

RAW ROUNDUP!

Rural Alive and Well Inc. Newsletter

February 2015

Rural Alive & Well Inc. is an incorporated not for profit organisation formed to create resilience and capacity of individuals, families and the community to react to challenging life experiences with particular emphasis on suicide prevention, mental health and wellbeing.

Nth and Nth West Services to grow

The Rural Alive and Well Board have announced that it will be increasing the services RAW provides to rural Tasmania by increasing the number of Rural Outreach Workers by two. This will see a total of 10 workers across the State.

The two new Rural Outreach Workers will be located in the North and North West respectively and will bolster the work done by Nicole Grose and Trevor Chalk who have been supporting the North and North West over the last two years.

Rural Alive and Well is very proud to be bolstering the number of Rural Outreach workers and in particular strengthening the North and North West of Tasmania.

President of RAW, Mr Ian McMichael was excited to make this change, "We were very keen to increase the work we do in the North and North West and with the employment of two more staff we will make a difference,

A recruitment process has already commenced. Funding for the roles has been provided by the Tasmanian State Government.

"Our goal is simple – to ensure all rural areas in Tasmania has access to an outreach worker

- Ian McMichael, President of RAW



President Ian McMichael welcomes incoming CEO Mr Danial Rochford

In This Issue

- Outreach Worker appointed to Health Council
- From the CEO
- Rethink!
- Raw Office moves
- Meal for a Mate
- Out and about



From the CEO

Hello and welcome to Rural Alive and Well's new look Newsletter - ***The RAW Roundup!*** ***The RAW Roundup!*** will be a regular newsletter that gives you all the information you need to know about RAW's activities and events as well as to celebrate all the positives of living in rural Tasmania.

It's your newsletter, so please feel free to provide us with any feedback or if you would like any information shared with our stakeholders. I am sure they would like to know!

2014 was a big year for RAW – our Outreach Workers had just over 2000 client contacts, we attended over 150 community events, we moved offices and the organisation recruited its first CEO. A big thank you to the RAW team who devote themselves day in and day out for the great work we do.

With the New Year upon us, we have started 2015 strongly with the announcement that RAW will be appointing two new Rural Outreach Workers. We are so excited that we will be bolstering our rural outreach services – especially in Northern and North West Tasmania. We hope to have both positions on the ground by March. These positions are as a direct result of increased support from our Tasmanian State Government.

This newsletter also has important information about the State Governments review on Mental Health called "Rethink". I would strongly encourage you to have a look and put in a submission – it doesn't have to be war and peace – but your thoughts on how the Government looks at mental health for the future is critical – especially for us in rural Tasmania.

I hope you enjoy The RAW Roundup— until next time!

Cheers

Danial Rochford

Nicole appointed to Health Council

Nicole Grose has been working at RAW since 2013 and in that time has developed a strong engagement with a range of rural communities, especially the North-East.

In 2014 Nicole was appointed to the Health Council of Tasmania by the Minister for Health, Michael Ferguson MP.

The Health Council of Tasmania (HCT) provides high level advisory and consultative assistance to the Minister for Health.

This board assists the Minister for Health in accessing representative views of key stakeholders across the Tasmanian health system.

The work of the HCT will assist the Minister in developing and renewing strategic priorities for the Tasmanian public health system and to plan services to align with these strategic priorities.

"It is a privilege to be a part of the HCT, I often see the challenges people face when trying to navigate the Tasmanian Health system.

"Not only do I bring my own experiences to the council but also the experiences of my clients who live in rural area of Tasmania".

Nicole is the consumer representative on the HCT, and is also on the Community Advisory Council for THO – North.



Nicole Grose



Eric Hutchinson, MHR Lyons, Mr Ian McMichael, RAW President and Tony Bisdee, Mayor Southern Midlands cut the ribbon

Rural Alive and Well moves to Oatlands

2014 a big year

Just prior to Christmas Rural Alive and Well was proud to officially open its new head office located at 73 High Street in Oatlands. With just under 100 people attending it was a great opportunity to open the doors of the new office to members of the local Oatlands community, community service providers and politicians, according to Danial Rochford, Rural Alive and Well's Chief Executive Officer.

"The official ceremony included a range of speakers including the President of RAW, Mr Ian McMichael, and Member for Lyons Eric Hutchinson as well as the Mayor of Southern Midlands, Cr Tony Bisdee, Mr Rochford said.

In opening the new office, Rural Alive and Well President, Mr Ian McMichael believed "the move to new premises will help us with logistics as we continue to deliver services throughout rural areas and Oatlands gives us a central location as a base.

"These are exacting and exciting times for Tasmania's rural communities and we look forward to playing a key role in building resilience, improving mental health and wellbeing.", Mr McMichael concluded

The office is opened 9am to 5pm Monday to Friday. Rural Alive and Well also has a new phone number which is 62541 092.

Please feel free to come in and have a cuppa!



Roche Hall, RAW's new office



Review of mental health in Tasmania

The need to explore new long-term supported accommodations for people with mental illness, along with the need to develop a comprehensive plan for the mental health of older people has also been recognised by the Government. The Rethink Project will consider both of these areas.

The project will be highly consultative, seeking views from consumers, their families and carers, clinicians, service providers and other key stakeholders.

The Mental Health Council of Tasmania is playing a lead role in the Rethink Project, working in partnership with the Mental Health, Alcohol and Drug Directorate.

A Steering Committee has been established to support the Project. Consumers, families and carers, community sector organisations, clinicians, acute and primary health care are represented on this Committee.

A Discussion paper has been prepared to start the discussion about our mental health service system, what it looks like now, what it should look like into the future and what should be in our a long term plan for mental health in Tasmania.

For more information on Rethink, and to provide a submission please:

Call on 03 6166 0770, or Email us at rethink@dhhs.tas.gov.au



Stay in touch with RAW ! Like US ON FACEBOOK

If you would like to keep up to date with RAW while waiting for the next issue of RAW's newsletter, You can send us a friend request on Facebook— our account name is, RAWTAS. Also we have updated our website check it out at www.rawtas.com.au

Meal for a Mate in Southern Midlands



Rural Alive and Well would like to publicly thank the Southern Midlands Council for their generous funding to go towards Rural Alive and Well's "Meal for a Mate" initiative.

With this funding we are providing 10 boxes a week for 20 weeks of vegetables that are being circulated to residents of the Southern Midlands who are in a difficult situation currently. We are providing this produce free of charge.

This project is doing more than just providing fresh vegetables though. It is allow us to make connections to those who may be suffering from some form of mental illness here in the Southern Midlands. It allows us to get a foot in the door which enables us to work with them to help them moving them to a better place physically and mentally.

If you know anyone who may be of need please feel free to contact our office and we can connect you with Darren Thurlow our Outreach Worker in the Southern Midlands.

RAW Out and About



RAW Outreach Manager Wayne Turale with the participants of the "Mates Lunch" Program



Bellerive Community Farmers Market

Rural Alive and Well recently accepted an invitation from the Bellerive Community Farmers Market to be the "Charity of the Week" at their Saturday Markets.

Daniel Rochford attended the day which helped promote RAW as well as raise funds for the organisation through a raffle that was donated by all the stall holders. In total \$350 was raised in 4 hours!

RAW would like to thank all involved in Bellerive Farmers Market and encourage people to go along to support some great Tasmanian local producers.

DISCLAIMER

Rural Alive & Well Inc endeavours to produce accurate and complete information in this newsletter, however Rural Alive & Well Inc accepts no responsibility for any inaccuracies contained in any material in this newsletter. Links to internet sites are provided for your convenience only. The inclusion of any links does not constitute endorsements by Rural Alive & Well Inc of the organisations, its views, products or services. Rural Alive & Well Inc accepts no responsibility whatsoever for any malfunctioning of any Internet links or inaccuracies in any URLs of provided links. This newsletter is intended only to provide general useful information.

RAW Out and About

RAW Royal Hobart Show Luncheon



Rural Alive & Well Inc. held its annual 2014 Royal Hobart Show Luncheon in partnership with Rural Agricultural Society, here are some happy snaps of the event, a great day was had by all.

Cygnnet Folk Festival



RAW Outreach Worker for the Huon Martin Howell attended the Cygnnet Folk Festival recently where he set up an information table and spoke with the Cygnnet community.



Upcoming Events:

Catch RAW at the following events:

22nd February 2015 - Kempton Festival

22nd February 2015 - Rotary in Park Ulverstone

28th February 2015 - Lift the Lid, Oatlands Recreation Grounds

3rd March 2015 - King Island Show

7&8 March 2015—Scottsdale Rotary Club Emergency Services Car Rally

For further information about these events or if you have an event that you would like RAW to attend please contact the RAW office on 6254 1092



Donate to Rural Alive and Well

Thank you for your interest in supporting the work of Rural Alive and Well Inc. We appreciate the tremendous support we receive from individuals and organisations in the work we do and we are very humbled by the support we receive.

Rural Alive and Well Inc, is an incorporated not for profit organisation and charity formed to create resilience and capacity of individuals, families and the community to react to challenging life experiences and particular emphasis on mental health and wellbeing.

All monies donated to RAW are fully tax deductible as we are endorsed as a deductible gift recipient under subdivision 30-B of the Income Tax Assessment Act 1977 ABN 65 712033425. Donations of \$2 or more are tax deductible.

Cheque or Money order to:

Rural Alive & Well Inc.

PO BOX 74 High Street Oatlands, TAS 7120

Deposit to ANZ Bank

BSB: 017-046 Account No: 4508-27291

Reference: YOUR NAME 2015

Credit Card:

Name on Card:

Credit Card Number:



Rural Alive and Well Board



President: Ian McMichael



Snr V/President: Dianne Fowler



Jnr V/P: Leonie Young



Treasurer: Noel Beven



Secretary: Robin Thompson



Public Officer: Nicolas d'Antoine



Member: Dr. Robert Walters



Member: Ron Christie



Member: Anne Downie



**Founding Ambassador:
John Jones OAM**

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Give us a call for more information about our services and products

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