



MONTHLY UPDATE

What a merry Month We Had In May! Busy Buzzing Like Bees!

Firstly we had four members from the Junction go down to do Advocacy Training in Townsville. Now as this is such an important accomplishment for the clubhouse, one of the members who went has written a report for our newsletter, to explain fully what this means to our membership.

Despite the fact that we have an "exclusive membership requirement" to join our clubhouse, our membership numbers continue to grow. Wow! We now have 73 members in total. So a hearty welcome to all our new members.

We had another Open Day and we catered lunch for close to 30 people. This was attended by Clubhouse Australia representatives, (brothers and sisters from the Clubhouse Family). They came from Cane Fields (Logan), Diamond House (Adelaide),

Billabong (Tamworth), Pioneer (Sydney), Stepping Stones (Brisbane) and Eureka (Hobart). While we did have a formal agenda, the day was relaxed and friendly. We discussed the programs and events that other Clubhouses run which was really inspiring and interesting. So many good ideas. We got heaps of positive feedback on the achievements that we have made so far.

On a more serious note we had a planning day because we have to keep up to date with the boring stuff like administration, clerical processes and accountability. This stuff is essential if we are to continue to grow and keep The Junction running efficiently and keep a firm eye on our program objectives.

So turn the page and be amazed by our Busy Month in May!!!!

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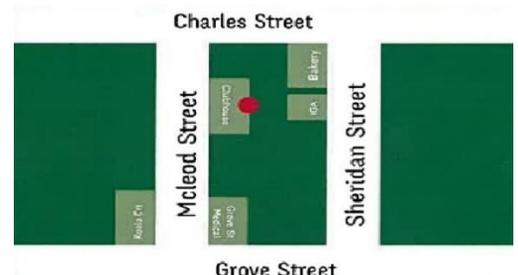
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"THE JUNCTION CLUBHOUSE"



PLANNING DAY WORKSHOP

On the 22 May we had a successful Planning Day to discuss what's working and what's not at the Junction. We had a productive day discussing each unit and what was involved in it. We had a good turnout with members giving us ideas and thoughts on how we could improve some of the processes to make them more user friendly or accessible to members. Sharing is caring!!!

The results were great and it generated more to do in our work-ordered day which will be ongoing over the next few months. Anyone wishing to come and volunteer to help are always welcome.



CLUBHOUSE VISITORS FROM INTERSTATE

The Junction had Directors and Members from 6 other Clubhouses around Australia (Canefields, Eureka, Billabong, Pioneer, Stepping Stones and Diamond House) visit on 28 May 2015 with the open day included.



We had approximately 30 people which was great for the Junction and social interaction. All gave information regarding their Clubhouses and the comparisons between each one keeping within the standards. They gave The Junction some great ideas to help and also gave us a huge pat on the back as to how advanced we are, considering we have only been open for the last 6 months. Hospitality did a great job making scones with jam and cream for morning tea and Thai Green Chicken Curry for lunch.

EMPLOYMENT ASSISTANCE

New Employment Facilitator

We have a new volunteer coming every Tuesday to work in our employment unit. Her name is Suzette and she has heaps of experience in the employment industry so she is a welcome addition to the Junction team.

COMMUNITY GARDENS THRIVE!

If you haven't been down to our community garden you are really missing out on some seriously good fun. We have 4 really big garden beds with heaps of flowers and vegies.

We go down every Thursday morning and everybody is welcome to come. Marnie from the community garden, meets us there and gives us "sage" advice on what to plant and when, plus she is always giving us seedlings, cuttings and seeds to plant.

The crew always stops and we have morning tea under the shady tree by the shed. It's a really nice atmosphere there and very peaceful. Last week Jo mixed up the fertilizer and watered all the plants. Craig and Ted planted fennel, pak choy and lettuce. They are all up and should be ready to plant out soon.



Yum!

There are communal sections of the garden with heaps of mainly herbs and other cool stuff like ginger and turmeric which all members of the garden can access. This week we harvested lettuce, spring onions, chilies and tarragon flowers. Luke and the hospitality team put this straight to good use in a Thai beef salad that we had for lunch that day.

ADVOCACY TRAINING

Recently four members flew to Townsville to attend an advocacy workshop. We discussed a National Mental Health Report which had come about after extensive communication with people involved in the mental health field, including many of our peers. We gained skills for communicating with politicians. It was recognised that if we briefly tell our story, especially with an emphasis on recovery, a face to face dialogue can be far more effective than numbers or statistics. This means all politicians who are contacted will be on the same page. This puts them in a strong position when it comes to representing us. The message was simple – "The points in this report are truly workable, and will significantly benefit people with mental health issues. Please implement the recommendations."

The four of us will be meeting with Politicians of all parties in our electorate to present the message.

Whilst the objective of the workshop was the successful implementation of the recommendations, an added bonus is that using the same strategies, we can more effectively approach politicians and others in authority about any other issues that may arise. Thank you MIFNQ for organising the workshops and for financing our trip down.



HAVE YOUR SAY

If you come into the Junction the month of June, you may be asked to complete a Survey titled "Have Your Say". This is a way of checking whether Members are happy with the service they are receiving and is part of an ongoing evaluation process.

MEMBER'S STORY – STEPHEN



After a year of struggling with Insomnia and Depression my life has had a major twist to it after being in the dangerous mood of wanting to commit suicide. My life was an isolated one but now I have a place to go to that has changed my life wonderfully. It is called "The Junction" where people who have a mental health condition are supported, respected and encouraged to learn things that they have never done in their lives before. I look forward to increasing my skills to develop my confidence and to communicate and work towards my personal recovery which is an endless journey. Stephen ☺

SOCIAL RECREATION

Port Douglas Rec Day

On Saturday 9th May, 9 Clubhouse Members adventured to Port Douglas for a BBQ. The weather was a perfect tropical North Qld day, making it ideal for enjoying the beach and outdoors.

We wound our way up the Capt. Cook Highway, enjoying beautiful coastal views. We stopped at the Rex Lookout on the way. A delicious BBQ lunch was prepared by all and afterward some took a walk along the beach, others relaxed in the shade, enjoying the nice beach breeze we had that day.

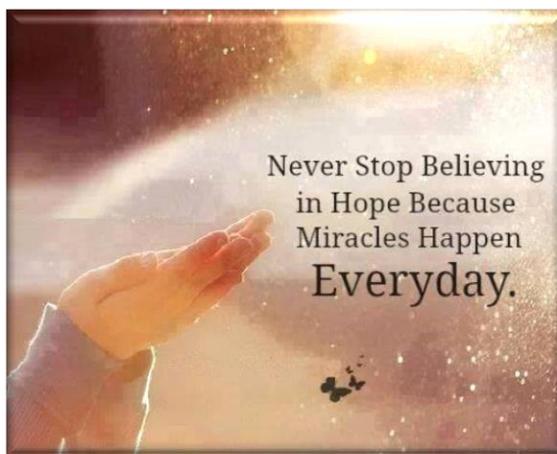


OUTREACH

A new process has been developed for Outreach. Instead of the weekly, fortnightly, monthly phone calls, members will receive a phone call once a month. If anyone would like to have more frequent calls or don't want to be contacted please let us know.

Phone: 4081 4640

MONTHLY POSITIVE QUOTE



OPENING HOURS

Please note *The Junction Clubhouse* opening hours.

Monday – Wednesday	8.30 am – 4.30 pm
Thursday	8.30 am – 3.00pm
Friday	8.30 am – 3.00 pm

Fridays we go to a coffee shop for a catch up. *Call to find out where we are going this week!*

