

MEDIA RELEASE



Monday, 3 February 2020

‘Get up and Go’ - Gathering in Garema

Community members from Garema are inviting people from Forbes and surrounding areas to come along to a FREE event to find out more about what drought support is available, how and when to get help for mental health issues and to hear from a number of lived experience speakers as well as guest speaker Sam Bailey.

The event will be held on Thursday, 5 March from 9:30am at Garema Hall and everyone is welcome to attend.

Guest Speaker Sam Bailey will share his story of tragedy, triumph and romance. Sam is a C6/C7 quadriplegic who has conquered his disability to become a successful farmer, ultralight pilot, inspirational speaker, best-selling author and role model for children.

Rural Adversity Mental Health Program (RAMHP) Coordinator Di Gill said there will be something for everyone including a Grease and Oil Change (health check), kids’ corner with childcare and jumping castle and a free morning tea and lunch.

“We want people from the these smaller communities to come together and learn more about how they can help themselves or others with mental health issues as well as hear from some inspiring people and ask questions in a safe environment,” she said.

“With the bushfires and the ongoing drought we felt that it was important to bring information and services to the community as well as provide some entertainment and relief from the ongoing drought.

Event organiser and local farmer Tom Norris said he was inspired to get this event off the ground after he himself attended a similar event at Kiagartha (near Condobolin) during the Millennium Drought.

“This event was a turning point for my own mental wellbeing and I wanted to give the same opportunity to others,” said Tom.

“I really wanted to bring people together and give them the chance to talk to someone if they are having trouble coping with their mental health. The ongoing drought can have a huge impact on our mental wellbeing and it’s really important that we are proactive in providing helpful information and resources to smaller communities such as Garema.

“Thanks to a combined effort between the Garema Hall committee, the Forbes Shire Council, RAMHP, the Department of Primary Industries Rural Resilience Program, the Country Women’s Association, Forbes’ Men’s Shed, the Forbes Lions Club and the Rural Fire Service (RFS) this event has been able to happen.

“We are appreciative of all the support that our sponsors provide,” said Tom.



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Service providers attending include RAMHP, the Rural Financial Counselling Service (RFCS), DPI, Red Cross, Marathon Health, Relationships Australia, Catholic Care as well as health checks being facilitated by Western Sydney University and Western NSW Local Health District.

For more information and to RSVP please contact Tom Norris 0429 478 157 or Claire Nicholson 0431 878 943.

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