



LETSS CELEBRATE

Lived Experience Telephone Support Service



Mindful gift giving

Ideas for mindful, intentional and (lower cost) gift giving ideas.

LETSS talk new years resolutions

Ideas on how to keep this experience realistic, enjoyable and non-judgmental.

Recipes

Baking edition

Links to Wellbeing

Links to Wellbeing

Counselling and

Mental Health Support

Across Central

Southern Adelaide

Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National, Mind Australia, Skylight Mental Health and Uniting Care Wesley Bowden.



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Don't forget LETSS is also open 365 days a year (including all public holidays) from 5-11:30pm.



LETSSAus



letssaus



letss.org.au

Support through the holidays

The holidays can be a challenging time for many reasons, and on top of this it can be difficult to know what support is available. We've put together a list of services and spaces that are open throughout the holidays.

Walk-in services

Urgent Mental Health Care Centre

Where: 215 Grenfell Street, Adelaide

When: 24/7

Eligibility: Open to anyone aged over 16 years old, experiencing a mental health crisis and living in Adelaide

Contact: 8448 9100

Links to Wellbeing Southern after-hours walk-in clinic

Where: Noarlunga GP Plus clinic, Alexander Kelly Drive, Noarlunga

When: Monday-Friday (including public holidays that fall on these days)

Eligibility: Open to anyone who is aged 16 and over, and experiencing distress.

Contact: 1300 093 720

Sonder walk-in after-hours mental health services

Where: 2 Peachy Road, Edinburgh North

When: Monday-Friday (including public holidays that fall on these days)

Eligibility: Open to anyone aged 16 and over, and experiencing distress

Contact: 8209 0711

Safe Haven Sonder service

Where: 10 Church Street, Salisbury North

When: Thursdays & Fridays 5-9pm

Eligibility: Anyone aged 16 years and over

Contact: 8209 070

Telephone support

Lifeline

When: 24/7

Contact: 13 11 14

SANE Australia

When: 10:30-10:30, Mon-Fri

Contact: 1800 18 7263

Beyond Blue

When: 24/7

Contact: 1300 22 4636

Kids Helpline

When: 24/7

Contact: 1800 55 1800

Suicide call-back service

When: 24/7

Contact: 1300 659 467

Friend line

When: 10am-8pm

Contact: 1800 424 287

Qlife

When: 3:pm-midnight, 7 days

Contact: 1800 184 527

Butterfly Foundation

When: 8am-midnight, 7 days

Contact: 1800 33 4673



LETSS Talk...

New Years Resolutions

It can be so easy to fall into the idea that with a new year we should suddenly evolve into a new and improved version of ourselves. While some people may find it motivating and empowering to set and follow through with new years resolutions, this is not necessarily everyone's experience. Given it's that time of the year that we may feel a little (or a lot) of pressure to set resolutions and raise the expectations we have of ourselves, we thought we'd talk a little about keeping this experience realistic, enjoyable and non-judgmental.

So, what is a new years resolution really? Ultimately it's just a goal that we've set at the beginning of the year, right? While it may feel like it has a bit more gravity to it because it's a *new years resolution*, at the end of the day (or should I say year) it's just another goal. We set goals all the time, some small, some big, some we complete, some we don't. That's just life. So how can we embrace the motivation that sometimes comes alongside a new calendar year, without getting caught up in the judgement and anxiety that sometimes crops up when moving towards that resolution (inevitably) doesn't go as quickly or consistently as we had hoped.

We don't necessarily have the answer to that but we *have* chucked together a few tips from our peer workers, that will hopefully be helpful!



What I imagine the journey of working towards a goal looks like most of the time

- **Tip 1: Embrace the ebb and flow**

Moving towards a goal/resolution is very rarely a linear process. Just like with any goal there will be periods where we feel energized, motivated and empowered and periods where we just can't be bothered. That doesn't mean we're going backwards in our progress. Trust that in the periods where it's more challenging to assertively and clearly move towards goals, there are good reasons for that. Allow yourself some room to breathe, and re-focus on what you may need (or not need) in these moments. Another wave of motivation will inevitably come, whether it's for your original one goal or another one that comes up and takes priority.

- **Tip 2: Find something meaningful**

Perhaps this one seems obvious. I mean *of course* we're going to set goals that feel important to us. But will we really? It often feels that new years resolutions can feel pressured and sort of... impulsive. With the fast approaching end of the year it can feel like we just need to make a resolution, doesn't matter what it is. But this can often leave us feeling a bit unsure about what we're really working towards. Instead, if possible, take some time to reconnect with values, explore what you're needing and *why* you're needing it. Instead of just 'I need to exercise more' explore why you feel this way. Is it so you can have more energy? Improve your mental wellbeing?

- **Tip 3: Smaller = bigger**

In recent years I've really embraced the idea of setting (and celebrating) smaller goals and achievements. I know this tip gets thrown around a lot but perhaps that is with good reason. It often does feel tempting to set a big and ambitious goal in the midst of a wave of motivation. And if this is something that has worked for you, absolutely go for it (and please share the secret of how you do this with me). But so often big goals can end up looming over us and creating more stress than anything else. Smaller endeavors, are no less meaningful in my humble opinion, and often feel far more friendly!

- **Tip 4: Incorporate joy!**

Working towards goals can often be hard and tiring, and that's perfectly okay. Finding joy in this process doesn't mean *always feeling joyful* not at all, but rather tapping into this feeling here and there. It may involve taking the time to share the ups and downs of your journey with those close to you, or thinking creatively about how you can keep working towards your resolution in ways that are fun. Some resolutions can absolutely be and feel really serious and important, but finding lightness and excitement within the little milestones, or humor in the things that go wrong can make the process feel a little less daunting.

- **Tip 5: Explore what works**

There is a looooot of information out there about how to set and stick to a resolution. While all this info absolutely has its benefits, realistically we all work towards goals in different ways. Experiment with what works best for you. For some it's meticulous planning, scheduling and structure. For others it's about embracing bursts of spontaneous energy as they come up and easing up a little when that energy ebbs. There is no right or wrong. And if you feel like you've tried to work towards a goal in the same way over and over again, with little success, consider testing out a different approach. And hey, if that means discarding every tip we've given in this article, go for it.... we will forgive you!

Mindful Gift Ideas

For many, giving gifts is a big part of the holiday period. Often times it feels like there's a lot of pressure to spend big as a way to show our appreciation and love for one another. However, the holiday period can also be a time of great financial strain for many, and can add to the stress of an often already stressful period! In addition to this, the stats show that the amount of waste goes up significantly at this time of year, and many gifts end up getting discarded (or just lie around the house).



Now we're absolutely not here to tell you how to give or receive gifts. If giving and receiving big is something that is significant for you and feels joyful than of course it's all worthwhile! But if you find yourself buying gifts just for the sake of buying, and the process feels less about showing care and love and more about checking a box, perhaps this article will be handy.

Now we understand that at the time that you'll be reading this the holiday gift-giving period will have likely already passed, but that's okay! If anything that works well, as many of these ideas are better to be thought about over time, so it's just a chance to be *extra* prepared and thoughtful (and hopefully less stressed) about next years gift giving.

Anyway, enough rambling from us. If you're looking for some mindful, intentional and (low-er cost) gift giving ideas, we've got you covered over on the next page!



A 'housework' voucher

Does someone you know have a household task that needs doing? Offer to do this task for them or help them out, as an added bonus this might provide an opportunity for you to spend some time together!

Jar of thoughts

This one is a nice one to start in advance. Write down meaningful/funny/important memories you have shared with a particular person of importance over the year and put them in a clear glass jar. Give the person the jar at the end of the year!

Homemade tea mix

You can collect some herbs yourself or buy them. If you're not too sure of what goes well together, there's plenty of recipes online! Pop it in a jar, and gift with a strainer if you know the person you're gifting to doesn't have one already.

Baked goods

Perhaps not the most original idea but a crowd favorite! Whip up some biscuits, wrap 'em up and you're done! For extra points you can figure out what someone's favorites are and have a crack at baking them. If they don't turn out as planned that's okay... it's the thought that counts right?

A framed photo

Getting a photo printed (not just on a home printer) is relatively inexpensive and can be a really lovely personalized gift. And if you're wanting to cut down costs on a frame, but still get something original, you can scope out some local op shops!

A houseplant

I know these can be expensive but hear me out. Many of the hardier indoor plants can be easy to take cuttings from and re-pot, so all you need to buy is a pot! And if you don't have any plants to cut from, perhaps you know someone who does? Or you can take a sneaky snip from a street succulent.

Looking after your mental health during the holidays

Despite the stereotypes around the holidays of everyone feeling joyful and being surrounded by family, the reality is this period can be extremely challenging for many. While we completely understand that with the complex feelings that may arise during the holidays it's not always easy to find ways to cope, or look after our own wellbeing. But if you are looking for some ideas that may help a little over this period, read ahead!

- **Reflection**

This time of year can be bring on new reflections and perspectives. If it's something that sits comfortably for you, we invite you to reflect on the year that's gone and the one coming up. Maybe on the challenges you've faced, but also the strengths you've felt and hopes going forward (and remember there's no right or wrong way to reflect, whatever comes up, comes up).

- **Volunteering**

Particularly if you find yourself feeling disconnected over this period, volunteering can be a good way to bring about a bit of meaning and connection. You can check out some opportunities in Adelaide at www.govolunteer.com.au



- **Reach out/connection**

We absolutely understand that not everyone has people who feel safe to reach out to over this time, and that's okay. While we recognize it isn't quiet the same, we do invite and encourage anyone feeling the need for some connection to make contact with the services available through this period (like us!)

- **Time in nature**

While a lot of stores/services and spaces may close their doors over the holidays, spending time in nature is most often free and accessible all year round! Everyone has different experiences of what feels comfortable for them, but luckily there are so many different ways to connect with the natural world. Whether it's immersing yourself completely on a camping trip, going for an extra long walk in the park or simply taking a bit of extra time and care with your houseplants (or investing in your first houseplant).

LETSS Review

Welcome to LETSS review, where our Peer Workers review books, apps, podcasts and more!



An SBS documentary where eight Australians take part in an intensive nine-week long adult literacy program. The people that participate in the program range in ages and literacy and numeracy levels.

There are two seasons, season two includes more numeracy components but both seasons demonstrate the benefits of learning within a supportive environment, without judgement. The programs shows a range of learning styles, and different methods of teaching, including within a classroom but also practical scenarios of catching a train and reading a timetable, to working out the cost of a milkshake in a cafe.

This is a very inspirational series, where people are showing their vulnerability and the challenges they faced during schooling, or through having not been able to access schooling, and we are able to see their growth and improvement in self confidence.

Both seasons can be accessed through SBS on demand
<https://www.sbs.com.au/ondemand/tv-series/lost-for-words/season-2>

LM



American Horror Story NYC

It's 1981 and in New York City's queer scene gay men are turning up dead. Are they hate crimes? Crimes of misadventure? Seems less likely when you're missing a head. The cops don't care, well except for Patrick Read, the one in the closet, so his partner Gino Barelli a reporter with gay newspaper The New York Native tries to give some visibility to the murders, indicating a serial killer on the loose.

From the bath houses to the leather bars, the revelation of mostly gay queer spaces showcases a plethora of beautiful men using their bodies in a salacious and voyeuristic celebration of abandon and sexual freedom illustrative of the time.

It is definitely a male-centric production with the few exceptions of returning actors Billie Lourd, Patti LuPone and Leslie Grossman great in minor roles. Sandra Bernhard as the feisty lesbian agitator Fran who complains to the paper that there is zero content about women and subsequently ends up both writing for the paper and working as a self-taught fortune teller reading tarot for the community.

There is a good guys chasing the bad guys (while trying not to be killed by them) narrative until later episodes when a more filmic treatment of the more insidious cause of death and dying in the community is explored and finally revealed.

As a fan of AHS and also queer, I loved it for the regular twisted kills and thrills but also as one take on an historical snapshot of queer lives at an important time in queer history.

DB

Scones

Ingredients:

- 300mls cream
- 4 cups of self raising flour
- 2 tsp sugar
- pinch of salt
- 300mls water



Method:

1. Shift flour into large bowl
2. Add a sprinkle of salt and 2tsp of sugar
3. Mix together
4. In a jug, add 300ml cold water and cream
5. Pour wet mixture over flour and mix with knife
6. Put mixture onto floured board and flatten
7. Cut mixture with a glass
8. Put oven to highest setting
9. Bake for 10mins



Holiday Cookies

Method:

Cookie Ingredients:

- 250gms butter - chopped
- 3 cups plain flour
- 1 cup icing mixture
- 1 egg
- 1 tbs milk
- 1 tsp vanilla extract

Royal Icing:

- 1 egg white - beat with fork
- 1 1/2 cups icing sugar - sieve
- 1/2 tsp lemon juice
- Combine egg white, lemon juice and icing sugar, add more icing sugar if icing is too runny

1. Place butter, flour, and icing sugar in food processor and process until fine breadcrumbs
2. Add egg, milk and vanilla, process until mixture comes together
3. Turn onto a lightly floured surface, knead until smooth
4. Divide mixture in half, wrap in cling wrap and put in fridge for 30 minutes
5. Roll out mixture onto glad bake to 5mm thickness
6. Using cookie cutters, cut shapes from dough
7. Place onto greased tray 2cm apart
8. Bake for 11 mins at 170 degrees
9. Cool on wire rack
10. Decorate with royal icing



Worksheet - journal prompts

For self reflection

Most of us have probably heard about the benefits of journaling for our mental health. While sometimes it may feel easy to put pen to paper and find the right words, at other points it's not so straightforward.

Particularly when there's a lot happening, it can be really difficult to find the motivation, or know where or how to start. We absolutely understand that journaling is not everyone's cup of tea, but if it's something that you're wanting try (or if you're just looking for some new inspiration) read ahead... We've got some journal prompts for you!

- **Write a letter to your future self**

Some ideas: You can think about the things you'd like them to remember, what you hope exists in their life, ask them what's important and meaningful to them.

- **Write a poem**


It doesn't have to rhyme/have a particular structure, it can sometimes just be easier to get a particular feeling out when you don't have to worry about the usual grammar rules

- **Write a letter to yourself as if you were writing to a friend**

Take a step outside of yourself if you can and address a letter to yourself, write it as if you were writing it to a good friend. Being honest but kind.

- **Taking inspiration from the environment**

Sometimes this one can be a little easier somewhere outside/in nature, but it can be done anywhere. Pick something in your environment to focus on and write about it in as much detail as you can. Describe its physical qualities if you like, or you can even get a little creative and come up with a story that's inspired by the object/aspect of the space.



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LETSS Keep Connected!

LETSS is a free, non-crisis, peer support service for people in the Adelaide Metropolitan Region.

Call us or webchat

7 days a week from 5:00pm - 11.30pm

Information | Navigation | Support



1800 013 755



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