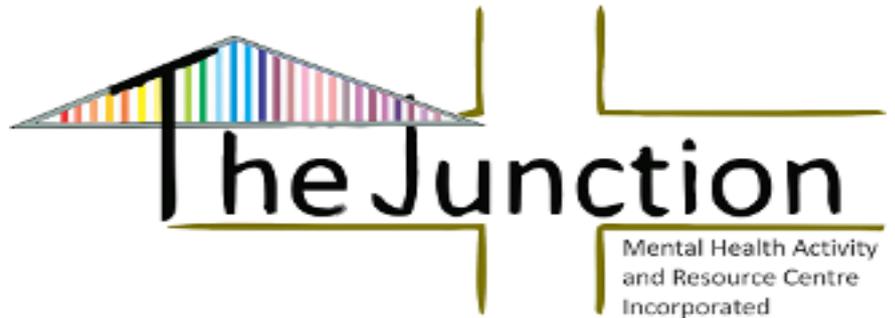


ISSUE 29 MAY 2021



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

19 Ferrers Street, PO Box 1905

MOUNT GAMBIER SA 5290

**Contact 0477 886 450
junctioncoord@gmail.com**

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,

The activity groups in Mount Gambier and Millicent as well as the Limestone Coast Meditation Community and Lifeboat SE have been offering ongoing activities.

The Millicent Mental Health & Wellbeing Group has moved from the meeting rooms at Country Health Connect to the meeting room at the Uniting Church and we hope more Millicent residents will join the activities.

THANK YOU to Millicent Country Health Connect for their ongoing support to the Millicent Group.

We organise different workshops and courses for the general public to improve mental wellbeing. The Mental Health First Aid course finished successfully a month ago and the next one will be in May, but is already fully booked .

WISE Employment in partnership with The Junction has organised another Esher House/ Strengths trainings for the general public which will start 12 May.

Also for the general public to attend will be a series of workshops for people who struggle with their psychical and/or mental health and like to improve their skill to make their lives more fulfilling. The first 6 workshops will start 18 May.

The past year a couple of volunteers stopped their valuable work for the Junction, but others have joined. As volunteers are the back bone of the South East Junction I would like to THANK them for all the work they do which might not be visible, but very much needed to make an organisation like ours continue to deliver its activities, workshops and courses.

SAVE THE DATE

The SE Junction FUNDRAISING NIGHT
10 June 6pm

Join us for a meal and fun and make a difference

Blue Lake Golf Club Bar & Bistro
Grant Avenue, Mount Gambier

RSVP appreciated (junctioncoord@gmail.com or 04-77886450)



Peter Dunn Murals

Peter Dunn came into The Junction this January to share his story with our volunteers and participants, giving everyone wonderful insight and encouragement



Everyone has a story to tell...

Peter Dunn is a professional artist who lives on the Limestone Coast.

Finding his own sense of purpose through creativity has been a long slow

process for him and taught him many life lessons. One of the highlight of Peter's creative journey to date has been the production of a wall Mural in Millicent in 2015 which features images from the local wetlands known as Lake McIntyre.

Using visual images and background stories he tells of how producing this mural proved to be significant both for himself and members of the wider Community.





Australia Day

Australia Day 2021 was especially exciting this year with our Coordinator Nel Jans winning the inaugural Active Citizenship of the Year Award.

A message from Nel Jans:

This morning I received the inaugural Active Citizenship of the Year Award and I am very grateful and honoured by this acknowledgement of my work at the South East Junction.

As I never could have done this on my own I would like to thank our volunteers, past and present, our participants, service partners and organisations, service clubs, members of Parliament, the media, businesses, community members and all others who support our work.

A driving force of the work provided at the Junction is to give people opportunities for growth, resilience and empowerment. To increase their ability to manage one's mental health in a positive way as well as reduce the stigma. By doing so, it becomes a less difficult subject to talk about, or be seen as strange or weak. As a community we should strive for this outcome for ourselves, each other and generations to come.



Lioness Club Donation

The Lioness Club of Mount Gambier recently held an End of an Era Devonshire Tea where Lioness members, past members and invited guests gathered to reminisce and where donations were given to various organisations.

The Lioness Club has enjoyed a partnership with South East Junction for over 10 years and were pleased to present a donation of \$500. Lioness President Beryl Mahoney presented Nel Jans with the donation, acknowledging the opportunities Junction provides in presenting programs for folk with mental health issues both in Mount Gambier and Millicent and giving participants the opportunities to increase their self-confidence and wellbeing.

The International body of Lions decided that as of June 30th 2021 Lioness Clubs across the world would cease to exist. The Lioness Club of Mount Gambier has served the Mount Gambier Community and surrounding area for 43 years, however all is not lost.

The work of the Club will continue with the formation of a Lions Club and will be known as The Lions Club of Blue Lake City Lioness.



Lifeboat SE

Lifeboat SE put together a Thank you event for the organisations and individuals involved with their podcasts. These podcasts cover a diverse range of topics around mental health and mental wellbeing.

You can find their podcast here: <https://www.lifeboatse.com/podcasts>





Robe Outing

Humpalicious Camel Farm



On Tuesday the 30th of March we travelled to Robe. We had lunch, after doing a tour through the main street, at a lovely bakery.

We then travelled to the Humpalicious Camel Farm; we were greeted with open arms upon arrival. We then went to the dairy to meet the milking camels Maru, Twiggy and Chocko.

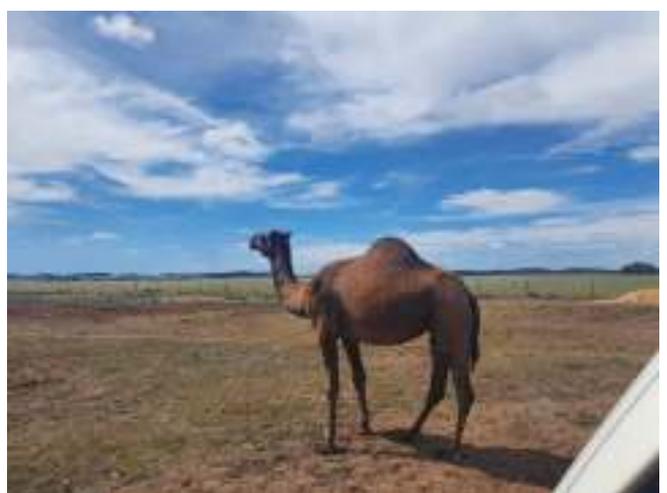
Feeding the baby camels with camel biscuits was good fun. After the 6 or 7 baby camels were let out to find their mums they made all kinds of funny jumps.

Back at the office we sampled the Humpalicious milk and ice-cream.

It was a beautiful day and as we headed home, we stopped at Beach Port and Woakwine Cutting. This handmade cutting (done with spades and hardly any machinery) was/is used to drain the swamp water.

After that we travelled home after a great day.

Geary, participant Millicent Mental Health & Wellbeing Group



Robe

Monument to Matthew Flinders and Nicolas Baudin: In the centre of the Royal Circus is a plinth with the busts of Matthew Flinders and Nicolas Baudin which celebrates the survey of the South Australian coast by Captain Matthew Flinders in 1802 and, before Flinders, the French naval expedition, led by Captain Nicolas Baudin, which also surveyed the coast, naming many features, including Guichen Bay. Baudin Rocks, which are visible from the circus, were named by Flinders after Baudin. This was the last placename applied by Flinders in South Australia. The sign records: "Capt. Matthew Flinders, R.N. 1774-1814; Sub Lieutenant Nicolas Baudin 1754-1803. Flinders & Baudin both engaged in scientific and survey work, had an unexpected meeting at Encounter Bay in 1802. The islands visible to the north are named Baudin Rocks.



Captain Chris and Lieutenant Mark at the Monument of Matthew Flinders and Nicolas Baudin

The Haven Expo

Laurena, Fin, Mark and Michael, The Junction's volunteers, participated in the Local Service Providers Expo held on Wednesday 7 April 2021.

This Service Expo was held for The Haven Mount Gambier volunteers.

The Haven (Women Information Service) is a new safety hub establishing in Mount Gambier in May 2021 and they will operate from the Mount Gambier Library and run by trained volunteers.

There were many varying service providers that were represented in this expo, from child care or Tafe courses to domestic, sexual violence and legal support workers. Everyone came together to assist The Haven in providing information and referrals to women in our community. It also gave service providers the opportunity to network with each other and share information.

Many commented that it would be great if such an event could be held annually.



Working Bee

The Rotary Club of Mount Gambier members Alan, Bruce and Rob, came to The Junction to make our vegetable and fruit garden ready for the oncoming winter.

Thanks to their hard work volunteers and participants will be able to enjoy the garden all year long!

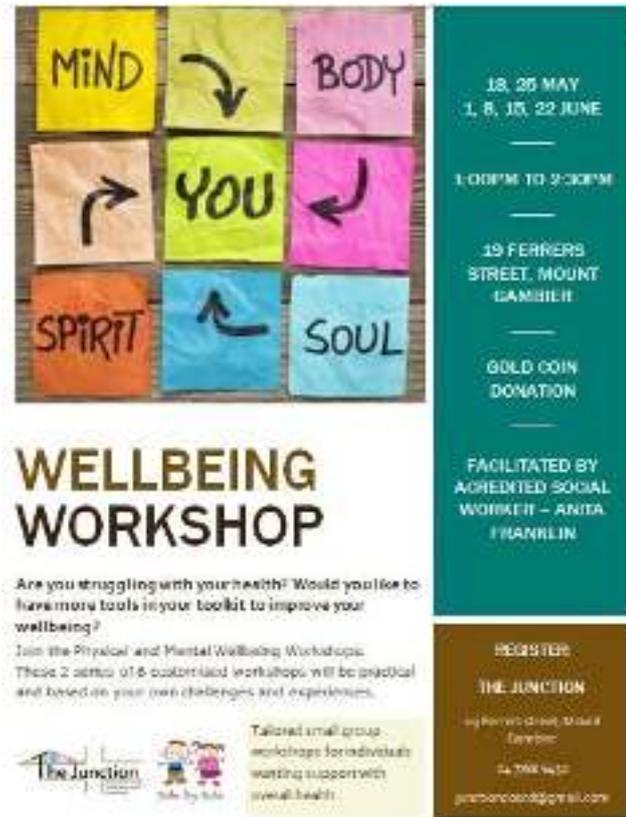


Millicent's New Location

The Junction's venue in Millicent has changed!

The Millicent Mental Health & Wellbeing Group is now located at the Uniting Church, on the corner of Mount Gambier Road and Short Street.





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

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'.

THANK YOU TO....



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Supported by Government of South Australia SA Health



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



The Border Watch

Opening times The South East Junction
Check our activities calendars!



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

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