

Lakes Suicide Prevention Network meeting, 4pm Monday 06.05.19

Present: Pauline Linke (Chair), Shelley Alexander, Sharon Bland, Tracy Hill, Rosa Hillam, Renee Marles, Bill Paterson, Tracey Wanganeen (on phone)

Apologies: Kirsty Bagshaw, Nat Traeger, ?Vern Leng?

Matters arising from previous minutes:

1. **Banner** – looked at draft design from Salisbury Signarama – quote was \$416.90, seems reasonable.

Tracey W suggested having a gmail address on the banner (for anyone who sees the banner and wants to know more) – could be an automatic out-of-office answer, saying this is *not* a helpline, but that we will respond in x number of days. All agreed this is a good idea.

Renee to create gmail address: lakesspn@gmail.com

Changes to banner design –

- Take out ‘The’ from black Lakes Suicide Prevention Network
- ‘Network’ (not Newtwork!)
- Coonalypn spelling to be corrected
- #conversationsmatter – higher up, bigger, on same side (move Council logo down)

Certificates for MAS students – agreed to put banner as watermark on certificate, to give out at an assembly.

2. **Fishermen’s event** – Tracy Hill had spoken to Neil McDonald and Gary Hera-Singh, who believe an event won’t really help – because the seals are the problem that needs a solution. They think it best to do something for farmers instead.

It was agreed we could plan for an event for farmers – should go for a grant for that before the drought situation becomes any more desperate.

3. **Men’s Breakfast (May 4th)** – Bill reported that there had been about 27 men there; speaker spoke about Christmas Island. Next speaker (August) may be Anthony Brown, about the Philippines. Bill also commented that the Car Club had about 20 men there, about a week ago. It is good that we have men’s events happening.

4. **Fluro Friday** – Pauline has spoken to Grant Trebilcoe about what we could do, and is waiting for him to get back to her. Pauline suggested it could involve schools from the surrounding area, as well as young adults/teens. It was agreed it needs to be towards the end of the year, with warmer weather. ***Pauline will speak to Ryan.***

Reminder that RU OK day, plus World Suicide Prevention Day, plus Mental Health Week (5-11 October in school hols) are all around that time, so could be somehow tied in/combined. Could get grant through Mental Health Coalition – have to apply by August – for Fluro Friday – maybe hold FF in the 2nd half of October?

Needs to be discussed with Parents Committee.

5. **Grants** – Nat did not apply for the ones we looked at last meeting (short deadline which is now past). Tracey said that “Ski for Life” gives grants of up to \$5000 (maybe twice a year)

for communities raising awareness – look up skiforlife.com. ***It was agreed we should also ask Nat to look for grants that might be useful for our farmers' event.***

6. Tracey Wanganeen suggested a motivational speaker she has used in Mount Gambier – speaking at high Schools and also at public event (24-year-old Ben Pettingill, very inspirational, 90% blind, can adapt talk according to audience).
7. **Sunflower idea** – a plot at school? Or sunflowers for students to nurture individually?
Pauline will speak to Denice at school to ask what would be appropriate.
8. **Training opportunities** –
Friday 17th May – 12.45pm-5pm MHFA for Suicidal Person
Tuesday 11th June – 8.30am-5pm, then Friday 14th June – MHFA for Youth
9. **MHFA training for Meningie**
Pauline to contact June Oldfield re holding MHFA full 2-day course in Meningie.
10. **Share a Natter feedback** – Pauline has feedback from 5 people – they all think it's better inside. Bill thinks, with changing weather, it's better inside. We didn't do poll with tear-off slip, too late now, just ask people in person. Not sure whether just to do inside in future, or perhaps try outside at *lunchtime* next time?
11. **Other event ideas** – Renee likes the idea of a play (as done previously in school hall), good for her age group. Pauline likes the idea of the motorbike place outside town, doing event there for families. These are ideas to keep in mind for the future.
12. **Float at Pageant** – have banner on it, perhaps make tree with hands (Tracey W says it's a nice gentle way to get our name and purpose out there, people can just observe).
13. Next meeting – 4pm on Monday 1st July, at Hub.
Note - it was agreed that, as discussed at the previous meeting, it would be good in future to have someone from the police or other services (those who see first-hand the depth of the problems) to attend part of our meetings, as they would give a useful perspective.
Possibly a combined meeting at the pub afterwards.
Renee to tell Julie immediately, to see if a combined meeting then will be possible.

Meeting closed at 5.10pm.