

THE LONG YARD

The Drought Relief Program will be attending various events across the region in the months ahead so we welcome you to visit us at an event near you. Some of the community events we will be attending are listed down below.

We are also still available to do property visits for financial & drought assistance application forms as well as support with wellbeing & health options. We can be contacted anytime if you wish to enquire about your drought assistance options or if you would like to book a home visit appointment. Our service is free.

We can access an extensive range of drought relief, health, education & wellbeing resources that you may find useful so feel free to contact us today for a confidential chat.



Tyson Murray

Returned Afghanistan Veteran & Mates4Mates + Ridewest Ambassador

Imagine walking the frontline in Afghanistan in the midst of a brutal war on terrorism. That was the situation that Tyson Murray faced on a daily basis whilst on duty.

After surviving a fatal bomb blast that claimed the life of two of his comrades, Tyson eventually returned home & fell into a cycle of alcohol & drug abuse, anxiety & depression which ultimately led to Post Traumatic Stress Disorder.



After a long personal struggle, Tyson has turned his life journey around & refocused his energy to become a highly motivated & driven individual with a strong will to live life to the fullest, assist others in need & become living proof that we can all endure life's struggles.

Tyson shares his experiences of surviving adversity & shows his listeners how mateship is vital during the tough times. You can hear Tyson's story when he appears as a special guest speaker at the Ride for Relief Dinner held at the Australian Stockman's Hall of Fame, Longreach on Saturday 20th June 2015.

Don't miss this exciting opportunity! For more info visit the Ride for Relief Facebook Page or contact us on the details below.



KEEPING SAFETY IN YOUR TOOLBOX

We've all heard it before, the importance of safety on your property, but as the drought continues, some of us may be pushing ourselves more than we usually would. According to statistics, around 20% of all farm related injuries occur while carrying out maintenance work with the most common injuries being to the hands or eyes such as burns, abrasions, fractures, sprains and crush injuries.

General everyday tasks like welding, fencing, operating machinery, using handtools or changing tyres can carry extra safety risks when we are pushing ourselves to the limit.

A good way to look at safety is not so much "I need to get this job done now" but more about "how much longer could it take to finish if I injure myself?"



Even minor injuries can cause long term delays to your work, productivity and fitness so it's important to keep yourself in check & be mindful of the safety hazards that exist around your property.

Here's a few simple reminders to help keep you fit and on the job!

- Assess your workshop & work areas and check that they are tidy & free from hazards
- Ensure safety guards are maintained on power tools, hardware & machinery & utilise personal protective equipment (PPE) like safety glasses, hearing protection, helmets, gloves & appropriate clothing.

- Have your Rural Property Emergency Plan completed & stored somewhere easily accessible by anyone. You can download a copy of the Emergency Plan template [here](#)
- Keep first aid kits in workshops & vehicles in case of emergencies

More information and resources are available from the Australian Centre for Agricultural Health & Safety at www.aghealth.org.au



Follow Suncare on social media!

Out & About with Suncare

As the drought persists across Western Queensland, the Drought Relief Program has been working hard to inject funding into vital community events & activities:

- Tambo, Blackall & Barcaldine Shows
- Betoota Gymkhana
- Richmond Charity Golf Day
- Richmond & Aramac Rodeos
- Winton Campdraft
- Corfield Motor Sports
- Muttaborra Dinner under the Stars
- Tree of Knowledge Festival - Barcaldine
- Leading Sheep Workshops & Robyn Moore
- Ladies Days in Winton & Windorah
- Desert Uplands Pallet Workshop
- Longreach School of Distance Education
- Mateship Matters Suicide Prevention Tour
- Shave for a Cure Fundraiser - Yaraka

Ride for Relief 2015

Horse Trail Ride

Ilfracombe to Longreach

in aid of Rural Mental Health & Wellbeing + Drought Relief

Saddle up for a 27km horse ride

Saturday 20th June 2015

Community Dinner at ASHOF

Guest Speaker, Lucky Door Prizes

Live Stockman's Show



Stay updated on Facebook

Search for **Ride for Relief 2015**

May/June 2015 Events...

Longreach Show
Isisford Sheep & Wool Show
Ilfracombe Drought Angels Day
Aramac Community Race Day
Landsborough Flock Ewe Show - Muttaborra
Winton Show
Richmond Field Days
Ride for Relief
Isisford Horse Sports

16 May
23 May
30 May
30 May
6 June
6 June
12-13 June
20 June
26-28 June



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community
services

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