



The Dr Edward Koch Foundation

Newsletter ♦ April 2020 ♦ Issue 46



Dulcie Bird, CEO

Message from the CEO

The last few months have certainly seen us all change the way we live and work and our mental and physical health has faced challenges most of us have never had to face before. Some of us have adapted and grown, but I do worry for those who haven't coped as well. So I believe the Foundation will have more work to do than ever before in helping those who haven't done so well. During the last couple of months I have posted positive messages on Facebook to help everyone stay as positive as possible through this difficult time. As we are now slowly returning to normal and the number of people allowed to co-mingle has increased I will be vigorously promoting our Mental Health First Aid courses to the business and

general community. I think this training is a very important awareness and preventative measure for all individuals in our community. Take care and continue to stay safe.

Simply Ballroom

To those who love ballroom dancing, you will understand how hard it has been to not be able to swirl around the floor with gay abandon with a partner on one's arm. COVID-19 certainly devastated the dancing world. However, with restrictions easing on the number of people now allowed to get together and dancers keen to return to some form of dancing, the Simply Ballroom Dance School has re-imagined their ballroom dancing classes into "exercise" dance sessions. The sessions include routines for standard dances being walked through or danced as an individual. Social distancing rules apply in these sessions and we think everyone is really enjoying and benefiting from these new style sessions.

www.facebook.com/simplyballroomcairns/





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Mental Health First Aid Courses

The Foundation is holding face to face Mental Health First Aid Courses again, with spatial distancing, non-contact activities and limited numbers attending. Our first one since COVID-19 is being held on 24/25 June 2020.

Additionally, many people are coming to the close of their 3 year accreditation and

need to do a MHFA Refresher Course. The Foundation is offering a refresher course in July. Keep your accreditation updated by registering for this course with the Foundation.

Standard Mental Health First Aid Refresher Course – 9 July 2020



FNQ Suicide Prevention Taskforce



With restrictions on activities easing in the community, the Taskforce is eager to start working on their planned projects for the coming year.

Our *FNQ Suicide Prevention Week 2020* planning which kicked off with great enthusiasm at the beginning of the year is now being adapted to suit the changed environment.

Another project that the Taskforce is planning is a *Backyard Makeover* volunteer project in the Cairns district to improve mental, social and physical outcomes for isolated residents requiring assistance with a small makeover of their backyard. Watch this space to see how this great project develops.

Suicide Prevention Week 2020

Due to the COVID-19 pandemic FNQ Suicide Prevention Week 2020 events are being adapted to suit the restrictions imposed on operating organisations and businesses. Our theme “Suicide Prevention is Everyone’s Business” is even more valid as our communities bond together in their fight against COVID-19. With a great marketing and event organising

team, a number of fantastic ideas focusing on “suicide awareness” are being orchestrated to bring a vibrant, informative schedule to the weekly program. One highlight of the week will be the youth event—a large scale chalk art school competition.

We are excited to have been successful in a grant application to the Stockland



Bronze Sponsor

Good2Give fund and we thank them for supporting our FNQ Suicide Prevention Week 2020 program. Thank you also to Senator Nita Green who is our newest bronze sponsor.

Thank you to our sponsors to date and a reminder to those who are considering sponsorship, the end of the financial year is fast approaching, if that is applicable to your business.



Donations

Piccones Super IGA aid the Foundation with a percentage of your dollar purchase donated monthly. Thank you, Piccones.

REMEMBER NEXT TIME YOU SHOP AT PEASE ST OR EDMONTON SUPA IGA STORES, SUPPORT THE FOUNDATION BY QUOTING #5029.