# The Junction Voice

Issue: 1, May 2022

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

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April 12, 2022

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**LEMI Report launch, April 12, 2022, with guest keynote speaker, Queensland Mental Health Commissioner, Mr. Ivan Frkovic (second from left)**

Cairns Local News reporter, Isabella Guzman Gonzales attended the launch of our report, Lived Experience of Mental Illness (LEMI) peer support program. The following text has been adapted from her article.

The **LEMI program** began in June 2020 to support and guide people with chronic mental health challenges into education and employment and to overcome learning barriers through developing new skills, interests and coping strategies. Participants of the program receive coaching and mentoring to assist them into further training. Participants of the program can also run groups and activities such as relaxation, women's group, art therapy, Voices R Us and Surviving Moods. Coordinator of the program, Jo Abbatangelo, said that the report showed that people with chronic and persistent mental illness can reach their full potential:

*"The report demonstrates that people can reach their milestones through the right type of flexible support. So if people become unwell during that period of study or employment they can step back, look after their mental and physical health and come back into the fold when they're ready. Flexibility around employment is very important to make sure people fell included and valued".*

In addition to the above text taken from the Cairns Local News article, we also include comments from the keynote speech by Queensland Mental Health Commissioner Mr. Ivan Frkovic who attended our launch:

*"First of all, and fundamentally, you've helped people develop skills. You have also helped people on a trajectory towards using this learning to be able to move into more formal learning such as Certificate 3, etc. That's a phenomenal outcome. You've been able to tailor this report and the learning to people with different needs. You've also used this as part of your own organisational development, people have come onto the board as a result, you've used them as part of your staff, to transition people not just into education but also to people who have come into the organisation, for the future sustainability of the organisation".*

Jo Abbatangelo hopes to grow the LEMI program to include more people and help them reach their goals. **To learn more about the Junction Clubhouse LEMI program, please contact Jo at: peersupport@thejunctioncairns.com**

# Service Showcase

## Anglicare Food Bank

Anglicare Food Bank is available for families and individuals in urgent need of food or just wanting to save some money. Fresh breads, fruit and vegetables are donated daily. Anglicare Food Bank started in 2012 through the Second Bite and Coles Partnership with only 2 volunteers and has now grown to a team of over 40 volunteers and collects and delivers over 3000kgs of food each week. Developing partnerships has been key to growing this community enterprise. Anglicare Food Bank is in partnership with Brothers Leagues Club to provide frozen meals to people who are having a hard time, while Beattie Produce on the Tablelands continue their support through donating ½ a tonne of potatoes each week! So if you find yourself in need of a bite to eat, please call in to Anglicare Food Bank and meet the lovely staff, Mary and June, pictured on the right.

Mary and June from Anglicare Food Bank

Anglicare Food Bank, St John's Hall, cnr Lake and Minnie Streets

LEMI worker Christian visited the Food Bank and spoke to Mary to find out more about this service and this is what she said:

*The low-cost grocery store is called The Helping Hand and it's open Monday to Friday from 10 to 4. The racks outside are the actual food bank. The fruit and vegetables are provided by Coles through the Second Bite programme and then with the food parcels, when we started there were only emergency packs. Now we're able to add more to the packs as we receive more donations of goods and meals. With the parcels it's all dependent on what's been donated. We give everybody exactly the same amount, but like if it's a family, naturally we are going to give more. So the basic pack has cereal, milk, pasta sauce, baked beans, tinned spaghetti, biscuits, noodles and vegemite. But if we get given tinned soup, tinned meals, tinned tuna, anything like that, they go in as well. Sometimes we have frozen meals come in, so it's all dependent on what actually comes in because the majority of the donations come from the church. So what they do is they go into each church, people put money in the donation plate and they bring groceries in, then the ladies from the church bring it to us. Then we have other people that may do a random donation because they've been helped by us and they feel like giving back. There are a lot of other people that donate to us as well who've heard that we need assistance.*

Entry through the car park on the left of the church

Racks with food items outside The Helping Hand

# Social / Recreation

The Junction provides opportunities for members to socialise and discover new things within the community. Activities can include healthy walks, swimming, attending local markets and visits to the beach. Activities are often peer-led, especially on public holidays such as Christmas and Easter.

Centennial Lakes, January 2022

Ellis Beach, February 2022

Goomboora Park, March 2022

# Eco Corner

## Recycling: An Interview with Rhi

Christian, our intrepid photographer and LEMI worker, spoke to Rhi about recycling at the Junction Clubhouse. This is what she said:

*The Junction Clubhouse does Cash for Cans. We've been doing it for a long time since before I started here. Members and staff bring in all their empty bottles and cans and then we have blue tubs out the back and once they're full we take them to Cash for Cans. Cash for Cans count what we have and we get credit for it. Whatever money we make from that we put it away and it's for the Clubhouse. Then at our Wednesday meeting if any of our members put to the meeting that the Clubhouse needs something, we use the Cash for Cans money if everyone agrees.*

So let's all return and earn - we are helping the environment and earning money along the way to put back into our Clubhouse!

Blue tubs out the back of the Clubhouse for recycling

Keep Calm and Recycl

# Affirmations

You arestronger than you think

An obstacle is an opportunity to moveabove all those negatives

In a dark sky we find the stars

The journey is to find happiness in the moment

Compassion for self is a pathway to healing

**~ Group affirmations by LEMI participants**

# Special Thanks

To all the wonderful support workers at the Junction Clubhouse promoting our well-being in every possible way and meeting our everyday needs, a special thank you to you all. Please keep going, no matter how hard it seems!

Heartfelt thanks to Mental Health Recovery Worker Ti – you will be greatly missed!

All the best with the next chapter of your life.

# Puzzles

## Mental Health Word Search

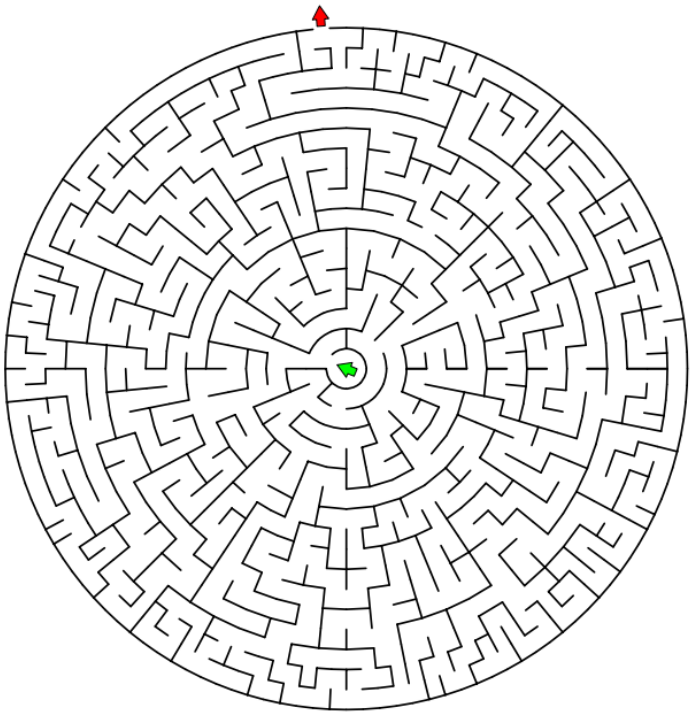
Can you find the words?

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

peer
supported
family
junction
journey
recovery
happy
sad
angry
hurt
joy
creative
sensory
elevation
regulation
therapy
loved
distressed

laugh
cry
smile
frown

Answers to puzzles are on the last page



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|---|---|---|---|---|---|---|---|---|
| 2 | | 5 | | | 7 | | | 6 |
| 4 | | | 9 | 6 | | | 2 | |
| | | | | 8 | | | 4 | 5 |
| 9 | 8 | | | 7 | 4 | | | |
| 5 | 7 | | 8 | | 2 | | 6 | 9 |
| | | | 6 | 3 | | | 5 | 7 |
| 7 | 5 | | | 2 | | | | |
| | 6 | | | 5 | 1 | | | 2 |
| 3 | | | 4 | | | 5 | | 8 |

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# Mental Health Services Directory

## Personal Support

Anglicare Food Bank - St Church Hall Cnr Lake & Minnie Sts.10am to 4pm, Monday to Friday.

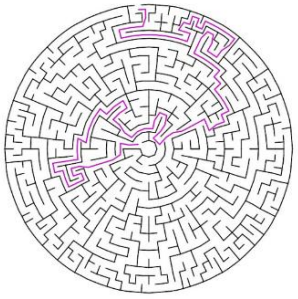
| | |
|---|---|
| Salvation Army – Assistance with money for food | 1300 371 288 |
| Lives Lived Well – Cairns Alcohol and Other Drugs Support Centre | 4220 9881 |
| Standby – Support After Suicide – FNQ | 0407 490 005 |
| ICAN Financial Counselling | 1300 369 878 |
| Queensland Health Mental Health Emergency – Acute Care Team | 1300 642 255 |
| Cairns Hospital | 4226 0000 |

## 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 |



Sudoku #1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 5 | 1 | 4 | 7 | 9 | 8 | 6 |
| 4 | 1 | 8 | 9 | 6 | 5 | 7 | 2 | 3 |
| 6 | 9 | 7 | 2 | 8 | 3 | 1 | 4 | 5 |
| 9 | 8 | 6 | 5 | 7 | 4 | 2 | 3 | 1 |
| 5 | 7 | 3 | 8 | 1 | 2 | 4 | 6 | 9 |
| 1 | 4 | 2 | 6 | 3 | 9 | 8 | 5 | 7 |
| 7 | 5 | 9 | 3 | 2 | 8 | 6 | 1 | 4 |
| 8 | 6 | 4 | 7 | 5 | 1 | 3 | 9 | 2 |
| 3 | 2 | 1 | 4 | 9 | 6 | 5 | 7 | 8 |