

Tasmanian Suicide Prevention Community Network

Minutes: Hobart Meeting 15th September 2023

11:20PM – 1:45PM

1. Welcome, acknowledgement of country and lived experience

Meeting opened at 11:20 PM by Michael Kelly. Acknowledgment of Country and Lived Experience was done, as well as providing information on available supports.

Present:

Michael Kelly Relationships Tasmania, **Al Brown** MHADD, **Nikki Titmus**, **Rick Tipping** NHFC, **Maree McCulley** Flourish Tasmania, **Martin Cairns** Anglicare Tasmania, **Ally Siggers** Anglicare Tasmania, **Mark Davis** lived experience community member, **Tanya Page** Huon Valley Council, **James Ryan** Lifeline Tasmania, **Lucy Navabpour** Hobart City Council, **Brigid Wilkinson** COTA Tasmania, **Julia Gandy** Relationships Tasmania, **Mon Lulan** Huon She Shed, **Thir Thapa** Pheonix Centre, **Aaron Meldrum**, **Ben Hirst**, **Jasmin Dunn** Relationships Tasmania

Apologies:

Angela Barrington Huon Valley Council, **Mez Newman** Cygnet Community Hub,
Scott Harrod The Sam Project.

2. Confirmation of minutes of meeting held 27th June 2023

Minutes were circulated prior to meeting. No attendees disputed previous minutes.

3. Meeting speakers

Rick Tipping – North Hobart Football Club

Rick has been the Wellbeing Officer for the North Hobart Football Club since 2020. He plays a crucial role in making sure the club is a healthy and supportive place. Rick has also led the club in creating a plan to help the community and make better policies for well-being. Some of the things he's done include running campaigns to raise awareness about mental health, making plans to prevent suicide, and turning NHFC into an inclusive community. They also offer free and private counselling services in partnership with Relationships Australia Tasmania for players, employees, and volunteers.

Because of Rick's hard work, the North Hobart Football Club is a leader in taking care of the physical and mental health of all its members. In 2022, the club won an award for being the best at preventing suicide in the workplace.

The club is always trying to get better and find ways to include everyone and build a positive culture. They've even brought in club doctors to be available for mental health plans. They're also creating an online hub to give players resources for their wellbeing, life skills like managing money, and other opportunities for professional development.

Mon Lulan - Huon She Shed

Mon is the President of the Huon She Shed, a group that helps women of all ages, backgrounds, and abilities come together in a safe and welcoming place. They want to teach women how to do basic building, metalworking, and woodworking. This way, women can become more self-reliant, make friends, and learn new skills.

Their goal is to offer courses and workshops so that women can gain practical skills and feel confident. They also want to teach women how to use tools and machines properly to make and fix things. In addition, they aim to support women's health through community, connections, learning, and help to combat loneliness and isolation.

Mon told us about their project. They have a shed, but it's not suitable for their needs. They are trying to raise money to fix it up. They've been applying for grants and looking for sponsors, but they still have a long way to go. Members of the TSPCN had some good ideas, and they agreed to share their contact information to help Mon get the shed ready for use.

Al Brown - Mental Health, Alcohol and Drug Directorate

Al serves as the Principal Policy Officer and Suicide Prevention Coordinator at the Directorate. During the meeting, Al discussed the State Government's suicide prevention governance structure in relation to the new strategy and implementation plan. She provided updates on the progress of Implementation Plan One, highlighting actions that are relevant to TSPCN, including:

Collaborating with Everymind to introduce the Minds Together program in Tasmania, aiming to connect with TSPCN, Mental Health Family and Friends, and their networks. The goal is to test and gather feedback on the program, and TSPCN members will take part in a pilot.

Identifying and putting in place strategies to reduce stigma, in line with the National Stigma and Discrimination Reduction Strategy (once it's developed) and Rethink Reform Direction 3. This includes addressing mental health stigma and stigma within priority populations linked to suicide. Input from TSPCN will guide the focus and strategies for reducing these specific stigmas.

Identifying opportunities to incorporate support for families, friends, and caregivers into the Tasmanian service system, using evidence-based programs and care models. There will be consultations to determine how to better engage families and friends within support networks and provide them with the necessary support. The Department of Health (DOH) will return to TSPCN with details on the scope of the consultation.

4. LiFE Award Update

Attendees received a quick update about the LiFE awards. The awards ceremony will happen on Thursday, March 21st, at 6 pm at the Crown Plaza in Hobart. Nominations will open in about a week, and TSPCN members can learn all the details about the five award categories and how to make nominations on the new TSPCN website: <https://suicidepreventiontas.org.au/>

5. Next meeting – 14 November 2023, Launceston Head to Health

Meeting closed at 1.45PM.

