

JANUARY FEBRUARY 2021

The Connecting Link

GROW NSW/ACT REGION NEWSLETTER

IS IT TIME TO STEP UP?

Dear Growers,

Greetings and welcome to our third edition of the "Connecting Link". Also, I would like to welcome you all back to another new year of Growing and developing this wonderful community of ours. As the annual elections for Group Organiser and Recorders approaches I think of Grow's history and natural development over the years which has always entailed the necessity of good ordinary people taking on the challenge to "step up" into Leadership roles within Grow ie; Group Organiser, Group Recorder or perhaps a role on the Branch Program Team.

This upward mobility of Leadership presents new challenges and opportunities for Growers to further progress their recovery and personal growth whilst at the same time ensuring that the group will benefit from being a fully formed and stable group. Our experience is that a group with no Group Organiser runs the risk of diminishing and eventually needing to close.

So, if you are nominated for one of these roles during the elections in March, trust your fellow Leaders' judgement despite your feelings and give it a go. I believe that most people don't feel they are ready to step up but with the group's help you can and will grow into the position.

Good luck with your elections, stay safe, bye for now.

Hugs

Dave McLoughlin

Regional Manager

(and Millie) 



OUTREACH IDEAS - TELL SOMEONE ABOUT "WELCOME TO GROW"

"Welcome to Grow" orientation sessions provide the opportunity for people who are thinking about joining a Grow group to learn about what to expect at their first meeting and also to ask any questions they have about Grow. They are on every Monday night at 7:30pm (NSW/ACT time). Register at <https://grow.org.au/welcome-to-grow/>

GROW

mental wellbeing programs



Grow is a free, community-based peer support program for improving and maintaining mental wellbeing. For more information or to find a Grow group near you call 1800 558 268 or visit www.grow.org.au



BRANCH PROGRAM TEAM

"what you get out of the Program depends exactly on how much you put into it" Blue Book pg 34

Dear Growers,

The Connecting Link is a newsletter for Growers, by Growers and about Growers and we rely on you to supply the content. This can be photos, artworks, poetry, stories, information about socials, Grower profiles, recipes, puzzles, life-hacks, tips and tricks. The NSW Branch Program Team are seeking growers to form a sub-team to support the development of the newsletter. We are seeking nominations from each region to be on the new team. If you are interested, please let your group organiser know to bring your nomination to the March O&R meeting or let us know you are interested by email to eastregion.admin@grow.org.au.

Some Grow wisdoms to think about when considering getting involved

- Never say "I can't" if the thing in question is an ordinary and a good thing (p.42).
- "On the other hand, I find that if ... I strive for something more important, which transcends me, then the desirable thing in question tends to come my way as a result. (P.34 BB)
- What you get out of the Program depends exactly on how much you put into it (p.74).

In Grow Friendship,

Sigrid Staender-Challender

Chair, NSW Branch Program Team



2021 ELECTIONS

Organiser and Recorder elections are held by groups every February.

1. Read The Role of the Organiser, False Expectations of the Organiser, and The Role of the Recorder during the middle routine in the weeks leading up to the election. Ask your organiser or program worker for copies
2. Hold elections and complete the nomination forms.
3. Bring nomination forms to present at the March O&R meeting.

NEW PROGRAM WORKER FOR SYDNEY METRO - JUSTIN CARR

I joined Grow nineteen years ago to improve my mental health. I have always benefited from attending a weekly Grow meeting. I love the hopeful optimistic words of the program. Grow improved my family life through new ways of thinking about relationships with my immediate and extended family. I am proud of what our three children have achieved so far in their lives. Over the years I have organised three Grow groups and been on the Branch Program Team. I enjoyed socialising with the regional leaders at the BPT, O&R and Leadership meetings. I worked as an accountant for 30 years and now, I am settling into my role as the Sydney Metro Program Worker. It is a big step up, but I keep reflecting on what drove me as a volunteer and bring that to the new role. I really enjoy sharing Grow's program with others and being outdoors. There is a legacy of leadership in Grow, making it an honour to work in this organisation. I am looking forward to what we can achieve together in the region.



In Grow Friendship

Justin Carr

Program Worker, Sydney Metro

OPPORTUNITIES IN MENTAL HEALTH RADIO PROJECT

Do you have lived experience of mental health challenges? Volunteers are needed from people with lived experience who are interested in being part of a project that will produce, present and broadcast a season of thirteen weekly episodes that take a fun, friendly, engaging and inclusive look at some of these mental health challenges and how to deal with them. They want a pool of up to twelve people with lived experience who can discuss the theme of the week and how it affects them in their daily life. You can participate via zoom from anywhere. Extra opportunities also exist for Sydney based people to be involved in the production side of things with support and training provided. If you are interested in being involved, contact Jeff Furolo, jeffrey.furolo@babyboomersguide.com.au

Social pages



THE GROW CARING, SHARING COMMUNITY

Submit your group stories and photos to eastregion.admin@grow.org.au

GROUP SOCIALS

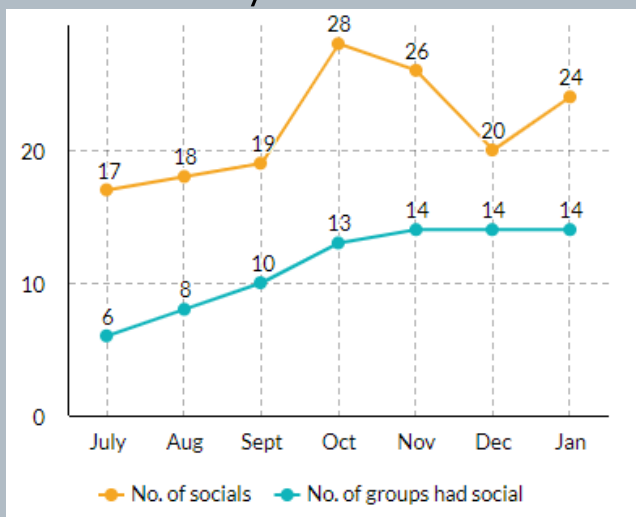


North Coast - In December, members of Lismore Tuesday and Ballina groups met for a picnic in the park in beautiful Ballina



Nowra Thursday group are an online regional group but still meet regularly for socials. Here they are at their Christmas social

NSW/ACT Socials



Riverina Region catch-up

7 Growers families from the Leeton and Griffith groups caught up for a regional get together on Saturday 12 December at a cafe in Darlington Point

TRIVIA SOCIAL

Every Friday 3-4pm via Zoom

Quiz Master Dave Bolden

Phone 1800 558 268 to get the Zoom link or dial-in numbers

Leader profile - Andy P

Andy is organiser of the Griffith group and has been in Grow around 12 years. In that time he has also been organiser of a regional O&R team, a member of the Branch Program

Team and chair of the Branch Literature team. Andy loves travel and the environment, planting many trees in his local area and starting a local Landcare group. He built his own house, tinkers with motorbikes and loves his rescue Kelpie, "Bickie".



Well done to the following groups who held one or more socials in December or January

- Bateau Bay, Bathurst, Burwood, Camperdown, Chatswood, Griffith, Hornsby, Leeton, Lismore Tues, Lismore Wed, Miranda, Mount Druitt, Newtown, Nowra Thurs, Orange, Tweed Heads, Warrarong, West Ryde, Woy Woy, Wyong

Sydney Metro Regional Social Report

Our first social as a combined region was a Sunday afternoon walk in Homebush Bay Park. It was a warm sunny afternoon in December. Growers came from many directions, meeting each other at Concord West train station or at the Park. We had a short walk, through mangroves to the wetlands, lakes teeming with many different types of bird life. The park has mature, flowering plants and trees. For the group being in this environment with friends was relaxing. Time passed quickly; we came back to the BBQ area where we ate together. Bi-Centennial Park is very well thought out with many facilities, close to the Sydney Olympic site, which holds many good memories for us.

The Miranda Group held a very well attended social lunch at Club on East, East Parade, Sutherland the week before Christmas. The philosophy of the club is simple: to give back to those who surround us. A good representation of Miranda group members ordered lunch and coffee and newer members got to spend time with seasoned Growers getting to know each another in the club setting.

On Sunday of that same weekend, Burwood Group hosted the summer solstice social, on Zoom, with many members dressing up for the occasion. As a regional social, people attended from a few groups of the newly formed Sydney Metro Region. After enjoying a pleasant chat, the remainder of the time was given to the sharing of You Tube videos by the participants. Using You Tube people shared ancient sacred church music, Miserere mie Allegri and the newer music of Penguin Café - Chapter.

Sydney
Metro Social Team

**LETS
GO
BOWLING**

Sydney Metro Social

King Pin Bowling Alley
a 7 min walk from Nth Strathfield Train Station
2 hr parking nearby

Sunday 28 Feb @ 11:30am

RSVP Justin 0407 792 400
by Wednesday 24 Feb

Cost: \$18 for 1 game
\$30 for 2 games + 30 mins table tennis

Save the Date

YOU ARE INVITED TO
CELEBRATE THE AUTUMN
EQUINOX ON ZOOM
4PM-6PM SUNDAY MARCH 21

Hosted by Burwood Grow Group

This is one of only two times in the year when the equator lines up with the centre of the sun. What a marvellous solar system we can be thankful to have.

So let's celebrate! Wear Autumn colours, bring online entertainment ideas or share a performance.

To get the Zoom link phone 1800 558 268 or email eastregion.admine@grow.org.au

Northern Region

Ballina, Fri 11am CWA Hall, 236 River St
Bateau Bay, Thur 10:30 via zoom
Lismore, Tue 10am via zoom
Lismore, Wed 6pm via zoom
Maitland, Thur 10am Church of Christ, 1 Garnett Rd
Port Macq, Tue 10:30am St Agnes Hall, Hay St
Tweed, Mon 10am Anglican Church opp Tweed Hospital
Woy Woy, Mon 6:30pm via zoom
Wyong, Tue 11am via zoom
Yamba, Mon 10:30am Treelands Community Centre

Metro Region

Blacktown, Wed 6:30pm in recess
Burwood, Tue 6:30pm via zoom
Camperdown, Mon 6:30pm via zoom
Chatswood, Tue 6:30pm via zoom
Hornsby, Thur 6:30pm via zoom
Lidcombe, Thur 6:30pm via zoom
Miranda, Mon 1:30pm Community Centre, 95 Karimbla Rd
Mt Druitt, Fri 1pm via zoom
Newtown, Wed 1:15pm via zoom
Newtown Greek Thur 10am 378a King St
Penrith, Thur 10:30am via zoom
West Ryde, Fri 12:15pm via zoom

Southern & Western Region

Bathurst, Tue 2pm The Uniting Church Hall, William St
Belconnen, Mon 1:30pm Community Centre Meeting Room 4, Swanson Court
Broken Hill, Wed 6pm in recess
Cowra, Wed 2pm Mission Australia Building, 87 Brisbane St
Dubbo, Thur 12:30pm St Bridgit's Parish, The Canteen Building, Meeting Rm 1, 198 Brisbane St
Griffith, Tue 6pm via zoom
Leeton, Thur 10:30am Community Health Centre, Leeton Hospital
Narrabundah Thurs 5.30pm Grow House, 9 Anembo St
Nowra, Tue 6pm Community Health Centre, 5 Lawrence St
Nowra, Thur 1pm via zoom
Orange, Fri 2pm Senior Citizen Centre, 77 Kite St
Queanbeyan, Tue 5:30pm via zoom
Warrarong, Wed 1pm Community Health Centre, Green St



UPCOMING DATES FOR YOUR DIARY



FEBRUARY LEADERSHIP MEETINGS SATURDAY 20 FEBRUARY

LEADERSHIP TOPIC - How Growers can help one another stay connected in times of crisis.

Leadership meetings are where the Grow program continues to be developed by Growers writing leadership papers and helping each other to grow in leadership. Ask your group organiser for more details.

GROUP ORGANISERS AND RECORDERS ELECTIONS

Groups elect their organisers and recorders by the end of February and bring nominations to the March O&R meeting. Contact your fieldworker for more details.

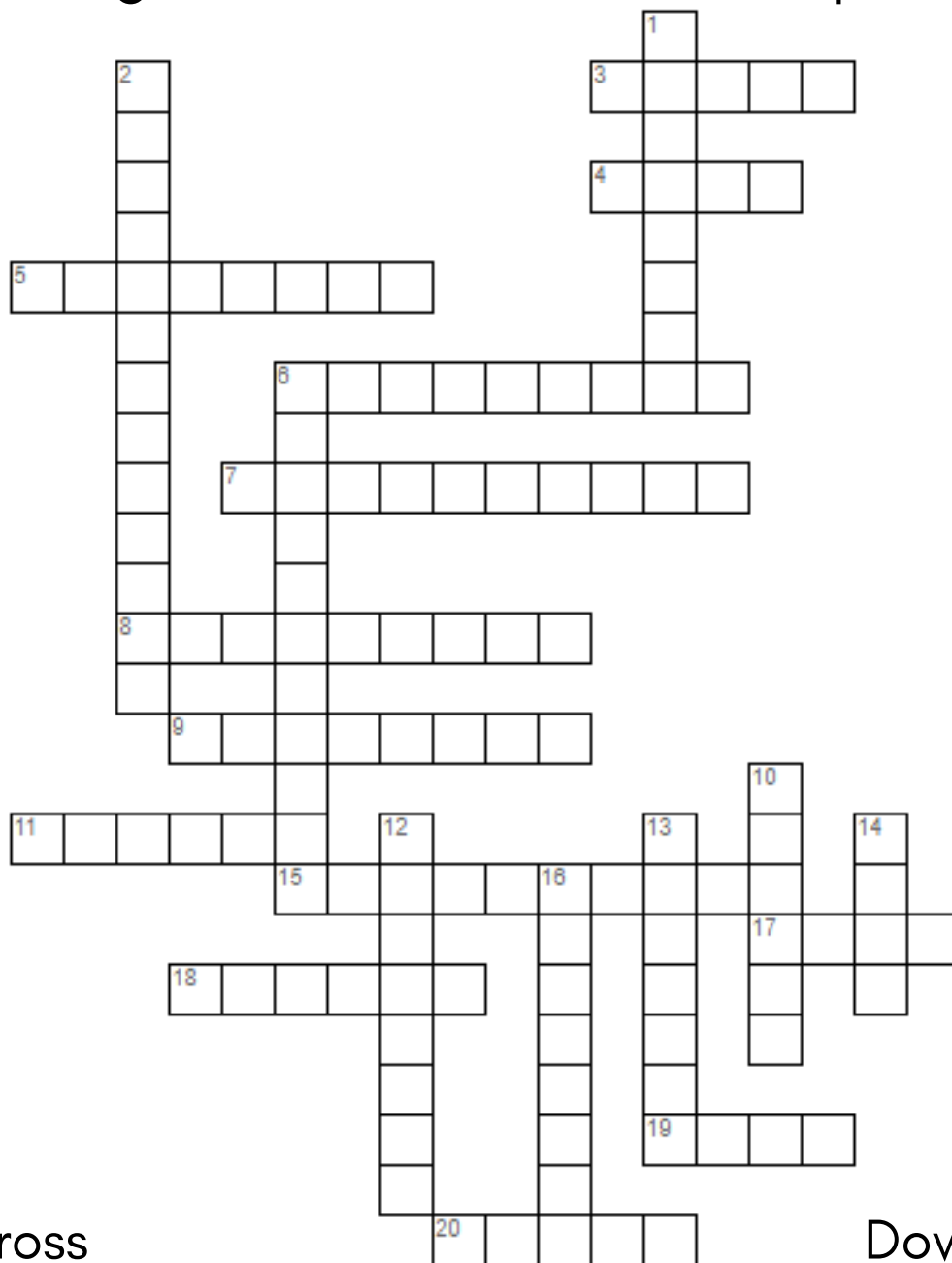
NEXT ORGANISERS AND RECORDERS MEETING SATURDAY 13 MARCH

Want to learn more about how to use technology?

Free or low cost technology training is available through public libraries and community colleges. Tech Savvy workshops provide the opportunity for people to develop skills and confidence to use technology for socialising, accessing important services or conducting personal business. Contact your local library for details or check out these short "self-teach" videos that make it easy to learn at your own pace.

<https://www.telstra.com.au/tech-savvy-seniors/start-learning>

program crossword puzzle



Across

Down

- | | |
|---|---|
| <p>3 sow a _____ and reap a character</p> <p>4 God doesn't make _____</p> <p>5 in these things, detachment and liberty when cooperating</p> <p>6 Truth, _____ and friendship</p> <p>7 _____ people need love</p> <p>8 This quality goes with fourth stabilising question</p> <p>9 feelings are like _____</p> <p>11 in all things, _____ and honesty when cooperating</p> <p>15 In necessary things - _____ and unity</p> <p>17 walk _____, and breathe deeply</p> <p>18 May the _____ of friendship</p> <p>19 sufficient care, sufficient _____</p> <p>20 The _____ ones never get well until they loosen up</p> | <p>1 I am always _____</p> <p>2 another one of the three basic changes</p> <p>6 these three basic _____, steady our thinking</p> <p>10 the thing you fear unreasonably is your _____</p> <p>12 I can be _____</p> <p>13 feelings are like the _____</p> <p>14 often renew your _____ to change</p> <p>16 one of the three basic changes</p> |
|---|---|

Lifeline 13 11 14
 Suicide Call Back Services 1300 659 467
 Mental Health Line 1800 011 511
 1800RESPECT 1800 555 677
 Beyond Blue 1300 224 636

Helpful contacts

Mindspot 1800 614 434
 Kids Helpline 1800 551 800
 Mensline Australia 1300 789 978
 Blue Knot Foundation Helpline 1300 657 380
 Black Dog Institute <https://www.blackdoginstitute.org.au/>