



The Dr Edward Koch Foundation

Newsletter ♦ November 2019 ♦ Issue 44

Message from the CEO

Hello everyone

So much has happened since our last newsletter

FNQ Suicide Prevention Week was held on the 6th to the 12th of September 2019 and was a great success! It was very rewarding to work in collaboration with other agencies to make each event during that week a success. This confirms our resolve to bring suicide awareness out into the open and to lessen the fear of stigma.

Since June we have held more Mental Health First Aid courses that have been very well attended. I recall when first presenting this accredited course, mental health was an issue swept under the

carpet. Now people are very aware of suicide issues and are willing to discuss and do something about it.

I wish to thank all my volunteers and contributors for their support during the past year. Their help is invaluable to the Foundation and all of their work is very much appreciated.

Please take the time to read our news and continue to stay involved with us in our quest for the wellbeing of all North Queenslanders.

Till next time.....Dulcie



Dulcie Bird, CEO

Volunteer Spotlight



Edeline Sinclair is one of our very treasured volunteers and is affectionally known to us as Ed. She started working for the Foundation in early June and has been an absolute treasure. Ed's contribution to FNQ Suicide Prevention Week was amazing. She went doorknocking every day for donations for our very successful Gala Dinner Raffle and Auction.

Currently, she is busy selling tickets for our annual Christmas Raffle. If you see her (maybe at Bunnings), say hello!

Ed previously lived in the Northern Territory and was a paramedic for the Saint John Ambulance in Darwin. She is also a trained instructor, mainly in First Aid. She relocated to Cairns this year. Ed heard about the Foundation through a friend and was impressed by its work and immediately she arrived in Cairns contacted the Foundation to see if she could help.

Ed is a sports fanatic and especially loves watching tennis, cricket, football, in fact any sport. She has just recently returned from the Bathurst 1000 where she had a fabulous time.

Taking Time for Mental Health

The Cairns and Hinterland Mental Health & ATODS Consumer and Carer Engagement Working Group got together with community to celebrate Mental Health Week. The Foundation partnered with Rotary on their sausage sizzle stall and took the opportunity to distribute resources. It was great to work with likeminded organisations to provide a well attended fun filled day.





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Simply Ballroom



The Cairns Sequence Dance Group held a Christmas in July Dance on 18th July. The proceeds of the evening were donated to the Foundation and this was very much appreciated. A large crowd attended and enjoyed a very scrumptious supper and a fabulous dance program. Many thanks are extended to the Dance Group for their generosity.



Graham & Yve

Mental Health First Aid



The Dr Edward Koch Foundation conducts Mental Health First Aid Courses developed by MHFA on a regular basis. 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. Courses were held in October and November. Another is planned on Wednesday and Thursday, 19—20

February 2020. If you are interested in attending, please call the Foundation on 0409 765 305 or register on our website www.kochfoundation.org.au

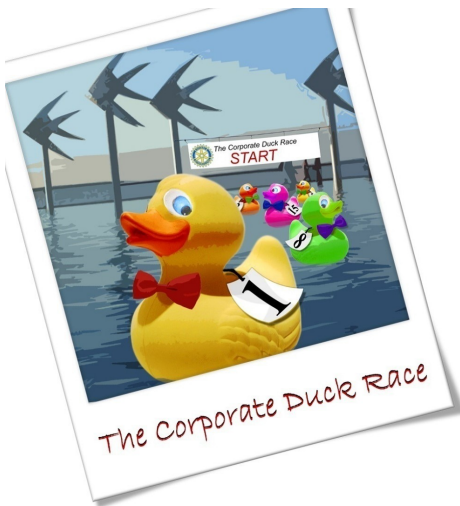




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Rotary Duck Race



The 4CA/Star FM Rotary Duck Race was held on the 28th of September at the beautiful Cairns Esplanade Lagoon with the proceeds of the event kindly donated to the Foundation by the Rotary Club. It was great to see the brightly dressed Corporate Ducks racing and much fun was had by everyone.



Getting closer

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Cairns Home Maintenance,

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J&R Refrigeration Pty Ltd

Curtis Pitt MP

Bryant Building Contractors

Jenkins Rubber Shop

Halpin Partners

Devenish Law

Cairns Orthopaedic Clinic

Wildcard Wildcaught

Reveille Coffee.

The winner of the duck race this year was Eagle Accounting and the winner of the best dressed duck was Kelly Wealth.



Brazier Moti dressed duck



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Other News

Cairns and Hinterland HHS Youth Step Up Step Down

Dulcie attended the official opening as an invited guest on 6 June. The Youth Step Up Step Down service is a community-based residential care facility for young people aged between 16 and 21 who need additional support for mental health issues and would otherwise be at home. The Foundation was involved in the initial stages of this great project.

Worklink & Thrive

Dulcie attended the official opening of Worklink & Thrive's new NDIS hub in Sheridan Street 9 July. Congratulations to them for their wonderful initiatives and the wonderful new premises.

Neami National

Neami National holds its regular Psychologists Breakfast in the Foundation ballroom.

Rotary Club Cairns Sunrise

Dulcie gave a presentation on mental health issues on 15 October 2019 during mental health week for the Club.



Take the Time for a Totally Mental Bike Ride Charity Event



The Southside Mountain Bike Club held a fundraising event on October 13 for suicide awareness during mental health week. The ride took place on the Lychee and Bump tracks in the Port Douglas area and a fun day was held by all. The money raised from the Bike Ride of \$1654 was donated to the Declan Crouch Fund. Ruth Crouch attended the event as a representative of the Foundation. The ride finished with a great BBQ lunch and speakers at George Davis Park Mossman.

South Collective Impact

Dulcie met with Dr Allan Dale, Professor of Tropical Regional Development and visiting academics from Japan on 24 October 2019. Allan is connected with the Cairns South Collective Impact Project.



The group were interested in learning more about the work of the Foundation. Visitors were Dr Taro Okuda, Director of the Institute for Social Ethics, Nanzan University; Dr Karin Moriyama, senior research fellow, Institute for Social Ethics; Dr Steve Mere, senior research fellow, Institute for Social Ethics; Dr Kazuki Kagohashi, associate professor, Department of Global Liberal Studies, Nanzan University.

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 the Freemasons gave a gift of \$10,000 to the Foundation. The funds contributed to a forum for men promoting good mental health. The Men's Forum, with Ernie Dingo as the keynote speaker, took place during FNQ Suicide Prevention Week on 6 September. Everyone thoroughly enjoyed listening and talking to Ernie.