

RAW ROUNDUP!

Rural Alive and Well Inc. Newsletter

April 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.

RAW extends its reach

RAW is proud to announce that thanks to additional support from the State Government, the organisation has recently appointed two new Rural Outreach Workers—one looking after the North West and one in the North. Mr John Clark will look after the Meander Valley, Kentish and Latrobe districts and Mr Tony Barker will be our new Rural Outreach Worker for the North West coast.

With suicide rates the second highest in the nation, the need for RAW's Outreach program remains ever strong. Rural Alive and Well last year worked with over 2000 clients and the organisation is very proud that day in day out our Rural Outreach Workers are saving lives. RAW was keen to increase its reach to the North West and the North and we are very thankful for the support the Tasmanian Government has provided to make that happen.

Tony Barker comes to the organisation having had extensive experience in rural industries as well as his own personal mentoring business. Tony is a prominent community member on the North West including holding roles such as Chairman of the North West Thunder Basketball Club

John Clark has been a passionate mental health advocate and comes to RAW from Anglicare. John has been very active in supporting a range of mental health initiatives and programs at the grass roots level and has a strong rural background.

Rural Alive and Well now employs 10 Rural Outreach workers across Tasmania. We are working towards the aim to ensure that all of Rural Tasmania has access to someone they can turn to.

With the appointment of Tony and John RAW is increasing its reach which will mean we save more lives. To talk to a Rural Outreach Worker please call 1300 HELP MATE (1300 4357 6283).



MOU Signed between Rural Alive and Well and Rural Business Tasmania

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From the CEO

I am so excited with the recent appointment of our two new Outreach Workers, John Clark and Tony Barker. Both gentlemen have amazing backgrounds and life experiences and they have both hit the ground running in their respective areas. With ten Rural Outreach Workers across Tasmania now, we are able to increase our reach and most importantly increase the number of clients we are working with.

With the addition of two new outreach workers we have made some changes in how our rural outreach program is managed. I would like to recognise both Wayne Turale and Garry Sharp who have taken up the roles of Team Leader North and South respectively.

It has certainly been a busy month or two for the organisation with a lot of events that the organisation has attended. Personally I have had the great opportunity to address a number of Rotary and Lions Clubs around the state.

We are working on the development of a new 'friends of' supporter network for the organisation called the "MATES of RAW". I will let you know more information about this in our next edition.

And finally I would also like to welcome Kylie Lawless who joins the team in our Oatlands head office. Kate Windle has recently made the decision to step down to part time which has allowed us to appoint a full time admin officer and Kylie like Tony and John has hit the ground running in her new role.

I hope you enjoy this edition of the RAW Roundup— until next time!

Cheers

Danial Rochford
CEO
Rural Alive and Well



RAW Signs MOU with Rural Business Tasmania

Financial and business support organisation Rural Business Tasmania and Rural Alive and Well (RAW) inked a memorandum of understanding that would see them work more closely in supporting individuals and families in regional areas.

With financial and business related pressures very often come increased levels of stress which can impact on an individual's mental health and also that of their families," said Rural Business Tasmania Chairman, Geoff Fader. "Our rural financial counselling service is often the first place that people in remote and regional communities reach out to when things are not going well, and to work in concert with RAW's mental health professionals in dealing with impacting issues means that collectively a more holistic level of support is available."

"Rural Alive and Well (RAW) is pleased to continue and strengthen our strong partnership with Rural Business Tasmania" said RAW chairman Ian McMichael. "This MOU is an important step in re-affirming the strong commitment of both organisations to working together to help ensure that we provide the best of support to rural Tasmania."

Through active referrals and, where appropriate, joint client meetings, under this new agreement Rural Business Tasmania and RAW are better placed to ensure people feel supported and more positive outcomes for families and their communities are realised.



Ian McMichael (RAW) and Geoff Fader (RBT) signing the MOU in Hobart

New Areas Covered by RAW



The organisation has been keen to increase the service it provides to rural Tasmania. With an increase in funding the organisation has been able to extend its reach right across the state. From March Rural Alive and Well has made a number of changes so as to ensure anyone in rural Tasmania has access to a RAW Outreach Worker. A summary of the changes include:

Adele Daley—has now become RAW's Outreach Worker in the Huon and rural Kingborough municipalities. Adele replaces Martin Howell who has worked in the Huon for the past three years.

Martin Howell—is RAW's new Rural Outreach Worker for the Derwent Valley as well as assisting Trevor Chalk on the West Coast. The Derwent Valley is a new area for RAW and we are particularly excited to now be offering services to this area.

Tony O'Malley— Tony has recently added the rural areas of the Clarence municipality to his existing areas of Sorell and the Tasman. Our focus in rural Clarence is around the Coal River Valley area.

Garry Sharp—Garry has recently taken on the new role of Team Leader South managing all outreach workers in southern Tasmania. Garry will also extending his current coverage area to include the Break O'Day Municipality.

Wayne Turale— Wayne is now Team Leader North and will be shortly RAW's Outreach Worker on Flinders Island—a service RAW intends to add on in the upcoming months. Wayne continues to service the Central Highlands.

Nicole Grose—In addition to the Dorset Municipality, Nicole will be adding George Town and rural Launceston districts to her coverage area.

Trevor Chalk—Trevor remains RAW's outreach worker on the West Coast, but also adds the Northern Midlands.

Tony Baker— We welcome Tony to the team. He will service the Central Coast, Waratah Wynyard, Circular Head and rural Burnie Council areas.

John Clark— John is servicing Kentish, Latrobe, Meander Valley and West Tamar areas on behalf of RAW.

Darren Thurlow—Darren remains RAW's Outreach Worker on King Island and Southern Midlands as well as gaining the rural areas of the Brighton Municipality.



John Clark— New RAW Outreach Worker North



Tony Barker— New RAW Outreach Worker North West



Can you help Rural Alive and Well?

RAW is calling on businesses and individuals to join Rural Alive and Well in fighting to reduce rural suicides here in Tasmania.

We are looking to enlist the support of community groups and businesses to partner with RAW and to promote the work we do.

In particular we are asking to help highlight RAW's 24/7 hotline 1300 HELPMATE (1300

Some businesses have made the decision to put RAW's logo and 1300 number on their marketing material and documents such as invoices. Some businesses have invited a RAW Outreach worker to address their staff to discuss mental health.

To talk more about how your business or community group can "Save and Mate", please give Danial a call on 0362541092.

Thank you for your support.

New Logo for RAW



You might have noticed that Rural Alive and Well has recently changed its logo to a new design?

RAW have recently updated its logo to add in its motto of "Talk to a Mate" as well as providing the organisation's 1300 HELP MATE 24/7 Hotline number.

The organisation has continued to honour its original logo design.

According to the organisation's CEO Danial Rochford the new design "ensures that whenever someone sees our logo they will be able to see our 1300 HELPMATE hotline number which is so important.

"The more we can promote that number the more chance someone who is in a dark place will reach out to us, Mr Rochford said.

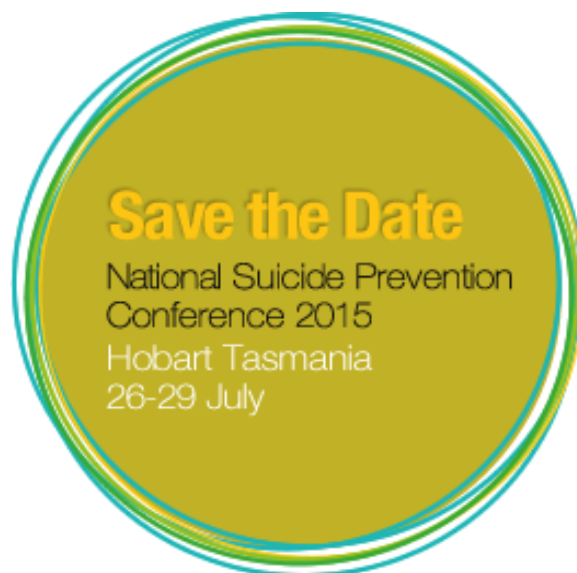
Thanks must go to Cassie Groves Design who has worked with RAW in the development of the new logo.

RAW SHOW LUNCH DATE CLAIMER

Thanks to the continued support of the Royal Agricultural Society of Tasmania we are proud to announce that RAW will be holding its annual Royal Hobart Show Lunch this year on:

FRIDAY 23rd OCTOBER 2015

We want to acknowledge the great support we have from RAST and we look forward to lunch at the show grounds at Elwick this year. Lock it away in your diary!



RAW Out and About



Darren Thurlow showcasing RAW's services at the King Island Show



Garry Sharp representing RAW at Seafest in Triabunna



Adele Daly on the streets of Cygnet promoting RAW's service in the Huon Valley



John Clark talking to John Tracey of the Port So-rell and Deloraine Mens Shed



Garry Sharp, Danial Rochford and Tony O'Malley at the Bream Creek Show

Big Day at the Bream Creek Show

RAW CEO Danial Rochford and Outreach Workers Garry Sharp and Tony O'Malley had a very busy day at the recent Bream Creek show. The day saw around 10,000 people come past the RAW booth.



DISCLAIMER

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RAW Out and About

Rosebery Men's Breakfast



RAW outreach worker, Trevor Chalk, was the guest speaker at the inaugural Rosebery Men's Breakfast on Saturday, 14th March. The breakfast, held at the local neighbourhood house, was organised by the Rosebery Christian Fellowship, and attracted attendees from as far away as Strahan. As a result of the very positive response from all who attended, men's breakfast will now be a regular monthly event, alternating between the major West Coast communities. The next breakfast will be held at Strahan. The opportunity for the men to develop new friendships and build additional social networks is invaluable. Also some enthusiastic discussion was initiated at the breakfast concerning the establishment of a men's shed at Rosebery. There are resources available and it is anticipated that such a facility can be brought to fruition.



Suicide Prevention Training for the North East

Nicole Grose and John Clark recently conducted much needed suicide prevention training in Scottsdale and the North East. Using the CORES training package which educates community members on how to be proactive to prevent someone from harming themselves or taking their own life.

If you would like more information about suicide prevention training in your local community please call RAW on 62541092

Visit from Senator Eric Abetz



Senator Eric Abetz recently dropped into to talk to the Rural Alive and Well Board in Oatlands. Photo: Nicholas d'Antoine, Garry Sharp, Wayne Turale, Ian McMichael, Senator Eric Abetz, Danial Rochford, Dr Rob Walters and Noel Bevan.



SAVE THE DATE:

Scottsdale Rotary Club in conjunction with Rural Alive & Well Inc. invites to you to attend

Taste of the North East Charity Dinner

Saturday 6th June 2015

Anabels, Scottsdale

5 Course Tapas Menu

Auction's and Raffles on the night with all proceeds going towards supporting the RAW program on the North East Coast

\$90per person

Upcoming Events:

Catch RAW at the following events:

14th April—Huon Rotary Club
17th April—Baking for your Mental Health in Oatlands
29th April—Icebreaker Scottsdale
30th April—Ulverstone Rotary Club
7th, 8th & 9th May—Agfest
29th & 30th May—Campbell Town Show



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: Nicholas d'Antoine



Member: Dr. Robert Walters



Member: Ron Christie



Member: Anne Downie



**Founding Ambassador:
John Jones OAM**

Contact Us

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

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