

WHAT IS THE IRIS FOUNDATION?

The Iris Foundation is a Central Coast philanthropic foundation that supports and promotes the prevention of suicide through early intervention.

The Foundation does this by:

Support

- ⇒ Raising funds for program support and sustainability of the Foundation
- ⇒ Identifying gaps in service provision
- ⇒ Allocating funds to services and programs for at risk individuals and their families when no alternatives are available
- ⇒ Maintaining up to date knowledge and access to local and national suicide prevention resources in order to share this information with target groups.
- ⇒ Evaluating outcomes of programs funding
- ⇒ Networking to encourage collaboration between groups and agencies

Promotion

- ⇒ Promoting the outcomes of the programs that are funded by the Iris Foundation
- ⇒ Promoting current suicide prevention resources and/or public interest discussions



iris FOUNDATION

12 hour Barefoot Bowls Marathon Party

Read all about it!
Kids, Gen Y and Baby Boomers

Iris & Hali challenge the Central Coast people to set the record

Friday 6th November
9am-10pm. Hali Bowling Club 50 Natuna Ave, Halekulani
Come for a game or spend the day.

The challenge is for the most bowls games played at one venue in a 12 hour period. Get a team together and have a great time and help make a difference in the lives of others with 100% of the proceeds going to the **EARLY INTERVENTION OF SUICIDE HERE ON OUR CENTRAL COAST.**



\$20 per person for the evening event including food, entertainment, etc

\$10 per child for children 14 and under

9am to 9pm – Bowls Challenge

\$5 per person, per game.
Register a team now.

Pluck a Duck, Auction, Live Entertainment and Prizes for

- Best & worst dressed
- Best mad hatters hat
- Most unusual bowler
- Best bowl of the day
- Don't give up your day job award
- Person or team that plays the most games over the 12 hour challenge

To register your team email names of players and a contact number for team leader to lyn@b2bwithatwist.com.au
For further information please contact Lyn on 4392 8550 or 0419 469 260.

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www.irisfoundation.org.au

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Young People Inspire and Connect

Emergency Services Mental Health

The philosophy of the Central Coast Recovery College is 'working partnerships' recognising the expertise of those with a lived experience of mental illness and the skills of mental health professionals, harnessing opportunities to work together to deliver recovery focused education.

The Central Coast Recovery College aims to promote wellbeing, education and recovery, by providing learning opportunities for people to manage their own health, self-care and recovery journey.

The Central Coast Recovery College provides educational courses and workshops on a range of topics with a focus on mental health and wellbeing. Specific programs have been developed from the ground up based on the current identified needs of consumers and carers on the Central Coast. These programs have been a co-production between consumers, carers and mental health clinicians working together at every stage.

The Central Coast Recovery College also improves access to existing programs by working collaboratively with service providers to deliver programs in partnership.

The second semester will begin in November with the timetable due to be released in October. For a copy of the second semester timetable phone 43 205445 or email CCLHD-RecoveryCollege@health.nsw.gov.au

Programs Developed in collaboration with consumers and carers for the Central Coast

- Navigating Central Coast Mental Health Services
- Legal Aspects of Mental Illness and Care
- Peer Work Foundations
- Understanding Depression, How to Help a Friend

Other programs offered in partnership with mental health services across the Central Coast

- Life Connections
- Active & Healthy Group
- Mental Health First Aid
- Managing Stress & Increasing Resilience
- Parents Supporting Teens
- Better Health Self-Management



LIFE CONNECTIONS PROGRAM AT THE EIC COTTAGE WYONG

The Life Connections Program aims to assist individuals to become more aware of their inner resources to withstand adversity. It aims to assist individuals to survive, adapt, and grow in the face of stress and shock.

Resilient people are able to apply their skills and strengths to cope and recover from problems and challenges, which may include job loss, illness, financial problems, medical emergencies, divorce or the death of a loved one.

The EIC Cottage is a joint project with Iris Foundation and Wyong Neighbourhood Centre

- ◆ Being aware of your needs and strengths
- ◆ Setting realistic goals
- ◆ Valuing yourself
- ◆ Having a positive frame of mind
- ◆ Feeling connected with others and to your community

The next program will commence on

Wednesday 21st October 2015 for 7 weeks
from 10am-1pm.

Cost: FREE

BOOKINGS ARE ESSENTIAL

bookings@irisfoundation.org.au

Or phone 43510918

What's on at the EIC
 Educate Inspire Connect

Wyong Neighbourhood Centre Inc

Tuesday
 Inspire Connect for Youth
 9am-11am

Wednesday
 Counselling weekly
 Life Connections
 21 Oct 2015, 10am

Thursday
 Information & Advocacy
 10am-2pm
 Community Connections
 16 Sept, 10am-12noon

Friday
 Mens Well Being Group

For bookings or more information
4351 0918 or bookings@irisfoundation.org.au

Address: EIC Old Primary School Grounds
 Wilson Road WYONG NSW 2259

STUDENT AT THE EIC COTTAGE

Sharon Black (pictured here with staff members Annette and Katrina) is a student studying Community Services and Counselling. She is currently completing her placement at the EIC Cottage. Sharon has been involved in numerous activities at the Cottage including establishing a data base, and has decided to stay on as a volunteer once her placement hours are completed.



MEN'S WELLBEING GROUP

The men's wellbeing group continues to meet every Friday. They are currently looking at producing a coffee table book on the topic of their life experiences. For more information please phone 4351 0918.

SUICIDE PREVENTION AUSTRALIA SPEAKERS BUREAU IS LOOKING FOR SPEAKERS ON THE CENTRAL COAST

Have you had a Lived Experience of suicide? Are you interested in a volunteer position talking to community groups about your experiences? We need people from the Central Coast area to express their interest in this new national project. Training and support provided by Suicide Prevention Australia.

Suicide Prevention Australia defines Lived Experience as someone who has experienced suicidal thoughts, survived a suicide attempt, cared for someone who has attempted suicide, been bereaved by suicide, or having been touched by suicide in some other way. The Speakers Bureau delivers training and administrative support to trained volunteer speakers—Lived Experience Representatives – who speak at workplaces, community groups and organisations on the importance of knowing how to give help and how to get help to prevent suicide. The Speakers Bureau operates in all States and Territories. All speakers have a lived experience of suicide and receive comprehensive training through a 2 day training program and will receive ongoing support for speaking engagements and personal development. Speakers will present in a wide range of locations, including social sector organisations and corporate workplaces across all industries.

If you're interested in being a part of this exciting project please email admin@irisfoundation.org.au for more information.

YOUNG PERSONS INSPIRE CONNECT PROGRAM

The Young Person's Inspire Connect program is a peer-based support program which offers a non-judgmental, understanding and supportive environment amongst like-minded peers to help them cope with stressful life events and improve resilience. The program runs every Tuesday morning at the EIC Cottage from 9.30am to 11 am. For enquiries please phone 43510918 or email bookings@irisfoundation.org.au



Iris Foundation Beneficiary WeCare! SCHOOL AMBASSADOR PROGRAM

WeCare! Have extended their program to supporting and training a WeCare! ambassador team to address schools, highlighting the existence of Young Carers, the impact of caring, and connecting teachers to available supports and services. Additionally, the program will promote and create a safe place for young carers to connect within their schools.

The WeCare! Young Carer group meet regularly at the Carer Retreat to network with other Young Carers and to talk with trusted adults about their concerns. WeCare! Central Coast Counsellors facilitate the events, working with Young Carers to develop strategies for building self-esteem and resilience through creative therapies.

An outcome of one meeting, where participants raised their frustration with the lack of understanding from teachers, was the formation of the WeCare! school ambassador program. Three Young Carers created a presentation to challenge teachers to connect with young carers in their school. Key messages: Young Carers exist in your classroom; each Young Carer has a story; consider the impacts of caring; and importantly arming the teachers with information regarding services & supports.



With the support of WeCare! Central Coast the Young Carers created an interactive presentation that told snippets of their story and highlighted local carer statistics and available services. The aim was to create greater awareness and recognition of Young Carers within the school environment.

The WeCare! school ambassadors have presented to over 220 teachers, sharing their capacity to respect, accept difference and feel empathy for others. One Young Carer reported – “I didn’t think I could do it, especially at my school, but the teachers were great!”

An evaluation form was made available to all teachers who attended the ambassador presentation with on average 50% response rate. Feedback was very positive with 100% reporting a heightened awareness of Young Carers in their classes – “I had never thought about this before today” and a commitment to action in the provision of better support for Young Carers.

Recently one of the ambassadors was nominated and selected for the 2015 Steel Magnolia, Young Achiever Award, an award she attributes to her work in local schools as well as the development of the YC support group in her own school. Two of the members of the WeCare weekend group were successful in their application for a Young Carer Bursary to support the costs of their education. Another gained entry into the Carers NSW Leadership program for 2015 and is keen to share her newly developed skills with others. Furthermore several schools are considering identification of carers at enrolment, and are interested in developing a school based support group for Young Carers.

For more information:

Carer Support Unit 4320 5556 or email: CCLHD-CSUCC@health.nsw.gov.au

WeCare! Central Coast: Kate 0402 287 244 or Annette 0412 908 819 or email: wecare4carers@gmail.com



NATIONAL AWARD FOR PROGRAM SUPPORTING EMERGENCY SERVICES

Two years ago, The Iris Foundation heard about the plight of emergency services personnel and mental health issues, and decided to support a program that was just starting out. Behind the Seen had the goal of initiating meaningful conversations around mental health among emergency services workers and their families.

Over the last few months, the need for support in that area has been further evidenced by the release of a National Coronial Information System report indicating that *one emergency services responder takes their own life every 6 weeks*. The concern is that these figures are occupation related, so only records those who list their occupation as first responder. Considering that there are over 200,000 volunteer emergency services roles in Australia, this is actually a very conservative figure.

Behind The Seen's focus is to encourage first responders to recognise warning signs, encourage conversations around mental health and reduce the stigma of seeking help. Their program extends to the suicide prevention and mental health sectors, educating those in the helping professions about the unique stresses faced by first responders and their families. Sessions delivered to first responders and their families around Australia are one of the ways in which this is achieved.

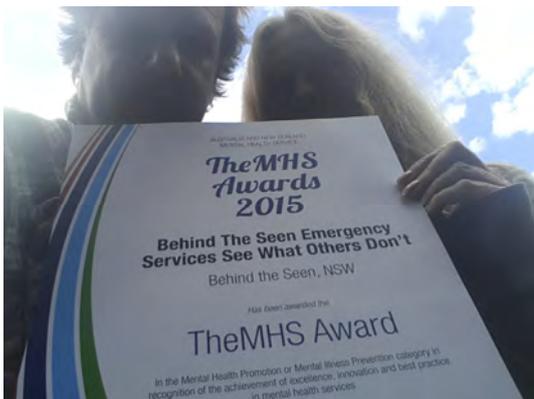
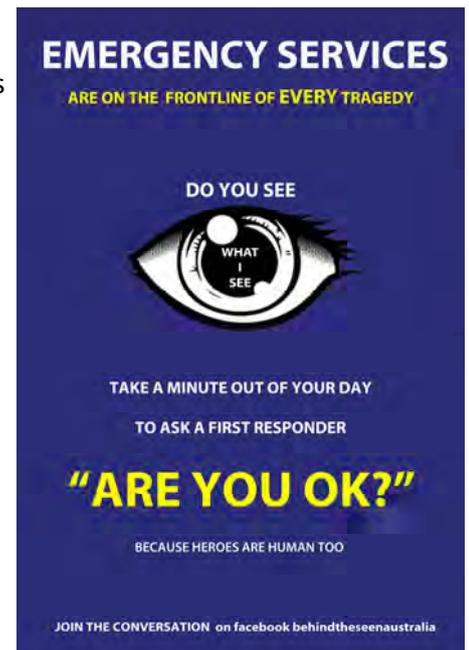
Additionally, the founders Ross Beckley and Veronique Moseley have spoken at conferences such as the Suicide Prevention Australia conference in Hobart in July, and the annual TheMHS conference in Canberra in August.

The impact that their program has made on a national scale is evidenced by recognition from the suicide prevention and mental health sectors. The program won TheMHS Award in the Mental Health Promotion or Prevention or Mental Illness category. Given in recognition of *the achievement of excellence, innovation and best practice*

in Mental Health Service., the Award was announced at the Annual TheMHS Conference held this year in Canberra, ACT and was presented by the Hon Dr Kay Patterson, National Mental Health Commissioner. The Awards have been made annually since 1992. TheMHS Conference is the largest mental health and addiction services conference in Australia, New Zealand and the Pacific.

Ross and Veronique are thrilled with the recognition of the program but they feel the award belongs to all those who support Behind The Seen. As Ross says: "Emergency Services personnel keep our communities safe – isn't it time for the community to take an active part in keeping them safe? The Iris Foundation gave more than a smile– without the support of The Iris Foundation, we could never have instigated this program, nor continued to do what we do—ultimately, this is about saving lives"

<http://facebook.com/behindtheseenaustralia> or www.behindtheseen.com.au



RU OK? DAY SEPTEMBER 10

RU OK? aims to inspire all Australians to help reduce our suicide rate by reaching out and making contact with others. More than 2,100 Australians suicide each year and men are around four times more likely to die by suicide than females. For each person that dies in this way, it's estimated another 30 attempt to end their life. Connect with people in your life today and ask, "Are you ok?" For more information on how you can take part in RUOK Day, visit: <http://ruok.org.au>.



WORLD SUICIDE PREVENTION DAY

World Suicide Prevention Day is about bringing together communities, government and individuals with lived experience and those bereaved by suicide, to demonstrate a commitment to reducing the incidence and raise awareness of suicide in Australia.. For more information visit <http://www.suicidepreventionaust.org>

MENTAL HEALTH DAY 10 OCTOBER 2015



World Mental Health Day (WMHD) is a day for global mental health education, awareness and advocacy. An initiative of the World Federation for Mental Health. WMHD is an annual program held on 10 October to raise public awareness of mental health issues worldwide. This year in Australia, WMHD has three objectives:: Encourage help seeking behaviour ; Reduce the stigma associated with mental illness; Foster connectivity throughout communities

The 2015 WMHD campaign aims to achieve these goals by encouraging people to take personal ownership of their own mental health and wellbeing. To do this, the campaign focusses on a simple, personal mental health promise that can be made by anyone, regardless of their own mental health. creating a mentally healthy society.

For more information , please visit <https://1010.org.au>

SOCIAL INCLUSION WEEK 21st -29th NOVEMBER

Social Inclusion Week is about encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities and the disadvantaged.

Social Inclusion Week aims to help Australians feel valued and to give people the opportunity to participate fully in society. It's about connecting with local communities, work mates, family and friends to build relationships and networks, addressing isolation and exclusion by supporting people who may be unable help themselves.

Conceptualised by Dr Jonathon Welch AM, and supported by Rotary & the School of Hard Knocks, SIW was launched in 2009 as a way for communities to share knowledge and experience to educate and raise awareness.

It is an annual initiative that takes place the last week in November. Social Inclusion Week runs from Saturday 21 to Sunday 29 November 2015.

Social Inclusion Week's theme is: **Collaborate, Connect and Celebrate!** – a strong call to action to encourage people of all ages to join together and engage with the objectives of the Week by hosting or attending a social inclusion focused event.

For more information visit: <http://www.socialinclusionweek.com.au>





HEADSPACE OPENS IN LAKE HAVEN

The Iris Foundation founders Bev Baldwin and Dawn Hooper were in Lake Haven recently to help celebrate the launch of Headspace in Wyong Shire. Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds.

The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services

Headspace Lake Haven is located next to Lake Haven Shopping Centre at The Gravity Youth Centre.
70 Chelmsford Road East, Lake Haven
Ph: (02) 4394 9100 Fax: (02) 4394 9111



www.suicideaware.info
If you or someone you know needs support, call the NSW Mental Health Line on 1800 011 511.
If it's an emergency, call 000 immediately.

USEFUL RESOURCE OR WORKERS IN THE SUICIDE PREVENTION FIELD *The Suicide Awareness Tool (Central Coast)*

The SAT Project Group was started by Non-government organisations (NGO's) on the Central Coast who were concerned about gaps in responses to identifying, managing and appropriately referring people who may be at risk of suicide.

The website was developed to support the introduction and use of the tool in the community and in organisations and community services to compliment and/or become part of existing policies, procedures and

guidelines around recognising and responding to people who may be at risk of suicide. Importantly, the Project Group recognises that working with people at risk can be very stressful and anxiety provoking experience so the website provides some advice and information around caring for yourself, your colleagues and your service. Finally, not all suicides can be prevented but services working together to recognise, respond and refer people who may be at risk of suicide will help reduce the number of deaths by suicide in the long run.

Check out <http://suicideaware.info/>

SUICIDE PREVENTION AUSTRALIA



The Iris Foundation maintains its current knowledge on national and regional suicide prevention strategies through Suicide Prevention Australia. (SPA)

SPA provides national leadership for the suicide prevention sector in Australia. SPA works collaboratively to develop a community that knows how to ask for help and how to give help. Below is an excerpt from Sue Murray, the CEO's statement of support for a national suicide prevention strategy:

Following the release of the National Mental Health Commission Review Report some months back the Minister for Health named suicide prevention as one of four priority areas for action. The report indicated the importance of a co-ordinated, binding national approach that is long term.

Currently there are isolated strategic plans to prevent suicide at the State, regional or local level and no mechanism for the alignment and coordination of these strategies nationally. It also echoed a commitment to the National Coalition for Suicide Prevention's goal to halve suicides in this country in ten years. SPA welcomes these sentiments being translated into firm, measurable actions in implementation plans to be released this year.....We need to take action. We need a national suicide prevention strategy to guide collective investment in activities that will make the greatest possible impact on suicide in Australia

For more information about SPA visit
<http://suicidepreventionaust.org/news/>

LOOKING BACK

Every newsletter issue we'll show you some photos from the past so that you can have a quick glance back at some of the interesting events or projects that the Iris Foundation has been involved with in years gone by. Here are some memories from last year's Barefoot Bowls— if you enjoyed last year, *don't miss this year's event on Friday November 6th!*



IRIS FOUNDATION HOSTS AFTERNOON TEA TO EXPRESS THANKS TO LOCAL SUPPORTERS

The EIC Cottage was the venue on Thursday September 3rd for an informative afternoon tea to say thank you to supporters and to provide all the latest Iris Foundation news.

The Cottage team (Annette, Katrina and Chris) gave an overview of services at the Cottage including a short video of the hard work that went into transforming the building into a functional space for programs, projects and meetings.

Several clubs have recently donated funds to assist with a number of projects and programs, and several businesses have consistently supported The Iris Foundation—some such as LBH Promotions for many years. Lynn from LBH reminded everyone about the Barefoot Bowls Challenge which will happen on Friday 6th November at Halekulani Bowling Club.

The afternoon was a reminder that the Iris Foundation would not exist without the consistent support of local businesses, clubs and the contribution of valuable time by volunteers.

Special thanks to the following clubs who recently assisted The Iris Foundation with funding:

Doyalson-Wyee RSL Club, Wyong League Club Group, Halekulani Bowling Club and Ettalong Beach War Memorial Club

THANK YOU TO ALL PAST AND CURRENT SPONSORS



The Iris Foundation could not do its work without the generosity of sponsors and is extremely grateful for their support.

Is your business interested in supporting suicide prevention strategies on the Central Coast?

If so, please contact us for a sponsorship pack or for more information:

admin@irisfoundation.org.au or phone: 0429 921 149

CAN YOU HELP US MAKE A DIFFERENCE?

All donations of \$2 and more are tax deductible

Cheques: payable to 'Iris Foundation'

Direct deposit: Iris Foundation; Bendigo Bank Wyong

BSB: 633 000 Acct: 145738068

DO YOU HAVE AN ARTICLE YOU WOULD LIKE TO SUBMIT?

If you would like to contribute an article to this newsletter, please email admin@irisfoundation.org.au
The deadline for the next newsletter is December 15th 2015.