

ANNUAL REPORT 2017-2018

CHAIRMAN'S REPORT

I wish to take this opportunity to extend my grateful thanks to our wonderful helpers, volunteers, donors and contributors for their continued hard work and financial commitment to the Dr Edward Koch Foundation during the past year.

Fundraising this financial year has been very successful which has allowed The Foundation throughout 2017-2018 to continue the work in Far North Queensland assisting communities to cope with suicide and mental health issues.

The Directors were proud to see Dulcie as the recipient of an Honorary Membership of the Golden Key International Honour Society at James Cook University in May. It is certainly a recognition of her valuable work.

I am looking forward to future activities in the forthcoming year, such as the planned Expo during the FNQ Suicide Prevention Week. The staff, volunteers and FNQ Suicide Prevention Taskforce members are actively involved in the preparation of this great initiative which I know will raise great awareness through its slogan "Suicide Prevention is Everyone's Business."

Until next year....

Graham Koch, Chairman

CHIEF EXECUTIVE OFFICER'S REPORT

It has been a wonderful, hectic year with magnificent highlights. Of particular note, was the Mortgage Choice Charity Gala Ball organised by the FNQ Emergency Services Association, which yielded such fabulous funds for the Foundation. The 4CA/Star FM Rotary Corporate Duck Race and the You Are Not Alone Concert also offered tremendous awareness of the work we do and helped contribute to the community's understanding of the issues of suicide and mental illness and to reducing the stigma of suicide.

Support and funding offered enabled the Foundation to purchase an entire new computer system. As some of our office computers back date to 2010, and technology rapidly changes, we are very grateful for this support that enabled us to update.

I spent five days in Brisbane training to be an accredited Mental Health First Aid (MHFA) instructor earlier in 2017. We are now currently rolling out MHFA courses to the community with the purpose of raising awareness of mental health within the community. I look forward to delivering these MHFA workshops and providing a bigger network of MHF Aiders within the region.

Exciting times are ahead with the upcoming FNQ Suicide Prevention Week in September. An amazing lineup of events is planned including the World Suicide Prevention Day Corporate & Community Breakfast. The keynote speaker, renowned singer, Peter Brocklehurst will be imparting his story, but will also sing at the breakfast. It will be a highpoint of the week.

I will be attending and presenting at the SPA Conference in Adelaide in July. It will be a wonderful opportunity to update my knowledge and to impart some words on the activities of the Foundation.

I recognise that all of our achievements in the community are achieved through the efforts of our volunteers and supporters, and wish to acknowledge their great contribution and extend my thanks.

Dulcie Bird, Chief Executive Officer

DIRECTORS

	<p>Mr. Graham Koch (Chairman) Graham Koch Dip.FS(Financial Planning) Com.Dec. – Graham was appointed a director in March, 1997 and became chairman in 2001. Graham has been involved in the financial services industry for over 40 years. He is a director of KIB Insurance Brokers and holds an advanced diploma in financial services (financial planning) and is a member of the Association of Financial Advisers. Graham also serves the community as a Commissioner for Declarations and is a Past District Governor of Rotary International. Dr Edward Koch was Graham’s great-grandfather.</p>
	<p>Mrs. Dulcie Bird (Chief Executive Officer) Dulcie, born in Cairns is well aware of many of the problems which are relevant to living in Far North Qld. Dulcie has always involved herself in community work, and is well regarded for her support of children who have disabilities and her work in suicide prevention. Dulcie has a Bachelor of Social Science (with a major in Sociology and French), from James Cook University. Dulcie has been honoured with an Australia Day Award for services both to art and the Dr Edward Koch Foundation.</p>
	<p>Mr. Neil Parsons Neil Parsons’ family has a long history with North Queensland stretching back six generations. Growing up in the north has broadened his awareness of unique public health issues that many face in the tropics because of isolation, environment and climate. He has worked in the international freight forwarding industry for the past 30 years. Neil is also a Commissioner for Declarations.</p>
	<p>Mr Phil Dempster Phil retired at the start of 2011 after over 40 years in the printing and copying industry. He is currently National Chairman of Northern Region Rotary Australia World Community Service, Past District Governor of Rotary District 9550, current Member of Rotary District 9550 College of Governors, Secretary of the Rotary Club of Cairns Trinity.</p>
	<p>Ms Shane Devenish Shane Devenish is an Associate at Devenish Law, Cairns and practises in property and commercial law. Originally from Goondiwindi, Queensland, Shane has an appreciation of the issues faced by young people living in regional and remote areas. Following her graduation from James Cook University, Cairns in 2006 Shane tutored indigenous law students. Shane is a volunteer with Rosies Friends on the Street and is a registered mentor with the Department of Employment, Economic Development and Innovation Mentoring for Growth Program.</p>
	<p>Michael Trout was raised on a cattle property, lived in the Barron River electorate since 1996, and has raised four beautiful daughters. With more than 20 years of small business and tourism experience, he currently sits on the Tourism Tropical North Qld (TTNQ) Board and chairs Tropical Tablelands Tourism (TTT). In 1992, Michael’s family purchased “Mungalli Falls” on the Atherton Tablelands, now a successful outdoor education centre. In 1993, his family built ‘Sunshine Daycare’ at Aeroglen, and operates “Blazing Saddles Adventures”, a highly successful tourism venture. Elected Barron River State Member of Parliament in 2012, he was active in building a stronger, safer community, fighting for small business and tourism growth and listening to the electorate’s needs. Since early 2015 he has been consulting for the private sector and actively encouraging business growth in Far North Qld.</p>

PROJECTS

LIFE PROGRAM

The Life Program incorporates the FNQ Suicide Prevention Taskforce, the Life Workshops, the Life Bereavement Support Service, the Life Community Plans, the Life Aboriginal and Torres Strait Islander Suicide & Other Sudden Unexpected Death Bereavement Support Group and the Life Youth Suicide Awareness and Prevention Workshops. All facets of the program are strongly utilised by the community and all of our suicide prevention projects are carried out within the Life Program framework.

FNQ Suicide Prevention Taskforce

The Taskforce continues to hold regular monthly meetings. In order to bring further value to suicide prevention efforts in the region, the Taskforce sought to expand the scope of its activities beyond consultancy and stigma reduction work to include public education and peer support. This has been achieved through the current Lived Experience Reference Group (LERG) and the Stigma Reduction Committee (SRC formerly called Anti-stigma Team) and the establishment of a Public Education Committee and a Peer Support Team. These four task groups will serve the purpose of harnessing the contributions of individuals with lived experience in our efforts at providing a holistic response to the region's suicide rate.

Future planned activities for the Taskforce include a new initiative, a week of suicide prevention events planned on the week commencing Monday, 10.9.18. This week includes World Suicide Prevention Day and RUOK Day.

Cairns and Hinterland Suicide Prevention Community Action Plan

After submitting the draft Cairns and Hinterland Suicide Prevention Community Action Plan to the NQPHN, the Foundation was advised that more work was required to be carried out on it and an extension contract which ended on 31 December 2017 was offered. The draft plan was submitted to NQPHN on time. The NQPHN acknowledged the hard work of contributors that has gone into it and the Foundation has been advised that the next phase of the plan will use a tendering process. They envisage that whoever is selected for this next phase will rely heavily on the Taskforce's groundwork to guide decisions made.

The Lived Experience Reference Group

The Lived Experience Group has been very active this past year with numerous plans proposed including active involvement in the upcoming FNQ Suicide Prevention Week. A Men's Forum will be hosted by them.

The Public Education Committee

The Public Education Committee had a presence at the Spill Da Beanz event at Yarrabah in August. They offered information and resources to those who were interested. This mental health event was organised to get conversations going about wellbeing. Spill Da Beanz was a joint initiative between WorkLink's Partners in Recovery (PIR), Personal Helpers and Mentors (Pham's) and YarriCino Café. The Foundation was proud to partner with them for this event.

Life Suicide Awareness & Prevention Workshops

The Foundation has been busy delivering the Life Suicide Awareness and Prevention Workshops throughout the region for various organisations and schools. Workshops have been held as far away as Doomadgee and Townsville. In the first half of 2018, the Foundation, due to a federal government grant, has been delivering workshops in some of the Cape communities. This project will finish on 31.7.18.

Life Youth Suicide Awareness and Prevention Workshops

One of the Foundation's principal projects was to trial the Life Youth Suicide Awareness and Prevention Workshops, developed by the Dr Edward Koch Foundation, in a Cairns school in 2017. The school-based project aims to address the abnormally high incidences of self-harm and suicide among Queensland youth. Young people are provided with information on what they should do when they become aware that a friend, family member or fellow student is at possible risk of suicide. The workshops provide a safe environment to facilitate discussion and learning on issues related to suicide.

The trial is now completed with very positive feedback and outcomes from our internal evaluation. This trial will help inform future projects and activities for the Foundation in the area of youth, in particular, whether it is a replicable model that can be applied to similar communities in a cost-effective manner, and yield high returns on investment for mental health risk mitigation and suicide prevention strategies in the region.

Life Suicide & Sudden Unexpected Death Bereavement Support Service

This 24/7 service continues to operate free of charge to those who wish for some counselling either by phone or face to face contact.

The Cairns Survivors of Suicide Bereavement Support Association Inc. (a member of the FNQ Suicide Prevention Taskforce) held their annual memorial evening in December 2017. The evening was an opportunity for those who have lost a loved one through suicide to share a quiet time, in a supportive environment, with others who have had similar experiences. The Koch Foundation was proud to again co-sponsor the evening.

Life Aboriginal and Torres Strait Islander Suicide & Sudden Unexpected Death Bereavement Support Group (LATSIS&SUDBSG)

The Life Aboriginal and Torres Strait Islander Suicide & Sudden Unexpected Death Bereavement Support Group offers the opportunity to talk about the loss of a loved one and also provides community members with basic coping strategies and other information that they can access and use if they are supporting someone who is at risk of suicide. The Group is facilitated by trained counsellors including an Aboriginal person. Meetings are free to attend.

MENTAL HEALTH FIRST AID COURSE

The Foundation has commenced offering Mental Health First Aid Courses to members of the community. The CEO is an accredited Mental Health First Aid Instructor.

Mental health first aid is the help given to someone developing a mental health problem or is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. Attendees can learn how to assist people (friends, staff & colleagues) experiencing mental health problems

PARTNERSHIP PROJECTS

YOU ARE NOT ALONE CONCERT

The You Are Not Alone Concert at Cairns Esplanade on the 15th of July was a wonderful success. We were happy to see that all the hard work and efforts made by the organisers, especially Chrystal Massie, paid off. It was a great day listening to bands like Redlock and the Moon Child, The Choons, Drewboy and The Sax Addicts, Howlin' Dingoes, Machine Machine, Joons and the Trinity State High School Performing Arts students. An added interest was all of the health NGOs offering information and resources at stalls surrounding the audience area.

OUT OF THE SHADOWS INTO THE LIGHT

Chief executive Dulcie Bird participated as a keynote speaker at the Out of the Shadows and Into the Light walk organised by Lifeline Cairns on September 10. The walk, along the Cairns Esplanade from Cairns Hospital to the Western Lawn of the Lagoon, is held annually on World Suicide Prevention Day. The walk aims to raise awareness, remember those lost to suicide and unite people in a combined effort to prevent further deaths. 100 people took part in the walk.

RU OK WALK

R U OK Day was recognised in Cairns on September 14, with a walk organised by Qld Health and a concert in Fogarty Park on The Esplanade. Many participants walked to the Esplanade from the Commonwealth Building in Grafton St to publicise and celebrate the day. R U OK Day finished with a high energy R U OK? Rocks Cairns concert headlined by superstar Ben Lee who flew in from LA to support the cause. The R U OK Conversation Convoy has held 30 events across 14,000kms of Australia, with a final stop in Cairns. The Foundation was proud to be a co-organiser of the event alongside Qld Health.

FNQ SUICIDE PREVENTION WEEK (TO BE HELD)

The Dr Edward Koch Foundation's FNQ Suicide Prevention Taskforce will be holding the inaugural FNQ Suicide Prevention Week commencing 10 September 2018. The Taskforce will be marking the 2018 World Suicide Prevention Day with a week of targeted events to raise awareness, provide education, disseminate information and reduce stigma around suicide and poor mental health.

This week of targeted events is a strong collaboration between many of the health NGOs, government departments and business. There is a great need in our Far North Qld region for everyone to become aware of and involved in reducing the increasing rates of suicide; last year, our region experienced a threefold increase in the suicide rate from the previous year. These figures remind us that there is much more that needs to be done to address the issues surrounding suicide. To that end, the key event of the FNQ Suicide Prevention Week 2018 is a half day exposition for organisations/businesses wanting to demonstrate their commitment to mental health awareness and suicide prevention. Many organisations have already become involved in the activities planned.

In a collaboration between AgForce Qld Farmers Ltd, Northern Gulf Resource Management, the Dr Edward Koch Foundation, the Tablelands Regional Council and the Rural Financial Counsellor Services, an application has been submitted for a Tackling Regional Adversity through Integrated Care Grant. The project "Strengthening community through education and support, with 3 'Marquee events across the Region'" is a much needed initiative to aid the region's drought stricken farmers.

APPEALS

The Foundation continues to support public appeals for individuals needing expensive medical treatment and operates the Koch Foundation Community Fund. The Koch Foundation Community Fund facilitates donations to those individuals who find themselves in difficult life threatening situations and are in need of support.

FUNDRAISING

The Foundation continued to fundraise with community support consistently throughout the year. Annual and small one-off events are below.

4CA/STAR FM ROTARY CORPORATE DUCK RACE 2017

On a glorious Cairns afternoon, the Esplanade Lagoon became a raceway for hundreds of pink and green ducks in the annual corporate charity race run by Rotary. The Dr Edward Koch Foundation was the grateful recipient of money raised by this annual fun event. Though the balmy conditions were not the best for duck racing, there was plenty of help on hand from lagoon swimmers to help the birds paddle to the finish line. Thank you is extended to Rotary Club Cairns Mulgrave who have partnered with us for this great race event for many years.

THE FNQ EMERGENCY SERVICES CHARITY BALL 2017

The FNQ Emergency Services Association Inc. raised a mammoth amount of \$32,406 at their annual Charity Ball. This amount in its entirety was donated to the Dr Edward Koch Foundation. As can be appreciated, a lot of work goes into an event like this and the committee worked over and above their brief, to bring in such a large fund. Frontline workers involved recognised the need for projects such as those delivered by the Foundation to be available to them and the community. The donation was greatly received and has been a great contribution to the finances of the Foundation for this financial year.

BLACK DOG RIDE 2017

The 2017 Black Dog Ride was organised by the Coral Coast Riders with proceeds once again going to the Foundation. The Foundation is happy to be the recipient of these funds and extremely grateful for the strong support from the Coral Coast Riders throughout the years.

OTHER FUNDRAISERS

My Pathway recognised RUOK Day with their staff holding a special morning tea, having a free dress day and selling R U OK Day merchandise. The staff raised funds for the Dr Edward Koch Foundation. We thank them heartedly.

The Cairns Chamber of Commerce and Halpins, Paradise Palms held a charity golf event day to raise funds for the Dr Edward Koch Foundation. This effort was appreciated by the Foundation.

Funds were raised at Cazalys through a Trivia night for the Declan Crouch Fund. Many thanks are extended to Cazalys and staff for their contribution to our funds.

SIMPLY BALLROOM DANCE SCHOOL

The Simply Ballroom Dance School continues to operate as a fundraiser and contributes much needed revenue for the Foundation. Members of the community whose ages range from young teenagers to those in the older age group enjoy learning a sport which contributes to a healthy lifestyle and gives a great feeling of wellbeing. The Foundation is appreciative of the teachers who volunteer their services to help our fundraising efforts.

DONATIONS

Donations received this year amount to the generous figure of \$46,638. This helps the Foundation meet all of its commitments/services to the community, most of which are free. The Foundation is extremely appreciative of all donations, no matter how small.

Grants/Research Funds

NQPHN

\$32,294

Dept. of Infrastructure, BBRF (Building Better Regions Fund)

\$39,562

Sponsorships

Michael Healy, Member for Cairns (MP) \$1,000

Consultancies

World Health Organisation
Techtronic Industries Australia Pty Ltd
Entomol Products

Fundraising activity has been strenuous and very successful for this financial year.

GENERAL

FOUNDATION PATRON

The Foundation continues to have His Excellency the Honourable Paul de Jersey AC, Governor of Queensland as our patron.

NEW COMPUTERS

The Foundation upgraded its information technology system this year with five new computers and a laptop, all networked together for effective use. Funds for this were gratefully received from Cazalys Club and the FNQ Emergency Services Charity Ball. It is indicative of the community spirit of both these organisations and we look forward to further collaboration with these organisations.

THE FUTURE

The Foundation has enjoyed more than 20 years of successful projects and activities that aid the communities of North Queensland. It looks forward to many more years of interacting and collaborating with local community organisations and businesses to continue bringing benefits in the public health arena to all of the region it covers.

It is anticipated that its MHFA courses will roll out strongly throughout the region as businesses become more aware of the need to have accredited MHF Aiders on their staff to recognise when their employees may need assistance in the area of mental health. The Cairns and Hinterland Suicide Prevention Community Action Plan will also be finalised and outcomes from each project will inform future activities and projects.

It is the Foundation's firm belief that all agencies should work together to deliver their services with best practice and high quality. Therefore, the Foundation will continue to link through close partnerships with other community organisations to ensure that, for example the FNQ Suicide Prevention Taskforce.

The Directors of the Dr Edward Koch Foundation are extremely appreciative of the support of the community, the dedicated team of staff and volunteers, members of the FNQ Suicide Prevention Taskforce and all of our funding sponsors and look forward to continuing our work long into the future, with their continued support .

