



January—February Happenings 2014

News from the Rural Alive & Well Team

January and February have seen the RAW Outreach and Administration teams busy with commencing the New Year.

Outreach staff have attended numerous events and have connected with those individuals, families and wider community who need our help. RAW staff have also liaised with other agencies in network meetings and have attended training sessions to further enhance their skills.

The dedication of the RAW team is nothing short of outstanding. There are many in the community who are assisted on a daily basis to 'do' everyday life. This is incredibly important, particularly in isolated rural areas. As the economy and lack of work opportunities continues to impact individuals, families and communities—the motto of RAW—**Talk to a Mate**—becomes even more important.

The availability of being able to talk to someone 24 hours a day 7 days a week is invaluable to those in our community who are struggling. RAW encourages individuals to utilise this service and to give us a call on 6259 3014.

RAW offers a friendly ear, information, support and strategies to help and contact information for other services. If you are struggling, or if you know of someone who is struggling—be encouraged to seek help. Just call us or we can come to you. RAW is a professional, confidential and free service.

RAW services the Glamorgan Spring Bay, Southern Midlands, Central Highlands council areas as well as the Forestry industry state wide.

TALK TO A MATE

Rural, Alive and Well (RAW)
9 Blackwell Road
MELTON MOWBRAY 7030

p:03 6259 3014
f:03 6259 3014
e:admin@rawtas.com.au
w:www.rawtas.com.au

MARCH/APRIL UPCOMING EVENTS

RAW staff will be in attendance at the following shows and community events. Pick up one of our information brochures, learn about what RAW can offer you and have a chat.

15/3 Bream Creek Show

29/3 Hamilton Show

5/4—6/4 SeaFest at Triabunna

5/4 Jordan River School Expo—Brighton

16/4 MS Colour Dash—Bagdad Primary School

WOULD YOU LIKE TO SUPPORT THE WORK OF RAW?

Rural Alive & Well Inc has recently added the **GiveEasy** program to our current **GiveNow** program to enable donations to be easily made to assist the valuable work of RAW in rural and remote areas of Tasmania. If you would like to give with this method, please click on either the **GiveEasy** logo or the **GiveNow** logos below if you have an electronic version of this newsletter. These websites can also be accessed at: www.giveeasy.org or www.givenow.com.au or by calling 6259 3014 to obtain further details.



Supported by



CORES TRAINING

CORES—*Community Response to the Elimination of Suicide*

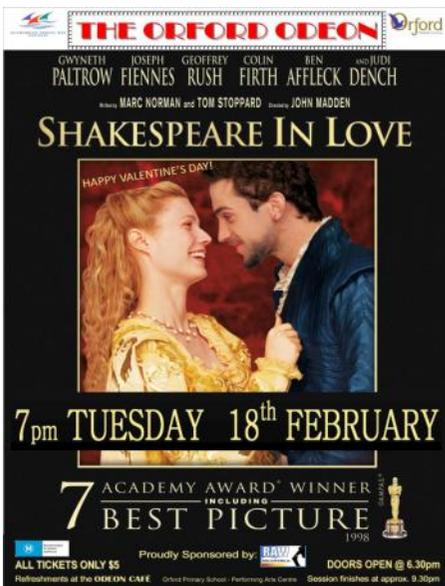
Do you often wonder how you could help a mate out? CORES can provide you with the tools to provide assistance to a mate in need. To find out more about CORES contact RAW on 62593014 or call the CORES office direct on 1300 079 596

RAW EVENTS ATTENDED

9/1, 23/1 and 18/2—Orford Odeon Film Nights—many thanks to those who attended and supported the work of RAW at these film nights. Our appreciation also goes to David Kirk, Gavan Barber and the ODEON team who transformed the Orford School Hall into a cinema for each of these nights.

- 19/1 Levendale School Farewell/Southern Midlands Council
 4—5/2 Beyond Blue Roadshow events
 10/2—13/2 Liawenee Fishing Trip held at the Tiger Hut—thanks go to Neil Grose our fishing advice expert who came along and taught all attendees the art of trout fishing or educated us on the vagaries of trout fishing—insert attached
 13/2 Ratho Charity Golf Day at Bothwell in support of RAW. Our thanks go to organisers of the day and the support given to the work of RAW.
 15/2 Bushy Park Show
 16/2 Lions Club Deloraine Truck Show
 16/2 Kempton Festival

RAW sincerely thanks everyone who attends events and supports the RAW program



Shakespeare in Love was shown at the Orford Odeon on the 18th February 2014.

RAW thanks the Orford Odeon and those dedicated movie goers who attended on the night.

Congratulations go to the winners of the RAW raffle prizes.

Who are We?



Rural Alive & Well Inc is a not for profit organisation formed to raise awareness of men's wellbeing. RAW's membership consists of community and organisational representatives.

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Web!

www.rawtas.com.au

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BOARD

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| | Rob Walters |
| | Ron Christie |
| Founding Ambassador | John L Jones OAM |

OUTREACH and ADMINISTRATION

| | |
|--|-----------------------|
| Outreach Manager/ Central Highlands | Wayne Turale |
| Tasman Peninsula | Tony O'Malley |
| North/North East | Nicole Grose |
| Southern Midlands | Darren Thurlow |
| North/North West | Trevor Chalk |
| Glamorgan/Spring Bay | Garry Sharp |
| Southern | Martin Howell |
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| 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 assist@rawtas.com.au . All submitted articles subject to editorial review.

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Secret Mens' 'Fishing Business'

RAW staff with the valuable assistance of renowned Tasmanian born trout fishing guide Neil Grose once again ran a fishing camp at the Tiger Hut at Miena from the 10th to 13th February 2014.

15 men from the North East and Central Highlands met, fished, cooked and generally chewed the fat—away from the normal distractions of everyday life.

The cooking—one word, YUM and thanks Michael.

The food—thanks to those who contributed goods from their pantries,



home grown vegetables, home made chutneys and jams.

The fishing—bait and lure fishing from the shore was difficult, but the fly fishing went well and about 15 brown trout were caught and taken home. Peter Jeffrey's previous record of a 1.5kg trout still stands.

Tall tales—a few.

A great time away with friendships renewed was had by all.