



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,

As I write this I find it hard to believe we are in September - and the last quarter of 2016 - already. Time flies when there is lots to be done!

I have enjoyed meeting many of you as I have settled into the role, and travelled across the state over the past few months.

Last month the RAW team travelled through the North West and down to Huonville in the South, hosting flood recovery community events. These events provided communities and individuals affected by the floods the opportunity to meet the team and find out information, advice and strategies to link with services that can assist.

One of the fundamental philosophies of RAW's approach is having 'boots on the ground' - to meet and talk with people face-to-face - and the value of this approach was evident at these events.

I'd like to thank everyone who supported these events and who came along to have a chat

with the team.

If you were unable to make it along to these events, you can still have a chat to our outreach workers, who will come to you, or alternatively talk on the phone.

To talk to a RAW outreach worker now, call **1300 HELP MATE** (1300 4357 6283).

We have also been fortunate to receive incredible support from the community, including from the students at Bellerive Primary School, who held a Flood Recovery Awareness Assembly and fundraiser that Darren Thurlow, RAW's Outreach Team Leader South, attended. You can read more about their raindrop fundraiser in this edition.

As we move into October Mental Health Week is fast approaching. This year Mental Health Week runs from 9-15 October, including World Mental Health Day on 10 October. Keep an eye on our website and Facebook page, where we will be posting events, information and resources about Mental Health Week and sharing different ways we can look after our wellbeing.

I'm also pleased to announce that Her Excellency Professor the Honourable Kate Warner, AM, Governor of Tasmania will be the keynote speaker at the 2016 Rural Alive and Well Hobart Show Luncheon, on Friday, 21 October.

Your ticket includes some of Tasmania's finest produce, wine on arrival and complimentary entry into the Royal Hobart Show. Your ticket is also inclusive of entry in the lucky door prize. During the event we will be hosting an auction, where you will be able to place bids on some generously donated items.

I encourage you to gather together a table for a fun afternoon supporting the work of RAW Tas. More information including ticketing details are in this edition of the newsletter.

Until next edition,

Liz

Liz Little, CEO RAW Tasmania

Bellerive Primary School Flood Recovery Awareness Fundraiser

Students from Bellerive Primary School Student Representative Council invited Darren Thurlow, RAW Outreach Team Leader South to attend their Flood Recovery Community Awareness Assembly.

Darren spoke to Bellerive Primary School students from Grades 2-6 about the hardships rural communities and farmers are facing.

Darren also accepted a donation from students, who filled up a giant raindrop with coins to raise money.

RAW Tasmania would like to thank the students and staff of Bellerive Primary School for their support.

Thank you!



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

2016 RURAL *alive* **AND WELL**
HOBART SHOW LUNCHEON
FRIDAY 21ST OCTOBER
12PM TO 4PM
Derwent Room Main Grandstand

 **The Royal Agricultural Society of Tasmania**

Ticket Bookings:
<http://rawtas102016.eventbrite.com.au>
For further information, or if you would like to make a donation please contact Peta or Jacki on 62541092 events@rawtas.com.au

You are cordially invited to the 2016 Rural Alive and Well Inc's Hobart Show Luncheon. Please show your support for the work RAW Tas is performing in rural and regional Tasmania, by attending our major fundraiser for the year.

Your ticket includes some of Tasmania's finest produce, wine on arrival and complimentary entry into the Royal Hobart Show, your ticket is also inclusive of entry in the lucky door prize. During the event we will be hosting an auction, where you will be able to place bids on some generously donated items.

We are pleased to announce our keynote speaker for the 2016 Luncheon is Her Excellency Professor the Honorable Kate Warner, AM, Governor of Tasmania.

"RAW Tas helps build resilience and capacity of rural individuals, their families and the community, to react to challenging life experiences with particular emphasis on suicide prevention, mental health and well-being. RAW Tas is proud to be hosting its sixth annual luncheon at the Hobart Showground's, in partnership with Royal Agricultural Society of Tasmania" Ian McMichael, President, RAW Tas Board

Tickets: \$70 + booking fee per person

[Book Your Tickets Now](#)

Flood Recovery Community Event Wrap-Up

The Flood Recovery Community BBQ's held at Ulverstone, Deloraine and Latrobe in the North West and Huonville in the South were a great success and received lots of positive feedback from the community.

The RAW Team have been busy answering queries about the services we can provide and able to link in with since these events.

RAW Tas would like to thank supporters including Central Coast Council, Woolworths Deloraine, Latrobe Council and Clennetts Mitre 10 Huonville.

A copy of the article published in the Huon Valley News on 24 August is below.

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Rural Alive and Well (RAW) Tasmania representatives Andrew Baker, Martin Houell, Darren Thurlow, Kristy Mayne and Samara Ford at the Flood Recovery Community Event in Huonville on Thursday, August 18.

Emergency relief available

Rural Alive and Well (RAW) Tasmania held a Flood Recovery Community Event in Huonville on Thursday, August 18, to provide information and support to flood affected community members or just anyone in the community who wanted to chat.

RAW is able to offer Emergency Relief to provide immediate support for people residing in rural and remote parts of the state who are affected directly by the floods or are significantly indirectly affected.

The Outreach Workers at the event outside Clennett's Mitre 10 had information about the

Tasmanian support services and relief programs that are available after a natural disaster including Rural Business Tasmania, TasNetworks, the Department of State Growth, St Vincent de Paul, Rotary, Lions and more.

"There is no doubt that the last few weeks have been tough for flood affected communities in the Huon," said Liz Little, CEO of RAW.

"The reality is, dealing with the immediate impact of a natural disaster, like flooding, can affect your wellbeing."

"RAW Tasmania is here to support people in rural communities who are dealing with the aftermath of these events."

"The RAW Helpline is available 24 hours a day, 7 days a week by calling 1300 HELP MATE (1300 4357 6238).

"When times are tough, we are here to help you." Samara Ford, Outreach Officer for the region is happy to talk with members of the community, flood related or not.

Samara can come to community members or talk to them over the phone in any difficult times or just to be a friendly ear.

Samara's direct number is 0458 032 813 and her email is sford@rawtas.com.au

New Police and Community Youth Club for the Derwent Valley

RAW Outreach Workers Darren Thurlow and Kristy Mayne were invited to the official opening of the Derwent Valley PCYC in August.

The Derwent Valley PCYC (DV PCYC) was officially opened by Minister for Police, Fire and Emergency Management Rene Hidding, MP.

PCYCs are a great way of engaging with young people in our community. They play an important role in reducing the involvement of young people in dangerous, criminal or anti-social activities.

If you live in the Derwent Valley region, we encourage you to drop in to the DV PCYC to see the activities and programs on offer.



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

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