

## Lakes Suicide Prevention Network meeting, 4pm Monday 04.02.19

**Present:** Pauline Linke (Chair), Shelley Alexander, Sharon Bland, Tracy Hill (*welcome, Tracy, to your first meeting!*), Renee Marles, Rosa Merlino, Bill Paterson, Nat Traeger

**Apologies:** Kirsty Bagshaw, Vern Leng, Tracey Wanganeen

I have structured these minutes under these two headings, rather than chronologically as discussion happened. It's all here, just not necessarily in the order in which we discussed it!

### Matters from previous meeting, 05.11.18:

1. Amendment – Nat Traeger was an Apology for the meeting of 05.11.18, although noted as present (sorry, Nat!). With that amendment, these minutes were accepted as an accurate record of previous meeting (moved Renee Marles, seconded Rosa Merlino).
2. Bill reported that the Menswatch at the Car Club is indeed going well – last Friday of each month, Andrew Dawes sends a text message reminder to all, men bring their own bbq and drinks, cook for themselves. Bill also reported that there will be a Men's Breakfast this Saturday 9<sup>th</sup> February, 7am-7.15am, at the Uniting Church. This will be a regular fixture, also aiming to provide support and a gathering place for men.
3. Sunflowers project – It was agreed that this might be possible in September this year (2019) but that it would not be good to suggest to teachers at the moment, given the building work. Pauline explained that the idea is that kids can be given seeds, to plant in a pot at school – students could take them home? Bring them back to school, plant in school garden?
4. Mental Health First Aid Course – it was agreed that one should be held in Meningie in April.  
**Action: Nat to find out how the previous one in 2016 was funded. Renee to follow up?**

### Business:

1. Nat took us through the **Action Plan** we had drafted at the previous meeting. Various small amendments were made, eg under Objective 3 Item 3 it was agreed that we could use the Parkes card as it is already created.

**Action: Renee to find the Parkes card on the internal system and use that.**

Under Objective 3 Item 6, Information packs – Nat said that TB have a pack that they collate, and we could do the same thing (leaflets from Beyond Blue, StandBy etc). Sharon suggested that the police booklet (What to do if...) would be a good addition to this pack.

Under Objective 4, it was agreed that an occasional column in the Lakelander would help keep our profile raised. This might go in Objective 5 as well.

**Action: Pauline to write occasional column for the Lakelander.**

Regarding banner (Objective 1) – Nat suggested Lakes develop our own teardrop 'Lakes SPN' banner. Sharon suggested that this includes a graphic showing the extent of the Lakes area, so that people are aware it is not just Meningie.

**Action: Renee to progress Lakes SPN teardrop banner.**

It was agreed that we book the large banner from TB for our March events, in case the new Lakes banner is not yet ready.

**Action: Renee to book large banner from TB.**

The amended Action Plan was passed (moved by Renee Marles, seconded by Rosa Merlino).

2. Shelley passed on Tracey Wanganeen's (StandBy) willingness to be involved in and attend events and provide support wherever necessary.

3. Quad Bike trail facilities – Sharon confirmed this is a good venue which is available to be shared; however, she explained that there must be a ‘Level 1 trainer’ there with any group. She asked if we were planning to hold an event there. Shelley explained that nothing was planned, but that it was good to know that the venue was there. Sharon suggested Committee members go and visit the facility to see it for themselves.
4. Nat handed out free calendars with inspiring stories of people from the country who have faced mental health challenges – stories of hope. More calendars are available at the Hub.
5. Nat distributed the Treasurer’s Report. There is money to be spent. It was agreed that we should be prepared to spend money on events (see point 8 below) which will be of benefit to the community and in line with our aims of Suicide Prevention.
6. It was agreed that the Lakes SPN should have its ‘Launch’ (a stall) at the Meningie Food Fair on Friday 8<sup>th</sup> March. This is a great opportunity for a low-key launch with a ready-made audience as much of the community will be present.  
**Action: Shelley to invite Tracey Wanganeen to attend the launch and to bring Standby materials.**
7. ‘Share a Natter, Share a Platter’ – Sunday 24<sup>th</sup> March was agreed as the date – after that it will be school holidays, and after that the weather gets too cold. Dinner time was agreed.  
**Action left over from previous meeting until date had been confirmed:**  
**Action: Write letter to Lions, RSL and Probus inviting them to take part.**  
**Action: Renee to make up DL flier re event, to give to young mums’ group (Wed 10-12)**  
**New Actions decided at this meeting:**  
**Action: Pauline to ask Marianne Cunneen to put articles in the Lakelander about Share a Natter/Platter, and the Lakes SPN Launch at the Meningie Food Fair, without cost.**  
**Action: Pauline to book the spot outside Foodland on Friday 22<sup>nd</sup> March to promote ‘Share a Natter/Platter’ (who will be available to do this?)**  
**Action: Have fliers for Share a Natter/Platter available at the Food Fair – Renee to find and adapt previous flier.**  
**Action: Fliers in shop windows. At supermarket checkout? On pinboard?**  
**Action: Shelley to invite Tracey Wanganeen, to ask if she can attend and speak, as before.**
8. Proposed new event – Pauline spoke about holding a ‘Fluro Friday’ – see website <http://onewaveisallittakes.com/> - she would like this speaker to come here to speak at the event, which is about the importance of good mental health. People wear brightly (fluro) coloured clothes, hats, zinc creams – it’s a happy event. Would be good to get the school involved. Maybe hold it near Sailing Club – tie it in with school sailing somehow? As it is promoting good mental health, the school may be interested in taking part. Could have sailboarding, or get ‘Canoe the Coorong’ involved, or Gary? Probably Sept-Oct-Nov 2019. All present agreed in principle that this is a great idea definitely worth pursuing.  
**Action: Pauline to contact speaker to find out availability and cost. Pauline to talk to Ryan Bubner at school re sailing connection possibilities. Currently the teachers are very busy with the new buildings and ground work, so now is not the time to ask them to take up any new tasks – but later in the year teachers could be approached.**

Meeting closed at 5.15pm.

**Next meeting: 3.45pm Friday 1<sup>st</sup> March 2019 (MUST conclude by 5pm)**

This meeting is specifically to organise all details for:

- a) our Launch (stall) at the Meningie Food Fair on Friday 8<sup>th</sup> March and
- b) our ‘Share a Natter, Share a Platter’ event on Sunday 24<sup>th</sup> March.