

Tasmanian Suicide Prevention Community Network Meeting

20 February 2024 | 1pm-3pm | Ulverstone Surf Club, Ulverstone

Agenda

1 Welcome, acknowledgement of country and lived experience

Meeting opened at 3pm by Mel Harback. Acknowledgement of Country and Lived Experience was provided, along with providing information on available supports.

Attendance:

Trudi Wilson, Annie Anderson, Ashley Abel, Emma Xavier, Terry Purton, Carol Macguire, Kat Rose, Bonita Evans, Trina Crowden, Caz Beaumont, Ben Hughes, David Puls, Lenny Wilson, Jenny Rowden, Trista Abbott, Kelly Dernehl, Rebecca Wells, Shona Arnold, Doug White, Bridget Riley, Kandice Howe, Amanda Aitken, Greg Wing, Kristy HCS, Sarah Sheehan, Andrew Mitchell, Rod Lambert, Jasmine Gaul, Samantha Hall, Heather Ghelle, Tim McCarthy, Jodie Savelle, Jasmin Dunn, Kristy Harrold, Tamara Speed, Mel Harback

2 Confirmation of minutes of meeting held 15th September 2023

Hard copies of minutes not available however it was confirmed they are available on the TSPCN website.

3 Terms of reference for the network

ToR provided at meeting.

4 Updates from network members and guests

The Men's Table– Ben Hughes

The Men's Table is a grassroots movement dedicated to supporting the demographic most affected by suicide: men. Its impact reverberates throughout the community. The initiative seeks to establish a safe space where men can openly express themselves and find relief without fear of criticism. Employing straightforward language and rejecting clinical approaches, The Men's Table asserts that genuine support for men stems from the solidarity of fellow empathetic individuals.

The idea of The Men's Table revolves around gathering a cohort of men who convene regularly at a consistent venue, time, and date each month and adhere to a set of principles known as The Fundamentals:

- *Go beyond Banter*
- *Safe and confidential*
- *Commitment to community*
- *Everyone leads*
- *Membership matters*

Participants engage in open discussions about their personal experiences and challenges. Through active listening, mutual sharing, and providing support to one another, men cultivate a supportive and empathetic community.

Please visit <https://themenstable.org> to share with your network or attend a table near you.

The Penguin Community Op-Shop and Rookery – Jenny & Lenny

The Penguin Community Op Shop and Rookery delivers care and hope, addressing a wide spectrum of unmet human needs, with a special focus on supporting the homeless, elderly individuals, single-parent families, and women escaping domestic violence. Central to its mission are dedicated volunteers who tirelessly strive to enhance social and public welfare through acts of kindness, fostering opportunities for social engagement, and offering a compassionate ear to those experiencing loneliness.

'The Rookery,' the community care and food division of PCOS, has evolved into an essential community hub catering to a growing number of members. It serves as a beacon of hope and restoration for those facing adversity, offering a cherished haven where individuals are greeted with warmth, a feeling of belonging, and access to impartial support as required. The backbone of this hub is a dedicated and well-coordinated team of volunteers who tirelessly collaborate with other local community organizations, ensuring its effectiveness and impact.

The Penguin Community Op-Shop and Rookery reciprocates the support of its community by utilising op-shop donations sourced from across the state and food donations contributed by local businesses and farmers. These donations are thoughtfully prepared by dedicated volunteers to serve those in need within the community.

To learn more about the Penguin Community Op Shop and Rookery, or to connect with them, click here <https://www.facebook.com/penguinopshop>

Department of Health – Al Brown

Al from the Department of Health is giving an update on the development of Implementation of Plan 2 and would like feedback from TSPCN members regarding the 5 Priority areas.

Priority Area 1 - *Enabling collection action to prevent the onset of suicidal behaviour and respond early to distress.*

Feedback received – *Members would like to see a consistent, coordinated approach.*

Priority Area 2 - *Delivering compassionate and connected services that meet people's needs.*

Feedback received – *Members would like a current service directory or map.*

Priority Area 3 - *Empowering our people and communities to lead suicide prevention action.*

Feedback received – *No feedback provided.*

Priority Area 4 - *Developing a skilled, supported and sustained workforce in Tasmania*

Feedback received – *Where do volunteers sit in this category? How do we ensure sustainability, ensure they are supported and upskilled?*

General business & open discussion

Life Awards and Forum Update – *Aaron provided date, time and location of next months LiFE awards and Forum. Tickets are selling fast for the forum and can be purchased here: [Suicide Prevention Forum | Tasmanian Suicide Prevention Community Network \(suicideprevention.org.au\)](https://www.suicidepreventioncommunity.org.au)*

Any upcoming events or anything someone wants to talk about or share?

5 **Next meeting:** 7 May 2024 online

6 **Meeting close** at 3pm