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## A community of people working together to achieve quality of life



### Reception Training

On Monday 30<sup>th</sup> May, 9 members participated in the Junction Reception Training that was facilitated by Jo (LEMI Program Coordinator) and Sam (Senior Recovery Facilitator). This is the first time this training has been offered at the Junction. It came about through discussion with members about the importance of the front Reception, ensuring we provide a consistent positive customer service approach to all people who come into the Junction or contact us by phone. This was an opportunity to provide interested members with the necessary training and skills to work effectively and confidently at the front Reception. Training included telephone etiquette, what to say on the phone, handling rude or impatient callers, placing calls on hold, transferring calls, taking messages and ending conversations.

Certificates of acknowledgement were presented by Robert (Director) to the following members: Ian Esler, James Mackie, Kurt Thomas, Mark Garate, Matthew Scicluna, Michelle Duffy and Simon Lister. Mark Garate, one of the members who participated in the training, reminds us of the 5Ps of telephone etiquette:

**Always be Present, Polite, Patient, Personal and Professional!**



### DBT (Dialectical Behavioural Therapy) Training

Held over two Monday mornings, June 27 and July 4, L Enara Larcombe (pictured front right, middle photo) conducted DBT training with LEMI (Lived Experience Mental Illness) peer workers. DBT (a modified form of Cognitive Behavioural Therapy) focuses on healthy ways to cope with stress, regulate emotions, and improve relationships. Enara brought in sensory objects to self-soothe during moments of distress (see photo above left). Enara also talked about coping with stress through **TIPP**: **T**emperature (cool your face with cold water / ice packs), **I**ntense Exercise (expend the body's stored energy by brief intense exercise, e.g., walking, cycling, etc.), **P**aced breathing (breathing out more slowly than breathing in, e.g., breathing in for 5 secs and breathing out for 7 secs), **P**aired muscle relaxation (breathing in - tense your muscles, breathing out - say the work 'relax' in your mind). For more information, see Australia DBT institute: <https://dbtinstitute.com.au>

## Members Corner

### Members of the Week:

**June: Mark G., Geoff P., Con C., Anne S., Barb V.**

**July: Rachel E., Tage M.**

**August: Johnstead S., Michelle D.**

The Junction recognises all Members for their continued effort and participation in running the Clubhouse. Thanks team!



*"The greater your storm  
the brighter your rainbow"*  
Anon

### Staff Focus: Taliah Tippins, Recovery Worker

About my background, I've dabbled in a few things but I'm currently studying nursing. I'm interested in working in mental health from my own personal experiences in mental illness and recovery - that's what the drive is, I guess. Why the Junction? Because I am passionate about mental health, I heard about the Junction and I was almost going to volunteer here as a peer worker and I happened to see the role pop up. I thought it would be perfect because I am really passionate about the recovery model in mental health. Hobbies? Probably anything outdoors, I love being amongst nature, going for bush walks. I like being in water, so if I can somewhere where I can be in fresh water and swim, that's the most peaceful place I could possibly be - and a bit of yoga as well.



### GROWING

*Oh no! I'm in school.  
Did I break a golden rule?  
How did I go back?  
Perhaps I've had a heart  
attack.  
I know: I'm asleep.  
So why am I not seeing  
sheep?  
Maybe, if I pray and pray;  
This will all go away.  
I tried to make it disperse;  
But it only seems to get  
worse  
So my soul I'll have to sell.  
Ah! Saved by the bell.*



Taliah Tippins, our dedicated new Recovery Worker

## Poet's Corner

By Jaamy Slarks

### TIME

*You.  
Me?  
Waiting.  
For what?  
Time!  
Yes, that's it!  
"Time is of the essence".  
So the man said.  
The only hope there is for  
man.  
Hope?  
Not without time.  
Time?  
No.*



Dragonfly by Jaamy Slarks

### Breathe ~

*Take a moment when  
you read this...*

*Take some deep breaths  
and imagine all the  
stress & tension leaving  
your body with each  
exhale...*

## Our Blooming Lot

We are now well into the second half of 2022 and in our 'winter' there were some unexpectedly frosty mornings in Cairns which affected some of our garden plantings, such as our shallots, which looked a little spotty. But here we don't like to judge a book by its cover and the shallots proved to be very tasty!

Some of our harvestings for this season included the following: Roma tomatoes, pak choi, Thai basil, lemongrass, long chillies, and capsicums. Some transplanting is also planned with a wee paw paw sapling filling the place where the old tree stood, and some Heirloom tomato seedlings making their way into a freshly prepared bed. Our Mother of All Herbs is also growing in abundance. The aromatic leaves can be used as a bedtime tea to help induce sleep - our NDIS Manager Greg says he tried it and it really works!

Our dedicated and trusty gardener Brett has a new saying for this issue: "Everything is always new in the garden, there is no beginning and no end".



Above: A crunchy capsicum nearly ripe for plucking.  
Below: Mother of all Herbs



Brett with a handful of Roma tomatoes ready for ripening on the kitchen bench



## Surviving Moods Group: EMDR

Co-facilitated by Rachel, this Surviving Moods session was held in our newly revamped room The Retreat. The following information has been extracted from the EMDR Client Handout. Eye Movement Desensitisation Reprocessing or EMDR, was developed in 1987 by Francine Shapiro and has been used to treat PTSD and a range of other mental health conditions by using the natural healing of your body. Sometimes when we experience an overwhelming event, our natural coping mechanisms can become overloaded, resulting in disturbing experiences being unprocessed. Often the memory of the past event itself is forgotten but the painful feelings such as anxiety, panic, anger and despair can be triggered in the present. EMDR helps to create connections between your brain's memory networks, enabling your brain to process the traumatic memory. So, what happens in an EMDR session? In a typical session (which goes for 60-90 minutes) you will be asked questions about a particular memory, and eye movements like those that occur during rapid eye movement (REM) sleep will be recreated by watching the therapist's finger moving back and forth across your visual field. During the session you will remain in control and be alert and awake - it is not a form of hypnosis. Afterwards you will be asked about any experiences you may have had, such as changes in thoughts, images and feelings. The therapist supports your self-healing and intervenes as little as possible. Many people have found EMDR to be a natural and empowering therapy. Rachel, the Surviving Moods co-facilitator, has now had a couple of sessions herself so please have a chat to her if you want to learn more about it. More information on EMDR can be found here: <https://emdreaa.org/>



## Service Showcase

### OzHarvest: Food Rescue

Launched in 2014, OzHarvest Cairns delivers 7000 meals a week - saving thousands of kilograms of food and helping protect our environment from food waste. The bright yellow OzHarvest van can be seen doing its food rescue run on the road from Cairns to Port Douglas and across the Atherton Tablelands. During COVID-19, OzHarvest partnered with local business TropicSpirit Catering to make and distribute cooked meals to vulnerable communities. OzHarvest also visits Rusty's Market every Sunday to rescue food.

Our intrepid reporter Jasmen (pictured below with members of the OzHarvest team) visited OzHarvest at Rusty's on Sunday July 17 to find out more about food rescue. Jasmen spoke to OzHarvest driver, Tam, who said:

*"It's very rewarding. Going around to the stallholders to collect produce. We get donated newspapers from Cairns Local News to line the crates to keep them clean. Just seeing what you can get, like these bananas, Balaclava School will benefit from them. All these apples - Cairns High or Trinity Bay School will benefit from those. You never know what you're going to get. We've got to sort through all the food, too, because sometimes we get squishy tomatoes, they go to farmers or the wildlife people for their animals. There's no waste".*

The OzHarvest Team, called the "yellow army" is made up of over 30 volunteers in Cairns. They often put out a call for volunteers through FNQ Volunteers. **If any members of the Junction are interested in becoming a "Food Rescue Assistant" to help sort and load food at Rusty's, please see Mariana upstairs at the Junction.**



OzHarvest food rescue assistants weighing and sorting donated produce from Rusty's Market stallholders. Bottom right: Oz Harvest driver, Tam, with Jasmen.



Jasmen also spoke to first-time OzHarvest volunteer, Alex (pictured top left wearing a bandana), who had the following words to describe why he decided to become a volunteer food rescue assistant:

*"For a lot of good reasons. I can't stand waste anymore, particularly food waste and now that I've been a bit educated through the website about climate change, landfill and edible food. Or food that's not edible for human consumption, can be compost..."*

For more information on OzHarvest, visit <https://ozharvest.org>

## Social / Recreation: Lake Barrine

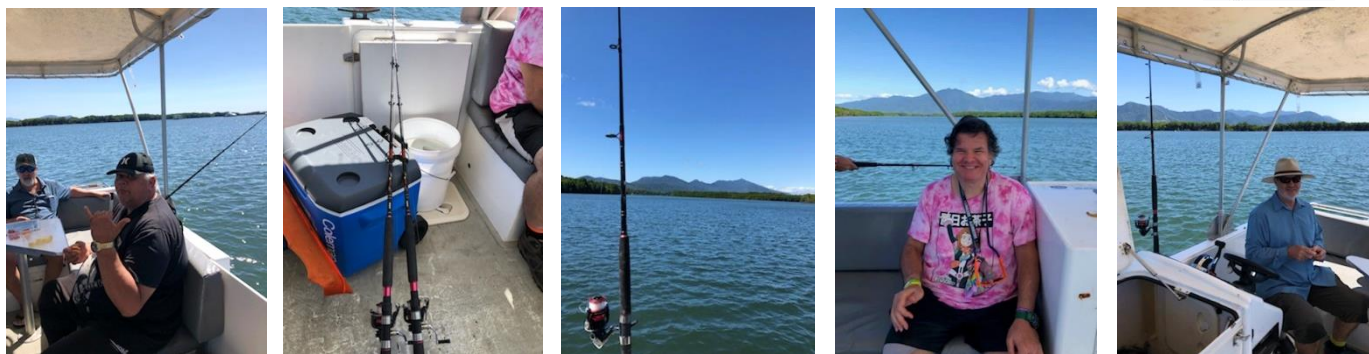
In June, members of the Junction visited Lake Barrine with its charming 90-year-old teahouse and serene views. An afternoon cruise was a definite highlight with an avid Matthew and even little Destiny, Rhi's daughter, taking the wheel. And our fashionistas Rachel and Jackie (pictured centre) looking glamorous on deck. A wonderful way to celebrate the birthday of Dorothy, our founding director. A fantastic day was had by all!



## Social / Recreation: Trinity Inlet Fishing Trips



The women set out to Trinity Inlet on a magnificent Friday morning in June. The Inlet was calm and flat, ready for our fishing expedition. Sam our captain did a stella job steering our small pontoon away from mangroves and other boats. After travelling for 10 minutes along the calm waters of the Inlet, Sam switched the motor off and down the anchor went. Fishing rods were prepared but alas not one fish bit on this glorious day. As if to mock us a flying fish leapt from the water close to our pontoon but not close enough to throw their joyful bodies onto the floor of our vessel. Luckily, we had plenty of yummy distractions to munch on as we enjoyed the peaceful glorious views - and then back on land we headed to a coffee shop for a well-earned rest!



On a bright and sparkling Saturday in July a few hardy members of the Men's Group headed out with their fishing gear to Trinity Inlet for their turn at a bit of angling. This magnificent tidal estuary is home to over 40 species of fish, yet even with hooks and lines all ready and baited up, alas! - just as with the women's trip - none were willing to take the bite! The Junction Voice spoke with Terry who said, "I thought there wouldn't be any fish because it was low tide". A great tip for any future fishing trips to the Inlet: time it with a higher tide! Nevertheless, as Terry added, "It was a good day anyway", with members having a go at steering the boat while enjoying the spectacular views of rainforested mountains, mangrove lowlands and glittering waters. We are truly lucky to be surrounded by such unique scenic beauty in Cairns!



Woo hoo... you can't catch us!



# Puzzles

Theme: Cairns Festival (26 August - 4 September)

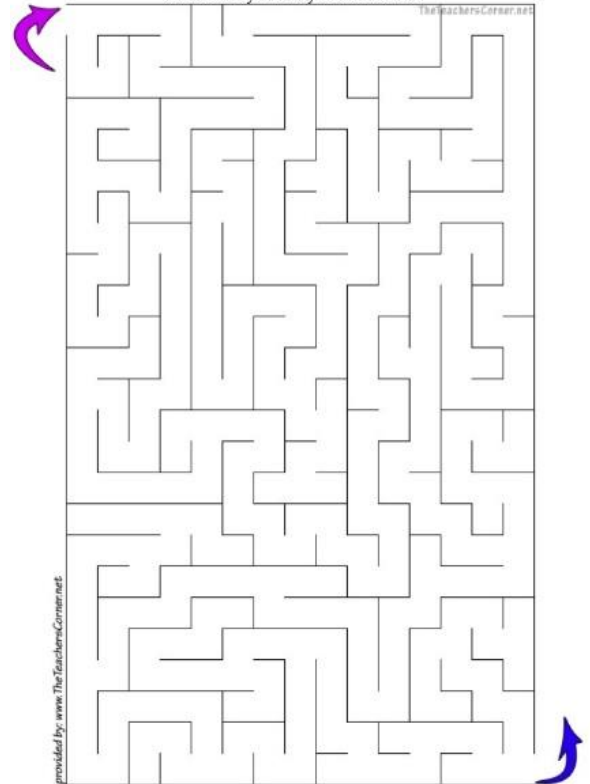
## Word Search

Z O B A E I Y F P Q T N T Q W  
Z J E C D N M E I P F K V U F  
F C F J Z A U S U R E Q W E Y  
O E N L N X L T F O S N V E J  
K L L D K Y T I F L T P H N X  
S E Z I T H I V F L I Z V S L  
C B T V Z U C E I E V W P L F  
O R W E Z C U D R R A G A A J  
L A P R D R L Q E C L I R N R  
O T C S K E T D W O T Y A D I  
U I A E F A U Y O A G N D H C  
R O I V O T R I R S H W E X I  
F N R K O I A C K T Q L B S X  
U H N Z D V L I S E F J A Y C  
L V S O J E Z V H R N N P Y X

Rollercoaster	Celebration	multicultural	Queensland
Colourful	Fireworks	Creative	festival
Cairns	Food	diverse	Festive
parade			

## Cairns festival is near

Can u find your way to the festival



## Brain Teasers

1. What belongs to you but mostly others use it?
2. What falls and never breaks and what breaks but never falls?
3. People make me, save me, waste me, raise me: What am I?
4. Lose me once and I'll come back stronger, lose me twice and I'll leave forever: What am I?
5. What do you throw out when you want to use it, but take back in when you don't want to use it?



Illustration: Jasmine Changes

Answers to puzzles are on the next page

## Supported Groups at the Junction

MONDAY	
Exercise with Michelle	10.00am to 10.45am
LEMI Action Group	11.00am to 12.00pm
TUESDAY	
Mosaic Minds Music	10.00am to 11.30am
Art with Jaamy	10.00am to 2.00pm
Walking Group	10.30am to 12.00pm
Mindfulness with Taliah	1.00pm to 2.00pm
WEDNESDAY	
Clubhouse Member Meeting	11.00am to 12.00pm
Voices R US with Billy	1.00pm to 2.00pm
THURSDAY	
Surviving Moods with Rachel	11.00am to 12.00pm
Relaxation with Matthew	1.00pm to 1.30pm
FRIDAY	
Bingo	10.30am to 12.00pm
Women's Group	1.00pm to 3.00pm
Karaoke	1.00pm to 2.00pm
SATURDAY	
Men's Group (fortnightly)	9.45am to 12.00pm
Social Recreation* (fortnightly)	9.00am to 2.00pm

**CLUBHOUSE HOURS**  
Monday to Friday  
8.30am to 3pm

\* Cost of \$9 which covers transport, morning tea & lunch  
Saturday events run on opposite weekends  
Groups are correct as at 21st July 2022 and are subject to change without notice. New ideas for groups welcome!

## Affirmations



*Sometimes what looks like an obstacle in your path is actually a gift meant to move you in a better direction. - Jane Lee Logan*

*We are all swans, beautiful on the surface, but paddling madly underneath. - Con Carbone*

*Let your weird light shine bright so the other weirdos know where to find you. - Unknown*

## Answers to puzzles

### Word Search

E C R E A T I V E S W Q G U E  
 F M N Q U E E N S L A N D S R  
 R U F A Y O I V E R S E F K O  
 F L C I H Q J R F U J S D Z L  
 E T F E R K Q I X A Y R L E L  
 S I O H L E O T Q A N X O C E  
 T C O E J E W C A T R N S O R  
 I U D P O M B O J S M S B L C  
 V L F A Z M O R R G I Z K O O  
 A T E R J K O T A K U X Q U A  
 L U S A H I B W E T S Y F R S  
 J R T D H Q R A H E J V F T  
 E A I E G M U P O Z Q O V U E  
 E U V C M D G X K O O E N L R  
 R Y E Q J T E S A O L J Q S T

Rollercoaster	multicultural	Celebration	Queensland
Fireworks	Colourful	diverse	Creative
Cairns	festival	Festive	parade
Food			

### Cairns festival is near

Can you find your way to the festival?

provided by www.thebeachclubhouse.com

### Brain teaser answers:

1. Your name
2. Day break and Night fall
3. Money
4. A tooth
5. An anchor

## Special Thanks

Special thanks to Jo who has moved on to an exciting new position with Queensland Health. Jo has inspired so many people to follow their dreams and live a quality and meaning-filled life. She is a good role model for us all and she'll be missed dearly. We hope to see her in our lives again very soon.

LEMI worker Jasmen would also like to thank Mariana for keeping the LEMI fold and helping the LEMI workers step up to the plate and succeed in facilitating the groups and moving the program forward.



Illustration: Jasmine Changes



# Mental Health Services Directory



## Personal Support

Anglicare Food Bank - St Church Hall Cnr Lake & Minnie Sts.10am to 4pm, Monday to Friday	
Salvation Army – Assistance with money for food	1300 371 288
Lives Lived Well – Cairns Alcohol and Other Drugs Support Centre	4220 9881
Standby – Support After Suicide – FNQ	0407 490 005
ICAN Financial Counselling	1300 369 878
Queensland Health Mental Health Emergency – Acute Care Team	1300 642 255
Cairns Hospital	4226 0000
Centacare FNQ	4044 0130
Neami International: Connect to Wellbeing	4214 5225
Headspace Cairns (youth service)	4041 3780
Mind Australia Community Care Unit (sub-acute residential recovery care)	1300 286 463

## Tenancy Support & Advice

Ozcare Homestay – Support for at risk tenancies	1800 692 273
Anglicare Homestay – Support for at risk tenancies	0417 639 103
QSTARS – Advice & referral service for all renters	1300 744 263
Cairns Homelessness Services Hub – 149 Bunda St	4046 8050
Quigley Street Night Shelter – 6-8 Quigley St	4046 8092
Ozcare Homeless Hostel (Men) – 197 Draper St	1800 692 273
Lyons St Diversionary Centre – 53-59 Lyons St	4046 8082
Salvation Army Centennial Lodge – 281-289 Sheridan St	4031 4432

## Telephone Advice

Lifeline Telephone Counselling	13 11 14
Relationships Australia Support and Information	1300 364 277
Mensline DV Connect Queensland	1800 600 636
Mensline Australia	1300 789 978
Beyond Blue	1300 224 636
13HEALTH (Confidential Health Advice 24/7)	13 43 25
Domestic Violence Hotline (DV Connect)	1800 811 811
Gambling Helpline	1800 858 858

## Other support

Cairns Disability Network

<https://cairnsdisability.net.au>

Wuchopperen Health Service

4080 1000

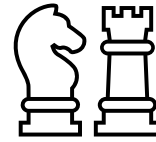
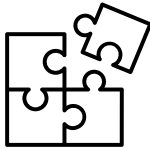
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**Become a member of the Junction Clubhouse and play recreational Board Games**

**We have a wide range of games –**

**something to suit everyone and always someone to play with!**

**See Barb, Rhi or Ian to find out more**



Ian (Ez) and Steven looking very concentrated over a challenging game of chess!

