



The Dr Edward Koch Foundation

Newsletter ♦ November 2021 ♦ Issue 52



Dulcie Bird, CEO

Message from the CEO

A lot has happened since our last newsletter. We have been very busy during the past six months, planning and holding our main event for the year which was the All of Us Festival.

Even though Cairns has been somewhat spared from the impact of COVID-19 compared to other parts of Australia, the mental health effects of the pandemic are still being felt in our community and our Mental Health First Aid courses have been in great demand this year. Everyone is exhausted as a result of the pandemic and we all want to return to living our lives as normally as possible. I

encourage those who are not vaccinated to consider having it done.

Christmas is coming closer and I know some of our volunteers are looking forward to putting up the Christmas tree, so there will be some light-hearted festivity within our workplace that day! Until next time..... Dulcie

Cairns Business Women's Club Lunch

As a sponsor of the Mental Health Week Cairns Business Women's Club Lunch on 12 October, staff of the Dr Edward Koch Foundation attended. Our CEO gave a short presentation and Foundation resources were displayed along with those of other Cairns businesses. Our resources attracted a lot of interest and gave us the opportunity to talk to many of the participants about suicide prevention and the importance of good mental health. And we enjoyed a delicious lunch in good company! Thank you CBWC.

FNQ Suicide Prevention Week 2021

FNQ Suicide Prevention Week this year focused on small in-house events. The major event that the FNQ Suicide Prevention Taskforce participated in was Lifeline's "Out of the Shadows" walk along the Cairns Esplanade on 10 September to celebrate World Suicide Prevention Day. Thank you Lifeline for this raising awareness event.

Yarrabah Workshops

The series of Life Suicide Awareness and Prevention Workshops for the Yarrabah Community finished in June and feedback was very positive. This 4-hour workshop aims to provide attendees with a set of basic skills to assist in recognising when someone may be at risk of suicide, and ways of responding to that person's need. For more information, call the Foundation.

Yarrabah workshop

Mental Health First Aid

We continue to deliver the Standard Mental Health First Aid courses within the community. Since our last newsletter, we have held one for Ambitions NQ and another for members of the community.



Rotary Duck Race

The 4CA/Star FM Rotary Corporate Duck Race returned on 2 October after having been cancelled last year due to COVID-19. We were very happy to see the “Corporate Ducks” back racing in the beautiful lagoon at the Esplanade. Some ducks were brightly dressed and much fun was had watching them race. The Rotary Club of Cairns Trinity kindly donated all proceeds from the race to the Foundation.

This year’s lucky winners were: Selectability (1st Prize), Curtis Pitt (2nd Prize), Mario Calanna (3rd Prize). The winner of the “Dashing Duck” prize for best dressed duck was the Cairns Business Women’s Club.



**4CA/Star FM
Rotary Corporate Duck Race
Saturday 2 October 2021
Cairns Esplanade Lagoon, 2:00pm**

We gratefully acknowledge our Corporate Duck Sponsors

147 Anderson Street Tenants
Brien Leibinger Lawyers
Cairns Business Women’s Club
Cameron’s Carpet Court
Curtis Pitt MP
FNHot
Gav & Co Distribution
Grant Thornton
J & R Refrigeration Pty Ltd
KIB Insurance Brokers
Lynne Neal Real Estate
Mario Calanna
MGI Cairns Pty Ltd
Migration Plus
Mystory.com.au
Ozzie Mozzie
Piccones IGA
Selectability
SMSF Strategic Advisors
Wellness Embodied



Busy in the tent



The winner



Winners 1, 2 & 3



All of Us Festival

The All of Us Festival, held on 9 October at Fogarty Park as part of Mental Health Week, was a major event for this year and a lot of work was put into organising it. It was a great success and we are looking forward to doing it all again next year!

Thank you to our major sponsor, the Qld Health Commission, and to Cairns Regional Council who kindly donated the venue and worked with us to bring this Festival to fruition. We also thank all the mental health agencies who participated, the team of volunteers from Cairns Rotary, whose help is always invaluable, and all of the other volunteers.

Thank you also to the Cairns businesses who kindly donated prizes for our raffle and silent auction, and all the entertainers who gave their time, free of charge, to entertain the crowds.

The festival successfully raised awareness of the importance of mental health, positively promoted health and brought the community together to celebrate “all of us”.

Please enjoy some of the photos from the Festival. They speak for themselves...



Functions

Foundation staff attended Worklink's Stressless Day Lunch on 13 October, also during Mental Health Week. Guest speaker Lisa Curry shared personal stories about her own mental health issues. Her speech was very inspiring, and she encouraged all to focus on good mental health to maintain and improve psychological wellbeing.

Lifeline celebrated fifty years of working in the Cairns community and our CEO proudly attended their function on 22 October.

A Networked Governance Workshop, held on 11 November was hosted by Curtis Pitt, Member for Mulgrave and Belinda Drew and Matthew Gillett of the Community Services Industry Alliance. Our CEO participated in this valuable workshop which explored ways to improve connection between each network and the connection to local decision-makers and established relationships with sector colleagues.

Simply Ballroom

The Simply Ballroom Dance School has been extremely busy this year. As part of Queensland Seniors Month, the Port Douglas Community Network Service asked the Simply Ballroom students to dance as an activity for a group of seniors visiting Cairns. They were delighted to do this and, on 26 October, we welcomed the seniors to our ballroom for a dancing demonstration and afternoon tea. Everyone thoroughly enjoyed the event including our dancers.



Our Monday night Simply Ballroom dance classes continue to be enjoyed by all our students and it is fabulous to see them improving each week. So, come along and join us at The Ballroom, 4 Melaleuca St, Manunda every Monday evening for some ballroom dancing fun!

Four social dances have been held this year and it has been lovely to see those from other dance schools joining us for a relaxed evening of dance and supper.

The Simply Ballroom dancers were photographed in May 2021 as part of the FNQ Volunteer Exhibition held during Volunteer week. It was wonderful to see our students/volunteers on display at the photographic exhibition.

The BNI Group held an event on 29 October as a fundraiser for the Foundation. The display of dancing by the Simply Ballroom Dance students was enthusiastically received.

