

## FEBRUARY UPDATE 2018

- Reminder of events coming soon
- Psych's on Bikes and RAW's public events around Tasmania

[View this email in your browser](#)

**TALK TO A mate!**  
- 24 HOURS 7 DAYS -  
COMMUNITY WELLBEING, SUICIDE PREVENTION  
HELPING RURAL tasmania THROUGH THE TOUGH TIMES  
1300 HELP MATE  
(1300 4357 6283)  
TO BECOME A >MATE OF RAW< OR TO DONATE PLEASE VISIT [WWW.RAWTAS.COM.AU](http://WWW.RAWTAS.COM.AU)  
RAW TAS RURAL ALIVE & WELL

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## REMINDER OF EVENTS COMING SOON

- Sorell Market 18<sup>th</sup> Feb 8:00am - 10:00am
- Farm Gate Market 18<sup>th</sup> Feb 10:30am - 12:30pm
- Margate, Dru Point, 18<sup>th</sup> Feb 7:00pm
- Conference, White Sands Estate, 21<sup>st</sup> Feb - 10:00am - 4:30pm
- Mocktail Party, St Helens, 21<sup>st</sup> Feb 5:30pm - 7:00pm
- Scottsdale Football Club, 22<sup>nd</sup> Feb 11:00am - 1:30pm
- Central Coast Men's Shed, Ulverstone, 23<sup>rd</sup> Feb 12:00pm
- Ulverstone Show Grounds, 23<sup>rd</sup> Feb 7:00pm
- A Day at the Creek, Mole Creek, 24<sup>th</sup> Feb 2:00pm

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**[Psych's on Bikes and RAW's public events  
around Tasmania](#)**

The Psych's on Bikes are coming to Tasmania and are providing FREE Health Checks along their way.

With thanks to:



Rural Alive and Well in Partnership with Psychs on Bikes, are inviting you to have free health check and get information on staying mentally healthy. Pyschs on Bikes and RAW will be touring Tasmania during the 17th to 24th February 2018.

- Sorell Market 18th Feb 8:00am - 10:00am
  - Farm Gate Market 18th Feb 10:30am - 12:30pm
  - Margate, Dru Point, 18th Feb 7:00pm
  - Conference, White Sands Estate, 21st Feb - 10:00am - 4:30pm
  - Mocktail Party, St Helens, 21st Feb 5:30pm - 7:00pm
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YOU ARE INVITED FOR A

**FREE HEALTH CHECK**

**RURAL ALIVE AND WELL**

IN PARTNERSHIP

**PSYCHS ON BIKES**

ARE INVITING YOU TO HAVE A

**FREE HEALTH CHECK**

AND GET INFORMATION ON

**STAYING MENTALLY HEALTHY**

**Where:** Sorell Market

**When:** Sunday 18<sup>th</sup> February 2018

**Time:** 8 am to 10 am





YOU ARE INVITED FOR A

# FREE HEALTH CHECK

**RURAL ALIVE AND WELL**  
IN PARTNERSHIP  
**PSYCHS ON BIKES**

ARE INVITING YOU TO HAVE A  
**FREE HEALTH CHECK**  
AND GET INFORMATION ON  
**STAYING MENTALLY HEALTHY**

**Where:** Farmgate Market

**When:** Sunday 18<sup>th</sup> February 2018

**Time:** 10.30 to 12.30





**Rural Alive and Well with Psych's on Bikes**

**Invite you to the**

**Scottsdale Football Club Rooms,**

**5 Rose Street, Scottsdale**

**Thursday 22<sup>nd</sup> of February.**

**FREE Health Checks with Psych's on Bikes  
and have a chat to RAW Outreach Workers**

**11:00am – 1:30pm**

**FREE BBQ LUNCH**

**Please rsvp for catering purposes to the RAW office**

**Ph: 62541092 or email: [events@rawtas.com.au](mailto:events@rawtas.com.au)**

*Psych's on Bikes - We are a group of mental health professionals comprising psychiatrists, psychologists, nurses and counsellors. Psychs on Bikes Inc is an organisation of mental health professionals riding motorbikes to raise awareness of mental health issues in rural and remote communities. Our motto is 'Riding for Mental Health'.*



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**SPACES STILL AVAILABLE**

**To reserve your spot please book via**

**Eventbrite <https://rawworkshop0218.eventbrite.com.au>**



**RAW INVITES**

## **RURAL HEALTH PROFESSIONALS**

*To attend a workshop presented by Psychs on Bikes*

**The workshop will cover:**

- Rural and remote context of practice
- Engaging complex mental health clients in rural settings
- Working collaboratively across a step-up/step-down service system
- Self-care and developing professional support networks.

**Where:** White Sands Estate, 21554 Tasman Hwy, Iron House Point

**When:** Wednesday 21st February 2018

**Time:** 10:00am – 3:30pm

**Bookings:** <https://rawworkshop0218.eventbrite.com.au>

Morning tea, lunch and afternoon tea is provided. Please advise of any dietary requirements to 6254 1092 or [events@rawtas.com.au](mailto:events@rawtas.com.au)



This activity is supported by Primary Health Tasmania (Tasmania's primary health network) under the National Suicide Prevention Trial, an initiative of the Australian Government

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**SPACES STILL AVAILABLE**

**To reserve your spot please book via**

**Eventbrite** <https://rawmocktail.eventbrite.com.au>





## RAW Invites You to a MOCKTAIL PARTY!



*Learn how to make delicious mocktails with DEN*

*Have a free health checks from Psychs on Bikes*

*Find out what you want to know about being well*

**When:** Wednesday 21<sup>st</sup> February 2018  
5:30pm to 7.00pm

**Where:** St Helens Neighbourhood House  
25 Circassian St, St Helens

**RSVP:** Friday 16<sup>th</sup> February 2018  
Reserve your free ticket via:  
<https://rawmocktail.eventbrite.com.au>

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### We are here to help

Times have been incredibly tough for farmers across Tasmania these past few years, we were hit with horrific dry conditions, followed by a dairy crisis and some of the worst floods Tasmania has seen. Our Outreach Workers understand these crises and are ready to help those in need. We are a mate in the tough times, here to talk and provide information to see you through, forward you on to the right support

services and provide you with support through thick and thin. Don't hesitate to call an Outreach worker today, have a look at our [Outreach Workers here](#) and phone the one in your area. To talk to someone now phone our hotline 1300 HELP MATE (1300 4357 6283).

 [facebook.com/raw.tas](https://facebook.com/raw.tas)

 [www.rawtas.com.au](http://www.rawtas.com.au)

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