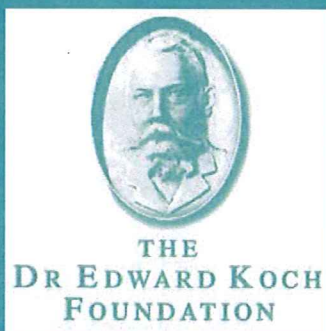


**Dulcie Bird**

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**From:** Dulcie Bird <dulcie.bird@kochfoundation.org.au>  
**Sent:** Monday, 25 February 2019 2:20 PM  
**To:** 'Dulcie Bird'  
**Subject:** Newsletter - Issue 41



## HEALTH & WELLBEING SPECIAL ISSUE - ISSUE 41



**FNQ SUICIDE PREVENTION WEEK**



Coinciding with World Suicide Prevention Day and RUOK? Day, the inaugural FNQ Suicide Prevention Week was a week-long series of events that aimed to raise awareness, provide education, disseminate information and reduce stigma around suicide and poor mental health. It also aimed to demonstrate the FNQ region's commitment to reducing suicide.

Let us take this opportunity to extend a big thank you to everyone who was involved in the FNQ Suicide Prevention Week. We are pleased to say that all events were a success. From Peter Brocklehurst's singing to PCYC's Cypher dancing, and from The Cairns Clinic tours to the QCWA's morning tea, everyone contributed in significant and inspiring ways. Our aim was to reach as many people from all walks of life and demonstrate that our community cares about them; we did this to excess.

This special edition issue will focus on the events that occurred during the week and share with you the stories and the people who were involved.

### Platinum Sponsor - The Cairns Clinic

Thank you to The Cairns Clinic for being our Platinum Sponsor! Through their support we were able to ensure that all the events were as big as possible.



# The Cairns Clinic

Part of Ramsay Health Care

### World Suicide Prevention Day Corporate and Community Breakfast and Suicide Prevention is Everyone's Business Expo

On Monday 10th September, to acknowledge World Suicide Prevention Day, the Dr Edward Koch Foundation hosted the Corporate and Community Breakfast, running concurrently to the Suicide Prevention is Everyone's Business Expo. More than 120 people attended the breakfast and many more attended the Expo.

Peter Brocklehurst, the guest speaker, gave an impassioned speech, revisiting some of his highlights and lowlights to show the many faces of suicidal ideation and poor mental health and to share his personal journey to get to where he is today - in a good mental



state! He also gave an impressive solo that wowed the Breakfast crowd before they headed off into the Expo.

The Expo had 25 exhibitors demonstrating their commitment to suicide prevention within the region. Corporations, businesses and government agencies alike were all in attendance, proving that suicide prevention really is everyone's business.



Thanks once again to all our sponsors:

**SILVER SPONSOR  
OF THE  
BREAKFAST &  
EXPO**



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Michael Healy MP Member for Cairns



### Out of the Shadows, Into the Light Walk

Lifeline's Out of the Shadows Into the Light Walk brought together over 150 people who have been bereaved through suicide and those who supported suicide prevention. The walk took place on the Cairns Esplanade where attendees honoured their loved ones by raising awareness for those left behind after a suicide. Love and support was in abundance as the group wandered down the esplanade, banners in hand, before reaching the lagoon to a serenade by Drewboy. Others also shared their stories for an inspiring ending to this event.

Thank you to Lifeline and sponsors.



Yarrabah Suicide Prevention Week  
Morning Tea

Gurriny Yealamucka Aboriginal Corporation hosted a



Morning Tea for the Yarrabah community - with guest speakers, a yarning session, time to remember those lost to suicide and acknowledge those bereaved through suicide. It was held in the Community Hall on the second day of our FNQ Suicide Prevention Week. Thrive launched their wonderful culturally appropriate "Culture is Healing" handbook.

SUNSHINE COAST  
**MIND & NEUROSCIENCE**  
THOMPSON INSTITUTE



A big thank is extended to the sponsors of this event.



#### **Cairns Clinic Tour and Lectures**

Many people Joined the Ramsay Health Care team for a tour of the premises and heard from two of their doctors: Dr Siva Bala and Dr Jens Gaarslev. Tours were on Wednesday and Thursday of the FNQ Suicide Prevention Week and everyone attending appreciated the beautiful surrounds of the clinic and the lovely amenities which offer a soothing ambience for those who need to be there.

The Cairns Clinic is run by Ramsay Health.

Thank you very much for our major sponsor of this event and also of the entire week - Ramsay Health..





"SSSSSH!, WE DON'T TALK ABOUT THAT..."

How good was this being able to offer an event for men. Approximately 35 people attended the Forum about men's issues and listened to special guest speaker Trent Shaw's story.

As part of the FNQ Suicide Prevention Week activities, this function was organised by the Dr Edward Koch Foundation's Lived Experience Reference Group. The event, held at Brothers Leagues Club, motivated and inspired those men who attended.



Thank you to our wonderful sponsor of the event - Century Cranes.

## RUOK? WALK



.On Thursday 13th, Queensland Health hosted the RUOK? Walk, encouraging people to ask others an important question: Are you okay?



Over 30 people including representatives from businesses and government agencies attended to show their support and disperse tips on how to check in with our loved ones, our neighbours, and even strangers.

The group marched to Cairns Central shopping centre, where they received packs to hand out in the centre and were encouraged to open up a conversation with a stranger. It was delightful to see how many people were open to having the conversation that could change (or save) someone's life.

The group then headed down for coffee's on the esplanade, courtesy of Mission Australia's coffee truck. All in all, it was a productive and inspiring day. Thank you to those who came and supported such a wonderful initiative.



# Lives Lived Well



## Company, Cards, Craft and a Cuppa

The ladies from the QCWA hosted a beautiful morning tea complete with piklets, scones, cake - and a poem!

Attendees enjoyed the beautiful spread whilst enjoying a friendly game of cards, learning a new skill such as crocheting or connecting with someone new.

A prominent member of the QCWA, Meg, gave us a powerful poetry reading, reminding us that we all need to look out for one another and to not give up, even when times are tough. This was especially aimed at rural and remote folks who so often become isolated and can fall into depression.

Thanks once again to our sponsor for this event, Qld MP Curtis Pitt, and to the incredibly skilled cooks for hosting this event.



### Cairns Cypher of the Year

PCYC presented Cairns biggest hiphop jam event feat. DJ Ghost. Graffiti Workshop, Dance Workshops and Allstyle Dance Battles on Saturday. It was the final of our week long of events and what a finish. Approximately 500 youth were in attendance and they were very actively involved in the activities. The Dr Edward Koch Foundation CEO gave a small presentation to the masses, but even her focus was centred on the energy of all of the youth and their zest for dance and life.

Thank you to our wonderful sponsors - Djarragun College.



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Patron: His Excellency the Honourable Paul de Jersey AC,  
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