

**CREATE HOPE
IN THE WORLD**



Rotary
Club of Gawler Light



Chartered 10 July 1996 District 9510.

President: Darryl Matthews | Secretary: David Cockshell | District Governor: Craig Dowling | RI President: Gordon McInally



**DEC 19 Final Club Meeting for '23
Fellowship BBQ**

Celebration of 2023 @ 6:30pm

Dick Millner's, 287 Barossa Valley Hwy Concordia

Meat provided by the club.

BYO salad or dessert to share

Members, Friends of Rotary, Partners and Guests welcome

RSVP Darryl 0417 830 935



Email: president@gawlerlightrotary.org
secretary@gawlerlightrotary.org

Facebook: www.facebook.com/gawlerlightrotary

Instagram: [@gawlerlightrotary](https://www.instagram.com/gawlerlightrotary)

Mail: Box 1577, Gawler SA 5118

Meetings: Tuesdays 6.15pm for 6.30pm optional meal, 7.15pm for 7.30pm meeting

Venue: Gawler Arms; 102 Murray St, Gawler SA

DEC 23 Bunnings BBQ

JAN 6 Disassemble Riverbank Display

JAN 9 Fellowship BBQ Meeting

**Host and Venue Required
Members, Partners & Friends of Rotary
Contact Darryl if you can help**

2024—In Vocational Service ...

What's being planned for Rotary Club of Gawler Light

Possible Vocational Visits

- **Barossa Bush Gardens**
- **Maccy Biochar**
- **Gawler's New Hospital Emergency Wing**
- **Backpacks4Kids**
- **Australian Space Discovery Centre**
- **Ligaya Garden**
- **Barossa Goldfields**
- **Other ideas—please share your thoughts**

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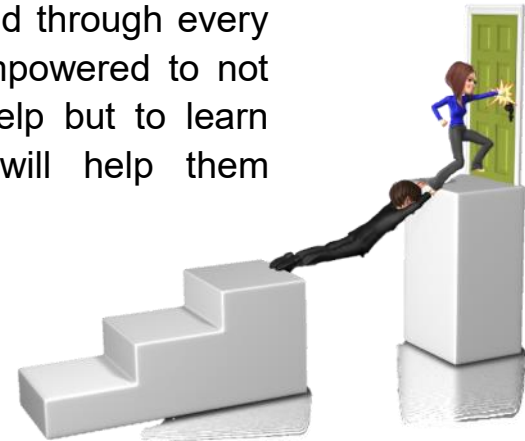
Vocational Visit to Bloomin' Inclusive an incredible revelation of heart-felt love, dignity and an outpouring of renewed hope!

Last Tuesday Cathy Tame and Sam shared with Rotary Club of Gawler Light how **Just the Lads** creates a pathway for hope connecting mental health and disability services. Humbly etched within this pathway Cathy & Sam's deep passion and selfless giving generates dignity.

Just the Lads is a pilot program run by Bloomin' Inclusive, a new holistic one stop disability service connecting mental health and disability support services. Focus is on upholding and promoting dignity for those with a disability so participants have opportunities to grow their skills and interests, and to make positive life enriching wellbeing decisions irrespective of gaps in funding, access to equipment, physical and cognitive limitations, or history of criminal convictions.

Cathy explained mental health challenges can leave people feeling alone and in need of comradery. Sometimes they feel like they just can't cope right then & there, so rather than book an appointment Bloomin' Inclusive try to make it possible for people to just simply drop in and see someone and talk, getting the support they need right when they need it. Mental health needs can also spiral as a consequence of inflexible time frames and delays that can often occur through NDIS but Bloomin' Inclusive know of appropriate channels to escalate support. People in programs like **Just the Lads** get a boost of confidence by making the

decision to drop into the centre and have a chat. Bloomin Inclusive doesn't want to exclude people because they can't afford it. They try and make do with NDIS client funding, but if someone is needing to come along to the centre, Bloomin' Inclusive will try and work out some way to give them needed support. The aim of Bloomin' Inclusive is that people in need are supported through every step and empowered to not only seek help but to learn ways that will help them navigate through their challenging times.



Cathy Tame has lived experience that prepares her well for being a leader and motivator. She is a disability advocate who has a child diagnosed with a disability; one of the pioneers behind the Playford Women's Shed; the founder of Inclusive Enterprises servicing Northern Adelaide; & has local government counsellor experience. Cathy Tame & Amy Wenger designed this one stop centre for a range of services such as music therapy, social rooms, massage and meditation, physical therapy, craft sessions, kids groups, life skill lessons, and support groups.

Just the Lads' life changing impact was revealed by Sam in his heart felt testimony. "over the last seven weeks the mates I have made; the support network I have created; the knowledge I have learnt and the skills I have experienced; will stay with me forever. They are invaluable to my wellbeing and direction in life.

I am forever grateful and blessed for being introduced to this program through word of mouth by Kas and would recommend this program to anyone who is lonely or lost. Kas is now focusing more on health and wellbeing at the centre and I was asked to take over in a mentoring role.

Through **Just the Lads** I feel now that I have the tools to encourage my self expression and to be comfortable doing so. I have an understanding of how negative influences and triggers can be identified and resolved easily with self belief and mental tools to encounter them. I have better communication skills and feel more confident with myself, understanding emotional awareness and coping strategies. I feel so much lighter and driven to make positive choices and interactions. Everlasting friendships and life skills have been made that I believe will keep me focused and driven to succeed in life irrespective of past influences from any incarcerated history or disabilities I may have had.

Just the Lads is a great reason to get out of the house on a Thursday and have a laugh with mates and eat good food. Maybe the good spread is the main reason I kept coming. I just love food. Life changing skills have improved the inner and outer wellbeing of blokes who participated and helped them to make new friends.

The guys are really supportive treating everyone as a friend & equal creating a welcoming atmosphere amongst people

who feel so isolated and lacking self worth. Within the group are amputees and those who have been in and out of gaol as they struggle with mental health. One client was very lonely because of a disability, yet was increasingly keen and eager, looking forward to every single week. One guy rings up eight times in a day to make sure he doesn't miss a session, so keen he is join in the mateship. It is pretty much his only outlet. He is such a character showing us the power of humour and has taught us a few things about gratitude. It was amazing that someone who goes through such struggles and issues on a daily basis could feel so safe within the group, **Just the Lads**, that he could freely share amazing heartfelt positive expressions of gratitude.

Outings are sprinkled throughout the eight weeks combined with weekly fun and interesting classes supported by professionals who sit in during the activities. One amazing offsite activity was a smash room in Wingfield where you can throw axes at a target and smash things as a way to release anger and frustration. The guys in the wheelchair really let it rip, while one of the amputees exclaimed that he had lost a log after the axe bounced back at him! The benefits of activities like the smash room are not NDIS recognized or funded and these are only financially and logistically possible by people who pour out so much of themselves to make the program viable. These activities breakdown barriers and enable the guys to control their pent up anger by releasing frustrations in a controlled environment.

Club responses:

Dave Cockshell: Rotary refurbishing equipment program can offer help to Bloomin' Inclusive by repurposing equipment such as wheel chairs and shower chairs for people who are experiencing NDIS related challenges. Cathy thanked Dave and asked that contact details be left at the centre.

Peter Harper suggested a vocational visit to the smash room at Wingfield to explore ways to vent frustrations or just to have fun destroying stuff.

Steve McLoughlin—What ages are catered for in this centre? Cathy replied: 6 yrs to 70 years. Steve testified as to the value of a group of men meeting together by reflecting on the club's mens night that helps give rise to the

uncapped free flow of sharing around intimate topics.

Vote of Thanks—Grant Buik

Thanks Cathy & Sam. For us this has opened a wider appreciation for the impact through disability support and to have informed chats about this centre. Its enlightening to know how **Just the Lads** impacts on people's lives giving them dignity, value & hope. These qualities are what we promote in Rotary through Creating Hope. Hope is so important to support all people, but even more for those facing mental health challenges. We want to thank you for sharing this and for your resilience bearing testimony to the importance for walking side by side with others through life's journey.

Tue JAN 9 — Meeting 1377

Fellowship BBQ

Friends of Rotary and Members ...

Venue and/or Host ??



Contact President Darryl if interested

(0417 830 935)