

ISSUE 30 AUGUST 2021



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

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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,

In the past months we organised a Mental Health First Aid course and several Esher House Strengths training (supported by Stand Like Stone) in Mount Gambier and Millicent with great feedback.

The Physical and Mental Wellbeing course for the general public had very positive feedback. Unfortunately another one could not go ahead due to lack of interest.

Of course our other activities in the centres in Mount Gambier and Millicent as well as Limestone Coast Meditation Community and Lifeboat SE continued as normal.

From August onwards Limestone Coast Meditation Community will finish their affiliation with the South East Junction and continue their activities for our communities as a community group. We wish them all the best and it was great working with them for the past 10 years.

Over the past 18 months the future of the Junction, due to changes in volunteer and participant numbers as well as the availability of facilitators, has been discussed on many levels. The outcomes will be reflected in our activities. We will keep you informed.

Once again I would like to THANK all our volunteers and all organisations, service clubs, Councils and businesses and individuals for their ongoing support.

This support was made visible at our Fundraiser event, supported by Blue Lake Bar & Bistro, on 10 June with 100 people attending at the Blue Lake Bar & Bistro.

Nel Jans,
Coordinator

Anita Franklin, social worker,
facilitating the Wellbeing work-
shops



OUR GARDEN

Gill Kirby, volunteer, and Paula picking the autumn harvest of apples.

Gardening improves mental wellbeing true being mindful, being in nature, having a purpose and eating healthy food.

The food we grow in our raised beds is used to make simple, but nutritious meals.



Esher House Resilience course



Once again Roalnd Kalamo from WISE Employment facilitated the Esher House course with great enthusiasm and great feedback from all participants..

Ladies from the Lions Club of Blue Lake City Lioness provided a filling lunch for the participants, for which we would like to thank them.

If COVID restrictions make it possible we will organise another course in the near future. If you are interested please let us know via email junctioncoord@gmail.com

Supported by

WISE Employment
empowerment through employment


Stand Like Stone
www.standlikestone.org



Arts Play

Over the past years volunteer Liz Ferguson facilitated Arts Paly with the participants at the Junction. These were sometimes challenging sessions, but above all they gave pleasure, confidence and explored our creative side.

During COVID lockdown in 2020 this led to a project which Michael, volunteer, presented to us in an interactive way.

It was great to see what this project meant to Michael and it showed the impact of an activity which does not need a lot of materials and could be done at home.

THANK YOU LIZ AND MICHAEL



Volunteers Week

With the support of Katie, from Little Pink Fox, and Marg, from Copenhagen, the Junction celebrated the valuable work of our volunteers.

It was a lovely morning to look back on all the volunteers have achieved in their work with and for the Junction. Not only in their assistance to the Junction, but also on personal level.

Worth while celebrating!





Fundraiser

Blue Lake Bar & Bistro

100 people from all walks of life attended our Fundraiser; the first one in 18 months.

It was a great night and great prices in the raffles.

Gabriel Strachan sang the stars from heaven with his diverse repertoire, which was enjoyed by all.

A GREAT NIGHT and thanks to all who attended.

The Blue Lake Bar & Bistro organises another fundraiser to support us at 15 October in the afternoon.



Fundraiser



The Junction activities COMING UP in Mount Gambier and Millicent

SEPTEMBER

15 September start Sewing classes, Millicent

22 & 23 September Mental Health First Aid course

OCTOBER Mental Health Month

5 & 6 October Mental Health First Aid course

15 October Blue Lake Bar & Bistro organises a fundraiser event in support of the Junction

14 October ‘Words on bathroom walls’, Dress Circle Mount Gambier (movie)

20 October “the Road within”, Dress Circle Mount Gambier (movie)

October TBC Changing Tracks for men, Mount Gambier

**For more information contact the South East Junction on
04-77886450 or junctioncoord@gmail.com**

THANK YOU TO....

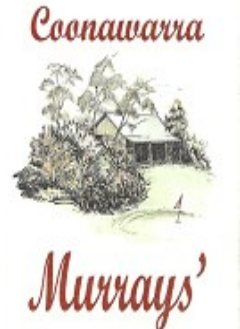


Government of South Australia

Health
Limestone Coast
Local Health Network



The Border Watch



The missing piece - let's get your business online and seen



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!

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