

Choose Life

Suicide Awareness Week

Choose Life is a joint initiative between the Port Macquarie-Hastings Suicide Prevention Network and Wesley Mission. A series of set events and media initiatives have been planned from the 2nd of September until the 11th of September that will raise awareness of this important issue. Activities will be held throughout the region with projects planned in Wauchope, Laurieton and Port Macquarie. These events will lead into World Suicide Prevention Day on September 10. Every day in Australia an average of 6 people complete suicide and 150 attempt suicide. Every suicide leaves a minimum of 10-15 people affected by grief and loss and struggling with a host of unanswered questions. Research shows that most people who are experiencing thoughts of suicide give warning signs and that most do not want to die – they wish to end their pain. Awareness is one of the keys to making a positive difference to this trend.

The Port Macquarie-Hastings Suicide Prevention Network has been active in the local community since 2005. The members of this network come from local community groups and they are passionate about creating a deep and ongoing awareness of the help available in the Port Macquarie Hastings region for people who contemplate suicide. They also understand that the greatest resource we have is the men and women who make up the local community. The prevention of suicide is a whole of community concern and the more we talk about the issue the more effective we will become in helping each other through the more difficult times of life.

Wesley Mission has been delivering employment services in Port Macquarie and Wauchope for more than ten years. The organisation is acutely aware that stable employment is vital for the health and well being of men and women throughout the region. Through training, group work, job brokering and person centred support people are helped into employment

every single day. Recently, Wesley Mission has added a youth mentoring program to its service mix in the region to support vulnerable young people through life and employment barriers.

Events like this could not happen without the support of community minded corporate partners. The Westport Bowling Club and the Holiday Coast Credit Union make significant contributions to tackle the issue of suicide throughout the Port Macquarie-Hastings region. It is important to acknowledge their contributions and to publicly thank them for the work that they do. Another significant partner is the Greater Building Society who are proud supporters of the Life Force Suicide Prevention workshops. Through their corporate support they ensure community awareness of suicide and the support available.

The Port Macquarie-Hastings Suicide Prevention Network has chosen the theme “Choose Life”. This is a positive message and a call to the community to embrace all that is good within the local community. It is also a recognition that Everyone Can Contribute – We need to recognise, encourage and value each person’s contributions - including our own.

Date	Event
Thursday - 2 nd of September	<ul style="list-style-type: none"> Choose Life Event Launch will be announced at the Westport Club Sportsman’s Breakfast fundraiser for Lifeline Mid Coast. The breakfast will feature former Lawn Bowls Champion Steve Glasson as guest Master of Ceremonies and Paul Sironen, former NSW State of Origin and Balmain Tigers rugby league star. For more information contact Shane Globits 6588-7209
Sunday - 5 th of September	<ul style="list-style-type: none"> Mark Bateman from Chaplaincy Australia will be speaking at the Port City Church in Port Macquarie beginning at 9.30am. Mark oversees Chaplaincy Australia and networks with congruent organisations to assist Churches in training and placing community carers. He is a Chaplain to Motorsports at Phillip Island Auto Racing Circuit, Sandown International Raceway, Winton, Avalon and Rolling Thunder Speedway. For more information contact Nigel Forsyth on 0427840467.

	<ul style="list-style-type: none"> • Dads Day Out Event at Town Beach Reserve from 10am until 2pm. There will be a free Jumping Castle, free Gladiator Ring, Bush Fire Brigade Truck, the Chaplaincy Australia Transport to check out, Rides & Dances and a BBQ provided by a local club. For more information contact Nigel Forsyth on 0427840467. • Mark Bateman from Chaplaincy Australia will be speaking at the Port City Church in Port Macquarie beginning at 6.00pm. For more information contact Nigel Forsyth on 0427840467.
Monday - 6 th of September	<ul style="list-style-type: none"> • Client Motivational Workshop with Wesley Uniting Employment Clients at Wauchope - This event is being held in partnership with Dynamic HRM Solutions (http://www.dynamichrmsolutions.com.au/). For more information contact Gary Izzard on 0407 101 194.
Tuesday - 7 th of September	<ul style="list-style-type: none"> • LifeForce Suicide Prevention workshop – Details: 9.00am till 4.00pm. Venue: Wauchope Country Club, 24 King Street. There are 25 places available. People can find out more by calling LifeForce on 1800 100 024. • Client Motivational Workshop with Wesley Uniting Employment Clients at Port Macquarie - This event is being held in partnership with Dynamic HRM Solutions (http://www.dynamichrmsolutions.com.au/). For more information contact Gary Izzard on 0407 101 194. • Life Force Suicide Prevention Seminar – Details: 6.00pm till 8.00pm. Venue: Sails Resort, 20 Park Street, Port Macquarie. People wishing to register can call LifeForce on 1800 100 024. • Mark Bateman from Chaplaincy Australia will be conducting a Suicide Awareness discussion at Port City Church from 7.00pm. For more information contact Nigel Forsyth on 0427840467.

<p>Wednesday - 8th of September</p>	<ul style="list-style-type: none"> • Life Force Suicide Prevention Workshop – Details: 9.00am till 4.00pm. Venue: Laurieton Uniting Church, 2 Lake Street. There are 25 places available. People can find out more by calling LifeForce on 1800 100 024. • LifeLine Mid Coast: LivingWorks ASIST TuneUp – a refresher for previous ASIST participants – There are 30 places available. Details: 9.00am till 12.30pm. Venue: Uniting Church, Sherwood Rd, Port Macquarie. For more information call Lee-Ann Foord on 65 812800. • Combined Church Service – Choose Life – Laurieton Uniting Church. Special Guest Speaker – Rev Keith Garner, the Superintendent of Wesley Mission. Known as an inspiring and gifted preacher, he has preached throughout the world - in Africa, Iceland, across Europe, the United States of America, the Far East, Burma and India. The service will run from 7.00 pm to 8.30 pm. For Further information contact Greg Christie on 65854770 or Gary Izzard on 0407 101 194. • Mark Bateman from Chaplaincy Australia will be conducting a Youth Service at Grace Church in Port Macquarie beginning at 6.30 pm. For more information contact Nigel Forsyth on 0427840467.
<p>Thursday - 9th of September</p>	<ul style="list-style-type: none"> • BEC Breakfast Spot – Rev Keith Garner – “Suicide Awareness”. For more information contact Gary Izzard on 0407 101 194 • Fundraising evening for the Port Macquarie Hastings Suicide Prevention Network – at the RITZ Cinema starting at 7pm. Come along and hear a short talk on Suicide Awareness from Nigel Forsyth, enjoy some light refreshments and be entertained by the delightful movie: Despicable Me 3D (PG). Tickets will be \$12 per head and if you could spare a gold coin donation then this would be gratefully received. For further information contact Gary Izzard on 0407 101 194 or David Mayne on 0423 823 808.
<p>Friday – 10th of September</p>	<ul style="list-style-type: none"> • World Suicide Prevention Day on September 10 is an annual event sponsored by the

	<p>International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization. This year the theme for World Suicide Prevention Day is “Many Faces, Many Places: Suicide Prevention Across the World”. A theme providing a broad perspective for suicide prevention and recognizes that there are significant differences in the profiles and circumstances of suicidal individuals in different parts of the world.</p> <ul style="list-style-type: none"> • Life Force Suicide memorial Service at the Sydney Opera House. Date: Friday, September 10, 2010 Time: 12.00pm Location: Sydney Opera House, Northern Broadwalk We encourage people from regional areas to visit the Wesley Life Force Memorial Wall http://www.wesleymission.org.au/centres/lifeforce/guestbook/
24 th & 25 th of September	<ul style="list-style-type: none"> • Lifeline Mid Coast – LivingWorks ASIST a 2 day workshop is a best practice standard in suicide intervention and prevention training. Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver’s abilities to help a person at risk avoid suicide. There are 30 available places. Details: 8.30am till 4.30pm each day; Venue: Uniting Church, Sherwood Rd, Port Macquarie. For more information call Lee-Ann Foord on 65 812800.