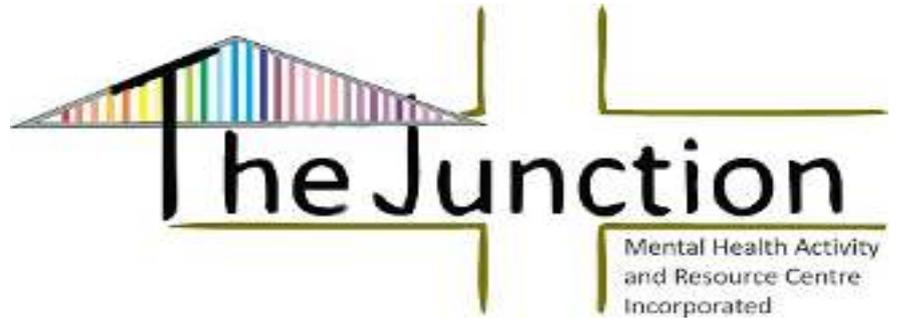


ISSUE 27 APRIL 2020



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**THE SOUTH EAST JUNCTION,
Mental Health Activity and Resource Centre Inc.**

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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.

These are challenging times with a lot of uncertainty and fear of what will happen, and maybe even more, how it will be once we come out of the COVID-19 restrictions.

How to manage this will be different for all of us as it might trigger past events and traumas, or highlight underlying issues, but for all of us it will test our resilience.

As a lot is out of our control we have to accept that and let go. And each has to find their own way to get through this.

At the best of times social isolation is not the best way to manage mental health issues. All organisations, including the Junction, in this field are doing their utmost to stay connected.

Presenting a Newsletter, once all is in a new normal will feel like it comes from a different era, hence its publication now.

We started this year with some self-care (outing and fun activities), given the Festive Seasons for several, being difficult at all times, and most of us knowing people affected by the bush fires in our Country and State.

6 Weeks of our normal activities and then the last couple of weeks deciding to continue or close, due to more and more restrictions, made 2020 so far, an interesting but strange year.

We might have stopped our activities, but not the work behind the scenes by all our groups. For the ones who don't know which they are, in short: we run activity groups in Mount Gambier and Millicent, activities by the Limestone Coast Meditation Community and Lifeboat SE and activities for the general public to improve mental wellbeing.

Over the past 8 weeks 3 Mental Health First Aid courses were run and 6 will start once we are resuming. It is good to see the diversity of participants; from health organisations to businesses and companies participating, as well as individuals, who like to feel more confident when engaging with someone with a mental health issue or a person in distress.

If you are interested in doing the course please express your interest by e-mail junctioncoord@gmail.com or call 0477886450

Unfortunately the visit from Minister for Health and Wellbeing, Honourable Stephen Wade and Independent Member, Troy Bell in December did not end in funding for the Junction. As a totally volunteer-run and not funded service (but supported by donations from Councils, service clubs and businesses) this year will be important to decide how our future will look now the "landscape" has changed with NDIS and maybe the impact of the COVID-19 crisis.

We will keep you informed.

Nel Jans,
Coordinator

Nature in Mind

Nature in Mind, as usual, got us into walking and volunteer work: cleaning up the beach at Cape Douglas and taking out pine trees from the native bush/forest.



Dry Creek walk

Cape Douglas



The Grieving Tree

Liz Ferguson, Seasons for Growth presenter and Creative Grief Artsplay Facilitator, facilitated a Grieving Tree session for a small group of people from all walks of life. The feedback Liz and we received was encouraging, so this will be an activity we will continue to offer to the Community to improve mental wellbeing.

The Grieving Tree is a one session art activity, and no art skills are required, designed by psychotherapist Jolene Payne to offer something to help ride the tidal wave of feelings that accompany long term grief.

Each stage of drawing the elements of a tree, is a metaphor for a moment of reflection about our grief.

The Grieving Tree is a platform to reminisce and wander amongst what it is we said goodbye to, and what we learned in the process.

It strengthens the social and emotional wellbeing of adults, who are dealing with significant life changes, by:

- Exploring the impact of change and loss on every-day life
- Teaching new ways to respond to those changes



Lake McIntyre Scavenger Hunt and Walk

On 28 January the Mount Gambier and Millicent Group met up at Lake McIntyre for a Scavenger Hunt (made by Colleen, Millicent volunteer). It was a lovely day for a walk and the hunt made it fun and interesting for all of us.

The BBQ lunch was a great way to catch up with each other



Ten Pin Bowling

Ten pin bowling at the renovated Bowling place KABOOM was a fun day, with Bronnie as the winner.



Horse Therapy at Tarpeena

11 February we visited Lynn Brierly's Horse Therapy (Kehsarra Equine Serenity) at Tarpeena.

Lynn already had visited the Junction at the end of 2019 to introduce this therapy, but visiting and being involved in it gave it more meaning. For the ones who never had been around a horse it was quite an experience to find out how the horses pick up on someone's inner feelings and reacts to it. Working with the horses is healing and Lynn had several good news stories to tell.



In February a **Border Watch Tour** was planned, but unfortunately was cancelled. Of course this will be planned in one of the oncoming months. Some of our volunteers did the Tour as part of other volunteer work and it is worthwhile. So if you like a Tour get in touch with the Border Watch, so they can book you in.

In March Kym D'Aloisio visited us, with an Adelaide colleague, to discuss new road rules and answer all kinds of questions around e.g. the use of mobile phones and other attention diverting devices or substances. It was a very interesting session and much appreciated by all present.



A walk in the small Valley Lake Nature Park surprised us with this encounter

EASTER Apple Pie Chat

The Junction's Apple Pie Chat

At the best of times social isolation is not good for one's mental health and the aim of the Junction is to improve social inclusion and community engagement.

Now social distancing is requested of us it might be even more difficult, as most things are, when they are mandatory and not a choice.

We put our thinking caps on and with a chef, Michael Smith, amongst our volunteers, baking an apple pie is only a matter of time. With a huge Thank You to the generous donation of the apples by a local apple grower who likes to stay anonymous.

So the Thursday before Easter Nel and Laurena, one of the other volunteers, dropped off these apple pies, with another small Easter gift, and of course a short chat, keeping our physical distance with social connection, to the most regular participants of the Junction to keep the spirits up.

Despite being physically closed the Junction can still be contacted for resources and information by email junctioncoord@gmail.com and phone 0477886450

Check out our Facebook page, south east junction, as we will continue posting.

This week a ChiBall video will be added, as we all know the best ways of managing mental health besides eating healthy, having a chat and express yourself, exercise is also important.

Mental Health Crisis Phone services

Emergency: 000

Mental Health 24/7 emergency: 13 14 65

Lifeline: 13 11 14

LETSS: 1800 013 755 (Lived Experience Telephone Support Service) 5.00pm – 11.30pm

Kids Helpline: 1800 551 800

Suicide Call Back Service: 1300 569 467

SANE Helpline: 1800 187 263

Crisis Care (4pm-9am): 13 16 11

Mensline Australia: 1300 780 978

Domestic Violence Helpline (24 hours): 1800 800 098

Domestic Violence Crisis Service: 1300 782 200

Yarrow Place Rape and Sexual Assault Service: 8226 8787 (24 hours) 1800 817 421 (toll free)

Alcohol and Drug Information Service (24 hours): 1300 131 340

Health Direct 'Your 24 hour health advice line': 1800 022 222

Open Arms 1800 011 046 - Veterans & Families Counselling service

For more services, useful numbers and apps check the Junction's website www.thesoutheastjunction.org.au and the Facebook page 'south east junction'.



F = Focus on what's in your control
A = Acknowledge your thoughts & feelings
C = Come back into your body
E = Engage in what you're doing



C = Committed action
O = Opening up
V = Values
I = Identify resources
D = Disinfect & distance

Shower and have 3 meals a day
Clean one thing
Tend to something growing: plant or your child or pet
Be Mindfully present to:
 Connect with your breath
 Connect with a sensory feeling
 Connect with something you see
Meditate or pray
Do an act of kindness
Reach out to a human beyond your own home
Do one thing to get your heart rate up
Do one thing you will be glad about later

Shed Damage

Unfortunately someone, or some people, illegally entered the back garden and damaged our garden shed.



ATTEMPTED THEFT: South East London coordinator Neil Jans is disappointed if not for-profit organisation. He visited a metal garden shed in the back garden of a council house in the area. **Picture: MARY DAVIES**

Break-in frustrates mental health body

Repair bill comes at cost to support services

MOLLY TAYLOR
reporter

A **SENSIBLES** act of vandalism to what is believed to be a failed theft attempt has left a community funded organisation with a \$500 damage bill.

The South East Junction - which delivers mental health support services to the community - became the target of what is believed to be a failed theft attempt to a garden shed at the Ferrers Street site.

The not-for-profit organisation's coordinator Neil Jans has reported the incident to police, believing the culprit was searching for something

which could be easily sold for money.

"The shed they attempted to break into is used to store our tools, furniture, outdoor wear and everything we use during our gardening activities," she said.

"We do not think they were able to get to much, but we will still have to replace the shed itself and what they have taken."

"We are not funded in any way so it means we have to rely on donations, grants and money we have accumulated to replace it."

A disappointed Neil Jans said she had spoken to nearby residents who had experienced similar incidents.

"Our neighbours said they

had had their small items they planted stolen three times," she said.

"They might not be related, but it is still sad."

Neil Jans said she contacted the council but was offered \$400.

"This person or people have invaded our privacy and space - this is not even our own property, it is owned by Gentry Health Connect."

"The damage might not seem like a lot, but for us it is because we never know whether we will have the funding available."

"It is incredibly disappointing because it is really going to come down to using the community's money and donations we have received."



Article:- Courtesy the Border Watch

Chocolate Dips for Fun

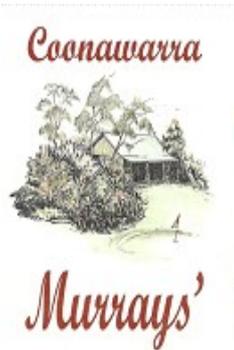
Something **fun** to do:

make chocolate pop sticks to treat yourself, a nice hot chocolate on a chilly day or when your spirits need a boost.

Pour liquid chocolate in a small mould, put a stick in it and top it off with some small marshmallows and let it set.



THANK YOU TO....



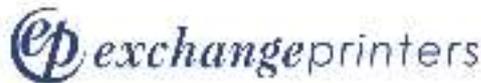
THANK YOU TO....



Supported by
Government of South Australia
SA Health



Limestone Coast Local Health Network
Integrated Mental Health Service
and
Country Health Connect—Limestone Coast



The Border Watch



Accredited provider MHA
Council by MHA Australia



Many organisations, 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 The South East Junction
Check our activities calendars!

19 Ferrers Street, Mount Gambier
Contact: 04-77886450
e-mail junctioncoord@gmail.com
www.thesoutheastjunction.org.au
Facebook: south east junction

Including Lifeboat SE, Limestone Coast Meditation Community and the Millicent Mental Health & Wellbeing Group