

Good Morning,

I am really excited to update you on some exciting news from Rural Alive and Well.

First and foremost we are so excited to have launched our new Healthy and Resilient Communities (HaRC) Initiative. With the help of The Ian Potter Foundation, TasNetworks and the Cape Hope Foundation, we launched HaRC on the 19 February.

HaRC will work with twenty communities in rural Tasmania over a three year period, enlisting stronger community participation in local suicide prevention and well-being initiatives. RAW will actively enable and support the development and implementation of locally owned suicide prevention strategies and projects designed to boost greater community resilience. Watch this space – a community near you might be a part of this initiative!

With the launch of HaRC I would like to formally introduce Wendy French, our new Community Resilience Facilitator. You can contact her [wfrench@rawtas.com.au](mailto:wfrench@rawtas.com.au) or 0438954188.

We are also proud to announce that we have boosted our Outreach program on Flinders and King Island as well as the Break O'Day municipality. Rhonda Gee-Mackrill will be visiting Flinders Island once a fortnight, and we have a new Outreach Worker, Liz Bond, working part time on King Island. Alongside Liz we would like to introduce Jayne Pike who is working Outreach in the Break O'Day municipality as well as supporting in the Fingal Valley and the North East.

Further to our welcome we have a new Marketing and Events Coordinator, Ella Richmond. Ella has been busy working on our website, keep your eye on [www.rawtas.com.au](http://www.rawtas.com.au) the changes will be coming very soon, but of course we will let you know first! She has also made a new Facebook 'like' page to extend our reach and help more people in need across rural Tasmania. Please head to <https://www.facebook.com/raw.tas> and like our page, share it with your friends, you could really help someone that doesn't know about us yet!

We have a few events coming up; Andrew Baker is heading to the Bream Creek Show this Saturday 19 March, it should be a blast! Rotary Claremont have kindly chosen RAW as their donation recipients and we would love for you to join us at their Corporate Golf day, held April 8. There will be a putting competition, the longest and straightest drive, a BBQ and a raffle. Attached is the flyer, please register by March 31. Tony Barker is heading to 'Ahead of the Game' tomorrow, a free event in Carrick for farmers and agribusiness showcasing efficient farm management practices and the producers putting them into action. Samara

will be at the Huon Small Farms Expo on Sunday, there will be over 60 stalls celebrating rural life and sharing their knowledge of farming, she would love to meet you.

Thank you to all our mates for supporting us and for taking the time to read this e-newsletter. Without your support we couldn't do the work we do, and save many lives across rural Tasmania.

Until next time ,

Danial Rochford