

RAW ROUNDUP!

Rural Alive and Well Inc. Newsletter

September 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.

PSYCHS ON BIKES coming to Tasmania



Free Health Check Events right around Tasmania

Rural Alive and Well (RAW) is proud to announce a partnership with the national mental health organisation “Psychs on Bikes” to conduct free health clinics right across rural Tasmania a part of this year’s National Mental Health Week in October, according to RAW’s Chief Executive Officer, Mr Danial Rochford.

Psychs on Bikes are a group of trained mental and physical health clinicians and motor bike enthusiasts who as part of their holidays undertake a ‘ride’ that travels to rural remote communities right across Australia, Mr Rochford said.

I am so excited to say this is the first time the Psychs on Bikes are coming to Tasmania!

We are holding clinics in Smithton, Queenstown, Bothwell, Triabunna, Longford and Sheffield as well as other sessions and meetings within towns in between, Mr Rochford said.

The tour of Tasmania will start on October 11th in Smithton and finish on October 17th in Sheffield.

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From the CEO

Well what a busy few weeks we have ahead of us. All is in readiness for what will be a big October for Rural Alive and Well as we prepare for a number of important events. The centrepiece event will be the Psychs on Bikes Rally of Tasmania. From October 10 to 17 RAW has partnered with the national mental health organisation Psych's on Bikes who will be travelling around providing free health clinics across the state in a number of rural communities. It will be quite the spectacle with up to 20 motor bikes hitting town for a great cause!

RAW is also partnering with the Rotary Club of Claremont for this years Le Tour de Norfy Cycle Challenge. This cycling event will raise important funds for RAW and will help give a healthy lifestyle message. For those wanting more information please go to www.claremontrotary.org.au/derwent.

And as always we are excited about the RAW Hobart Show Lunch which this year will be held on October 23. I strongly acknowledge the partnership we have with the Royal Hobart Show with this event and I encourage those who have not yet bought a ticket to jump online to our website. This year we are pleased to have SBS' Gourmet Farmer, Mr Matthew Evans as our keynote speaker.

I would also like to welcome our newest member of the RAW family. Rhonda Gee-Mackrill who has come on board as our new Outreach Worker for the North East (Dorset, rural Launceston, George Town, Break O'Day and Flinders Island). Rhonda has hit the ground running and is certainly getting out and about.

Can I just take this opportunity finally to thank all the RAW team. I am so proud of the teams efforts, their passion and enthusiasm. Through their collective efforts RAW is entering a very exciting period and I can only thank them all on behalf of the Board and all the people we work with to thank them sincerely,

Here's to a busy month ahead.

Until next time
Cheers

Danial Rochford
CEO

Rural Alive and Well



ROBERTS Ltd 150th Anniversary

Rural Alive and Well has been excited to have been chosen as the official charity partner of Roberts Ltd's 150 Anniversary year. The partnership that it shares with Autism Tasmania has provided significant exposure to RAW through a range of events that have been organised during 2015.

Recently RAW's CEO had the opportunity to address over 700 people at Robert's Gala Dinner. This event alone has been a catalyst for people approaching RAW to refer or access our services as well as donating to RAW.

RAW is also assisting Roberts by providing toolbox style training sessions for a large proportion of the organisations staff. Front line staff are often RAW's greatest referrers and through these sessions RAW is able to educate on the signs to look out for as well as to provide information about RAWs services.

Rural Alive and Well would like to publicly thank Roberts Ltd for their generous support over the past months and acknowledge their significant contribution to rural communities.



Mr Allan Barr Managing Director of Roberts Ltd and RAW's CEO, Mr Danial Rochford at Roberts Gala Dinner



Former Roberts employee and now Federal Member for Lyons, Mr Eric Hutchinson, Mrs Hutchinson, Danial Rochford and RAW's President Ian McMichael

Psych's On Bikes Providing Free Health Checks in Tasmania



The team at Psychs on Bikes gearing up for a big ride to promote better mental health in Tasmania.

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The Psychs on Bikes team will set up in each town and offer free health checks to those who come along, Mr Rochford said.

"We are urging everyone to take a moment and get a check up,

Rural Alive and Well is very focussed on improving the wellbeing of those living in Rural Tasmania. "We see this event as a great opportunity to get the community focussed on their own personal health, Mr Rochford said.

The Coordinator of Psychs on Bikes, Mr Joe Dunn is looking forward to coming to the Apple Isle. "This will be our first time to Tasmania. "We have always hoped to do a ride in Tasmania and thanks to the support from RAW we can now make this happen".

"We will have up to 20 riders, many of whom come from a range of mental health and clinical health backgrounds doing the ride, Mr Dunn said.

"When we arrive in a town we set up the clinic in a local community facility and then invite people to come up and get a free health check, "The check is designed to give a bit of an overview of how things are both physically and mentally, Mr Dunn said.

"Our goal is to then link them up to local support services, many of who we invite to the clinic,

"We have held rides right across Australia and we always get a lot of interest when we ride in, Mr Dunn said.

The Rally coincides with this year's National Mental Health Week. The theme of this year's Mental Health Week is "Mental Health Begins with Me,

Rural Alive and Well would like to acknowledge the team at Psychs on Bikes and the Mental Health Council as well as the Tasmanian Government and the Spirit of Tasmania.

"It has been a real team effort and I would also like to thank the many community volunteers and local governments who are also supporting this event, Mr Rochford said.

For more information about the clinics or to register your interest to participate or support the rally please call Rural Alive and Well on 1300 43576283.

First Mate of RAW

Following on from the recent establishment of Rural Alive and Well's new friends group called the Mates of RAW, the organisation had the opportunity to provide the first mate of RAW to the Deputy Premier, Hon. Jeremy Rockliff who recently addressed the Rural Alive and Well Board Meeting.

The Deputy Premier also addressed Parliament recently on the great work RAW has been doing. In his speech he said *"RAW outreach workers are multiskilled and highly dedicated individuals who can help their clients to engage with specialist services. I met many of the RAW outreach workers and voluntary board members not so long ago and they are delivering immeasurable benefits to our communities with absolute care, dedication and respect"*

The Deputy Premier has also agreed to host a special lunch at Parliament House in October to help showcase RAW's services.



Mr Ian McMichael, providing the Deputy Premier Jeremy Rockliff with his MATE of RAW certificate.

RAW Welcomes New Outreach Worker



Rural Alive and Well is proud to announce that Rhonda Gee-Mackrill has been appointed as RAW's new Rural Outreach Worker for North Eastern Tasmania according to RAW's Chief Executive Officer, Mr Danial Rochford.

With their motto of "Talk to a Mate", Rhonda joins a team of passionate rural outreach workers who collectively work with over 2000 clients each year right across rural Tasmania.

"Rhonda joins the team at a very important time, Mr Rochford said.

"Tasmania unfortunately has the second highest rates of suicide in the nation, double that of the Tasmanian Road toll each year,

"Our Outreach Workers have an important role in working with clients to help them on a pathway to a better place emotionally and mentally, Mr Rochford said.

Rhonda brings a wealth of experience working in mental health, suicide prevention and community development having worked for MI Fellowship for the past eight years and previously with the Richmond Fellowship.

"I am so pleased to become a member of the team at Rural Alive and Well. Ms Gee-Mackrill said.

"I am looking forward to hitting the ground running and becoming very proactive in the communities throughout the North East,

"Having grown up in George Town I am very familiar with the region and I know some of the many challenges the region has faced over the past few years,

"I am ever mindful of the impacts such as the forestry re-adjustment can put on the mental health of the in the North East, Ms Gee-Mackrill said.

"I want to reinforce to all, if you are feeling like you are in a difficult place at the moment you can reach out to me for support".

Our service is a free one and everyone can "Talk to Mate" by calling RAW's 1300 hotline on 1300 HELP MATE (1300 43576283), Ms Gee-Mackrill concluded.

Tour de Norfy raises Funds for RAW and rural mental health



Are you up to cycle for a good cause? Rotary Le Tour de Norfy Cycle Challenge supported by PMM Real Estate and bought to you by Claremont Rotary and

raising funds for rural suicide prevention organisation Rural Alive and Well or RAW, is a very scenic ride past hop fields, historic landmarks and of course takes in the fantastic Derwent River. Riders can choose a more moderate course of 38km or 76km, or the quite hilly routes of 106km and 144km which are considered by cyclists to be a real challenge. A great event growing in popularity each year with all funds raised going to local community projects. Registration opens at 8.30 with the challenge starting at 9.30 sharp.

RAW is proud to partner with the Claremont Rotary Club who are the event organisers of a cycling event called the PMM Real Estate Le Tour de Norfy Cycling Challenge. The event in its seventh year has made an important decision this year to support the work of RAW.

An event flyer has been included on page seven of the newsletter this edition.... So what are you waiting for?

2015 HOBART SHOW LUNCH
RURAL ALIVE AND WELL

GUEST SPEAKER MATTHEW EVANS AUCTION & RAFFLE
SBS'S GOURMET FARMER | LUCKY DOOR PRIZES

FRIDAY 23RD OCTOBER - 12PM - 2.30PM UPPER LEVEL MAIN GRANDSTAND
HOBART SHOWGROUNDS, ELWICK

YOUR TICKET INCLUDES A LOVELY TWO COURSE MEAL, WINE ON ARRIVAL,
ENTRY TO THE LUCKY DOOR PRIZE AND 2015 HOBART SHOW.

\$55 per person • Tables of Ten \$500 BOOK EARLY AS SEATING LIMITED.
Contact Kristy Mayne Phone 62541092 or kristy@rawtas.com.au or visit
www.rawtas.eventbrite.com.au for further information.



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Cygnnet to Lift the Lid



“Lift the Lid” was developed and supported to help educate and break the silence by lifting the lid on suicide and the stigma of mental health issues. Too many lives are lost to suicide and communities are now taking responsibility to support and/or minimise these tragic deaths.

This event was initially supported by a local farmer’s wife (Anita Campbell from Bothwell) who lost a very close friend to suicide. Also during a very short time in the local area two more people took their own lives. Consequently Anita and some local community members decided they would like to try to eliminate any more unnecessary loss of lives and support their community.

Anita, friends, local nurses, teachers, footy clubs, local services and support agencies joined together to form a working party in support of these issues and that’s how ‘Lift the Lid’ originated in 2014.

This event was held in the local school hall and the outcome was amazing. Over 300 people from the area were present on the night with support from services such as Rural Alive & Well, Anglicare, and Uniting Care to name a few.

The event was a huge success with nearly all the locals attending to hear guest speakers talking about health and wellbeing and the effects of mental illness in the community. A great variety of guest speakers such as a Hawthorn football player had been flown in to talk about the effects of his own mental health issues on his life (this was the events draw card)! Also present was a clinical psychologist who had a chance to answer questions from participants in the audience.

I was present at this affair and witnessed a wonderful event organised by the community, which was very powerful. I was impressed with the way everyone came together on the night as they had one interest only and that was to learn, be supported and educated on how to help others in their community.

The event was supported financially by fundraising, local service grants and business support. The event started off with a sausage sizzle then closely by the forum/event in the main hall. It also offered some great lucky door prizes, a show bag of information, a lift the lid box of goodies for each family and the chance to meet a famous AFL player.

Due to the success of ‘Lift the Lid’ Anita has since won a prestigious Life Award for 2015. Although Anita is very humble about this award and believes it belongs to the community, without her vision, loss and passion to support others the words ‘Lift the Lid’ would be just another sentence.

This has now inspired us at Rotary and Raw to continue and run this event during Mental Health week in October in Cygnnet (7th October 2015), between 6pm – 9pm. A wonderful working party of local community members are now moving forward to support the Huon Valley areas at the Cygnnet Town Hall for a night of Lifting the Lid.

Spanner in the works



Martin’s been at the pub again! But this time it’s for a good cause!

One of the things that RAW has been rolling out in the Derwent Valley, is the “Spanner in the Works events.

That is, having a display at the hotels and talking to people as they catch up with their friends, or enjoy a meal.

So how did I go?

I was challenged to play pool – I lost too many games to count

I got challenged to down a beer – had to pass on that one

I got asked to dance on the bar – had to pass on that one too

What else did I do?

Our displays and handouts were well received and I lost count of how many key rings, pens and other resources were given out. I was amazed at how many people just wanted to come up and have a talk about the everyday issues of life and to know that someone will listen to them.

The reason of holding these events in hotels is that people best respond where they most feel safe and comfortable. By being available and talking to people in their space, encourages conversations and helps people to re-connect with the community that they live in.

I was really impressed with the positive responses RAW received from these events and I’m really looking forward to running them again in the near future. All I have to do is practice my pool shots and dancing!

Martin Howell (Derwent Valley Rural Outreach Worker)

Show Lunch to be Bigger in 2015

RAW would like to announce that this years guest speakers is well known SBS TV presenter

Matthew Evans "The Gourmet Chef" .



RAW's 2015 Show Lunch Key Note Speaker, Mr Matthew Evans

Matthew Evans is a former chef and food critic turned Tasmanian smallholder. He fattens pigs, milks a cow, tends a garden and writes about food from his office overlooking the silver birches atop his cottage on Puggle Farm, in the gorgeous Huon Valley.

Matthew is the author of nine books on food, including the authoritative Real Food Companion, his autobiography Never Order Chicken on a Monday, and the recently co-authored Gourmet Farmer Deli Book.

He writes regularly for Feast magazine, and spends much of his week setting up another 70 acre piece of land as a mixed farm under the name Fat Pig Farm.

Matthew attends markets and food festivals, sometimes in his hot red 1980s Fat Pig food van, specialising in old and rare breed pork. He has recently finished filming the third series of the SBS television series Gourmet Farmer which airs on SBS.

Matthew's other project is A Common Ground, an artisan Tasmanian foodstore he co-owns with Nick Haddow, which also specialises in regional produce events. Matthew is a strong believer in Real

Food; food where the provenance is known and the producer valued. He believes in home cooking, using the seasons and your geography as the guide. It is his hope that more and more people will try to grow their own food (just start with parsley and go from there), or know exactly where their produce is coming from.

RAW is excited to have Mr Evans attend our luncheon and to hear of his experiences of farming in Tasmania.

If you would like to come along to our luncheon which will be held on Friday 23rd October at the Royal Hobart Show Grounds please head to <https://rawtas.eventbrite.com.au> to secure your tickets for further information contact RAW on 6254 1092.

RAW CHARITY FUN DAY



NEWSTEAD women Jayme and Jess' family were devastated by her uncle's unexpected death in May when the dairy farmer tragically took his own life. Ms Holmes and her relatives are determined other families do not suffer as theirs has. A horse-riding fun day was held at Westbury to raise funds and awareness for the work of RAW, Ms Holmes encouraged people to put Rural Alive and Well's motto into action and "Talk To A Mate." "We'd like to help as many families as we could," Ms Holmes said. "It's something that doesn't get spoken about enough so we're trying to do something about it." On the day over \$2000 was raised to support the RAW program. RAW would like to thank Jayme, Jess and their team for raising much appreciated funds and awareness around mental

health, also a huge shout out to those who donated prizes and their time on the day THANK YOU!





Rotary Club of Claremont

Le Tour de Norfy Challenge 2015

This year the PMM Real Estate Le Tour de Norfy Challenge will be held on **Sunday 1st November**, starting and finishing at Kensington Park, New Norfolk. Registration begins 8.30am.

You Can Choose From **4 Rides**, all start at 9.30am

38km - New Norfolk to Bushy Park via Rosegarland, New Norfolk

76km - 2 Laps of the 38km

106km - New Norfolk to Hamilton, Ellendale, New Norfolk

144km - New Norfolk to Hamilton, Ellendale, New Norfolk to Bushy Park via Rosegarland to New Norfolk

Open to ages 13 years and above.

Ride individually or as a team. Riders are encouraged to seek sponsorship from friends, family, work colleagues or businesses. By the km or for the whole ride.

***It's A Fund Raiser for Rotary Club of Claremont!
in partnership with Rural Alive and Well***

38km | 76km | 106km | 144km

Either enter before Friday 23rd October for \$40 online at **www.claremontrotary.org.au/Derwent**

or in person at PMM Real Estate 1a Bligh Street, Rosny Park.

Late entries \$10 extra.

All enquiries events@claremontrotary.org.au

**Entry Includes
Lunch & Spot Prizes**



NB: If, due to any unforeseen circumstances, including inclement weather, that this event does not go ahead, monies are non-refundable. Please note, this is not a race, it's a fundraiser.

Rural Alive and Well Board



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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



Darren Thurlow
A/Team Leader North, Central Highlands, King Island
darren@rawtas.com.au
0428 333 517



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
Glamorgan/Spring Bay
garry@rawtas.com.au
0400 131 256



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



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



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



Rhonda Gee-Mackrill
Outreach Worker - Nth East
rhonda@rawtas.com.au
0418 473 293



Wayne Turale (On leave)
Team Leader North



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



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



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



Founding Ambassador: John