

# Kentish Regional Clinic Inc.

## Its Official

The CORES™ program is now under the newly formed community organization

[Kentish Regional Clinic Inc.](http://www.kentishregionalclinic.com.au)

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## Words from the Chairman – Jan 2008

The 2007 year finished on a high note with both Coralanne and the CORES program gaining the Tasmanian Suicide Prevention Life – Red Herring Community Partnership Award for suicide prevention. This was a state government award and demonstrates that the CORES program has been successful, is now being recognised for its work and will continue to grow. Congratulations to Coralanne and the team and thank you to all of those involved in the program.

The 2008 year will bring with it an increase in the activities of Kentish Regional Clinic and in particular the CORES program. Already this year we are looking at programs being delivered in Victoria and Tasmania, with strong interest from various communities in South Australia.

The next step is for both the Federal and State Governments to get behind the program and fund it on an ongoing basis, so communities around Australia can gain the benefit of reducing their rates of suicide and building strong communities. We have made appointments with the appropriate people and we look forward to their favourable response. **Mark Stemm**

## SUICIDE PREVENTION AUSTRALIA

2007 LIFE AWARD  
HEALTHY COMMUNITIES CATEGORY

HONOURABLE MENTION

CORES™

COMMUNITY RESPONSE TO  
ELIMINATING SUICIDE

## Tasmanian Life Awards

WINNER

Red Herring Surf  
Positive Partnerships Award  
2007

CORES™

## Current Projects

WORKCO Donald Community Package

Tasmanian Community Fund

12 Team Leaders to be trained in Tasmania

Board Members

Mark Stemm (Chair)

Penny Stratton

Julie Taylor

Sharon Jones

Mark Crouch

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## Message from the Manager:

Our apologies to those people who have been trying to contact us, since June 2007. Many changes have happened with my resignation from Tandara we negotiated to move the CORES program into the newly formed Kentish Regional Clinic Inc.

We now have a new office in High Street Sheffield the Community Rooms which we rent from Kentish council and we have been lucky to have much of our office equipment donated by MST Devonport, Kentish Lions Club, The Hub (our local recycling shop) and some great community residents.

We have organized our PO Box but only have a mobile phone at this stage. Email address has been established and is the best way to contact us.

We launched our program in Victoria with the wonderful support from WORKCO Limited and special thanks to Leanne Parker for the effort she has put into establishing our first program outside of Tasmania.

John Dawkins MLC in South Australia is also working tirelessly trying to get the program up and running I have visited SA and talked to several people and currently working with some special people in the Eyre Peninsular so lets hope they become the next project outside Tassie.

Currently in Tasmania we are talking to 2 council municipalities and have recently advertised for 12 Team Leader positions and hope to run the training sessions in the near future.

The last 8 months have been hectic to say the least and as we only have the office open 2 days a week it is taking time to establish communications with everyone so please do not hesitate to be in touch if you would like anymore information on our program.

[Coralanne Walker](#) Manager KRCI

## Team News

### CORES KENTISH

Four new Team Leaders have been trained and we now have 6 in our Kentish Team.

Team meetings commenced in February after the Christmas break and we are looking forward to some great guest speakers in 2008.

Fundraising opportunities over the next couple of months include catering for the Global Mural Fest in March. The team have also funded a new laptop for the service.

### CORES Circular Head

The Circular Head CORES group has begun meeting for the new year. We are all buoyed by the fact that there were no suicides in our area last year. We cannot know of course if that can be attributed to our program however some changes seem to have occurred within the community. The changes we are witnessing relate to the willingness of more people to speak about depression and suicide and more people asking for associated literature. Last year we ran a series of articles on mental health related subjects in the local paper and after each article we would have numerous requests for more information.

We have decided to set our meeting and training dates for the whole year and circulate all of these early in the year. We hope to train another fifty community members this year.

[Di Murphg, Matt Guy and Stuart Nicholson](#)  
CORES facilitators Circular Head

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## What's Happening in 2008

12 new team leaders will be trained in Tasmania as part of the funding received from the Tasmanian Community Fund.

Work will continue with the Eyre Peninsular in SA to secure funding for a community project.

Approval has been given to visit South Australia to deliver 6 or 7 one day course to the communities. This will happen in March or April.

We will be looking at further opportunities for team leaders to deliver the one day training interstate. For those people receiving this newsletter interstate please feel free to contact us if you are able to assist us in delivering training in your state.

West Tamer Council Tasmania.  
We have started working with the West Tamer Council and a very committed community member on setting up a package in their municipality.

### Team Leader Training.

For those individuals who have expressed in the past an interest in training and anyone who may be interested in becoming a team leader please contact us via email for further information.

The cost of the training is \$1100 for 4 days and does not include accommodation, travel or meals this training is conducted in Sheffield Tasmania.

## CORES WORKCO - Donald

WORKCO Limited has always been proud of its ability to be innovative, reactive to change and provide a high level of pastoral care within the group training model.

The death of two apprentices in a small community due to suicide had the management team of WORKCO wondering how they could assist their staff, apprentices, and local communities to intervene in suicide and provide individuals with a series of Suicide Intervention Skills.

The program Landline alerted them to the CORES (Community Response to Eliminating Suicide) program, a community based program developed by the community of Sheffield, a small town in Tasmania, currently administered by the Kentish Regional Clinic Inc. Sheffield is a small rural town situated in central north Tasmania with similar demographic and geographic positioning as many small Victorian rural towns. The program was introduced into the community of Sheffield with excellent results.

WORKCO Limited applied and was successful in receiving funds through a State government small town initiative funding program with five WORKCO Limited staff members being trained as facilitators of the CORES program in the delivery of CORES one day workshops. The funding proposal aim is to provide CORES training to the WORKCO Limited and Longerenong College staff and assist the Kentish Shire CORES team with the introduction of the total CORES program into the community of Donald.

Dean Luciani, General Manager of WORKCO Limited said "WORKCO Limited is proud to be associated with this program. We see it as a proactive measure to assist people in local communities currently experiencing difficult times. WORKCO Limited is the largest employer of apprentices and trainees in the region, with the majority of our on-hired staff being young males.

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With an appreciation of the high incidence of depression and suicide in this demographic, we see this program as a proactive measure to educate youth and persons in the role of pastoral and duty of care. We look forward to developing this program in local communities to assist their efforts in eliminating suicide.”

With 5 team Leaders trained from the WORKCO Limited staff, we decided to commence our training sessions in house with 34 WORKCO staff and 3 Longerenong staff already successfully completing the CORES one day workshop. The Longerenong sessions will commence in March 2008 to fit in with the school year activities.

The launch for the CORES Donald project was held in Donald in November 2007 with two one day workshops being facilitated in the following two days training.

The launch saw 45 people attend (predominantly female) with 16 people being trained at the one days workshops.

In consideration to people’s commitments over the Christmas/holiday period, we are starting the Donald CORES team meetings in February with a counsellor being our first guest speaker. This meeting will be followed with monthly meetings of the CORES Donald Committee supported by a WORKCO Team leader’s attendance.

There are 2 one day workshops scheduled for March 2008 and 2 workshops in April 2008 scheduled with commitment from approximately 31 participants.

The response to the program has been extremely positive and welcomed by the staff of WORKCO Limited and Longerenong College and the local community of Donald. Feed back forms have supported this with positive comments regarding the simplistic, effective approach to the program and a confidence gained in the ability to recognise and the intervention into potential suicide actions.

Leanne Parker WORKCO Limited

Well that’s the latest update from the Kentish Regional Clinic Inc we hope to make these a regular thing so please let us know if you want to stay on the list.

Don’t forget to get in touch if we have lost touch and remember

**WE ARE HERE TO  
STAY!**

**ONE LIFE IS WORTH  
MORE THAN ONE DAY  
TO DO THE TRAINING**

**COMMUNITY  
PACKAGES EMPOWER  
PEOPLE TO HAVE THE  
CONFIDENCE TO  
INTERVENE AND SAVE  
LIVES.**

**Coralanne and Team at  
Kentish.**

We did have some great photos but take to long to email if you would like a copy with photos let me know  
Coralanne

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