



The Dr Edward Koch Foundation

Newsletter ♦ September 2020 ♦ Issue 49

Message from the CEO



This year, due to COVID-19, we were definitely challenged with developing ideas for FNQ Suicide Prevention Week 2020. But I think that we delivered on our focus of suicide awareness and the week was a great success! We initially thought that we would not be able to do anything that involved being near people during this very important week, so I am especially pleased with each and every event and project that we were able to have. Hopefully next year we will be able to hold more face-to-face events.

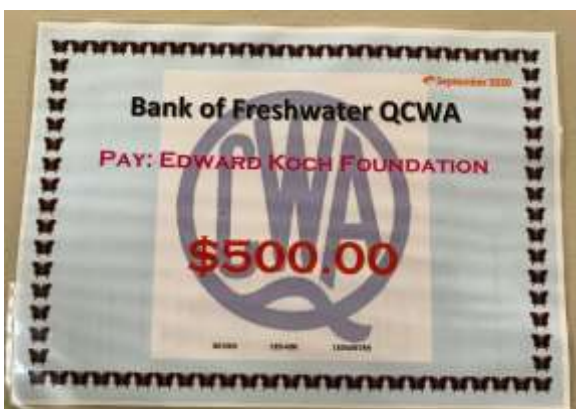
Of course the world has changed forever and my team and I will continue to think of other ways for the Foundation to continue with its focus on suicide prevention and good mental health. Our Mental Health First Aid courses and the Backyard Makeover Project will be my priority for the rest of the year but for now I hope you will enjoy the news and photos from the events of FNQ Suicide Prevention Week 2020. Until next time, stay well and stay safe.

Dulcie

Freshwater QCWA's Donation

The Foundation was presented with a cheque for \$500 at the Company Cards Craft and a Cuppa morning tea to aid with our various projects.

The money was raised at a QCWA Freshwater Branch Trivia Night.



We are absolutely thrilled and very appreciative that this money will help aid some of our community projects!



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Mission Beach MHFA Course

The Foundation recently delivered a Mental Health First Aid Course for Mission Beach Community Support Inc.

Free places were offered to the community and it was a wonderful learning opportunity for individuals who wanted to know how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.



Others also attended to learn how to assist people in the workplace i.e. to spot the warning signs of mental ill-health before they become a bigger issue.



Twenty people attended the course and were given insight into mental health issues and how to address them as a mental health first-aider.

The next Mental Health First Aid Course will be held on 21-22 October 2020.

To register for the course, please go to our website:

www.kochfoundation.org.au

High Tech Comes To The Ballroom!

The Foundation is in the process of renovating its meeting room (The Ballroom). With the addition of a large Maxihub S65" interactive 4K display and block-out curtains on its many windows, it will be a great venue for our training sessions and for all of the meetings that we hold in it. The display combines multi-touch functionality and updated software for a truly interactive experience. These new facilities will enhance our capability for more inclusive interactions with remote and isolated community agencies.



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Backyard Makeover Program

The Backyard Makeover Program is a volunteer trial being implemented in the Cairns district from 1 July 2020 and running until 30 June 2021. Stemming from the inspiration and vision of Marty Ots, it has been established to improve mental, social and physical outcomes for isolated residents who require assistance with a small makeover of their back yard. Its purpose is to improve mental health, reduce isolation and loneliness and increase social connection and wellbeing. The Program will target those who are not in a position to maintain or care for their back yards. This could be due to a number of factors including: finances, skill base, psychological (including hoarding and recent trauma), time or the physical demands of home maintenance due to the impacts of ageing, injury or illness.

The FNQ Suicide Prevention Taskforce is coordinating and supporting the project. Ten projects are planned for the year with others to be added dependent on resources.

Members of the community are invited to nominate a family member, friend, work colleague or neighbour who needs assistance with a small makeover project in their back yard. Makeovers are categorised into three levels with Level 3 being a major project which may include building or replacing a deck or installing pavers. Level 2 will include a general tidy-up including shrub pruning, rubbish removal and small repairs. Level 1 will include mowing and weeding.

It is anticipated that a youth mentoring component will be implemented within the Program. The young people will develop skills to help them reach their full physical, emotional and social potentials as individuals, but it will also offer the opportunity to help them become responsible members of their local community through connection to adult volunteers and networking contacts.

The COUCH Wellness Centre was chosen as the first venue to receive a facelift through the Backyard Makeover Program. The COUCH Wellness Centre provides health, well-being and lifestyle support for Far North Queenslanders diagnosed and living



The completion of Backyard Makeover activities will reduce social isolation by placing isolated residents in touch with others in the community. The psychological stress related to having untidy or incomplete projects and/or the need for some property maintenance will be reduced in the minds of those who will be assisted by the program. It will also serve to reduce feelings of social isolation and loneliness, currently being experienced by residents, by placing them in contact with a new network of social contacts and will assist them to renew social contact with others, including neighbours. These are all actions that will improve wellbeing.

It is envisioned that the Program will continue into the future, if the expected positive outcomes are achieved.



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FNQ SUICIDE PREVENTION WEEK 2020 EVENTS

School Chalk Art Competition



We recognise that school teachers and staff everywhere have been under enormous pressure and stress due to the changes brought about by COVID-19. But this did not prevent them from encouraging their students to create some beautiful chalk art and then entering their creations in our competition. Thank you so much to the students who did such fantastic drawings and sent them to us. We hope that this achieved our aim of raising awareness about the importance of good mental health and suicide prevention while they worked on their art. From the beautiful chalk art entries that the Foundation received, Northern Peninsula Area State College was selected as the recipient of the \$1,000 first prize. Woree State Primary School received the prize of \$350 after receiving the most likes on Facebook.

Some of the entries (clockwise, starting below):
Woree State School, Mareeba State High School, Butchers Creek State School, Northern Peninsula Area State College.





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FNQ SUICIDE PREVENTION WEEK 2020 EVENTS

Lighting Up Munro Martin Parklands

Cairns Regional Council joined us in this initiative to light up Munro Martin Parklands for Suicide Prevention Week and we hope this is something that we can continue into the future. It is a great idea and, hopefully, people took the time to visit and reflect on a family member, a friend or a co-worker they may have lost to suicide, or someone who is not travelling well with their mental health and also to think about self-care for their own mental health.



QCWA Morning Tea

The Company, Cards, Craft and a Cuppa morning tea event hosted by QCWA Freshwater Branch was a smaller event this year but we enjoyed a lovely morning tea with the QCWA ladies.

This event was open to anyone who wanted to connect with others over a cuppa and a chat. We enjoyed a cup of tea together and, of course, their wonderfully delicious home-cooked scones, tarts, cakes and sandwiches. We also discussed their crafts and the work they are doing for various community groups.

Sticker Project

The “Sticker” Project was a huge success. A big “thank you” to the members of the Junction Clubhouse for their help in distributing the stickers to businesses in various Cairns shopping centres. Dulcie, Liz and Helen also distributed the stickers to businesses in Cairns City and also to those in Freshwater, Stratford and Smithfield.

Very few businesses declined our request to place the stickers in their shop windows. This indicates that more people are wishing to become involved in our awareness campaign to help reduce the stigma attached to mental illness and suicide.





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FNQ SUICIDE PREVENTION WEEK 2020 EVENTS

Backyard Makeover Launch

Our Backyard Makeover Launch was a huge success!

The recipient of the first Backyard Makeover was Couch Wellness Centre. Their large clientele will benefit hugely from this small garden therapy space, hence their selection. Everyone involved worked extremely hard (in the pouring rain) to create a wonderful, relaxing garden for the clients of Couch. Mayor Bob Manning and other Cairns dignitaries honoured the Foundation by attending and the Mayor officially launched the Program. Good media coverage of the launch helped raise awareness of the issues of mental health and suicide as the launch was held on 10 September which coincided with both World Suicide Prevention Day and RUOK Day.



Mission Australia ladies



After the launch everyone enjoyed the Rotary Club of Cairns Trinity's contribution of a sausage sizzle. Thank you guys for your great cooking ability. The coffees were great also, so thank you to Mission Australia's Cafe 1 for their wonder donation of coffee in keep cups.



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Backyard Makeover Launch (contd)

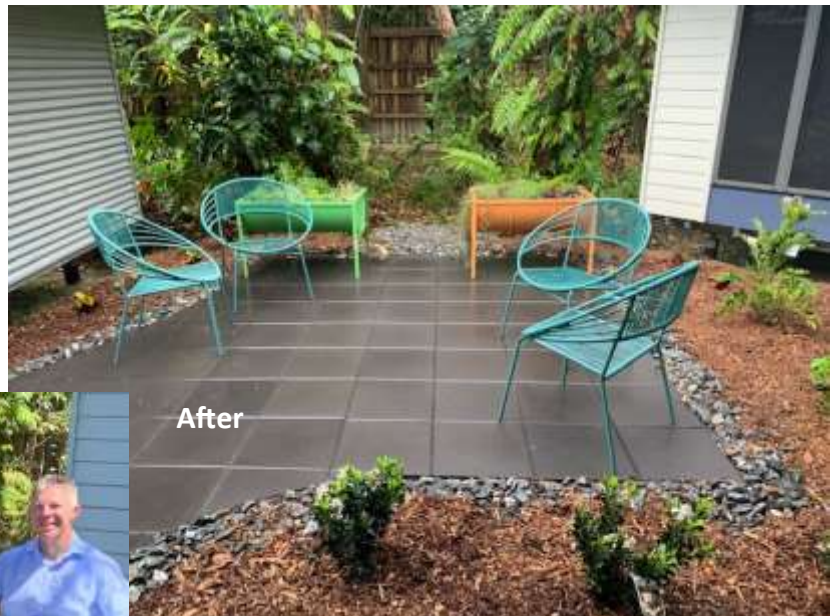


Jade Creations designed the landscaping and did a mountain of work towards preparing the area. Other suppliers were Bunnings, who contributed plants, and Austral Masonry, who donated the pavers. Cairns Hardware and Graham Bennett also supported the launch. Volunteers included members of Rotary Club of Cairns Trinity, members of the QPS and SES and other interested individuals.

Well done and thank you to everyone involved! The garden is amazing.



Before



After



Relaxing in the garden—Erin, Dulcie & Marty



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Mental Health First Aid

The Foundation is holding face to face Mental Health First Aid Courses again, with spatial distancing, non-contact activities and limited numbers attending.

A standard Mental Health First Aid course was run for the Mission Beach community on Wed 16 & Thu 17 September.

We are now accepting applications for our next standard Mental Health First Aid course which will be held in Cairns on Wed 21 & Thu 22 October.



Rotary Charity Wine Auction

ROTARY CHARITY WINE AUCTION
SUNDAY, 18 OCTOBER 2020



Rotary
Cairns Trinity

Time: 12.00pm to 4.00pm
Venue: Piccolo Cucina
Address: 17 Abbott St Cairns
Cost: \$50.00 per person
Contact: Ph. 0409 765 305
Email: admin@kochfoundation.org.au
Book Now: www.kochfoundation.org.au

Includes:
Lunch
Wines
Auction
and more

100 PLACES ONLY. REGISTER EARLY
MAJOR BENEFICIARY - THE DR EDWARD KOCH FOUNDATION



Simply Ballroom Dance Classes

The Simply Ballroom Dance Classes are on hold due to changing restrictions imposed by COVID-19. Based on the frequent requests received, students are eager to resume classes but the Foundation is conscious of its responsibility, therefore has postponed classes until further notice. Watch this space for updates!



DONATIONS

Piccones Super IGA aids the Foundation, with a percentage of **your dollar purchase** being donated to us monthly.
Thank you, Piccones for your great community spirit!

REMEMBER: THE NEXT TIME YOU SHOP AT PEASE ST OR EDMONTON SUPA IGA STORES, SUPPORT THE FOUNDATION BY NOMINATING US. THE FOUNDATION'S NUMBER IS #5029.