A Christmas Message from the CEO

It has been a busy time since our last newsletter. Our suicide prevention programs are in demand and we continue to meet the needs of the community with our Life Workshops and the Life Bereavement Support Service.

The findings of the Senate Inquiry into Suicide have been released and we await the Government’s decision into programs and funding. Recent government announcements on funding for mental health also offer the prospect of improved support for suicide prevention.

I was fortunate to travel to Canberra for training in the new Research Grant Management System software at the National Health & Medical Research Centre. Training included navigation, managing awarded grants and application forms. Hopefully, our submissions for funding through this new software will be successful in the New Year.

Thank you to those who nominated me in the Qld Regional Achievement & Community Awards of which I was a Qld State Finalist. The achievements which led to this nomination have been gained through the dedicated staff and volunteers of the Foundation and I know I share this success with them.

I look forward to sharing more information on our programs in future newsletters. I wish each and every one of our supporters the best of Christmas wishes and urge you to stay safe through the holiday period.

Dulcie Bird, CEO

A Christmas Message from the Chairman

As we draw near to Christmas, I have looked back over this year’s achievements of the Foundation, and know that the Foundation can be extremely proud of the work throughout the year by its dedicated staff, volunteers and supporters.

The Foundation’s role in suicide prevention is important as suicide continues to exceed the annual road toll. Therefore, suicide prevention is important for society and for the Foundation, as it has been, since our establishment in 1997.

2010 has been a year of both challenges and achievements for the Foundation. Fundraising for the Foundation has been difficult because of reduced availability of private funds and increasing competition for the funds available.

In spite of this, we can point to some significant achievements over the year. Suicide prevention training in the Cape York Northern Peninsula Area, the many Life Workshops that have been conducted in Cairns and elsewhere, our Life Bereavement Support Service, the annual ‘Koch for Kids’ festival and the Dr Scott Poland Seminar are some of these.

The Arabian Nights Fundraising evening put much needed funds into the kitty and a grant from the Qld Government’s Gambling Community Benefit Fund enabled us to buy four much needed computers.

The most recent achievement was the top-3 finish by our CEO, Dulcie Bird in the Clark Rubber Regional Service Award, one of the Qld Regional Achievement and Community Awards. We congratulate her on her success.

Following the Foundation’s submission to the Senate Inquiry into Suicide in Australia, Dulcie was selected as one of only ten people to make oral presentations to the Committee in its Brisbane hearings. Dulcie’s roles in this inquiry and also the inquiry of the Senate Select Committee on Regional and Remote Indigenous Communities have given further recognition to the role of the Foundation.

Staff recently attended the 4th Asia Pacific Regional Conference of the International Association of Suicide Prevention, both to present information and to learn from the experience of other organisations.

I would like to thank Dulcie, the staff and volunteers for their role in the success of the Foundation during 2010.

Furthermore, our fundraising through local bodies, our sponsors and supporters has continued to keep the Foundation going at a time when it has been difficult to raise substantial amounts from government and philanthropic programs. In closing, I want to thank you for your efforts and ask you to continue with us in the future. The task of promoting the health and well-being of Nth Queenslanders is still with us and with your help, we can continue to meet the challenges into the future.

Merry Christmas to you all.

Graham Koch, Chairman.
This qualitative study focuses on a particular combination of risks of suicide in an Australian Indigenous context, a sub-population chosen because of the greater presence of suicide, but that could apply to other cultural contexts. Individual risks of suicide acknowledged in the literature, no matter what the cultural context, include social alienation and change in appetite. The literature is also replete with particularly dangerous combinations of risk, for example a keenly-felt loss accompanied by depression and substance misuse, but not the combination of loss, social detachment and diet.

The conceptual proposition of this exploratory research was that those on the cusp of being at risk of suicide, because of any number of triggers, exacerbate their risk if they weaken attachment to their usual support systems. In turn, nutrition is affected as the person at risk withdraws from the normal eating patterns of the family, further weakening resistance to suicidal ideation or actualisation.

Qualitative data was collected from FNQ Indigenous communities. Findings suggest that adequate recognition of detachment and diet that compound – but not necessarily cause in themselves – risk of suicide at a critical moment may enable the arrest of an irreversible decision.
The Dr Edward Koch Foundation and the Something Better Project, PCYC Qld Indigenous Business Unit, have partnered to provide an intensive suicide prevention strategy for the five adjacent communities of Bamaga, Umagico, Seisha, Injinoo and New Mapoon in the Northern Peninsula Area at the top of Australia.

The aims of the project are to place a ‘blanket of care’ from suicide over the NPA. The strategy involves presenting educational suicide awareness and prevention workshops (the Life Workshop developed by the Foundation) to all five communities on a regular basis over a period of 2 years.

From these workshops, 10 interested community members who wish to be trained in suicide prevention work have been identified and chosen to work within the communities as Life Community Carers (LCCs). They will help within their five respective communities on a volunteer basis. Their roles will be to help those at risk of suicide and self-harm. This involves looking out for people who need help because they or someone close to them are suicidal, helping someone who may be at risk of suicide when required (counselling and practical help), having resources to give to people who might be thinking of suicide and obtaining help from other people or services when needed. The goal for these LCCs would be volunteer caregivers in the community with training and backup support from the Life Program Team at the Dr Edward Koch Foundation and ultimately, ensuring sustainability of the suicide prevention program for future years.
Dulcie Bird wins recognition with State Award

Dulcie won further recognition for her work and that of the Foundation in being selected as one of the three finalists in the Clark Rubber Regional Service Award, one of several awards under the Queensland’s Regional Achievement and Community Awards program. The awards, supported by Queensland Country Life and the Queensland Government, were announced at a Gala Presentation Dinner on Saturday 13th November in Rockhampton.

The award summary noted that ‘Dulcie Bird is the founding Director and CEO of the Dr Edward Koch Foundation, a leading provider of suicide prevention and post suicide support services in North Queensland. Dulcie has managed the Foundation since its beginnings in 1997 and has played a leading role in developing and delivering the Foundations programs including the Life Workshop which trains people in suicide prevention and the Life Bereavement Support Service for family members and others dealing with suicide. Dulcie is delivering a critical service that is raising awareness, opening up communication and is helping to reduce the number of unnecessary deaths in the region.’

Dulcie’s continued personal recognition in award ceremonies in recent years helps promote the Foundation and its important role in North Queensland.

THANK YOU TO THE CAIRNS PENNY SAVINGS & LOANS FOR THEIR GENEROUS SPONSORSHIP

The Cairns Penny Savings & Loans are generously sponsoring funds towards the air travel for Adrian Hill and Dr Heather Fiske who are presenting at a seminar for the Foundation in Cairns on 6 May 2011. The Foundation appreciates all of the ongoing support that the Cairns Penny Savings & Loans has given us.

Projects

SEMINAR
COMMUNITY HOPE AND HEALING
Conversations in Suicide Prevention
6 May 2011
Shangri-la Hotel, Cairns

Keep this date free for our forthcoming seminar, with our visitors from Canada. Topics will be advertised on our website in the New Year.

ADRIAN HILL

Adrian Hill is a Certified Alcohol and Drug Counsellor in Canada, the United States, Sweden and Germany and was a Californian Certified Gambling Counsellor. He has studied and taught widely in Canada, the United States and Europe.

He is a director of the Canadian Association for Suicide Prevention, and FASWorldCanada, an advisor to the Ontario Suicide Prevention network and a member of the American Association of Suicidology. He is an author and the editor of Canada’s 2004 National Suicide Prevention Strategy.

Adrian is an invited speaker and faculty on professional assistance, suicide prevention, and Health, Wellness, and Recovery. He is the author of numerous manuals, texts, courses, and practice guides.

DR HEATHER FISKE

Dr. Heather Fiske is a psychologist with over 35 years of clinical experience in hospitals, community clinics, schools, and correctional facilities. She is an active volunteer and frequent speaker for provincial, national, and international suicide prevention conferences and training workshops.

Heather is a member of the Provincial Advisory Board of the Ontario Suicide Prevention Network, a program advisor to the Center for Suicide Prevention, a past member of the Board of Directors of the Canadian Association of Suicide Prevention (CASP), and a recipient of the CASP National Service Award.

One of the founders of the Solution-Focused Brief Therapy Association, she teaches a postgraduate program in solution-focused therapy at the University of Toronto and also trains service providers to the homeless. In addition to her clinical practice, Heather writes about suicide prevention and about solution-focused practice and training. Her book about solution-focused approaches to suicide intervention, Hope in Action, was published in 2008.
We asked some of our regular volunteers to say a few words about their experience working at the Foundation. We are extremely appreciative of their contributions and wholeheartedly thank them for their efforts.

**Donn Corcoran**

Having just completed 12 months as a volunteer at the Dr Edward Koch Foundation, I am happy to say that it has been a very rewarding experience. After retiring from full-time work with the Department of Health and Ageing two years ago, writing submissions draws on my skills and experience and provides a positive focus. I am looking forward to continuing to contribute to the valuable work of the Foundation.

**ARC Disability Services Volunteers**

**Donni and Lynnette**

**Donni** - When there is no newspapers to cut up, then I like sewing the teddy bears (our EK bears used in our Life Bereavement Support Service). I also like doing the shredding.

**Regan Tranby** – I enjoy coming in to give me different opportunities that I did not have before.

**Lynette Shaw** – It is pretty good and a good service. I had fun doing the teddy bears.

**Geoff Roberson**

I have returned to the fold as the Foundation’s Gallery curator. My experience at the Cairns Regional Gallery and KickArts has given me - and the Foundation - the opportunity to continue the income generated from the sale of artwork, as evidenced by the success of the last Exhibition.

**Francine Blouin**

I joined the Foundation in August in the aim of refreshing my computer skills & administrative knowledge.

Angela gives me plenty of opportunities to do so. She’s a wonderful & patient mentor!!! Working in a non-profit organisation has made me see (especially looking at Dulcie’s devotion & commitment) the importance of giving, knowing that it will in some way impact & improve the wellbeing of people in the community! Thanks!

**Melora Corden**

I joined as a volunteer at the Foundation 5 months ago. I have served as the Graphic Designer and newsletter creator. My design work for the Foundation has included the redesigning of the newsletter as well as updating the corporate design. For me, volunteering at the Foundation allows me to provide services that may otherwise not be available. It is also a great way to expand my skills. You can feel the sense of accomplishment of the goals that you’ve achieved for an organization.

We could not photograph and take quotes from all our volunteers, but we would like to acknowledge the following volunteers who regularly assist us with our work.

Aaron Kaslar – Receptionist
Angeline Foong - Submission writer
AnneMarie Langford - Admin support
Barry Wells – Admin support
Brian Smith – Handyman
Di (ARC) - Carer support
Elaine Holder – Admin support
Eric & Kasmira Ducasse – Koch for Kids
Fran Lindsay – Life Program support
Helen Mappas – Koch for Kids
Judy Witherspoon – Admin support
Lin Parsons – Koch for Kids
Marilyn Landy – Admin support
Michelle Mancy – Koch for Kids
Peter Price - Website designer
Rod Owen - Submission support
Spiri Buhagiar – Arabian Nights fundraiser
Art on Aplin Exhibition

The ‘Art on Aplin’ Gallery has been a long-term fundraiser for the Dr Edward Koch Foundation. An evening opening on Friday, 24 September 2010 was the highlight of the year, with a number of artists, including Beverly Budgen and Dayle Jordan present to showcase their work. The Foundation thanks our volunteer Curator Geoff Roberson, who not only was there to supervise a very successful evening, but also contributed some wine for the evening.

Works in various media and styles were on display, including paintings in oils, acrylic and watercolour, together with ceramics and sculpture. Judi Corcoran was delighted with the bright red and pink colours of Dayle Jordan’s flower painting and a deep blue ceramic vase, both of which now grace her home.

The Exhibition was proudly sponsored by KIB Insurance Group. Through their generosity, guests were able to enjoy wine, cheese and nibbles.

Art on Aplin is open between the hours of 9.30 am and 4.30 pm on weekdays. It has an excellent variety of local artwork with something for everyone, having price ranges to suit all buyers. Please come in and browse in the air-conditioned comfort of our gallery.

Simply Ballroom

The Ballroom Dance School has been full of activity throughout the year with beginners learning new steps under the patient guidance of Billy, Colin and Lauren. A social dance was held in August in the air-conditioned ballroom of the Simply Ballroom School and everyone enjoyed the evening of dancing and the wonderful supper provided by the attendees. It is expected that many of the beginners who have been with us for some time may be moving to the intermediate class in the New Year.

Classes are on Monday evenings, with beginners starting at 7.00 am and the intermediate students at 8.30 pm. So if you have the inclination to enjoy life whilst doing some beneficial exercise, dancing is a great option. Please call on 0409 765 305 to enrol in beginner classes commencing in the New Year.
CityLife Magazine donated their charity auction proceeds at their Melbourne Cup lunch to the Dr Edward Koch Foundation. The Foundation is extremely appreciative of their donation and efforts to aid the Foundation. Everyone had a wonderful time enjoying race day in the air-conditioned comfort of the Shangri-la Hotel. Sensational food was served, and the chocolate fountain and thousands of juicy red strawberries tantalised the tastebuds of most attendees.

**Donations**

On behalf of the Board and all those connected with the work of the Dr Edward Koch Foundation, we would like to personally thank everyone who has donated to the Foundation over the past couple of months. Your generosity is greatly appreciated.

We would also like to thank the Rotary Club of Cairns Mulgrave for their kind donation of $3,570.00 raised in conjunction with the Foundation for the 2010 Rotary Corporate Duck Race.

**Fundraising**

**Highlight of the Year**

**Najet dancing at our Arabian Nights fundraiser**

Thank you to Najet and her team for their spectacular performance of belly dancing. The costumes were wonderful and they certainly added to the ambiance and theme of the evening.

**Cape York Accounting Westcourt**

A special thank you to Cape York Accounting Westcourt for being a major sponsor for the 20/20 Group Rotary Corporate Duck Race. Unfortunately, their full name was not added to our sponsor list in the last newsletter and the Foundation apologises for the error.

**Newsletter created by Melora Corden - Volunteer**
DONATE NOW!

Now it is even easier to make a donation to the Dr Edward Koch Foundation at the touch of a button.

Simply visit our website at www.kochfoundation.org.au and click on the ‘donate now’ button:

Help us to continue to promote health and wellbeing in Far North Queensland.

Thanks to the generosity of Piccones for implementing this scheme.

Classifieds

Our Web Sites

www.kochfoundation.org.au
www.suicidepreventionfnq.org.au

Get Web Services proudly supports the Foundation. Get Web Services provide web site design, web hosting and web names. Special thanks to Get Web for their generous sponsorship.

Official Solicitors of the Foundation

Marina Moller perform all legal services on a pro bono basis for the Foundation. Both parties to the agreement work together to enhance Foundation programs for the benefit of Far North Queensland communities.

Life Workshops

These Workshops aim to provide individuals with a set of suicide prevention basic skills.

Suitable for community groups, businesses, government agencies, sporting clubs and other groups or organisations.

To make an enquiry re price and availability, please call 07 4031 0145.

Initiatives of

The Dr Edward Koch Foundation

www.kochfoundation.org.au

Life Bereavement Support Service

0439 722 266

This free service offers crisis counselling, support and information to anyone bereaved by suicide and other sudden unexpected death.

A counselor will respond to your call as soon as possible.

Bendigo Bank

We appreciate your support

ann initiative of

cains community enterprise

Please nominate the Dr Edward Koch Foundation, when choosing the Bendigo Bank for loans, deposits & insurance. Any new business that is brought to Bendigo Bank will generate an ongoing income stream for the Foundation which will be paid directly into the Foundation’s bank account.

_http://www.cairnscommunityenterprise.com.au_