



# The Dr Edward Koch Foundation

Newsletter ♦ August 2020 ♦ Issue 48

## Message from the CEO



*Dulcie Bird, CEO*

Suicide Prevention Week 2020 is now only days away!! It's definitely been a challenge this year to get events off the ground, and the recent cancellation of our Race Day Garden Party due to COVID restrictions has been very disappointing. However, I am confident that the events that are going ahead will definitely draw the community's attention to suicide prevention and the importance of mental health in our community. I am looking forward to all our events including our Suicide Prevention Sticker Project, the School Chalk Art Competition and the 'Lighting up of the Munro Martin Parklands' in teal and purple, our suicide prevention colours.

This COVID pandemic is having an impact on everyone's mental health and wellbeing and in recent weeks I've noticed an increased interest in our Mental Health First Aid courses, especially from outlying regional towns. I think it is great that people are seeing the importance of education in the mental health area.

Until next time, stay well and stay safe.

## Business & Bubbles

The Cairns Business Women's Club invited Dulcie to present at their first face to face event in March called Business & Bubbles. Dulcie spoke about suicide prevention and the importance of good mental health. We hope to continue our association with the Club and to encourage good mental health amongst their members, colleagues, friends and families.



## Stockland CARE Grant



The Dr Edward Koch Foundation received a Stockland CARE Grant in June to aid with FNQ Suicide Prevention Week 2020, hosted by the FNQ Suicide Prevention Taskforce. Stockland advised that they were delighted to be able to support our community program and help shape a thriving community in their local area.

Dulcie visited Stockland Shopping Centre at Earlville to receive a formal certificate from them and to meet their local team. The Foundation is very appreciative of the grant and is using it to aid the planned initiatives and projects of FNQ Suicide Prevention Week 2020.



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## FNQ Suicide Prevention Week 2020

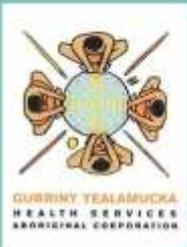
This year's FNQ Suicide Prevention Week, hosted by the Dr Edward Koch Foundation's FNQ Suicide Prevention Taskforce, will be from 4 to 11 September in Cairns and will include World Suicide Prevention Day (observed each year on 10 September) and RUOK Day (held each year on second Thursday of September). The Taskforce is organising many events for the week with each designed to cover a wide demographic: youth, men, Indigenous, older and LGBTIQ people.

Few people have not been touched by the loss of suicide: a friend, son, daughter, cousin, work colleague, acquaintance. Depression and anxiety leading to suicide are common - around one in seven Australians will experience depression in their lifetime - yet significant stigma and discrimination continue to be associated with having a mental health condition. The aim of the week is to raise widespread awareness of these issues and reduce the stigma associated with them.

We encourage agencies, businesses and government organisations working in the mental health and wellbeing sector to host an event during FNQ Suicide Prevention Week 2020. Register your event with us and we will list it on the FNQSPW events calendar on facebook and on our website pages.

**We need sponsors for FNQ Suicide Prevention Week 2020.** Please help us to raise awareness by becoming a sponsor today.

**SILVER SPONSORS**

**BRONZE SPONSORS**








**THANK YOU TO ALL OF OUR SPONSORS & SUPPORTERS**

**FNQ SUICIDE PREVENTION WEEK 2020**  
**LIGHTING UP MUNRO MARTIN PARKLANDS**  
 SAT 5 - SAT 12 SEPT



The FNQ Suicide Prevention Taskforce is happy to announce that the Munro Martin Parklands will be lit up by Cairns Regional Council in solidarity with FNQ Suicide Prevention Week 2020.

Gates close at 6pm but lighting will remain on until 5am. Wander through the Parklands or view from outside at your leisure. Please ensure social distancing.



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**Bronze sponsors**

- Curtis Pitt MP  
State Member for Mulgrave
- Senator Nita Green  
Labor Senator for Queensland
- Rotary Clubs of Cairns Queensland & Cairns Trinity
- Cairns Business Women's Club
- Neami National



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## FNQ Suicide Prevention Week 2020

### FNQ SUICIDE PREVENTION WEEK 2020



### SCHOOL CHALK ART COMPETITION

Encourage your school to enter the FNQ Suicide Prevention Taskforce FNQ Suicide Prevention Week 2020 Chalk Art Competition.

For further information on the School Chalk Art Competition visit [www.kochfoundation.org.au](http://www.kochfoundation.org.au)

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### FNQ SUICIDE PREVENTION WEEK 2020



### SUICIDE AWARENESS & PREVENTION "STICKER" PROJECT

In these ever changing and troubled times of COVID-19, suicide awareness and prevention is a priority of the FNQ Suicide Prevention Taskforce.

Stickers will be distributed to participating stores within shopping centres and to cafes in the Cairns area for display during FNQ Suicide Prevention Week.

The sticker image is a ribbon stating "Suicide Prevention is Everyone's Business".

For further information on this project visit [www.kochfoundation.org.au](http://www.kochfoundation.org.au)

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### FNQ SUICIDE PREVENTION WEEK 2020



**THE QCWA FRESHWATER BRANCH IS HOLDING A FREE MORNING TEA, FELLOWSHIP AND ACTIVITIES.**

Open to all - an event of FNQ Suicide Prevention Week - It will be a delicious morning tea served with entertainment, participation in activities and an opportunity to make new social connections.

Due to COVID-19 restrictions numbers will be limited to 24.

For further information visit [www.kochfoundation.org.au](http://www.kochfoundation.org.au)

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### FNQ SUICIDE PREVENTION WEEK 2020



The aim of the FNQ Suicide Prevention Taskforce Backyard Makeover Program is to improve mental, social and physical outcomes for isolated people requiring assistance with a small makeover of their backyards. It includes landscaping, gardening and backyard repairs.

The inaugural backyard makeover has been carried out at the Couch Wellness Centre to offer their clients a space to relax and enjoy some garden therapy. The Couch Wellness Centre provides people diagnosed and living with cancer and their family and friends with well-being and lifestyle support.

The Backyard Makeover Program will be launched during FNQ Suicide Prevention Week 2020. For further information on the Backyard Makeover Project visit [www.kochfoundation.org.au](http://www.kochfoundation.org.au)

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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.

We ran a refresher course in July and a well-attended standard Mental Health First Aid course on 10 and 11 August.

A standard Mental Health First Aid course has been organised for the Mission Beach community in Sep-



## Rotary Charity Wine Auction

**ROTARY CHARITY WINE AUCTION  
SUNDAY, 18 OCTOBER 2020**



**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 aid the Foundation with a percentage of your dollar purchase donated monthly. Thank you, Piccones for your great community spirit.

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