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

*It's been a while - and haven't we been busy?*

**Junction Celebration Day!** On March 23, The Junction celebrated 7 years in our lovely "Mangano House" generously donated by the Mangano Family in 2016. Thanks to everyone who contributed to a very successful celebration day for Freda and Joe. The Members have chosen to make this an annual celebration!



Freda and Joe Mangano in centre, flanked by former directors Dorothy and Emma on left, and Director Robert and Chair Cathy on right.

Below: 2-day Peer Workforce Training facilitators, staff and participants.



Matthew reading out a poem in honour of the special day. Below: The photo of Freda and Gaetano Mangano on the wall at the entrance of the Junction which states, "They would like all members to enjoy and respect this haven as their own".



**2-day Peer Workforce Training:** The Junction is delighted to announce that we held the new customised 2-day Peer Workforce Training on April 18<sup>th</sup> & 19<sup>th</sup> with Jo Abbatangelo of Torres and Cape Hospital and Health Service and the new / upcoming Peer Workers from Cooktown, Weipa, Coen and Thursday Island. The training was offered face-to-face with experienced facilitators Samantha Santarossa, Mariana Verdaasdonk, and Lived Experience Peer Worker Esther Ritchie through a co-learning collaborative approach to developing resources and skills. The training included presentations and a range of informational resources including the principles and ethics of lived experience peer work, National, State and Regional Peer Workforce Frameworks and Guidelines, group exercises and discussion, and a hardcopy student handbook. Given the current mental health climate and the ongoing development of Peer Worker posts, we know that employers need to be able to access effective, appropriate and supportive training for their current and potential peer employees. We look forward to holding further Peer Workforce training programs.

## Member's Corner

### Members of the Week:

The Junction recognises all Members for their continued effort and participation in running the Clubhouse. To the Members mentioned below, thank you for your ongoing contributions to the Junction!

**January:** Paul R., Brett, Roxanne

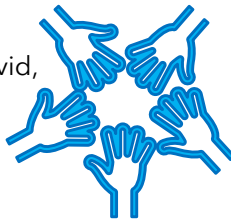
**February:** Rachel E., Greg T., Brett B., David, Rachel, Monique, Ted, EZ, Paul

**March:** Caleb, EZ, All Women of the Junction on International Women's Day, Sarina, Abde.

**April:** Brett, Esther, James M., Mark G.

**May:** Barb, Anne, Jasmen, Mark, Fred, David, Rachel, Simon

Thanks team! You are all amazing!



### 2022 Annual Member Survey Goals Achieved:

- Many new groups including Relaxation Group, Mosaic Minds Group, Gentle Chair Yoga and Drumming.
- New activities including karaoke, Men's Group, fishing and boating trips, workshops for computer skills and budgeting.
- Development of outdoor space including reconfiguration of social area, new vegetable and herb gardens, painting of shipping container, etc. Excess vegies and herbs now being sold to local businesses.
- Weekly outreach to Mental Health Unit by 3 peer support members. Visiting MHU every Wednesday to offer company, conversation and the opportunity to participate in the Junction.
- A second van to enable greater participation in Social Recreation and other Clubhouse activities.
- Greater promotion of The Junction via participation in events, improved signage, outreach, and social media.
- Many, many more!

## Staff Corner



**Farewell to Keira** (back row, fourth from left) - though luckily for us she remains connected to the Junction in a casual support role! All the best in your new job, Keira. We miss your daily words of wisdom on the whiteboard!

### Our new coffee machine - and

**baristas:** Meet our shiny new addition to the kitchen! You can buy one coffee for \$1.50 or a loyalty card with every 5<sup>th</sup> coffee free! Bargain deals and happy baristas!



Top: Recovery Facilitator Brandon at the controls.



Below: Abde doing his Barista shift and "Feeling good!"





## Our blooming lot

The last few months with rain and shine have helped our garden thrive. Thanks to our trusty gardener, Brett, and the mighty members who helped mulch and water, we have this beautiful shot of our thriving garden at the Junction Clubhouse. We're now growing herbs & vegies for the kitchen. Truly it is our calm oasis! And not only for us humans, but also for the wee visitors to our new bird boxes!



### Fantastic team effort!

One of the goals of our 2022 Annual Member Survey was to have our backyard shipping container painted. So, we engaged the amazing mural artist Wally to work with members of the Junction on the overall design, then workshop techniques and skills for the final artwork on the container.



The artwork has important key messaging decided on by the Junction members: *Welcome, Trust, Purpose, Respect and Growth*. The design depicts the Junction and nature, including a rainbow, waterfall, and garden scene featuring our resident gardener, Brett!

It really adds a welcoming, fun and colourful note to our little backyard oasis. A huge thank you to those who contributed to getting the container prepped for painting, and those who participated in painting! A big shout out to Wally for his guidance and expertise.

Top left: Wally working with EZ and Paul R. Top right: Wally with Rachel and Monique. Bottom: Rachel and Wally with the fabulous, finished work.



## Focus: Connecting with Community



The focus of February (and into March as it turned out) was on getting to know our community including the different services that exist to offer support. We were keen to know what services have been useful to members so we could share this information. This was also an opportunity for the Junction to promote its services to other organisations.

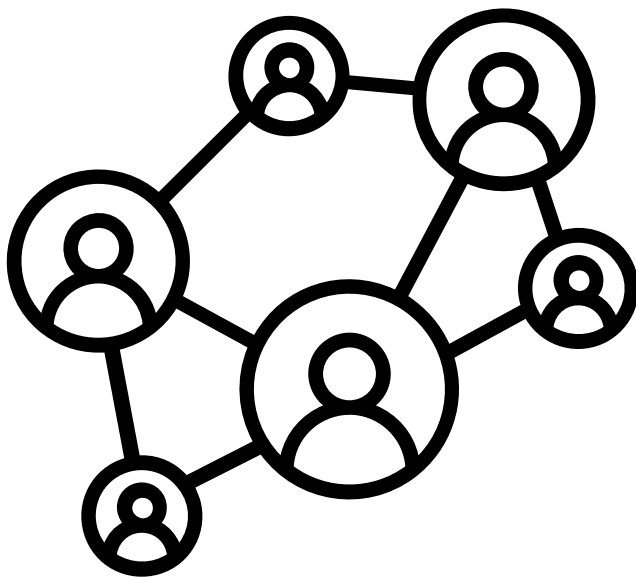
Our LEMI (Lived Experience of Mental Illness) Peer Workers liaised with various service providers, inviting them to visit the Junction and provide a 10-15-minute information session regarding their service and/or provide brochures to members.

Information sessions were provided by the Salvation Army, Alliance Rehabilitation, the Crisis Café, Victims Assist Queensland and Q Stars Queensland State-wide Tenant Advice and Referral Service. Other organisations included Wellways, Mission Australia's Homeless & Housing Program, Good Money, Access Community Housing, Ozcare Housing Services, and Consultation & Liaison Mental Health regarding their Cairns Help on-line resource which will now be run by the Junction.

Connecting with Community is so important. We thank all the Members and support organisations who participated.

*Individually, we are one drop,  
Together, we are an ocean.*

- Ryonosuke Satoro

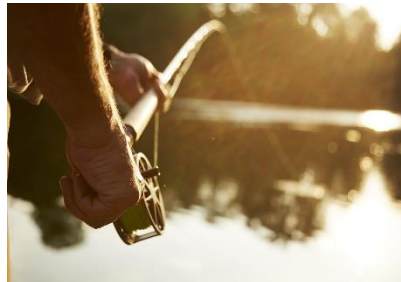


## Men's Group doing STUFF - again!

We recognise that as men get older, they tend to become more isolated from society and have smaller friendship groups, more so with experiencing mental unwellness. On the 07/03 we re-launched the Men's Group as a weekly activity on Tuesdays. We are trying to create a sense of community and friendship between men that would ordinarily be disconnected, participating in everyday activities whilst creating meaningful connection. Below is a list of some of the activities we have done so far!

Limberlost Café, Fishing at the Cairns Pier, Holloways Beach, eating at the Trinity Beach Tavern, mini-golf, bowling, and swimming at the Lagoon.

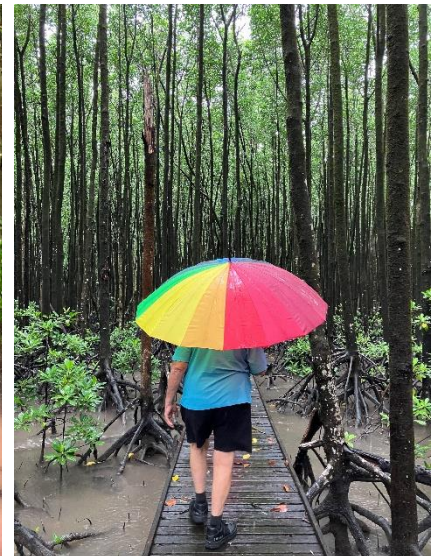
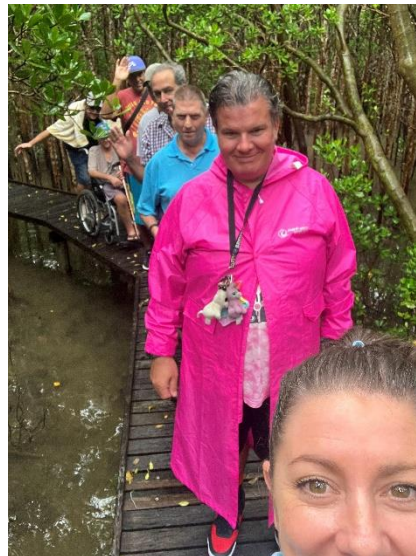
We have seen increasing levels of participation with each week, and we hope to continue to connect with our community. So please come along and join us!



## Tuesdays Walking Group



Above: The Walking Group visits the "Ghost Boat" at Yorkey's Knob which mysteriously appeared on the beach one morning in May and has become a bit of a local sensation and a picturesque subject for quite a few avid photographers.



Oh, what a happy bunch of walkers at the Flecker Gardens Boardwalk.





## Special Event: Easter Bunny visits The Junction

We had a visit from Soul Shack, along with a special guest, Easter Bunny, who brought smiles to everyone's faces with a basket of yummy chocolate goodies!

A special thanks to Soul Shack for helping us mark the occasion! You can find out more about Soul Shack on [thesoulshack.com.au](http://thesoulshack.com.au)



Above: Easter Bunny in the garden with Mark G. and Rachel E. dipping in for a little treat. Top right: Easter Bunny with Sue (left) and a staff member of Soul Shack. Bottom right: A special little egg for Paul R.

## Social Recreation - Babinda Boulders, Kuranda, Clifton Beach, Fishing









## Supported Groups at the Junction

### **Monday**

Chair Yoga with Michelle: 10:00am-10:30am  
LEMI (Junction Action Group): 11:00am-12:00pm  
Mosaic Minds Music: 1:00pm-1:30pm

### **Tuesday**

Art with Jaamy: 10:00am-2:00pm  
Walking Group: 10:30am-12:00pm  
Men's Group: 12:45pm-2:00pm

### **Wednesday**

Clubhouse Member Meeting: 11:00am-12:00pm  
Voices R Us with Billy: 1:00pm-2:00pm

### **Thursday**

Surviving Moods with Rachel: 11:00am-12:00pm  
Relaxation with Matthew: 1:00pm-1:30pm

### **Friday**

Bingo: 10:30am-12:00pm  
Women's Group: 1:00pm-2:30pm  
Karaoke: 1:00pm-2:00pm

### **Saturday**

Social Recreation\* (fortnightly): 9:00am-2:00pm \*Cost of \$9 covers transport, morning tea & lunch.

**Groups are subject to change without notice.**



## Member quotes:

### How has the first half of 2023 been for you?

*It's been going great because places have been opening up. I love the social recs because it's always something different - the beaches, the creeks, somewhere nice outdoors and friendly staff. - Michelle*

*Working on projects from last year and they're slowly coming to fruition. - David*

*I'm glad the sun's out a bit more. When the clouds were there, it was difficult for me to see the small print. - Paul R.*

*The end of 2023 will be better than the start of 2023. I hope today is as good as yesterday but not better than tomorrow. - EZ*

## Affirmations

*"The more I bathe in the experience of loving and being loved, the more accessible it becomes in daily life."*

-Tara Brach

*"Let others see their own greatness when looking in your eyes."*

-Mollie Marti

*"Until we can receive with an open heart, we are never really giving with an open heart."*

- Brene Brown



## Special Thanks

Thanks to Marcus Curtis-Hill for his years of selfless service to the Junction Clubhouse as a Board Member.

Thanks to Robert for opening up "Cooper's Rainforest Retreat" for Social Rec.

Thanks to all the Community Services representatives for coming in and providing useful information to our members.

Thanks to all the staff and support workers for your ongoing assistance and support which is greatly appreciated.

Thanks to all Members who put up their hands to become Junction Member Drivers.



# 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

Crisis Support Space, Thurs-Mon 3:00-8:00pm, Cairns Hospital Ground Floor A Block, Entry via the pedestrian ramp, Kerwin St entry, or via B Block corridor, Esplanade Entry

Centacare FNQ	4044 0130
Neami International: Connect to Wellbeing	4214 5225
NQ Connect free 24hr phone and online counselling	1300 059 625
Headspace Cairns (youth service)	4041 3780
YETI (Youth Empowered Towards Independence)	4051 4927
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
QSTARS – Advice & referral service for all renters	1300 744 263
Cairns Homelessness Services Hub – 149 Bunda St	4046 8050
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
Access Community Housing – 5 Anderson St	4031 6702

## 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
Cairns Warmline	1800 431 243
Domestic Violence Hotline (DV Connect)	1800 811 811



Gambling Helpline

1800 858 858

### **Other support**

Cairns Disability Network

Wheels of Wellness

Wuchopperen Health

<https://cairnsdisability.net.au>

0429 134 111

4080 1000

