



May -June Happenings 2014

Goodbye and Hello -

GOODBYE AND THANK YOU:

RAW would like to say Goodbye to Anne Cox who worked as RAW's Senior Admin Officer and was a great asset to the RAW team.

Anne's dedication to RAW was outstanding and will be sadly missed by all from the RAW team.

Anne has moved to Sydney with her husband and daughter, RAW would like to thank Anne and wish her and her family all the best and good health for their future endeavours.

HELLO AND WELCOME:

RAW would like to say Welcome to Kate Windle to the team, Kate will be working as Administration Officer.

Kate brings a wealth of both administration and finance experience, Kate works fulltime from Monday to Friday 9am-5pm and can be contacted by email on adminassist@rawtas.com.au or by calling 6259 3014.

RAW has a new a dedicated contact number for people who wish to speak directly to a RAW Rural Outreach Worker this number is monitored 24hrs 7 days a week by calling

1300 HELP MATE (1300 4357 6283)

TALK TO A MATE

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

p:03 6259 3014
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e:admin@rawtas.com.au
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OUR COMMUNITY

Some of our Rural Communities have been challenged lately.... really challenged and shaken... for some, their lives will never be the same.

The loss of a friend, father, brother, workmate, neighbour, husband or wife is a life-changing event from which it is difficult to see promise on the horizon or happiness in the coming days.

In times like these we naturally ask our-selves the simple question**Why?**

Maybe at times like this we need to reflect on **How**.....

How, do we as individuals do we intend to deal with our grief and loss...

How, can we assist the friends and family left behind.....

How, can we as friends, neighbours, workmates and spouses reach out to the people we love, respect and care for and touch them in their time of need.....

How, do we try and make sense out of a situation that doesn't make sense...

How, can we try and prevent similar events....

Be aware of your friends and family.... don't be intimidated into not having an honest conversation with someone you are concerned about. It isn't soft or being weak. Make them realise that you really care about and for them.

Seek assistance and support them in this.

Above all be understanding.... mental illness is a very real condition and the majority of people who are effected, as many thousands throughout Australia are every year, recover very well with medical and emotional support and early intervention.

There should be no stigma attached to mental illness, it is as real as a broken limb, disease or infection.

Help be part of the solution

Wayne Turale

RAW – Outreach Manager

1300 HELP MATE

R U OK?

TALK TO A MATE !!



Bowl for your Balls- On Wednesday June 11 the Dorset Primary Heath Team – THO – North, hosted a “Bowl for your Balls” night to help celebrate Men’s Health Week 2014 with support from RAW, Scottsdale bowls & RSL club. Over 130 people celebrated the evening in style. The night was set to be a hoot as soon as the entry forms were received. Team names like the 4skins, the Lions Loins, Rotary Roosters, Northeast Knackers, the Squash Balls and the 37%ers (37% of men over 70 years are sexually active) set the scene for the night along with team uniforms consisting of onesies, wigs and lifesavers costumes.

After an hour of serious bowling (well, maybe not so serious) we then retired to the RSL club for the fun part of the night; a scrumptious buffet meal prepared by the Scottsdale Bowls Club, followed by a panel of “sexperts” to answer all the tricky men’s health questions.

The panel consisted of Jacob Greatbatch, North-East mental health worker, Neil Grose, editor of the North-Eastern Advertiser, Sam Knight President of the Scottsdale Bowls Club and Wendy Mackay, Director of Nursing at the North-East Soldiers Memorial Hospital. To give the panel some real expertise, they were joined by Dr Jehan Phillips from Launceston who was there to set the story straight. Dr Phillips came from Launceston and donated his time to the cause.



Questions were asked of the panel, questions like how often should you check your testicles for lumps, how do you check the prostate and why does it have to be a rectal examination, why do you hear so much about gluten intolerance and diabetes these days, is it that we are just victims of diagnosis or is it the way our foods are prepared? Questions were also raised about depression and mental health issues, and reinforced that mental health issues are very real indeed. It is so important to be aware of a change in your moods and emotions. It’s really important to speak to your doctor about any health concerns you have, that’s why they get paid the big bucks. Speak up as there is always someone out there who can help.

Just one tiny bit of advice I hope you remember: People die of cancer and other chronic illness but no-one has ever died of embarrassment!

RAW OUT AND ABOUT

Update on Red Cross Outreach to Fire Affected Areas

Following the disastrous fires of January 2013 The Bushfire Recovery Task Force established the Dunalley Information and Support Hub (The “DISH”). The DISH has provided a central point for assistance to the fire affected communities that stretched from Forcett to Eaglehawk Neck.

At the DISH, the community has been able to access financial assistance, counselling services and practical support. The DISH has also served as a central meeting point for various support organizations working in the area such as Rural Alive and Well, the Salvation Army, St Vincents de Paul, Rotary and others.

The Bushfire Recovery Taskforce has been winding down its activities over the last six months. The DISH will finally close its doors on the 30th of June. Despite the DISH closure, most of the support agencies will remain in operation in the community for the foreseeable future. Organizations such as the Salvation Army, Rural Alive and Well, St Vincent de Paul, Rotary, Anglicare and local health services continue to serve the affected communities

In preparation for the closure of the DISH, Red Cross conducted an outreach programme to inform the fire affected community of the closure, and, most importantly, to inform people of the ongoing availability of support.

As well as regular Red Cross Volunteers participating in the outreach/doorknock program, training was conducted for external volunteers to assist. Participants included people from the Tasmanian Council of Churches as well as local RAW worker, Tony O’Malley.

Over a four day period the teams of Outreach volunteers visited over 450 homes and properties in the Murdunna, Copping, Forcett and Wattle Hill areas. At each home an information booklet was provided with contact details for ongoing support. The Outreach program also provided an opportunity for Red Cross to obtain feedback on the level of recovery within the community.

Congratulations go to Red Cross for the excellent running of the Outreach program and to all those organizations that are continuing to assist the fire affected communities of south-east Tasmania.

RAW OUT AND ABOUT

RAW on King Island with the support of Hydro Tasmania

Over the past 12 months, RAW has been able to support the community of King Island through the generous assistance of Hydro Tasmania and Government funding.

During our visits to the island RAW has networked with existing service providers, including Rural Primary Health, Phoenix House and the Local Health Centre, liaised with businesses and conducted cold calling on the Island. RAW has also attended a number of community events and functions.



There continues to be a number of people seeking assistance through local service providers and RAW continues to assist these organisations to support the community. The community have indicated that RAW’s continued presence within the community is beneficial and RAW will look to negotiate additional funding to continue this service beyond the end of June 2014.

The local service providers are looking to organise community events in the coming months and RAW where possible times its visits to coincide with these functions.

Hydro Tasmania has been a huge supporter for the King Island region and RAW looks forward to working closely with the Hydro to support the community in the coming months.



RAW IN YOUR COMMUNITY



“Give me 5 for kids”



“Bowl for your balls”



“Give me 5 for kids”

RAW OUT AND ABOUT

“Give me 5 for Kids”

RAW was asked to help support local shearers who was fundraising for the “Give Me 5 For Kids Appeal” RAW helped with the catering and also sent along RAW Rural Outreach Worker Darren Thurlow.

RAW would like to thank Doug and Trish Jones and team for organising such a great event with an amazing outcome, below is a thank you letter providing information on the day.

To RAW,

I would like to say a big thank you for your generous donation of morning and afternoon tea for our fundraiser for “Give me 5 for Kids” which was held on Saturday 7th June 2014 at Lovely Banks.

On the day we crutched 6874 sheep in just 6 hours with the workers giving up their wages to raise \$8,000. A final donation was made by the McShane Family which takes the grand total raised to \$9,000.

Thank you again for your support.

Douglas & Trish Jones



RAW OUT AND ABOUT

RAW on the EAST COAST:

The Spring Bay Suicide Prevention Network (SBSPN) held its third annual 'Wear a hat day' event on Wednesday 4th of June at the Orford Community Hall.

Approximately 86 'hatters' attended with an array of hats with some making the day more complete with their entire outfits drawing attention from chief judge, GSB Mayor Bertrand Cadart.

Guest speaker for this years event was CEO Amanda Quealy from The Hobart Clinic Association who talked about depression and Dementia in older people.

This event has proven to be very popular and is the perfect opportunity for the SBSPN and RAW to provide vital information, pathways to treatment and address stigma around Mental Illness and Suicide in rural community's.

Thanks must go to the networks members for their hard work in putting on such a fun morning!



Garry Sharp, Amanda Quealy (Hobart Clinic CEO), Lona Turvey (GSBC - community development officer & Mayor Bertrand Cadart



Garry Sharp presenting Speaker Amanda Quealy with a gift from the SBSPN.



Mayor Bertrand Cadart addresses the 86 guests

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.



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www.rawtas.com.au

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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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