



The Jam, The Mix, The Gig (The JMG)

Volume 5 Issue 1

March/April
2018

‘Music & mental health Program’

A word from Robert Petchell, JMG Music & Program Director

At the end of June this year, The JMG will complete and celebrate 15 years of continuous contribution, through the use of creative music, to mental health recovery and management.

This also sees The JMG having made a significant contribution to both Arts & Disability and Arts & Health in South Australia.

Everyone involved with The JMG should feel very proud of this achievement as it has very much been a team effort that has enabled this to occur.

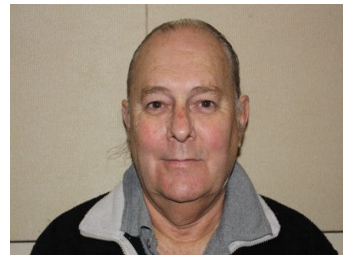
To mark this achievement, The JMG will be

holding a number of performances and events during May and June that both look back over the 15 years and represent where The JMG is at now.

As is often the case, at the same time as there is celebration, there are also things that arise that endanger the future.

The JMG Board and myself have been working hard at how to address 3 major challenges:

1. Securing a new 2 year funding agreement from July 1st this year—negotiations with our 2 funding partners, Northern Communities Health Foundation and SA



Mental Health will begin in March

2. Finding a new venue for our music sessions— we have secured Theatre 1 at The Parks Recreation & Sports Centre

3. Managing my retirement at the end of June this year—my current role will be split into a Program Manager with a suitable person already identified, and Music Director which will be my role until a suitable person emerges—and then I will continue as Program Adviser.

‘Making music together helps me in being well’

JMG member

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Acknowledgements:

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Compiled by: Sue Williams
Editor: Robert Petchell

The JMG is funded by Northern Communities Health Foundation & SA Mental Health Service.

Up coming Events & JMG Band performances

From CD’s of original songs, festival & community performances, touring, support for individual member projects, support for music & disability pro-

jects by other organisations—these will all be celebrated in different ways during May & June through a series of public performances. Details of

these will be in our May/June newsletter and through our email publicity, Facebook page and JMG website. We hope you join us to celebrate 15 years!



Flash Back—THE GIG



Chris



Sean



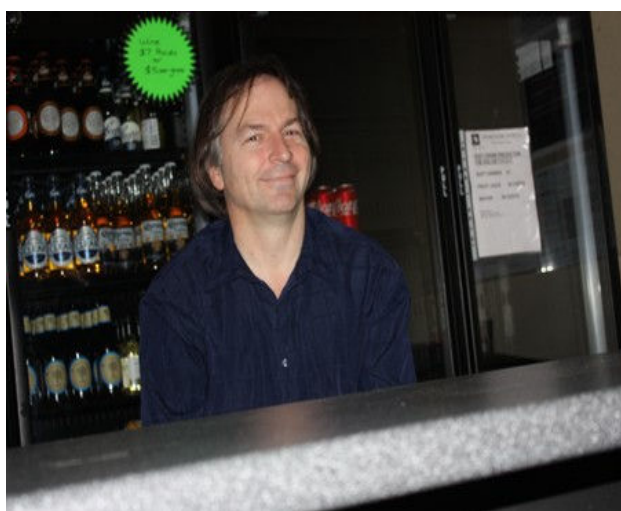
Nicole



Scottie



Terese



The Snish Gig Barman and
Equipment maintainer



Phil Sound Engineer

**'Music & Mental Health Program'****MUSIC WORKSHOP SESSIONS FOR MARCH – JUNE 2018**

There will be 2 different types of session called 'The Jam' and 'The Mix'.

'The Mix' sessions will be on the 1st and 3rd Wednesday from 1 – 4pm and are for people who are musically quite confident and have been coming to The JMG 'The Jam' sessions for some time.

Attending The Mix is only by invitation of Music & Program Director, Robert Petchell

'The Jam' sessions will be on the 2nd and 4th Wednesday and are for people who are just starting to attend The JMG. **The Jam will be from 1 – 3pm as a group session**, with 3 – 4pm available for The JMG Music Director, Robert Petchell, to spend time with individuals – teaching some guitar chords etc. **Anyone who identifies as having a mental health issue can come to The Jam - but we strongly suggest that you speak with Robert Petchell before coming along for the first time**

If you have any questions please feel free to ring Robert on 0402 429 197 - or send a text asking him to ring you which he is very happy to do!

MARCH

7th The Mix
14th The Jam
21st The Mix
28th The Jam

APRIL

4th The Mix
11th The Jam
18th The Mix

NB: Thursday April 26th - The Jam (Wednesday April 25th is a public holiday)

MAY

2nd The Mix
9th The Jam
16th The Mix
23rd The Jam

NB: There is no session on May 31st

JUNE

6th The Mix
13th The Jam
20th The Mix
27th The Jam



How to contact The JMG

Robert Petchell,
Music & Program Director
Ph: 0402 429 197
Email: rpetchell@optusnet.com.au

Where The JMG holds its workshop sessions

VENUE: Theatre 1, The Parks
Recreation & Sports Centre,
46 Cowan Street,
Angle Park

Like us on Facebook, who knows
your picture could be up there
soon :-)

[www.facebook.com/TheJamThe
MixTheGig](http://www.facebook.com/TheJamTheMixTheGig)



Sabrina Sepe Shares her experience with the JMG

Q. What has The JMG done for your music?

Brought more enjoyment to my singing and bring more skills

Q. What opportunities have there been for you?

I was able to perform on stage and perform my songs

Q. Has The JMG helped you on a personal level?

Being with a group of people has helped me on a personal level in having more fun and gaining confidence.

Thank you to Robert and the JMG



Sabrina the JAM 2018



Sabrina the GIG 2017