



RAW BOARD CHANGES

RAW would like to thank Andy Tchappat for his years of dedication to the RAW board his valuable knowledge and enthusiasm has helped establish this great program. We would like to wish Andy well with his future endeavours.

Welcome

RAW would like to welcome Ron Christie, Noel Beven and Nicholas d'Antonie to the RAW board all three gentlemen bring a wealth of knowledge and experience to help strengthen and support our current board, RAW would like to thank all board members (listed on the back page) for their tireless work and dedication to the RAW program providing their valuable time as volunteer board member.

Thank you all.

RAW is on the move.....

As of Monday 29th September 2014

RAW's administration office located at Melton Mowbray is moving to Oatlands, We are moving into Roche Hall located at 73 High Street Oatlands (Opposite the Southern Midlands Council).

TALK TO A MATE

**Rural, Alive and Well (RAW)
73 High Street, Oatlands 7120
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7120**

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UPCOMING EVENT

MENTAL HEALTH WEEK 2014

SAVE THE DATE

“LIFT THE LID”

Free

Mental Health Information Session

Guest Speaker– HAWKS Player Brendan Whitecross

Free BBQ

Lucky Door Prize

Tuesday 14th October

6-8pm Bothwell School Gym

Service providers in attendance

**Contact RAW for further information
62593014**



Commonwealth Respite and Carelink Centre
Respite and Carelink

FREECALL™ 1800 052 222*

* Calls from mobile phones are charged at local rates.
Available in Southern Tasmania by Community Based Support



Supported by



RAW OUT AND ABOUT

Rural Alive and Well was fortunate in being asked by the Central Highlands Rural Primary Health Service to assist and participate in a new activity designed to bring men together for a social activity in the middle of the Highlands Winter...the first "Mates Lunch" was held on Monday 7th July at the Central Highlands Community Health Centre at Ouse. Organised by Manager, Tracey Turale with funding from the Eating with Friends Program, it proved to be a popular idea.

The excellent 2 course lunch was prepared by Sally & Faye, the centre's kitchen staff and was very much enjoyed by the 12 attendees from around the local area. We all said later our tea that night was an easy affair as we were all still full! The cost I might add was a mere \$5 each!!!

Ellendale resident Colin NUNN entertained all of us with the stories of his remarkable father, a Sgt in the Australian Commando's (fore runner of the present day elite SAS) who saw months of continual active service in the jungles of South East Asia against the Japanese during World War II. The machine gun maintenance program he used against them, had us all laughing, only an Aussie could think of it.

Bob Austin then followed up the lunch by producing an action packed movie, "Death Hunt" starring real old fashioned "tough guy actors" Lee Marvin, Charles Bronson and the beautiful Angie Dickerson. Based on the true story of local trapper Albert Johnson set in December 1931, in the remote North West Territories of Canada.

It was a great "Boys" movie watched without being asked to wash the dishes, feed the dog or put more wood on the fire!!



Bob has an extensive collection of great old "boys" movies and he plans to bring one along to our next lunch which will be held early August.

Please contact RAW 62 59 3014 or Tracey Turale at Central Highlands Rural Primary Health Service on 0429 433 664 if you are interested in attending... Remember Mate's Only !

RAW OUT AND ABOUT

MEN'S SHED

On Friday June 13th (Bad luck for some, but good luck for the men of the Channel) Cygnet Men's Shed in conjunction with RAW and Huon Health, held a Morning Tea and lunch B.B.Q for the men of the Channel at the Cygnet Men's Shed.

The aim of the day, apart from all the good food and the opportunity to catch up with friends was to promote "Healthy Living and Living well program." Men of all ages were coerced into having blood pressure and sugar levels taken as well as the chance to complete a quick tick sheet on their emotional state. RAW Outreach Worker, Martin Howell was on hand to talk to the men about any issues they may have had and to provide assistance and referrals if needed. Nurses provided the health checks; a GP was on hand to discuss any health issues people may have had and Social Workers were also available for anyone who wished to connect with them.

It was a great day of eating, drinking (Juice I might add!) and social, reconnecting with friends. A Raffle was held with the first prize being a recipe book of healthy foods to cook up and a hamper of great foods. It is hoped that this event will be held again next year. The feedback we received was overwhelming in praise for the event and the hope that it can be rolled out to other Men Sheds in the valley in the coming year.

CORES TRAINING

RAW outreach worker Nicole Grose has been using her recently acquired skills to provide 21 community members from Devonport training in CORES.

CORES is a community based program which educates members of the local community on how to intervene when they encounter a person they believe may be suicidal.

Nicole was amazed about the feeling she felt after providing the tools and resources to be able to identify someone who maybe at risk of suicide.

Rural Alive & Well Inc. (RAWTAS)

**Warmly invite you and your guests to attend RAW's
Fourth Annual Luncheon**

With guest speaker Tim Reid of Reid Fruits, Farmer of the year,

Friday, 24th October 2014

Royal Hobart Showground's

Upper Level, Showground Pavilion

12noon for a 12.30pm start

Cost \$40per person

(Tables of 10 available for \$380)

"Your ticket includes a two course meal, Wine on arrival and entry into the show-ground's and a ticket to win the lucky door prize"

"We thank you for your support to RAW Inc. assisting us to raise awareness of men's wellbeing and supporting Tasmanian men and their families, RAW is proud to be hosting its fourth annual luncheon at the Hobart Showground's, in partnership with Royal Agricultural Society of Tasmania"

Ian McMichael, President, RAW Board of Management

To secure your attendance, please RSVP to Kate on 6259 3014 or by email to: adminassist@rawtas.com.au
By Monday 22nd September 2014

Payment to be made prior to the event Cheques to be made payable to:
Rural Alive & Well Inc

For EFT payments please contact Kate at RAW on 6259 3014,

If you would like to make a donation of an item suitable for the raffle or auction please contact Kristy -kristy@rawtas.com.au

**PLEASE NOTE TABLES ARE FILLING FAST, WE ONLY HAVE LIMITED SEATS
AVAILABLE SO GET IN QUICK TO AVOID DISSA-
POINTMENT**



Who are We?

Rural Alive & Well Inc is a not for profit organisation formed to raise awareness of mental health and well-being. RAW's membership consists of community and organisational representatives.



Like us on Facebook RAWTAS

Catch us on the Web!

www.rawtas.com.au

BOARD		OUTREACH and ADMINISTRATION	
President	Ian McMichael	Outreach Manager/ Central Highlands	Wayne Turale
Vice President	Dianne Fowler	Tasman Peninsula	Tony O'Malley
Jnr Vice President	Leonie Young	North/North East	Nicole Grose
Treasurer Public Officer	Bernie Harrington	Southern Midlands	Darren Thurlow
Secretary	Robin Thompson	North/North West	Trevor Chalk
Members	Noel Beven	Glamorgan/Spring	Garry Sharp
	Rob Walters	Southern	Martin Howell
	Ron Christie	Business Manager	Susan Webb
Founding Ambassador	John L Jones OAM	Admin/Finance	Kate Windle
		Events/Admin	Kristy Mayne

This newsletter will be published free of charge on a bi monthly basis. If you or your organisation would like to submit an article which is relevant to the objectives of Rural Alive & Well Inc, please forward to kristy@rawtas.com.au.

All submitted articles subject to editorial review.

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