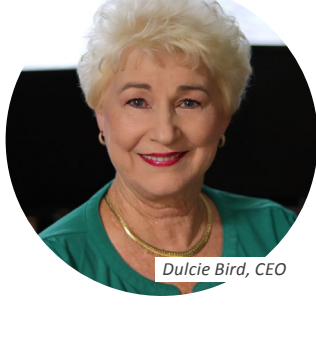




# The Dr Edward Koch Foundation

Newsletter - June 2019 - Issue 42



Dulcie Bird, CEO

## Message from the CEO

What a wonderful 6 months we've had this year at the Dr Edward Koch Foundation.

Planning is well underway and we're all really looking forward to FNQ Suicide Prevention Week which is being held on 6th to 12th September 2019. We have many activities scheduled during this week and I look forward to sharing more information in upcoming newsletters.

Our Mental Health First Aid courses have been well attended this year. The Foundation's vision is to have a Mental Health First Aider in all businesses in Cairns and the surrounding districts and I am happy that many businesses are choosing to have their employees trained in mental health first aid.

I wish to thank my volunteers and contributors for their support during the past year. Their help is invaluable and the Foundation is very appreciative of their contributions.

**Dulcie**



## New Board Director

Jo Piggott is a part owner of Cairns Airconditioning & Refrigeration, a family owned local business located in Redlynch.

In 2011 Jo and her family left

Sydney and travelled around Australia. Their love of the rainforest and reef saw them finally relocate to Cairns in 2014.

Jo is an active patrolling member of the Ellis Beach Surf Lifesaving Club and trains for triathlons and is a swim teacher. To support and connect women in her male-dominated industry of Air Conditioning and Refrigeration (HVAC + R), Jo has created a "Cairns Women of HVAC + R Industry" night once a month.

As a passionate advocate for change she wants to raise widespread awareness of the issues of suicide and

mental health wellbeing and is keen to garner support from corporations and community organisations to aid in reducing the stigma attached to mental illness and suicide in the Cairns region.

Suicide is a major factor within the construction industry and she is keen to work with both tradies and ladies to make a difference.

Jo Piggott was named 2019 Small Business Owner, Business Woman of the Year by the Cairns Business Women's Club.

The Foundation welcomes her as a new director and looks forward to her valuable contribution to its work.

## Simply Ballroom

Ballroom dance classes are held every Monday night in the Ballroom at the Dr Edward Koch Foundation. There has been a great roll-up of students this year, some of whom participated in a demonstration at Regis Aged Care at Redlynch on 8th May 2019. This was enjoyed by all who attended. Following the demonstration an invitation was extended to any resident to have a social dance.

Cairns Sequence Dance Group is having a Christmas in July on 18th July and have offered to donate the door takings to the Koch Foundation and this is very much appreciated. We hope they have a large crowd and our students are certainly looking forward to attending.



**Beginners classes 7-8pm and intermediate classes 8-9pm Monday evenings.**



## Mental health first aid

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.

The Dr Edward Koch Foundation conducts Mental Health First Aid Courses, developed by MHFA, on a regular basis. The MHFA program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. Courses were conducted this year by the Foundation in April, May and June in Cairns and one in Tully in late May.



If you are an Accredited MHFAider, you can update your MHFA skills and renew your accreditation by completing a half day workshop. Your accreditation will be valid for another three years. The Dr Edward Koch Foundation offers refresher courses, so if

you are in need of renewing your accreditation, call the Foundation for details.

**Enquiries to Dulcie Bird on 0409 765 305 or by email at [admin@kochfoundation.org.au](mailto:admin@kochfoundation.org.au)**

## Games Gallop

This event was organised by Cairns Regional Council as part of the Great Barrier Reef Masters Games held in Cairns in May 2019. It consisted of a 4km fun run with a twist and the proceeds were donated to the Dr Edward Koch Foundation. Many thanks to Optus as the major sponsor of this event and many thanks also to all the other businesses who donated prizes. There was a great community spirit demonstrated. Lots of fun was had by children and adults alike.



## Donations

**Piccones Super IGA** aid the Foundation with a percentage of your dollar purchase donated monthly. *A big thank to Piccones for their great community spirit.*

**Century Cranes** donate to the Foundation on a regular basis, dependant on the work undertaken by their crane. *Many thanks for this generous donation for our suicide prevention work.*

**Hand Heart Pocket**, the charity of Freemasons Queensland have given an outstanding gift to the Foundation to be used to conduct a Men's Forum during FNQ Suicide Prevention Week 2019. *Thanks are extended to the Cairns Masonic Lodge for facilitating this donation.*

## Other news

The **FNQ Suicide Prevention Taskforce** is busily preparing for the FNQ Suicide Prevention Week 2019. WATCH THIS SPACE TO HEAR ABOUT ALL OF THE EVENTS scheduled for the week.

At the **NQLG Safety Committee Conference** in May, Dulcie was invited to present on supporting vulnerable workers and how the Mental Health First Aid Courses can benefit the workplace.

The **Tully Support Centre** held a community presentation on 29th May. Dulcie and Shane (from the Centre) presented on "Stress Less and Enjoy Better Health".

**Neami National** has been holding its regular Psychologists Breakfast in the Foundation ballroom.

**We have moved.** The Foundation has moved to another premises, please visit by appointment.

## TRAIC Project

The Foundation was involved in a project funded by Qld Health TRAIC (Tackling regional adversity through integrated care). This involved two events named Farming for the Future 2019, one in Malanda and one in Dimbulah and the Basalt Bash and Beauty held in Mt Surprise. Dulcie's topic at all three events was "How Healthy is your Mental Health?"

The Malanda and Dimbulah events were well attended and open to the community. The Basalt Bash & Beauty involved bush women coming together for three days. It was a wonderful event fostering social connectedness and offering new skill workshops.



Plenty of fun was had by all.

The Foundation thanks Tahna Jackson, Farm Liaison Officer, Rural Financial Services NQ, and Kathy Rowlings, Northern Gulf Resource Management Group and their wonderful committee for putting on such outstanding events.



## FOR SALE!!

The Foundation is selling their electronic prometheon white board, good condition.

**\$1,000**

Please call 0409 765 305.

**SUICIDE PREVENTION IS EVERYONE'S BUSINESS**

