

Between Mates

Mental Mates Inc. Quarterly Newsletter
2nd Edition



Welcome

Mental Mates had a flying start to 2020. During the first quarter of the year we held several events and training opportunities, networked with the wider community including individuals and organisations and set about planning for the year to come.

You can read further down in the newsletter about some of our events including the free community SafeTALK we held, our first ever International Women's Day event and our Young Professionals Networking Dinners. We have also we overwhelmed by the support we have seen from the community in the past few months.

Special thanks goes to the Katherine Branch of the Commonwealth Bank Australia for their donation, Katherine District Hospital and Katherine Men's Shed for holding a raffle for us, RAAF Base Tindal Officer's Mess for their donation. We also had generous prize donations from Jo Hersey at The Cutting Edge and The Katherine & District Show Society for lucky door prizes for our International Women's Day Event.

Unfortunately many of our events and trainings have had to be put on hold for now due to COVID-19. We will update our supporters as the situation changes.

Please look after yourselves and each other through these unprecedented times.

The Mental Mates Team.



Staff from the Katherine Branch of the Commonwealth Bank with Mental Mates Inc. Board Members

Meet Our Team

Each newsletter we will introduce a member of the Mental Mates team.

Name: Jeffrey Usher

Position: Vice President

Jeff lives in Katherine with his wife and 3 children. You may know him as the embarrassing local dad in a flamingo outfit.



Jeff Usher

Jeff is a fully qualified Cabinetmaker with 30 years' experience in the building industry. He is the Director of Custom Cabinets Katherine. Jeff has been in business for 23 years, opening in Darwin then quickly expanding to Katherine after assisting with the cleanup following the '98 flood.

Jeff has extensive experience in business management and a long history of community involvement, having been President of the Brahmans for 10 years and counting, as well as an active contributor to the Camels Football Club, Katherine Off Road Motorcycle Club, Dolly's Dream Foundation and Mental Mates, to name just a few.

In 2015 the Brahmans were hit by a succession of suicides of club members, leaving the community reeling and senior members of the club asking what can be done to prevent further tragedies. When Dylan Lewis started Mental Mates Jeff was very keen to get on board and support the initiative.

Community Trainings

As part of our partnership with Katherine High School, we were able to deliver a free SafeTALK workshop to members of the Katherine Community. For our volunteer trainers Christine & Katie from Katherine High School, this was their first chance to deliver a workshop and they did a great job.



Thanks to the support of our local community through donations and fundraising, we were able to provide the opportunity for 4 people to complete the Living Works ASIST two-day training recently. Katie & Sam who are new volunteers to Mental Mates will use their ASIST certificate to volunteer to be the 'community resource person' at future SafeTALKS's held in the community. Jeff & Kate will go on to complete the SafeTALK Training for Trainers so they too can deliver SafeTALK to the wider community.

SafeTALK being delivered at Katherine High School

Young Professionals Networking Dinner

In February, thanks to support from the Northern Territory PHN, we had 18 young professionals attend our monthly dinner. Participants came a variety of local sectors including legal, community services, government, health, defence and education. Everyone enjoyed getting to know other young people, many of whom were new to Katherine. The meal prepared by the staff at Stormy's Bistro at the Beagle Motor Inn was enjoyed by all. Our next event will be held online using Zoom on Tuesday 14th April. Please register via Eventbrite for access.



Young Professionals enjoying our networking dinner

International Women's Day

On the 10th March, the Katherine community came together to celebrate International Women's Day over breakfast at Ibis Styles Katherine. Our event titled "Breakfast and Balance" included a panel of speakers included Tessa O'Brien from RAAF Base Tindal, Polly Hohn, owner of Hohn's Anything Metal and Life Coach and Stephanie Ransome, CEO of NT Friendship & Support who discussed mental health in the work place and work life balance.

Through funds raised from the event we were able to invite students from the Stars Foundation at Katherine High School and members from the Red Cross's program Connected Women.

