

ANNUAL REPORT

2018-2019

CHAIRMAN'S REPORT

This year we saw a continuation of hard work and financial commitment to the Dr Edward Koch Foundation and I wish to take this opportunity to extend my grateful thanks to our wonderful helpers, volunteers, donors and contributors.

Suicide and mental health issues continue to be a serious problem for our community and fundraising this financial year has enabled the Foundation to continue its work in North Queensland assisting communities to cope with suicide and mental health issues.

Our slogan for FNQ Suicide Prevention Week "Suicide Prevention is Everyone's Business" continues to be relevant throughout the year, and I am looking forward to future activities in the forthcoming year that will encourage everyone to be involved in our drive to prevent suicide.

Until next year....

Graham Koch, Chairman

CHIEF EXECUTIVE OFFICER'S REPORT

Great events have been the order of the day for the Foundation in the past year. I notice that every activity and project that the Foundation takes part in, is in partnership with other agencies and service clubs. Fostering **collaboration** among multiple **agencies** requires effort, open communication and clear goals. I am extremely proud of the Foundation's ability and effort to work together with other organisations to achieve so many successful projects.

I continue to enjoy delivering Mental Health First Aid (MHFA) courses. I look forward to the day when we can say we have a massive network of MHF Aiders within the region, raising awareness of mental health and aiming to reduce the stigma attached to mental illness.

I was excited to be part of the inaugural FNQ Suicide Prevention Week held in September 2018. The Expo which had 25 agencies working together, offering resources to those attending and showcasing their services and what support is available within the community was a tremendous event. It was wonderful to see so many services collaborating together. There was also an amazing line up of events that happened throughout the week.

How sensational it was to be presented with the Excellence in Suicide Prevention Communities Matter Life Award at the National Suicide Prevention Conference in July 2018 on behalf of the Foundation's FNQ Suicide Prevention Taskforce. It was great national recognition for a Taskforce whose collective dedication has qualified them as a trusted community source of information and assistance, which seeks change through solid, practical achievement as demonstrated by their great initiative #365ReasonsWhyNot. I was attending and presenting at the SPA Conference in Adelaide when I was presented with the award.

I recognise that all of our achievements in the community are attained 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 is the great-grandson of Dr Edward Koch and was appointed a director in March, 1997 becoming chairman in 2001. Graham has been involved in the financial services industry for over 45 years. He is a director of KIB Insurance Brokers and holds an advanced diploma in financial services (financial planning). Graham also serves the community as a Commissioner for Declarations and is a Past District Governor of Rotary International.</p>
	<p>Mrs Dulcie Bird (Chief Executive Officer) Dulcie Bird, born in Cairns and appointed a director in March 1997 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 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 Dempster retired at the start of 2011 after over 40 years in the printing and copying industry. He is a Past District Governor of Rotary District 9550, current Member of Rotary District 9550 College of Governors and Executive Secretary of the Rotary Club of Cairns Trinity.</p>
	<p>Mr Michael Trout 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>
	<p>Ms Jo Piggott Jo Piggott was named 2019 Small Business Owner, Business Woman of the Year by the Cairns Business Women's Club and is a part owner of Cairns A/C & Refrigeration, a family owned local business located in Redlynch. She and her family moved from Sydney to Cairns after travelling around Australia and living in Mount Isa. She is an active patrolling member of the Ellis Beach Surf Lifesaving club, trains for triathlons, teaches ocean swimming at Ellis Beach and has created a monthly "Cairns Women of HVAC + R Industry" night.</p> <p>Jo is passionate about being a change champion for diversity and inclusion especially in the mental health area. Jo Piggott joined the Board on 20 May 2019.</p>
	<p>Mr Alan Griffiths Alan Griffiths is a sole practitioner solicitor based at Woree practicing in the areas of business, taxation and insolvency law and is also a qualified accountant. Since 2010 he has been a volunteer solicitor for Civil Law, Cairns Community Legal Centre. From 2006 to 2011 he volunteered as an executive member of the management committee of Worklink Employment Support Group Inc, a not for profit organisation specialising in assisting people with a mental health condition to find and maintain employment. This role also allowed him to gain an understanding of mental health issues in the workplace and community.</p>

PROJECTS

LIFE PROGRAM

The Life Program incorporates the FNQ Suicide Prevention Taskforce, the Life Suicide Awareness and Prevention 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.

However, in February 2019 the Foundation made a decision to discontinue the Life Bereavement Support Service and the Life Community Plans due to limited funds for these projects.

All facets of the current 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 meetings. A highlight of the year was the initiative to hold an inaugural FNQ Suicide Prevention Week with a week of targeted events to raise awareness, provide education, disseminate information and reduce stigma around suicide and poor mental health.

To that end, the key event of the FNQ Suicide Prevention Week 2018 was a half day exposition for organisations/businesses demonstrating their commitment to mental health awareness and suicide prevention.

Another event was the World Suicide Prevention Day Corporate and Community Breakfast hosted by the Foundation which was a very successful event with renowned singer, Peter Brocklehurst, as the keynote speaker.

Following the success of the inaugural event, the Taskforce continues to discuss plans for the 2019 FNQ Suicide Prevention Week which will include World Suicide Prevention Day and RUOK Day.

The Lived Experience Reference Group

The Lived Experience Reference Group remains active, specifically directing a men's forum for Suicide Prevention Week. They also provided memes for the #365 Reasons Why Not Facebook initiative.

Life Suicide Awareness & Prevention Workshops

A number of workshops have been held this year as below.

11.07.18 Bamaga Community

12.07.18 Seisia Community

02.08.18 Alternate Care Staff

03.12.18 Alternate Care Staff

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.

Life Youth Suicide Awareness and Prevention Workshops

The Youth Workshops are currently being reassessed and their resources updated.

MENTAL HEALTH FIRST AID COURSES

During the year the Foundation continued offering Mental Health First Aid Courses to members of the community. The CEO, an accredited Standard Mental Health First Aid Instructor and Refresher Instructor conducted 8 courses during the 2018/2019 year as per below.

15-16 August 2018 (DEKF)

17-18 October 2018 (DEKF)

13-14 December 2018 (DEKF) Refresher

17-18 December 2018 (DEKF)

6-7 February 2019 (DEKF)

16-17 April 2019 (DEKF)

22-23 May 2019 (DEKF)

29-30 May 2019 (Tully Support Centre)

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.

COMMUNITY PRESENTATIONS AND SERVICES

The Foundation's CEO presented on the FNQ Suicide Prevention Taskforce Lived Experience Reference Group at the National Suicide Prevention Conference on 25 July 2018.

At the request of the Northern Peninsula Area Council, the Foundation's CEO conducted a presentation on supporting vulnerable workers at the NQ LG Safety Committee Meeting on 16 May 2019.

At the request of the Tully Support Centre, the Foundation's CEO conducted a presentation on good mental health in Tully on 29 May for the community.

As part of a Qld Health TRAIC (Tackling regional adversity through integrated care) project with AgForce Qld, the Foundation's CEO travelled to Malanda on 27.02.19, Dimbulah on 28.02.19 and Mt Surprise on 11, 12, and 13 June to present on mental health issues.

As a wellbeing initiative, in November 2018 and May 2019, teachers and students from the Simply Ballroom Dance performed a ballroom dance display for the residents of the Regis Aged Care Facility. They then danced with those residents who wished to participate. It was a very successful event and enjoyed by students and residents.

PARTNERSHIP PROJECTS

FNQ SUICIDE PREVENTION WEEK 2018

This week of targeted events was a strong collaboration between many of the health NGOs, government departments and businesses in the Far North. It aimed at discussion around suicide issues, raising awareness and incorporated World Suicide Prevention Day and RUOK Day.

NATIONAL LIFE AWARDS – EXCELLENCE IN SUICIDE

The CEO was proud to be asked to be one of the judges of the very prestigious National Life Awards organised by Suicide Prevention Australia.

FUNDRAISING

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

4CA/STAR FM ROTARY CORPORATE DUCK RACE 2018

The beautiful location of the Esplanade Lagoon became a raceway for hundreds of pink and green ducks in the annual corporate charity race run by Rotary Club of Cairns Trinity. The Dr Edward Koch Foundation was the grateful recipient of money raised by this annual fun event. The Foundation appreciates and thanks the Rotary Club for its donation of \$6,000 to the Foundation.

GAMES GALLOP – GREAT BARRIER REEF MASTER GAMES

The Foundation was the recipient of the proceeds of the Games Gallop held by the Cairns Regional Council in May 2019.

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

One of the cranes owned by Century Cranes displays the Dr Edward Koch Foundation logo and for every hour that it works, the Foundation receives \$10. The Foundation is appreciative of this generous ongoing donation.

The Foundation has received a gift from Hand Heart Pocket, the Charity of the Freemasons of \$10,000 to aid with the Men's Forum scheduled for FNQ Suicide Prevention Week 2019.

Total donations received this year amount to the generous figure of \$49,946.45. 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.

SPONSORSHIPS

Sponsorships for the year totalled \$22,000. Major sponsors are listed below:

My Pathway	\$4000
Community Enterprise Queensland	\$1000
Neimai National	\$1000
Worklink	\$1000
CQ University	\$1000
Ramsay Healthcare	\$7000

CONSULTANCIES

Entomol Products

GENERAL

LIFE EXCELLENCE IN SUICIDE PREVENTION AWARD 2018

Recognition of the work by the FNQ Suicide Prevention Taskforce was given in the receiving of the Life Awards - Excellence in Suicide Prevention Communities Matter. Their collective dedication spanning 22 years qualified them as a trusted community source of information and assistance, especially changing things by solid, practical achievement as demonstrated by #365ReasonsWhyNot. The Foundation CEO accepted the award at the National Suicide Prevention Conference in Adelaide in July 2018.

FOUNDATION PATRON

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

NEW PREMISES

The Foundation moved its office in February 2019 to new premises in Manunda.

THE FUTURE

The Foundation very much looks forward to many more successful projects and activities into the future. It has included several large wellbeing projects in its business plan as per its mission statement “for the health and wellbeing of north Queenslanders” and is actively seeking funding for them.

It will also continue its work of aiming to prevent suicide and reducing the stigma of mental illness in our region through the delivery of MHFA courses and its other Life Program initiatives. Businesses in particular will be targeted to come on board in a drive to have an accredited mental health first aider in most businesses and government offices within the region.

The Foundation plans to continue its many partnerships with other community organisations to ensure that it achieves the best possible results.

The Directors of the Dr Edward Koch Foundation acknowledge the wonderful support of the community, the dedicated team of volunteers, the members of the FNQ Prevention Taskforce and all funding sponsors and supporters and anticipate their further commitment to the Foundation’s work in the region.