



The Dr Edward Koch Foundation

Newsletter ♦ December 2019 ♦ Issue 45



Dulcie Bird, CEO

Message from the CEO

Once again, the year has raced past and here we are again at Christmas, hopefully looking forward to a relaxing break and quality time spent with family and friends.

2019 has been a busy time for the Foundation with the development of some new and exciting activities as well as continuing its existing programs. I am happy to report, as I reflect back on the challenges and accomplishments of the past year, that the Foundation has been very successful in managing all of its activities and has had direct, effective impact on vulnerable populations in the north.

Our Life Suicide Prevention Workshops and our MHFA courses are in continued demand and we continue to meet the needs of the community with these educational programs.

I want to thank our unstinting volunteers for their hard work and their time. They made our achievements – in particular helping communities cope with suicide and depression – possible. We have also had a large line-up of sponsors and donors throughout the year and I thank you all for your generosity.

The close of the year is also a time to be excited about the future. I am very much looking forward to a huge program of events in 2020. It promises to be exceptional especially rolling out MHFA courses in rural and remote communities of north Australia. I shall be 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



Volunteer Spotlight



Ana Mieses, amongst other things, is our social media guru. Ana hails from Colombia and moved to Australia in 2016. She came to

Cairns last year for holidays and fell in love with our beautiful city. Ana lived in Sydney but decided that Cairns was the spot for her and relocated this year.

Ana heard about the Foundation through FNQ Volunteers and she was looking for an organisation where she could contribute her many skills and improve her English. Ana has been working for the Foundation since August and her contribution has been a great

asset. The Foundation's culture is where we all help each other and that reflects on the work environment where we work hard but also have fun. We are happy that Ana has fitted in very well with the team and our environment.

Ana enjoys travel, hiking, dancing and helping people. She also has an eye for creativity, design and is whiz bang on the computer.



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Simply Ballroom

Most of us are familiar with the great feeling obtained from spending time out on the dance floor. From weddings and holiday parties to aerobic classes or even dance lessons, moving our body often does a lot to lift our mood. It turns out there is a scientific explanation behind those mood-boosting moves,

and there are ways we can use dance to improve our mental health.

There are many benefits of dance supported by research. Dance improves your heart health, overall muscle strength, balance and coordination, and reduces depression. These benefits have been seen

across a variety of ages and demographics. *Mindwise Innovations*

As part of your New Year Resolution, join us next year at the Simply Ballroom Dance Studio for a fun activity that has great health benefits as well.



Every Monday evening:

7pm to 8pm – Beginners class

8pm to 8.30pm - Share a cuppa or have a practice session

8pm to 9pm - Intermediate class

Price: \$10 per class per person, \$15 for both classes

Venue: The Ballroom, 4 Melaleuca Street, Manunda

For bookings and more information Phone 0409 765 305

Christmas Dance





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FNQ Suicide Prevention Taskforce Christmas event

The FNQ Suicide Prevention Taskforce held their last meeting of the year on 11 December 2019. The meeting combined with some festive cheer to mark the start of the holiday season. It was an informal meeting with our many new members enjoying the opportunity to meet others in a friendly, relaxed environment.

The Taskforce has had a great year with a highly successful FNQ Suicide Prevention Week 2019 being the highlight of the year.



Stay Safe Over Christmas

Christmas can be a very hard time for families who have lost a loved one. It reminds them that their family member or friend is missing throughout all of the Christmas cheer and some very unpleasant emotions may be triggered. Here is some advice on how you can stay safe over Christmas.

- ✓ Do something different on Christmas day if you feel like it. Don't be afraid to change your routine. You can always change it back.
- ✓ Be aware that the Christmas period is going to be hard and give yourself permission to feel your grief.
- ✓ Do not try to block the bad moments. Let the hurting moments come, but also let them go.
- ✓ Do not listen to television and radio as much if the talk directed to Christmas enjoyment upsets you.
- ✓ In the days leading up to Christmas, keep your routine normal but allow some time for yourself and for some enjoyable and relaxing activities.
- ✓ During the Christmas period there is a lot of food and alcohol around. Enjoy a good meal with your family but still try to eat healthy and don't drink too much.





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Christmas Staff Lunch



Lunch was held at Cazalys for staff, volunteers and Directors. They all had a fun time eating, dancing and catching up with each other.



Christmas Raffle

A big thank you is in order to our volunteer Edeline for organising the Foundation's Christmas Raffle. Edeline obtained 10 prizes and we would like to thank all of the donating organisations for their generous support. The raffle was drawn at our Simply Ballroom Christmas Dance. We congratulate the winners.

Prizes and their donors are below.

1st Prize: Fishing pack valued at \$250 Donated by BCF Smithfield

2nd Prize: Trip to Fitzroy Island for 2 valued at \$168 Donated by Experience Co

3rd Prize: Painting by local artist valued at \$80 Donated by Artist Mary Anne Negro

4th Prize: Bath linen valued at \$70 Donated by Pillow Talk

5th Prize: Camp chair valued at \$60 Donated by BCF Cairns

6th Prize: Gift voucher valued at \$50 Donated by Cairns RSL Club Ltd

7th Prize: Cooler box 30L valued at \$30 Donated by Big W Cairns

8th Prize: Gift voucher valued at \$30 Donated by Woolworths Stockland

9th Prize: Petrol voucher valued at \$25 Donated by Caltex

10th Prize: Gift voucher valued at \$30 & 2 complimentary memberships Donated by Cazalys Cairns

