

RAW ROUNDUP!

Rural Alive and Well Inc. Newsletter

June 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.

RURAL TASMANIA RECOGNISED IN THIS YEARS LIFE AWARDS

The Tasmanian Life Awards were announced at a reception at Government House and hosted by Her Excellency, The Honourable Professor Kate Warner Governor of Tasmania.

Bothwell community event "Lift the Lid" have been awarded the 2015 Red Herring Surf Communities in Action Life Award in Suicide Prevention. "Lift the Lid" leader Anita Campbell accepted the LIFE award on behalf of the Central Highlands Community Bothwell. Last October Anita and her team of "Lift the Lidders", held an information session on mental health illness. The evening included guest speaker AFL great Brendan Whitecross who spoke about his own journey of mental illness and how it can affect anyone "Mental Health Illness", it does not discriminate no matter what you do in life it can affect anyone. The event was well attended by over 300 residents of this small rural community. The program was so successful another "Lift the Lid" event was held in the Southern Midlands town Oatlands. Rural Alive & Well would like to publicly congratulate Anita and her committee as well as the community of Bothwell for helping their community to tackle mental illness within their rural town by talking about and reducing the stigma associated with mental health illness.

RAW would also like to congratulate Christine Haigh and Louise Leslie for their joint award for Tasplan Outstanding Contribution to Mental Health, as well as the Browns Store in Longford.



Anita Campbell with Her Excellency the Honourable Professor Kate Warner Governor of Tasmania.

In This Issue

- From the CEO
- Life Awards
- Agfest
- Upcoming Events
- Memorial Match
- RAW contact details



Forum of Rural Stakeholders

With a view to ensuring a more effective and holistic approach to support service delivery in Tasmania's rural and regional communities in 2014 a forum of rural stakeholders was convened.

Fielding representatives from a variety of organisations - including our own - the group meets regularly to discuss economic, climatic and social issues and trends impacting rural and regional communities.

A prime objective of the group is to ensure during challenging times that the correct and sufficient support resources are mobilized and are accessible to those that need them the most.

To that end through trend identification and analysis, strategies and tools have been developed that can minimize impact upon individuals, their families, and the community in general.

Current forum members include:

AgriGrowth - a division of the Department of Primary Industries, Parks, Water and Environment, Centrelink - Department of Human Services, Country Women's Association, Local Government Association of Tasmania, MI Fellowship Aspire Services, Natural Resource Management (NRM) North, Poppy Growers Tasmania Inc., Primary Employers Tasmania, Rural Business Tasmania, Relationships Australia, Rural Youth Organisation of Tasmania, Rural Alive and Well, Tasmanian Farmers & Graziers Association, Tasmanian Small Business Council, Tasmanian Seafood Industry Council, Tasmanian Women in Agriculture and Timber Communities Australia

To access a vast array of support resources and seasonal management tools visit:
<http://dpiwwe.tas.gov.au/agriculture/government-and-community-programs/managing-seasonal-conditions>

From the CEO

Firstly a huge congratulations to all the winners acknowledged at this year's Life Awards and in particular to Christine Haigh as well as the Bothwell Community for last year's successful "Lift the Lid" event. It was so great to see all the winners of this year's awards coming from rural Tasmania!

I am excited to announce that in October Rural Alive and Well will be partnering with charity "Psych's on Bikes" to hold a Men's Health Rally around rural Tasmania. The Rally will be held from the 11th to the 19th October and will be RAW's main Mental Health Week promotion. Psych's on Bikes will have up to 30 mental health workers riding around on their motor bikes—we hope to have up to 7 clinics in rural communities. A huge thank you to the Spirit of Tasmania who have agreed to sponsor the event and to help facilitate the shipping of the bikes from the mainland to Tasmania. We will be in touch shortly with more information about this rally!

Also on the exciting news front, we were so honoured to have recently recognised as a recipient of funding from the Cape Hope Foundation. The Foundation will provide RAW with \$15,000 in the upcoming financial year for projects and emergency relief in northern Tasmania. We are so appreciative of the Cape Hope Foundation and we would like to publicly thank them and all those who contributed to their inspirational foundation.

And finally can I acknowledge the work of the Scottsdale Rotary Club and in particular Jan Hughes who recently partnered with RAW's North East Outreach Worker Nicole Grose on the Taste of the North East Dinner in Scottsdale.

Until next time,

Danial Rochford



TASTE OF THE NORTH EAST FUNDRAISER

Article from Neil Grose, Editor, North Eastern Advertiser

SUICIDE prevention and rural well-being organisation Rural Alive and Well (RAW) held two fund raising events in Scottsdale over the weekend. A BBQ was organised for the Scottsdale Community and Men's Shed along with raffle ticket sales in King Street and outside Woolworths during Friday and Saturday.

On Saturday night a fundraising dinner was organised by the Rotary Club of Scottsdale and the RAW outreach worker for the North-East, Nicole Grose. The dinner was held at Anabels and guests were treated to a stunning five course event matched with several different wines from Dion at Pipers Brook Vineyard.



North-East RAW outreach worker Nicole Grose, Tasmanian opposition leader Bryan Green, Scottsdale Rotary President Jan Hughes and RAW board member Robin Thompson at the RAW dinner at Anabels.

A massive raffle was held, with prizes donated from Wrest Point Casino, Derby artist Ric Bennett, Motor Safe TAS, Jodi Chivers, Penicott Wilderness Journeys, Sarah Courtney MP and Danial Rochford. Very generous support was given by Ted Whelan at McLennans Butchery in Scottsdale, the Rotary Club of Scottsdale, Jan Hughes and the Scottsdale Men's Shed.

Local farmer and RAW board member Robin Thompson reinforced the importance of RAW in rural areas, saying that when RAW started it had one outreach worker in the southern midlands, which at the time was in the grips of a devastating drought. "The changing face of farming means that pressures are greater on individuals and the families on the farm, and the services of RAW are unfortunately increasingly in demand," he said.

Labor leader Bryan Green said "RAW was recognised as a very important service which was established when we were last in Government. "The fact that RAW has continued to grow under the current Liberal Government shows just how important RAW is to the whole rural community." There are now ten outreach workers covering rural areas state-wide including King Island.

Deputy Premier Meets with RAW Board



The Board of Rural Alive and Well recently had the honour of sitting down with Tasmania's Deputy Premier Jeremy Rockliff to discuss issues of around mental health in rural Tasmania. The meeting was a great opportunity to brief the Deputy Premier on many of the opportunities to strengthen the service RAW provides as well as to let him know some of the challenges being faced by farmers around the state.

The Deputy Premier reaffirmed the State Government's long term support of RAW and spoke highly of the work we were doing in rural communities.

The President of RAW, Mr Ian McMichael took the opportunity to present the Deputy Premier with his official "Mate of RAW" certificate to recognise the Deputy Premier's personal long standing support for RAW both in Government and previously in opposition.

Congratulations to Christine Haigh

By Garry Sharp

The Tasmanian Life Awards were announced at a reception at Government House and hosted by Her Excellency Professor the Honourable Kate Warner Governor of Tasmania.

The award for Outstanding Contribution LIFE Award was won by Mrs Christine Haigh from Orford who during the past four years has taken on the role of secretary and is largely responsible for the success of the Spring Bay Suicide Prevention Network. There were dual winners of this award.

This award highlights the people who work to help reduce the rate and impact of suicide in Tasmania have tremendous heart along with skills and experience. Whether they are volunteers or working in paid positions, it is through their efforts, insight and initiative that our communities become stronger and more resilient. They are the ones that work tirelessly to make sure that those who are thinking that life is not worth living are given the right tools at the right time to get them back on track. They support those individuals and communities who are bereaved and have more questions than answers and stand up for better services and supports in suicide prevention, intervention and postvention. This award acknowledges the important contribution of Tasmanians who often underestimate the value of the work that they do.

It is without question that Christine is a deserved winner of such an award. While she has won this individual award she humbly acknowledged the continuous work of all members of the Spring Bay Suicide Prevention Network in front of over 100 invited guests from around Tasmania.



It wasn't until one year ago that it became known that like many Christine had been personally affected by Suicide of a loved one. For many this is a time to try to forget. For Christine it allowed her to grieve and beyond that the opportunity to help others in whatever way she can.



RAW CEO Danial Rochford recently speaking at the Cape Hope Foundation fundraising function

CAPE OF HOPE FOUNDATION—SUPPORTING RURAL COMMUNITIES

Rural Alive & Well Inc. was one of four chosen charities to receive generous support to help RAW provide emergency assistance and to support the RAW program with their suicide prevention program.

The Cape of Hope Foundation was formed in 2013, the foundation has worked hard to support organisations and bring their community together to support those in need via monetary donation to support those through emergency family support, rehabilitation, food relief and a community garden project, the foundations founders John and Rosemary Hogg who are both retired wanted to put something back into the Launceston community, with a supporting committee of 10 representatives.

RAW's CEO Danial Rochford accepted the generous \$15,000 support on behalf of the Rural Alive and Well. The monies will be used to support those who may be going through hard times to get them back onto their feet, as well as providing community awareness and mental health training.

Rural Alive & Well Inc. board and staff would like to thank the Cape of Hope Foundation for their generous support and look forward to working with the foundation in the future.

RAW Out and About



RAW Outreach Worker Garry Sharp preparing resources to hand out at AGFEST

AGFEST 2015

RAW was lucky enough to hold two sites at AGFEST this year.

Roberts Ltd invited RAW to support their tent to help celebrate Roberts 150th anniversary as well as RAW holding their own site, RAW kicked off the MATE of RAW initiative at this event with almost 200 new MATES signing up to support rural remote communities across Tasmania well done..

If you would like to become a MATE of RAW please contact the RAW office on 036254 1092. RAW would like to thank Wrest Point and Motor Safe Tasmania for supporting the RAW MATE initiative .



WREST POINT



RAW Team Danial Rochford, Darren Thurlow and Adele Daly



RAW Event coordinator Kristy Mayne at the Roberts tent at AGFEST



RAW resources set up at AGFEST



Bothwell Football Club President Mr Terry Hoskinson and players

Memorial Football Match in the Highlands

Bothwell and Oatlands football club came together to honour Mr Paul Horne who passed away last year in a memorial match . The game was played with passion and honour with Oatlands coming away with the win, the Horne family presented the winning trophy to Oatlands Football Club, RAW supported this event by providing a free BBQ to all who attended.



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.

Exciting New Projects Shine Light on Wellbeing

RAW has been working very closely with Mission Australia on the delivery of a major event and a number of key group initiatives designed to shine a light on wellbeing mental health and being active.

On the 8th July a major event called "Uncut" is being planned for Sheffield at the Town Hall. The event includes a number of famous Australians including local boy David Foster as well as Olympian Shane Gould who are both going to talk candidly about their life achievements and how they have managed their own well being to get the most out of life.

In addition to Uncut there will be a number of innovative initiatives being rolled out over the upcoming weeks. These include:

ReCycle @ Pt Sorell. Over 10 weeks the ReCycle group will take a bike from the tip shop (or participants bring an old bike) and strip them down, remove all rust, touch up the frame and clear coat, repair or replace components, re-assemble and learn maintenance. The work is a metaphor for approaching recovery from mental illness or suicidality. Participants will be taken on a celebration ride and BBQ, those who don't wish to ride will be able to walk. Participants who don't wish to ride may donate their bike to charity or a family member in need. Participants will have the opportunity to discuss their challenges and share their self-care practices over a cuppa toward the end of each session.

Leather Craft Wellbeing Group @Latrobe. Like the Recycle project, this will be a weekly project for 10 weeks Marilyn the Leather Lady will instruct participants in making leather goods from key tags, to wallets, pouches to belts. Participants will tap into their creativity and the carving/embossing/lacing techniques are mindfulness promoting. Participants will have the opportunity to discuss their challenges and share their self-care practices over a cuppa toward the end of each session

And finally...

Nature and Art Group. Various locations. Groups will visit national parks and be given options to photograph, draw or paint images that promote wellness. Finances have been provided for materials and printing and participants will have the option to learn to make wooden picture frames for their images. Participants will be encouraged to make connections between the activities, the context and impact on their mood and wellbeing in the hope that this will be a catalyst for them to incorporate regular creative or nature based activities in their life as a component of their recovery

Early Bird Discount for RAW Lunch

For those looking for a great discount before the end of the financial year we would like to bring to your attention that RAW has opened up an early bird discount for our annual Hobart Show RAW Lunch which this year will be held on October 23rd at the Royal Hobart Show Grounds in Elwick.

To make a booking please go onto our website at www.rawtas.com.au which will have the link to the booking site.

This event is our major fundraiser for the year and we openly encourage all to attend. We would also welcome any kind donations that could be provided for auction and raffle prizes.

For more information about the event please contact Ms Kristy Mayne at the RAW office in Oatlands on 62541092.

Upcoming Events:

Catch RAW at the following events:

8th July, Uncut, Sheffield Town Hall

11th October -18th October Pyschs on Bike various places across Tasmania, Stay tuned for more information

23rd October, RAW Hobart Show Luncheon

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



RAW Out and About



Rural Alive & Well Inc. rural outreach worker Adele Daly supporting the Men's Shed initiative Spanner in the Works program that was held at the Geeveston and Port Cygnet Men's Shed, Adele gave a lending hand with the cook up and spread the "TALK TO A MATE" motto to all participants.

RAW would like to thank the Huon Valley News, Franklin for the photo.



Give Me5 FOR Kids Fundraiser was held at "Lovelly Banks" on Saturday 6th June, Rural Alive & Well Outreach worker Darren Thurlow attended this amazing worthwhile event, This is the second year RAW has supported this event, RAW would like to thank locals Doug and Trish Jones and Co for organising a wonderful ran event for such an amazing charity .

About 50 people gave up not only their time but their day's wages to help raise money. There were also many volunteering their time unpaid. They were able to crutch a total of 7046 sheep and raised a total of \$9,400.00.

They also received donations throughout the day totaling \$1110.00

Grand total raised \$10,510.00

Awesome effort from some rural folk!

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

Rural Alive and Well
73 High Street
Oatlands Tas 7120

0362541092

admin@rawtas.com.au

www.rawtas.com.au

Facebook: rawtas



Staff Directory



Danial Rochford
Chief Executive Officer
danial@rawtas.com.au
(03) 62541092



Trevor Chalk
Outreach Worker—
North & West Coast
trevor@rawtas.com.au
0427418345



Kylie Lawless
Admin Officer
adminassist@rawtas.com.au
(03) 62541092



Wayne Turale
Team Leader North
wayne@rawtas.com.au
0428 145 319



John Clark
Outreach Worker—
North
jclark@rawtas.com.au
0429157738



Kristy Mayne
Events Officer
kristy@rawtas.com.au
(03) 62541092



Garry Sharp
Team Leader South
garry@rawtas.com.au
0400 131 256



Adele Daly
Outreach Worker— Huon
adele@rawtas.com.au
0458 032 813



Tony O'Malley
Outreach Worker—South East
tony@rawtas.com.au
0408 478 993



Susan Webb
Business Manager
susan@rawtas.com.au
(03) 62541092



Nicole Grose
Outreach Worker - Nth East
nicole@rawtas.com.au
0418 473 293



Darren Thurlow
Outreach Worker—
Southern Midlands & King Island
darren@rawtas.com.au
0428 333 517



Tony Barker
Outreach Worker—North West
tbarker@rawtas.com.au
0427370726



Martin Howell
Outreach Worker—Derwent Valley & West Coast
martin@rawtas.com.au
0417 426 730



Kate Windle
Finance Officer
adminassist@rawtas.com.au
(03) 62541092