

Junction

SPRING 2023

CONNECT



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Junction
FREEDOM TO THRIVE

GET IN TOUCH

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Please quote your Unique Payment Reference number when paying via EFT, Westpac deposit and cheque or money order.

Bank Westpac

BSB 035 053

Account 298 277



Junction's registered community housing provider is Junction and Women's Housing Ltd.

Join the Junction community on Facebook and keep up to date with all our latest news.



JUNCTION ACKNOWLEDGES WE ARE LIVING ON TRADITIONAL ABORIGINAL LANDS AND WE OFFER OUR CONTINUED RESPECT TO ABORIGINAL PEOPLE PAST AND PRESENT.



HELLO, AND WELCOME BACK TO JUNCTION CONNECT.

After what has been an exceptionally cold winter, I'm sure we're all keen to welcome in the warmer weather.

With Spring now upon us, Junction's annual Spring Carnival is back for the school holidays! Join us on October 13th for a day of free fun, food and activities! Details can be found on the back cover.

With Mental Health Awareness Month right around the corner, we catch up with Kristian and his dog Buddy (pg. 12) to talk through his trauma and how he is using his experiences to advocate for those doing it tough.

In recognition of World Homeless Day, we also chat with Reece (pg. 4) about his experiences as a single father facing homelessness during a global pandemic.

The rising cost of living – especially groceries – is something that has been on everyone's minds. On pages 10-11, we have provided some information and services to help with food support and reducing costs.

We also connected with Carefinder to better understand what services they can provide to those who are 55+ and are eligible for aged care services. If you are needing some support but don't know where to start, turn to page 6.

Hoping you all enjoy the fresh air and warmth this season.

Best wishes, Alice
Regional Manager – Fleurieu & KI

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“IT’S BEAUTIFUL
THE TRUST PEOPLE
HAVE IN THIS
PLACE AND THE
PROGRAM.”

-TIM

Tim in Kangaroo Island Community Centre's live music space

MUSINGS OF A MUSO

Bonding over music is a tale as old as time. For Tim, connecting with community is exactly what he loves most about leading the Muso Club at our Kangaroo Island Community Centre.

Welcoming musicians and music lovers alike, the Muso Club runs on the fourth Monday of each month in the live music space at our Kangaroo Island Community Centre.

Participants in this casual group are encouraged to explore their love of music, however that may look. From performances and practices, to just sharing their passions over conversation.

Having run for the past year, around 15 to 20 participants attend the group each month.

“On its surface, it’s where people come to play or listen to music and just hang out with no pressure. Some people go on to perform at open mic events, some just want to build their own skills for themselves,” Tim said.

“Underneath it all, there’s also a really strong social connection that develops in the group.”

Helping people to nurture their passions comes naturally to Tim.

Alongside his past touring in bands, he was also previously a high school teacher – both experiences which have helped him connect with those who come along.

“I have come to know, just through the conversations I’ve had, people’s backgrounds, and their needs. So, I’m actually working with some people who have it pretty tough and are struggling,” he said.

“I’m absolutely over the moon that they’re choosing to come to this space, that they see this place as safe. It’s beautiful the trust people have in this place and the program.”

“That’s the side of things that I perhaps didn’t anticipate, but I think, for the community, is the most powerful.”

The Muso Club also meets every second Monday of each month at “The Shed” - the American River Community & Sports Association.

WORLD HOMELESS DAY OCTOBER 10

An initiative aimed at raising awareness and bringing attention to the complexities of homelessness.

Everyone deserves to feel safe, secure and have the opportunity to thrive.



IN HOUSE AND HOME

Facing homelessness during the height of a global pandemic wasn't something that Reece, a long-term private renter from the Fleurieu Peninsula, ever expected to happen to his young family.

As housing prices skyrocketed during COVID, the single father and his two boys, now aged 7 and 9, were forced to move from their family home when the landlord decided to sell.

"Before COVID, I was paying \$250 a week in rent. That home is now \$450 a week. We just couldn't afford it," Reece said.

After applying for over 160 private rentals with no success, Reece started reaching out to services for support.

"I was telling everyone – 'I have two kids and I'm about to be homeless'," Reece said. "I was applying for everything, from the Fleurieu all the way down to Marion."

In June 2022, with nowhere else to go, the young family found themselves sleeping in a caravan. They spent the next several months living day-to-day with no fixed address.

"We were moving every few days. Sometimes we were in a cabin or motel – that sent me broke. Other times we were in a carpark," Reece said. "We stayed in a caravan on the side of the road for a while. We had to notify the council and put a 'temporary' sign up."

"It became so stressful. I found myself drinking a lot, which led to me losing my licence."

Despite these many setbacks, Reece managed to keep his boys in school the entire time.

"The boy's schooling came first – they never missed a day," Reece said. "We spent lots of time outdoors – they love going to the skatepark, they love their sports – anything we could do for free."

After connecting with Junction, the young family finally found some relief and moved into their new home right before Christmas.

Utilising services and donations, including a couch found on the side of the road, they began to re-build their lives.

"The boys now play football at their local club. I love watching them. They want to get into basketball next – They have lots of energy to burn," he said.

"We've become good friends with the neighbours, they have kids the same age. They play together, have sleepovers – they have even been boating."

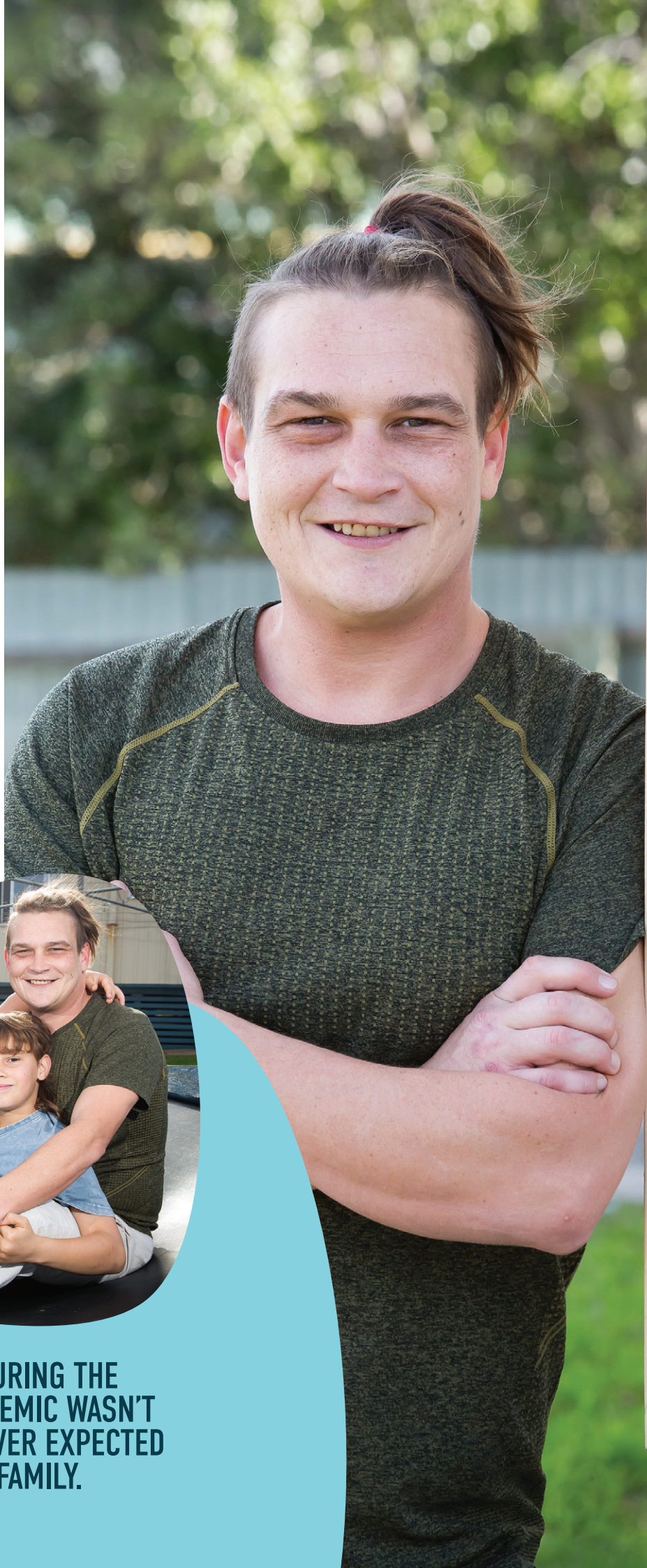
Reece soon found part-time shiftwork as a cook, before settling into a gardening and landscaping job, matching his skillset perfectly. He has also been volunteering at the local Neighbourhood Centre's Repair Café.



Now, a year on, the young family is thriving and looking to the future. They hope to build a greenhouse and chicken coop in their backyard and have plans to try new activities, including archery.



FACING HOMELESSNESS DURING THE HEIGHT OF A GLOBAL PANDEMIC WASN'T SOMETHING THAT REECE EVER EXPECTED TO HAPPEN TO HIS YOUNG FAMILY.



Are you aged over 55 and seeking more support at home?

Carefinder might be able to help!

Carefinder can help people who are eligible for aged care services and have one or more reasons for requiring intensive support.

This can include:

- In-home care and support
- Therapy services
- Respite for carers
- Retirement living
- Residential care

Reasons for requiring intensive support may include people who:

- Are isolated or have no support person who they are comfortable to act on their behalf
- Have communication barriers including limited literacy skills
- Have difficulty processing information to make decisions
- Have past experiences that mean they are hesitant to engage with aged care, or government organisations
- Are homeless or at risk of homelessness

Carefinder can provide information about My Aged Care (the entry point to aged care services), and support through the registration and initial interview process, enabling access for assessment and support services.

Support is delivered in the Adelaide Metro, Hills Mallee and Southern, Riverland and South-East regions.



**For more information contact
Aged Care Alternatives:**

Phone: 08 8408 4600

Email: info@agedcarealternatives.net.au

Web: agedcarealternatives.net.au/carefinders
or visit the office at
1/445 Fullarton Rd, Highgate.



Merl with Housing Manager Bev

“MALLALA IS VERY WELL KNOWN FOR ITS FARMING – CROPS MAINLY. THERE’S ALSO A RACETRACK FURTHER OUT.”
– MERL, 86

MALLALA’S MERL

For 18 years, Merl has been sharing her sense of humour and contagious smile with the folks of Mallala and its surrounding towns.

After moving from Ingle Farm in 2006 to be closer to her daughter, Merl found a sense of community in the quaint neighbourhood.

“It was hard moving without really knowing anyone, but people look out for each other here. I’ve got plenty of friendly neighbours – they would always call in,” Merl said.

“I’ve made that many friends here. My favourite thing is just being with people.”

“When I could walk, I would walk everywhere. My neighbours were scared I might have a fall and said to me ‘from now on Merlyne, we are taking your bins in’. People are so lovely.”

“I was also a nurse and carer for years. I used to work in the hospital down here and I spent years working at the Goolwa Nursing Home. I was also a teacher for a long time.”

Not only did Merl build a fulfilling career and thrive in regional living, she is also a talented artist – painting everything from natural

landscapes and scenery, to cottages and places she once visited.

“A lady I knew in Ingle Farm taught me to paint. I picked it up pretty quickly, but I don’t do much of it anymore.”

Nowadays, Merl enjoys listening to her music loudly in the mornings, watching TV shows in the afternoons, and spending quality time with her family and 12 grandchildren.



OUT AND ABOUT



INFLATABLE WORLD

Joined by over 60 children with their friends and families, we bounced and soared through the brightly coloured obstacle courses at Inflatable World Morphet Vale to 'kick off' the winter school holidays in July.



NAIDOC WEEK

NAIDOC Week was a big one for us this year! Held between the 2nd to 9th of July, we celebrated the histories, cultures and achievements of Aboriginal and Torres Strait Islander peoples across the state. We partnered with Ochre Dawn to deliver our first Community NAIDOC Event in Clovelly Park, hosted a booth in Victor Harbour, joined the annual march from Tarntanyangga (Victoria Square) to Parliament House – and more.



COME AND TRY SPORTS

Running and jumping out the energy was the perfect way to end the July school holidays at our Morphetville Come and Try Sports Event. We saw over 50 children getting active and trying a range of different sports, team games and some not-so-common equipment – the wheelie boards being the clear favourite.

Keep up-to-date with the latest events in your area by talking to your Housing Manager and the Community Engagement Team (8275 8700) or by following us on Instagram or Facebook.



FOOD FOR THOUGHT

2023 has seen the cost-of-living skyrocket. Across the state, many individuals and families have been feeling the impact. It has affected everything from utilities and transport, to food, products, and services.

Food especially has been a topic of concern, with many community groups increasing their support for those who are struggling.

If you are feeling the pressures of inflation and food insecurity, there are a few things you can do to help reduce costs:

Visit your local Foodbank.

You will need a referral to access the Food Hub services; contact one of the agencies listed on the website to see if you are eligible for a referral voucher: www.foodbank.org.au

Contact your local community centre.

Many centres host cheap meal nights, as well as receive donations and deliveries of fruits, vegetables, bread, and other pantry items.

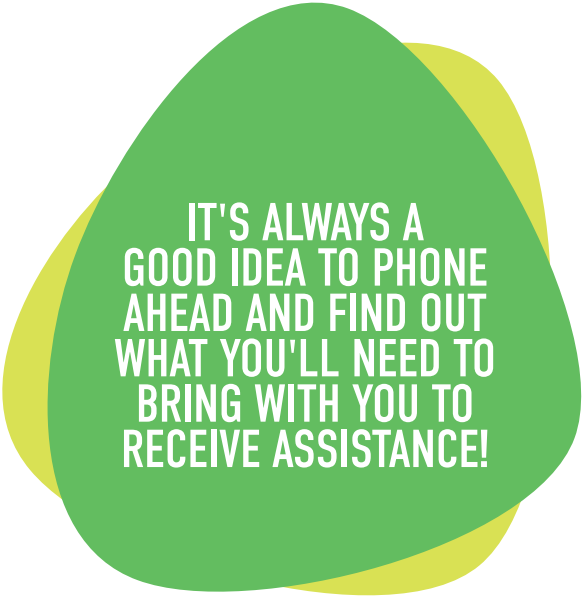
Access free financial counselling

through your local community centre or service to support with bill management, resources and referrals.

Look into community initiatives

such as Grow Free Carts, to start sharing excess produce with neighbours.

If you are interested in hosting your own Grow Free Cart, contact the Community Engagement Team on 8275 8700 for more information.



IT'S ALWAYS A
GOOD IDEA TO PHONE
AHEAD AND FIND OUT
WHAT YOU'LL NEED TO
BRING WITH YOU TO
RECEIVE ASSISTANCE!

Connecting with local providers is a great way to understand what support is out there – whether it be for low-cost or free community meals, donations, debt support, vouchers, No Interest Loans (NILS), budget mentoring, or emergency relief. Here are a few suggestions if you think you might need support, but don't know where to start:

FLEURIEU

The Christian Gospel Centre – Victor Harbor

Phone: 8552 6007
2 George Main Road,
Victor Harbor

Goolwa Uniting Church

Phone: 8555 2589
1 Collingwood Street, Goolwa

Church of Christ – Victor Harbor

Phone: 0411 565 773
Seaview Road, Victor Harbor

Country Life Compassion - Strathalbyn The Pantry Club

Phone: 08 7511 7212
Callington Road, Strathalbyn

NORTH

Healthy Food Co (two locations)

The Precinct
Phone: 8254 3641
112 Coventry Road, Smithfield Plains

Elizabeth Downs Shopping Centre
Phone: 8287 4299
Shop 5, 26 Hamblynn Road,
Elizabeth Downs

Heart & Soul

30 Fourth St, Wingfield 5013.
info@heartandsoulinc.org.au
Visit their food relief centre
or request a free hamper
(\$15 processing fee) for delivery
or pickup via their website:
heartandsoulgroup.org/

OUTER SOUTH

Anglicare Christies Beach

Phone: 1800 748 149
111 Beach Road, Christies Beach

Life Without Barriers

Phone: 8307 2800
Shop 4, 90/92 Beach Road,
Christies Beach

Heart & Soul

Colonnades Shopping Centre –
Opposite Colonnades Tavern
in the square.
info@heartandsoulinc.org.au
Visit their food relief centre or
request a free hamper
(\$15 processing fee) for delivery
or pickup via their website:
heartandsoulgroup.org/

INNER SOUTH

MarionLIFE Community Services

Phone: 8277 0304
887 Marion Road, Mitchell Park

Salvation Army Marion

Phone: 8377 0001
155–177 Sturt Road,
Seacombe Gardens

**Brighton Church of Christ
Community Care**

Phone: 8298 7677
69 Sturt Road, Brighton



Kristian with his dog Buddy

BUDDIES FOR LIFE

Sometimes, the unlikely of circumstances have the largest impact. Such was the case for Kristian and his dog Buddy, from Mitchell Park.

At just 17, Kristian experienced the loss of his beloved Pop – the person he respected most. With the added weight of childhood trauma, mental illness and a minimal support network, Kristian turned to drugs as a way of seeking connection and masking the pain.

“I used drugs as a way to hide from trauma,” Kristian said. “My family turned their backs on me when I started using. There was no confrontation, they just walked out. I guess I punished myself where they didn’t.”

Battling with his addiction for almost 2 decades, Kristian experienced ongoing homelessness,

unemployment, paranoia, schizophrenic episodes, and spent time in and out of jail.

“My mental health deteriorated pretty badly,” he said. “Years later, I was barely with it. I was seeing and hearing things that weren’t really there.”

It wasn’t until Kristian rescued his dog Buddy, a 6-month-old deaf heeler-cross, that things started to turn around.

Ultimately, it was the risk of losing his new best friend to his ongoing struggles with homelessness and mental health, which motivated Kristian to turn it all around.

“They told me I’d have to give my dog up because I couldn’t look after him. I just sat there in tears,”

he said. “That was the moment I decided I’m getting off drugs now.”

After hitchhiking from Millicent to Adelaide, Kristian enlisted the support of Safe Pets Safe Families, who crowdfunded enough money to pay for a motel, before linking him in with Junction.

6-months into his sobriety journey, Kristian found his mental health improving. He no longer needed or wanted drugs, but he knew it was an ongoing battle.

Now, almost 5 years after rescuing Buddy, Kristian has settled into a new home and has made new connections through local groups.

Previously a skilled labourer, factory worker and crane operator, he also continued advancing his skills through training opportunities, and found part-time work as a gardener.



**"I DID IT ALL
FOR HIM."**
- KRISTIAN

"I enjoy being outside and doing the hard work. It's satisfying when you build and maintain things and get to see the results," he said.

He also started training as a public speaker, peer counsellor and advocate for those with similar experiences – the work he is most proud of.

"Now that I have built myself a foundation, I keep getting more opportunities to use my voice as an advocate. I have been interviewed for newspapers, spoken on the radio and podcasts, and I am going to be speaking at the AAIC (Australian Anti-Ice Campaign) training in Queensland later this year."

"It's been an amazing journey. Some days it's hard but I will never go back."

OCTOBER IS MENTAL HEALTH AWARENESS MONTH

Looking after your health and wellbeing, and knowing how to support others, has never been so important.

FOR INFORMATION, VISIT:

Black Dog – blackdoginstitute.org.au

Head to Health – headtohealth.gov.au

R U OK? – ruok.org.au

Headspace – eheadspace.org.au

FOR SUPPORT:

Lifeline

- Call 13 11 14 (24 hours a day, 7 days a week)
- Text 0477 13 11 14 (6pm to midnight AEDT, 7 nights a week)

Beyond Blue

- Call 1300 22 4636
- Visit beyondblue.org.au

Suicide Call Back Service

- Call 1300 659 467

Kids Helpline

- Call 1800 55 1800
- Visit kidshelpline.com.au

MensLine Australia

- Call 1300 789 978

**For further support and
more information,
visit sahealth.sa.gov.au**



If you would like to share a favourite recipe with us, call our Community Engagement Team on 8275 8700 or email communityengagement@junctionaustralia.org.au

GRUMPIE'S CARROT CAKE

Courtesy of David 'Grumpie' from Oaklands Park.

"I make no claims of originality apart from one secret ingredient. I merely followed Margaret Fulton's recipe almost to the letter. Happy baking!"

Ingredients

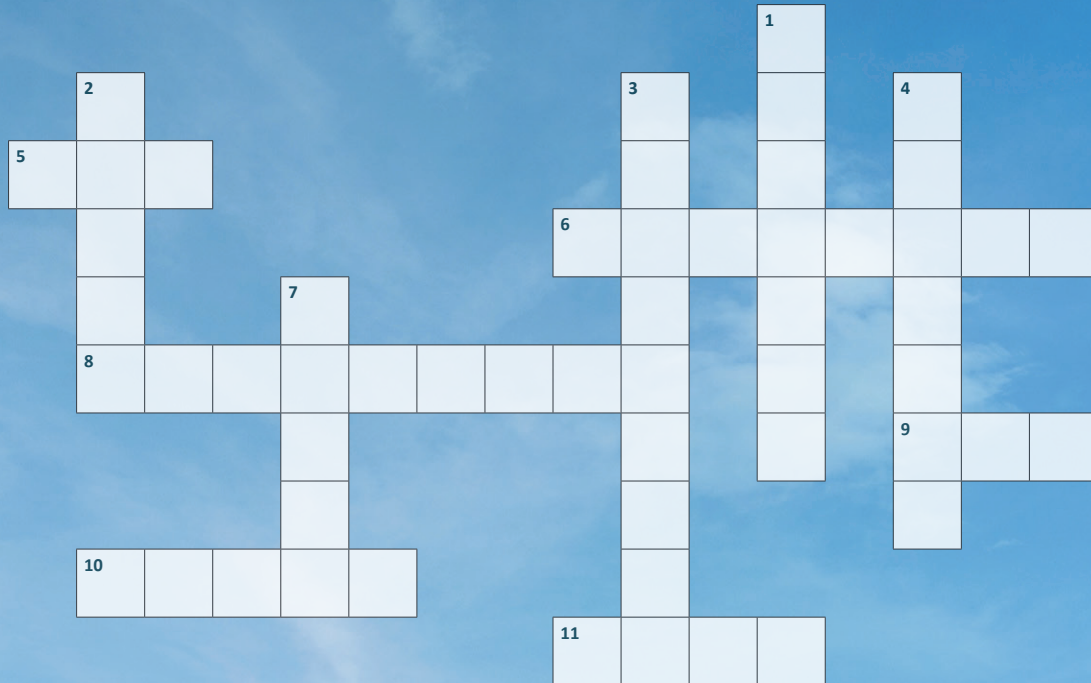
- 3 cups flour
- 2 cups caster sugar
- 1 tsp salt (optional)
- 1 ½ tsp bicarb soda
- 1 cup undrained (canned) crushed pineapple
- 2 cups grated carrot
- 4 eggs
- 1 ½ cups olive oil (plain or extra virgin)
- 1 tsp vanilla
- 1 cup chopped walnuts

Method

1. Preheat oven to 180 Degrees.
2. Sift flour, sugar, salt and bicarb soda together into a large mixing bowl.
3. Add pineapple, carrot, eggs, oil and vanilla. Stir to combine.
4. Stir in chopped nuts before spooning batter into a well-greased Bundt tin, or two deep 20cm ring tins.
5. Bake for 1 hour or until skewer comes out clean.
6. Allow to cool then add icing to taste (philly cheese or lemon vanilla work well).



ANIMALS ACROSS THE WORLD



Down

1. An aquatic mammal that often swims in pods
2. This native Australian marsupial survives on a diet of eucalypt leaves
3. This large, fluffy-looking animal can be found in the Arctic Circle
4. This bird is known for its extravagant feather tail, often blue, green and yellow in appearance
7. A big cat with stripes

Across

5. Often known to be man's best friend
6. Native to Asia and Africa, this is the largest living land mammal on earth
8. A reptile often mistaken for a crocodile due to its similarities
9. Typically a farm animal bread for meat and dairy
10. Black and white stripes
11. An amphibian that croaks

Solution will be published in next edition



Winter Edition Solution

Down 1. Tasmanian Devil, 5. Echidna, 5. Wombat, 6. Cockatoo, 8. Koala

Across 2. Platypus, 3. Emu, 7. Crocodile, 9. Kangaroo

Book your tickets
via EventBrite



JunctionSpring2023.
eventbrite.com.au

Join us for Junction's annual

SPRING CARNIVAL



Friday 13th
October



11am-2pm



Hendrie Street Reserve
120B Hendrie Street, Park Holme



FREE

KIDS
ACTIVITIES

PETTING
ZOO

LUNCH

FACE
PAINTING

INFLATABLE
OBSTACLE
COURSE

AND SO
MUCH MORE!



With special appearances from the Metro Fire Service, Ambulance and SA Mounted Police Force.

For event queries or help with booking tickets, contact the Community Engagement Team on **8275 8700** or email **communityengagement@junctionaustralia.org.au**