

Lakes Suicide Prevention Network meeting, 2pm Wednesday 27.03.19

Present: Pauline Linke (Chair), Shelley Alexander, Sharon Bland, Tracy Hill, Rosa Hillam, Vern Leng, Renee Marles, Bill Paterson, Nat Traeger (on phone)

Apologies: Kirsty Bagshaw, Tracey Wanganeen

Matters from previous meeting, 01.03.19 were accepted. Moved: Bill. Seconded: Vern. To be noted: Rosa's correct surname is Hillam.

Business:

1. **Meningie Food Fair, 8th March** – Vern apologised for his absence. Tracy and Shelley staffed the stall – not too much interest, but enough to make it worthwhile. All agreed that the more exposure we have, the comfortable people will feel talking to us about suicide.
2. **Share a Natter, Share a Platter, Sunday 24th March** – All agreed this was a successful event, which went well with at least 38 present. Bill and Pauline both said they were surprised at how well it went. Despite the change of venue due to weather, people came and moved around and spoke to others (this was helped by having the food trestle, so people had to get up to help themselves). Lots of conversations at the food trestle table. Pauline got lots of compliments, ie "Good on you for doing this." Discussion re venue – next time, would it be better to just hold it indoors, right from the start? For practical reasons it was good in the hall (maybe even better than being outside?). However, on the negative side, it was noted that one person had said they thought it must be a religious event. The Bowling Club and the RSL Hall were suggested as alternative venues. Rosa commented that an inside venue is more conducive to conversation, which is the aim of the event. The Bowling Club offers both indoor and outdoor spaces (so kids can run around). Renee felt that people with families might prefer an outside venue and suggested the area between the wishing well and the toilets, near the playground. If holding it outside, it could be better at lunchtime when there is less likely to be wind. It was suggested that a Colour Run could be held, perhaps combined with the Parkrun and having breakfast afterwards.

It was agreed to keep all these ideas in mind before planning next year's event. It was agreed that Renee should do a poll on her Facebook re what people would prefer. It was further suggested that there could be something in the Lakelander – people could tear it out and drop it at the Council, maybe answering the question "Why did you not come?" It was agreed we need to note the numbers of the community response.

3. **Suggestions for new events – Fishermen, Farmers**

Fishermen – John Lawrie had spoken to both Pauline and Renee about the current plight of the fishermen, wondering how we could engage this industry. Southern Fishermen's Association was mentioned, and also a group at Strathalbyn. It was noted that some fishermen might prefer to talk to people they *don't* know, while others might prefer to speak to someone they *do* know.

Some time ago, Tracy Hill had held a bbq night at the RSL for fishermen, with speakers Dr Michael Kerrigan and Adrian Petherick. The Committee discussed the idea of hosting another night like this. It was suggested that we could access a grant, and that this event for be a forum/expo with keynote speakers. This could be specifically for southern fishermen, not for the general public. Nat thought we would probably need \$2000 or so for this. Tracey made the point that the problem is that there is no solution in sight to the actual problem (seals) and so it's hard for the fishermen to see hope in the future. There is no

funding for a seal solution/relocation. What about cultural management/indigenous industry?

Farmers – it was suggested we could also apply for a grant to do a similar thing for farmers, who are suffering from the drought.

4. **Email from Riverland SPN**

An email of congratulations from the Riverland SPN was tabled, and received with thanks.

It was resolved to email the Riverland SPN to thank them, promising to keep them informed of our activities, asking them to keep us informed of their activities.

5. **Grants**

It was agreed that we could apply for grants for the Fishermen's event, the Farmers' event and also for the delivery of the 2-day Mental Health First Aid course in Meningie. It was noted that the SASPCGS grants were to support projects to be delivered by June 2020.

It was suggested that, in any post Share-a-Natter-Share-a-Platter questionnaire, there could be a question such as:

Would you be interested in attending a MHFA course? / Would you be interested in attending a Youth MHFA course? / Would you be interested in attending a MHFA for the Suicidal Person course?

6. **Teardrop banner design for Lakes SPN** – Pauline presented all of the designs from Years 6, 7 and 8 MAS students. While no one is ideal, some are close. There was a great deal of discussion, and four designs were chosen.

It was agreed that Pauline should thank Sarah (MAS) and find out the date for the next school assembly so that certificates of thanks can be given to those students who contributed designs.

It was agreed that Pauline should give the brief to Emma (designer), along with the 4 chosen designs. It was agreed that the Council logo should be at the bottom, then the map (perhaps as a watermark?), then the tree. The words Conversations Matter should appear in large print on the long border, and the words Lakes Suicide Prevention Network should appear on the short border. The banner should be blue at the bottom, going up to yellow – banner to be predominantly yellow.

It was agreed that Pauline should get a couple of designs from Emma, for us to look at next time or the time after.

7. **Grants from SASPCGS – Grants close on 15th April**

Nat agreed to follow up how to log in to the site, as those present were unable to find out how to do so during the meeting. It was agreed that we would need to find industry-appropriate counsellors to be available at both the Fishermen's and the Farmers' events.

8. **Next meeting – Monday 6th May 4pm**

Agenda items – Banner, Grants, Fluro Friday.

It was suggested that this meeting might be followed by a combined meeting of the Coorong SPN, at 6pm at the pub. Somewhere quiet out of the way – south corner? Renee to book.

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.

Meeting closed at 4.00pm.