At the end we had to guess the distance we walked...!!! it was 6km's back and forth.

It was very satisfying to know how much we had walked.

Walking outside on a cold morning could have felt like a gruelling task! But it didn't feel so to me.

As I walked by and by, I forgot about the cold, the fresh air was having a positive effect on my body and mind! I also laughed with my mates at the many jokes that were shared!!!

It was great to have a laugh and share a cuppa with my friends.

Lakshini de Silva.



The South East Junction Millicent Branch – a Volunteer's Perspective

If you had told me six years ago when I was completely lost to my mental health issues and unable to leave my house that I would one day be studying mental health and volunteering at The Junction, I would not have believed you. It took many years of hard work for me to re-join the world and interact with people again, and unsurprisingly this left me with a lack of confidence and direction. Whilst I had enrolled in studies, I was finding structuring my time and finding a reason to leave the house each day was missing.

After talking at length with my job network about my future goals (to find paid employment in the mental health sector and help others like me) I was provided with details about The South East Junction, Mental Health Activity and Resource Centre with the suggestion that I may be able to assist in a volunteer capacity.

In September 2018 I met with Nel Jans (a truly inspirational woman) who ran through The Junctions almost 10-year history and goals for the future. With programs at the time running in Mount Gambier, Penola and Millicent a place was found for me in Millicent as a volunteer peer support worker.

I must confess to being quite terrified when I arrived for the first time at the Millicent group, but was immediately put at ease by the warm welcome from the members and other volunteers. The safe and supportive environment of The Junction, the activities and education on offer make a real difference in the lives of both members and volunteers alike.

So far in my time with The Junction I have attended lectures and demonstrations on a multitude of practical topics including health, cleaning, OCD, hoarding, essential oils, local history and mindfulness just to name a few.

I have participated in game days, multiple craft projects, art projects, health walks, gym workouts and excursions to historical buildings, nature reserves and local sites of interest.

I have taken advantage of low-cost educational courses, enjoyed contributing to the Flying High kite festival during Mental Health Awareness Week and had fun selling our member made hand-crafts at The Junctions annual Christmas market.

After assisting for a few months with the sessions on offer in Millicent, I have recently started running Mindfulness sessions with the Millicent group. I had no idea the pleasure this would bring me and seeing our members benefit from this has given me a real sense of achievement.

Knowing that I am contributing to such a wonderful organisation has boosted my self-confidence, and volunteering has given me a reason to keep structured hours, introduced me to likeminded people and others from different walks of life. I have made new friends, learned new things and gained confirmation that working in mental health is what I want to do with the rest of my life.

I am continually inspired by Nel's dedication to The Junction and mental health in general, as well as the stories from members and volunteers. When you talk with the members and volunteers it is easy to see the importance of the service we provide. For a lot of us our time at the Junction is the highlight of our week.

As The Junction heads rapidly towards its 10th anniversary I would like to thank Nel and all involved with the Junction for their continued dedication and I look forward to being involved for many years to come.

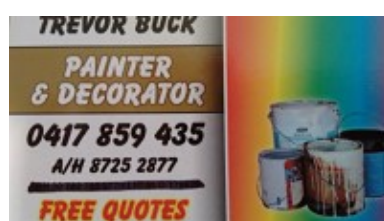
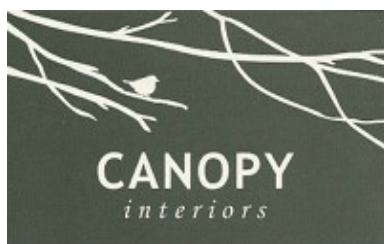
Sam Wing

Nature in mind.

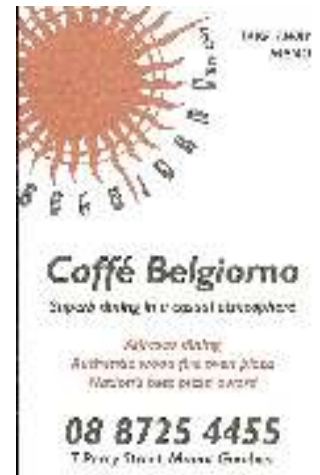
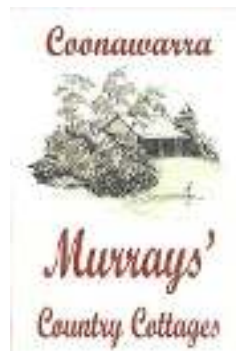
Cape Douglas



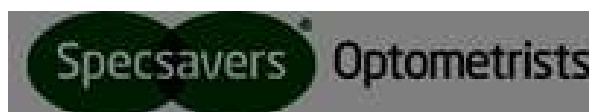
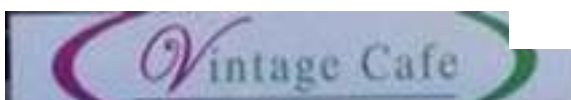
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Country Health SA Local Health
Network Integrated
Mental Health Team South East



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



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

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

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