

TALK TO A mate!
- 24 HOURS 7 DAYS -
COMMUNITY WELLBEING, SUICIDE PREVENTION
HELPING **RURAL tasmania** THROUGH THE TOUGH TIMES
1300 HELP MATE
(1300 4357 6283)
TO BECOME A >MATE OF RAW< OR TO DONATE PLEASE VISIT WWW.RAWTAS.COM.AU
RAW TAS
RURAL ALIVE & WELL



Message from the CEO

Hello All,

Welcome to the latest edition of the RAW Tas newsletter. As you'll see from reading through this edition the last few months have certainly kept us busy!

Over the past six weeks or so I have been privileged to represent RAW at a range of events throughout the community. I have also heard reports from our Outreach Team who are out and about every day in their communities.

What has become evident to me is the breadth of support RAW is fortunate to enjoy throughout the Tasmanian community. I have spoken with and heard about many individuals, families, communities and organisations of all sizes who are supporting RAW to help those struggling across rural Tasmania.

This support is also evident in this edition of our newsletter as we wrap up some of the events we have attended over the past month or so.

I would like to extend my sincere thanks to all of you who support the work of RAW in rural communities across Tasmania. As a not-for-profit organisation, your support helps us reach more Tasmanians; and for this we are truly thankful.

I am also pleased to present to you the RAW Annual Report 2015-16, which can be accessed on our website, or by clicking the link in the article below. Whilst I was not appointed during the period of this report, reading through it has given me even more understanding of the importance of the work we do and I would like to acknowledge the Board and Staff for their work throughout the 2015-16 reporting period.

If you would like to chat to our outreach workers, you can call **1300 HELP MATE** (1300 4357 6283), and they will come to you, or alternatively talk on the phone.

It is full steam ahead for us as we move (quickly!) towards the end of 2016; and in our next edition I look forward to introducing you to our new Community Resilience Coordinators and sharing some tips to help you look after your wellbeing as we enter the silly season!

Until then,
Liz

Liz Little, CEO RAW Tasmania

RAW Tasmania Annual Report 2015-16

The Rural Alive and Well Annual Report 2015-16 is now available on the [RAW website](#).

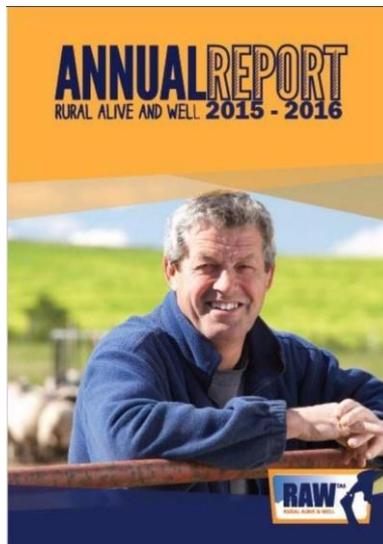
Highlights from 2015-16 include:

- support from The Ian Potter Foundation, TasNetworks and the Cape Hope Foundation for the implementation of the Healthy & Resilient Communities Project throughout strategic areas in rural Tasmania.
- Partnering with 'Psychs on Bikes' to tour rural Tasmania carrying out health checks and engaging on mental health issues with the communities they visited.
- Continued bi monthly visits to King Island and recently a commenced service to Flinders Island.
- On-going auspices of information sessions, attending many community functions and shows, (eg. Agfest) endeavouring to promote a stronger approach within communities around mental health and suicide issues to help reduce the stigma attached to these illnesses.
- Roger Hanson and Wendy French being honoured with Life Awards for their work in reporting on mental health issues and service to rural communities.

- Continuing to work closely with other non-government organisations such as Lifeline, Relationships Australia, Anglicare, Beyond Blue, Salvation Army, Uniting Care, Rotary and Men's Sheds, to name a few. The importance of these relationships cannot be underestimated.
- RAW being the recipient of generous donations after the floods in June through appeals auspiced by the ABC, The Examiner and the Cape Hope Foundation.

The Board and Staff of RAW Tasmania would like to extend our thanks to the organisations, communities and individuals who have supported our work through 2015-16. Your support ensures we can continue to provide help when - and where - it is needed.

You can download a copy of the Annual Report on the website.



Annual Rural Alive and Well (RAW Tas) Royal Hobart Show Luncheon Wrap Up

The Annual Rural Alive and Well Royal Hobart Show Luncheon for 2016 was a great success.

Guests enjoyed some of Tasmania's finest food and beverage as we heard from Her Excellency Professor the Honorable Kate Warner, AM, Governor of Tasmania.

We would like to extend our thanks to all the incredible sponsors and supporters who joined us.

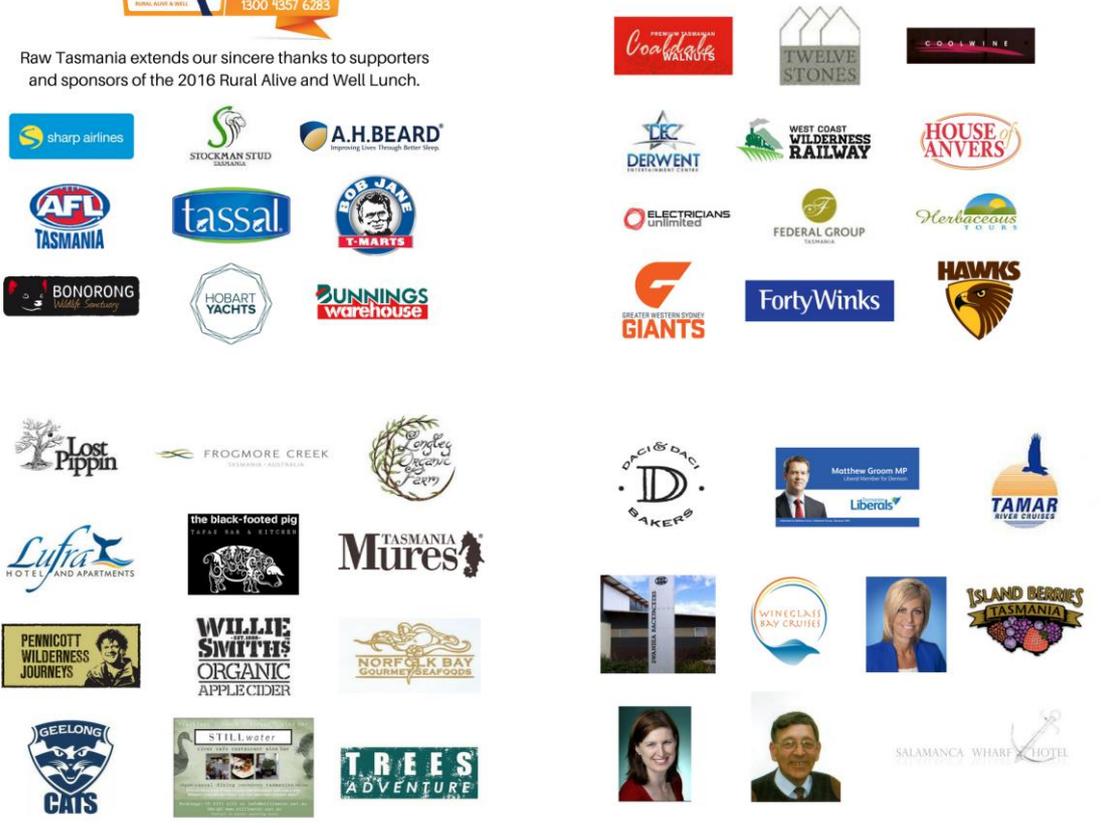
Your support helps us to provide services + support to rural communities across Tasmania.

We encourage everyone to support these generous businesses.

From everyone at Raw Tas - thank you!



Raw Tasmania extends our sincere thanks to supporters and sponsors of the 2016 Rural Alive and Well Lunch.



Out and About with RAW Tasmania

Side By Side Suicide Prevention Forum - Huon Region

RAW Outreach Worker Samara Ford attended the Side By Side Suicide Prevention Forum in Huonville earlier this month.

The Forum showcased the range of services and supports available in the Huon region.

MC'd by Debbie Evans, CEO Lifeline Tasmania; the Forum heard from speakers including: Mitch McPherson - SPEAK UP! Stay ChatTY

Samara Ford - RAW

Lorette Venables - Lifeline Tasmania Community Based Mental Health Services

Mez Newman - Chairperson Pflag Tasmania

Andrew Windle - Lifeline Tasmania StandBy and CVS (Community Visitors Scheme) supporting lonely and isolated older people.

Amanda Cuthbertson - Founder & Director of Albie House

Michelle Knop - 13 11 14

Shelagh Curtain - Headspace

Marcus Davies - High Performance Manager & Playing Assistant Coach

If you would like information about any of these services or to talk to someone, please contact us any time, anywhere by calling 1300 HELP MATE (1300 4357 6283)



Ouse Festival

Recently RAW Tas attended the Ouse Festival, to share the 'talk to a mate' motto. The festival was opened by the Honourable Rebecca White MP along with newly elected Central Highlands Mayor Aunty Loueen Triffitt. The event was also attended by Sharon Carnes representing Brian Mitchell



RAW Tasmania Recognised at Awards

RAW Tasmania is honoured to share some recent awards we have received in recognition of our work with rural communities across Tasmania.

Tasmanian Agricultural Productivity Group, For Service to the Agricultural Community in recognition RAW Tasmania's proactive and tireless support of both individuals and families involved in agriculture during their time of need.

Rotary International Community Service Award, For recognition of outstanding service and contribution to Tasmanian Rural Communities.

Our outreach program is available 24/7, our outreach workers will come to you, or alternatively talk on the phone. We offer a friendly ear in a difficult time, and provide information, support and strategies to help, as well as linking you to relevant services that can assist.

We are a mate when the times are tough, we will help you through the bad times.

Talk to us anytime, anywhere. CALL 1300 HELP MATE (1300 4357 6283)

We are here to help

Times have been incredibly tough for farmers across Tasmania these past few months, we were hit with horrific dry conditions, followed by a dairy crisis and now some of the worst floods Tasmania has seen. Our Outreach Workers understand these crises and are ready to help those in need. We are a mate in the tough times, here to talk and provide information to see you through, forward you on to the right support services and provide you with support through thick and thin. Don't hesitate to call an Outreach worker today, have a look at our [Outreach Workers here](#) and phone the one in your area. To talk to someone now phone our hotline 1300 HELP MATE (1300 4357 6283).

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 www.rawtas.com.au