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A community of people working together to achieve quality of life



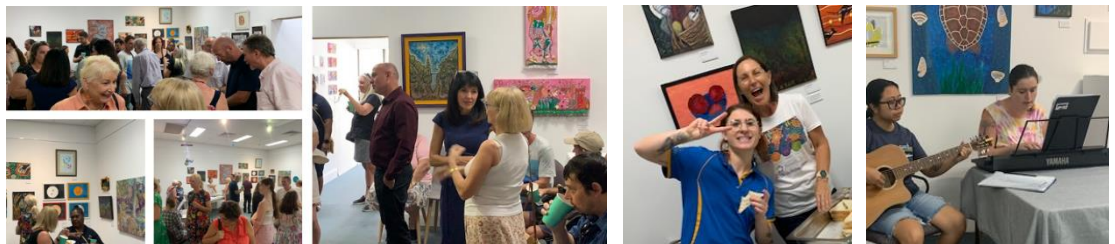
Junction Art Exhibition, Queensland Mental Health Week 2022

Awareness through Mutuality, Connection through Expression, Belonging through Place

The art exhibition successfully launched on Tuesday October 11th, 2022, at Kite Gallery and was attended by over 50 people from a number of organisations including Queensland Health, Mind Australia, NQPHN, CHHS, Neami National, Cairns Regional Council, Edward Koch Foundation, Access Community Housing, ABC Far North and Qld TAFE, as well as Junction members and staff.

Attendees enjoyed a performance by Jasmen and Kimmy representing the Mosaic Minds Group and a morning tea catered by the Junction kitchen. Over 40 art pieces were exhibited by members of the Junction Art Group and Women's Group. The exhibition, curated by Jaamy Slarks, truly represented the diversity of the artists and their mediums: oils, acrylic, watercolours, ink pen, mixed media, alcohol inks, sculpture, ceramics and 3D printing.

There was a steady flow of people making their way through the Gallery to view the works on display and engage in the Lived Experience Story Sessions. Mosaic Minds also continued to perform throughout the exhibition, and this was well received by those who had the chance to hear their music. Around 200 people attended over the two-week period. The exhibition was funded by Queensland Mental Health Week Community Events Grant Program. Well done to all who contributed to the success of this event!



Above: People gathering for the launch. Middle: Cathy Zeiger and Dorothy Dunne, Taliah and Sam, Right: Kimmy and Jas playing the theme song from Mosaic Minds.



Left: Stephen, Mariana and Jaamy, Middle: Jas being interviewed by Amanda Cranston of ABC Far North, Right: Rachel and Barb with Robert Cross of NEAMI.

Queensland Mental Health Week: Walk to Fogarty Park



Junction members and staff - as well as little Destiny on her scooter - all geared up with blue sashes and raring to go at the starting line on the Esplanade.



And here they are at the finishing line - looking as cool as cucumbers. Well done team!

Move for Mental Health: Walk, run, cycle, ride, or drive in support of mental health and suicide prevention, in line with the 2022 All of Us Festival organized by Edward Koch Foundation's FNQ Suicide Prevention Task Force on October 9th to celebrate mental health week. Members and staff of the Junction participated in the walk to Fogarty Park. The Junction was awarded a **Certificate of Achievement** for having the largest group participate! **Go the Junction!**



Anne and Mary getting a little assistance from the police buggy!

Member of the Week: September - December

Member of the Week is chosen by Senior Recovery Facilitator Sam and is awarded to members for achievements such as assisting with the Clubhouse work-ordered day, supporting other members, reaching personal goals, attaining study certificates, and outreach and lived experience advocacy in the wider community.

September: Billy, Jasmen, Dylan, Everyone!

October: Rachel E., James M., Jill S., David M.

November: Mark G., John C., Donna M.

December: Simon, Everyone!



To all members - each and every one of you make the Junction a brighter place - your efforts are recognised and you are very much appreciated!

Staff focus: Growing team!

A very warm welcome to new members of the Junction staff team: Compliance & HR Administration Officer, **Keira** (left), NDIS Administrator, **Kylie** (centre); and Recovery Facilitator, **Brandon** (right). You three rock!



Year-end activities



Above: The Bikkie Team wrapping the special Biscuit Bags to hand out to members at the Christmas Party.

Above: Scrumptious gingerbread, Sicilian almond biscuits (aka Joan's biscuits), and jamdrops, all beautifully wrapped and ribboned.

Above: Crowns R Us! Anne, adorned with a golden crown, proudly presenting the crowning specimen of a pineapple grown by our gardener Brett. Above right: the juicy pineapple cut up and served with watermelon.

Below: Card-making activity led by Allyson, with Mariana, Sarah-Jane and Rachel.



Left: Fifty unique handmade cards gifted to the Cairns Hospital Adult Mental Health Unit. Even Con and E.Z. - who were adamant they couldn't do it - made 3 fabulous cards each!



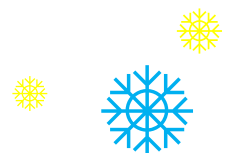
Roxanne, who led the tie-dying activity, with an array of colourful socks, bags and t-shirts in the art room.



Jaamy preparing the crochet flowers, buttons, beads, bits & bobs for Christmas tree decorations.



Brightly coloured beads ready to thread.



Service Showcase: mobile services

Wheels of Wellness - WoW!

Wheels of Wellness (WoW) is a registered not-for-profit charity founded by Dr Amanda Roberts in 2014. Staffed by local medical professionals and volunteers, this outreach service delivers mobile medical clinics to disadvantaged and vulnerable members of the Cairns community. The weekly mobile service operates from various locations including street locations, shelters and homeless camps. WoW partners with other community services such as Mission Australia, Anglicare and YETI. WoW also runs The Hub - Place of Peace - to provide primary health care services and follow-up care with doctors, nurses and social workers.

Jasmen, our LEMI (Lived Experience Mental Illness) peer worker, visited the Wheels of Wellness mobile clinic at their fortnightly position at the back of Barlow Park and introduced herself and the Junction Clubhouse to Wayne Christian, Aboriginal and Torres Strait Islander Health Worker, and Anna, a high school student and volunteer who plans to study medicine. Meanwhile, in the back of the van, a doctor opened a laptop, preparing to receive the first of his patients...

WoW is primarily funded by NQPHN and relies on donations and grants and are always looking for new donations, partners and ideas. For more information on Wheels of Wellness, visit <https://wow.org.au> or call 0429 134 111

WoW Hub, 264 Grafton St, Cairns, entrance via Grove St CWA Hall.



LEMI worker Jasmen (right) with Wayne, Aboriginal and Torres Strait Islander Health Worker, and volunteer Anna.

Orange Sky mobile laundry

Jasmen also spoke with Lyndal from Orange Sky. Orange Sky works alongside Wheels of Wellness, both at WoW's Hub and at the back of Barlow Park. Orange Sky is a nationwide organisation that provides a platform for people to connect through laundry and shower services. Orange Sky Cairns was launched in April 2019 and the volunteers who staff the mobile laundry are amazing conversationalists. Lyndal was a great example of this and proved to be a veritable mine of information as she shared stories about Orange Sky, Barry the Van (named after the Barrier Reef!) and other services around Cairns for those who are doing it tough. You can't miss the brightly coloured van with a sprinkling of orange chairs set out for people to sit, chat and connect while waiting for their wash.



Above: Jasmen with Lyndal standing next to Barry the Van.

For more information on Orange Sky, visit: orangesky.org.au or contact info@orangesky.org.au



Social Recreation: Lake Eacham



Serene and Pristine

The photos here show Junction members and staff having a fantastic day at Lake Eacham - an enchanting place to rejuvenate and relax. With its clear blue and green water, Lake Eacham is a former volcanic crater surrounded by rainforest and has a 3km walking track encircling the lake. It's a popular spot for the Junction's social recreation outings - you have the choice of walking the circuit track, or simply relaxing by the water, and sharing a picnic while enjoying the stunning scenery.

Junction Working Bee



Matthew, Eugene and E.Z. all organised and ready to rock and roll!



Mark D. doing a great job hosing down the chairs.



James, Brett and Mark G. strapping down the load for removal. Great teamwork, guys!



The Junction had a working bee on November 3rd in preparation for our yard and driveway to be pressure cleaned. All members here on the day rolled up their sleeves and got stuck into the cleanup, and we even managed to give our kitchen a deep clean. Thanks to everyone who helped!

Sam and Simon hard at work in the kitchen - check out the squeaky-clean gleam!



The Junction's Director, Robert (far left), with the Director of Diamond House, Kim (standing next to Robert), with staff and members of the Junction.

Diamond House Clubhouse Visit

On August 31st, the Junction was lucky to get a visit from Kim Smith, the director of Diamond House Clubhouse in Adelaide. It's always lovely to meet and connect with people from other clubhouses and share ideas and learn about the other clubhouses! Thanks for dropping in and spending the day with us, Kim!

Diamond Clubhouse is located at 307 Commercial Rd, Port Adelaide, SA, and provides a range of psychosocial support services. Diamond House also has a Wellness HUB that offers different activities and workshops including mindfulness, arts and crafts, art therapy, chair tai chi, basic computing and everyday money management. For more information, visit:

www.clubhouse.org.au



Puzzles - Theme: Christmas and New Year

christmas at the junction



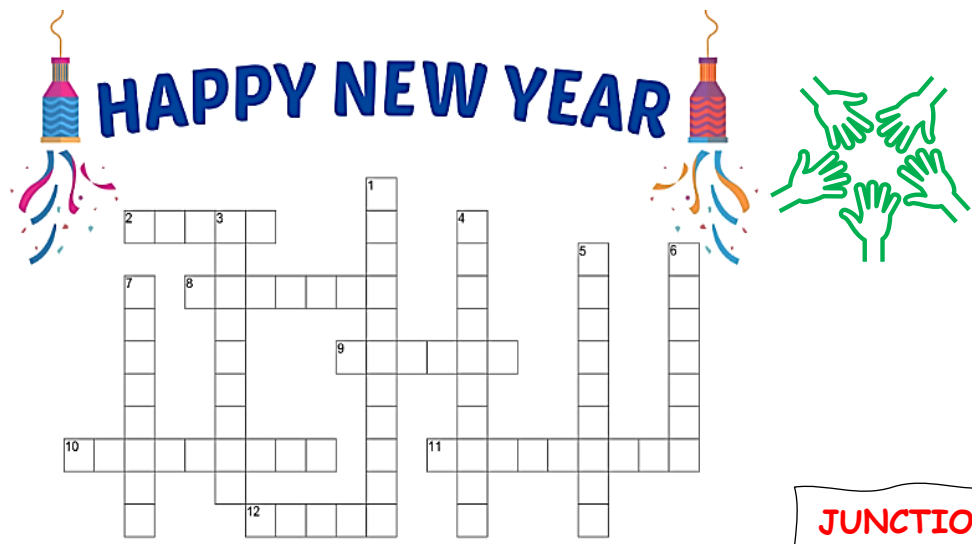
S P R E S E N T S E V D L T I
 Q N V M Y N V Y L E E A O R N
 C O O C F R O D E Y L E J E O
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 R E I A N E R I H V N E G E E
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 H M L T O T Q Q C Y U N I R N
 A E T L R C A R D E Z I K L O
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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

Can you find these words in the word search on the left?

candle celebration
 cookies family love
 santa stocking
 community
 decorations
 gingerbread presents
 snowman tree card
 connection elf jolly
 reindeer star

TRIVIA QUIZ

- Which country is the first to enter the new year?
- What do Spanish people eat 12 of at midnight on New Year's Eve?
- In Italy, what colour underwear are you supposed to wear on New Year's Eve?
- Which famous song can be translated as "Days Gone By"?
- Which star sign would you be if you were born on New Year's Day?



ACROSS

- A mechanical or electrical device for measuring time.
- First month of the year.
- All the descendants of a common ancestor.
- the point in time at which something starts.
- Low explosive pyrotechnic device used for entertainment purposes.
- A social gathering of invited guests.

DOWN

- January 1st
- A white sparkling wine associated with celebration.
- A firm decision to do or not to do something.
- Counting numerals in reverse order to zero.
- A person one knows and with whom one has a bond of mutual affection.
- Twelve o'clock at night.

Answers to puzzles are on the next page

As this new year approaches, find inspiration around you, and motivation within you, to be all that you can be!

**JUNCTION CHRISTMAS & NEW YEAR
 OPENING AND CLOSING TIMES**

Saturday December 24th -
 Tuesday December 27th: **CLOSED**

Wednesday December 28 -
 Friday December 30th: **OPEN**

Saturday December 31st -
 Monday January 2nd: **CLOSED**

The Junction opens on Tuesday January 3rd, 2023,
 and resumes regular hours.

Supported Groups at the Junction

Monday

Chair Yoga with Michelle: 10:00-10:45am
Junction Action Group: 11:00-12:00pm

Tuesday

Mosaic Minds Music: 10:00am-11:30am
Art with Jaamy: 10:00am-2:00pm
Walking Group: 10:30am-12:00pm

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.



Affirmations & Quotes

Two quotes from Junction member E.Z.:

They may take my bait, but they'll never take my freedom.

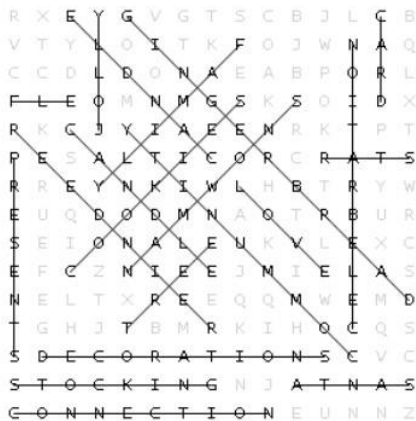
Smooth sailing never made a good sailor.

Junction AGM



On Saturday 19/11/22, The Junction Clubhouse held its Annual General Meeting (AGM) and a delicious morning tea was provided. The Junction welcomed new board member, Sokar (pictured third from right), whose experience and skills are a great asset to the team. Many thanks for the support from all the members who attended - it was a great turnout! The meeting was followed by a sausage sizzle lunch and other various activities. A great day all round!

christmas at the junction



ACROSS:

2. CLOCK
8. JANUARY
9. FAMILY
10. BEGINNING
11. FIREWORKS
12. PARTY

DOWN:

1. NEW YEARS DAY
3. CHAMPAGNE
4. RESOLUTION
5. COUNTDOWN
6. FRIENDS
7. MIDNIGHT

Trivia Quiz answers:

1. Tonga
2. Grapes
3. Red
4. Auld Lang Syne
5. Capricorn

Special Thanks

Many thanks to Carpet Bob who donated the carpet to the Junction - completing the new room, The Retreat!

A big shout out to Bunnings for donating a 10-seater outdoor dining table in the garden area. Here it is pictured below set up with Christmas lunch seating arrangements.

To see the table in action, stay tuned for the Junction Voice Christmas and New Year issue in January 2023!



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
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

<https://cairnsdisability.net.au>



Cyclone Season – be prepared and stay safe



Emergency Contact Information																													
Workplace contact numbers:																													
Neighbours and/or friends contact numbers:																													
Ergon	13 22 96																												
SES	13 25 00																												
Cairns Disaster Coordination Centre	07 4044 3377																												
Main Roads	13 19 40																												
Cairns City Council	http://www.facebook.com/CairnsDisasterCentre www.disaster.cairns.qld.gov.au																												
During an emergency, you can check the official Facebook pages of emergency services, including:	<p>Bureau of Meteorology: https://www.facebook.com/bureauofmeterology</p> <p>Cairns Police: https://www.facebook.com/myPoliceGreaterCairns</p> <p>QLD Fire & Emergency Services: https://www.facebook.com/QLDFireandEmergencyServices</p> <p>Ergon Energy: https://www.facebook.com/ErgonEnergy</p> <p>SES Far North: https://www.facebook.com/SESFNR</p>																												
Local radio stations:	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>ABC Far North</td> <td style="text-align: center;">801AM</td> <td style="text-align: center;"> 106.7FM</td> <td style="text-align: center;"> 95.5FM</td> </tr> <tr> <td>Cairns Community Radio</td> <td style="text-align: center;">89.1FM</td> <td style="text-align: center;">Zinc FM</td> <td style="text-align: center;">102.7FM</td> </tr> <tr> <td>Bumma Bumpers Media</td> <td style="text-align: center;">98.7FM</td> <td style="text-align: center;">Hot FM</td> <td style="text-align: center;">103.5FM</td> </tr> <tr> <td>4CA AM</td> <td style="text-align: center;">846AM</td> <td></td> <td></td> </tr> <tr> <td>Triple M</td> <td style="text-align: center;">99.5FM</td> <td></td> <td></td> </tr> <tr> <td>Port Douglas</td> <td style="text-align: center;">90.9FM</td> <td></td> <td></td> </tr> <tr> <td>Country Mossman</td> <td style="text-align: center;">87.6AM</td> <td></td> <td></td> </tr> </table>	ABC Far North	801AM	106.7FM	95.5FM	Cairns Community Radio	89.1FM	Zinc FM	102.7FM	Bumma Bumpers Media	98.7FM	Hot FM	103.5FM	4CA AM	846AM			Triple M	99.5FM			Port Douglas	90.9FM			Country Mossman	87.6AM		
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Country Mossman	87.6AM																												
What is that sound for?	If a life-threatening emergency develops, the "whoop-whoop" sound of the Standard Emergency Warning Signal (SEWS) will be used before major announcements, and bulletins (on TV and Radio) will interrupt regular programming.																												