**Our Healthy Clarence Steering Committee**

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| Date and Time | 20th September 2018 at 10.15am |
| Venue | Education Room One, The Education Centre, Grafton Base Hospital |

**MINUTES**

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| Topic, Discussion & Outcomes | Who |
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| 1. **Attendees and Apologies**
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| Attendee: Sue Hughes (OHC), Skye Sear (NSOA), Russell Brewer (NCLHD), John Shearer (Grafton Aboriginal Men’s Group), Roxie Collett (Wellways), Jeremy Jablonski (CYA Clarence Youth Action, NSOA), Susan Howland (Community Member), Bruce Paul (CRANES), Shayne Rawson (CHESS, Aboriginal Men’s Group), John Shearer (Aboriginal Men’s Group).Apologies: Meghanne Wellard, Dan Griffin, Sharon Monaghan, Rose Hogan, Debra Novak, Allister Donald, Rachel Geddes, Mark McGrath, Jason Grimes, Cate Murphy and Giane Smajstr,Chairperson: Sue HowlandWelcome to Country –. Shayne Rawson |
| 1. **Declaration of Pecuniary Interests, Conflict of Interest (actual, perceived or potential)**
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| Nil |
| 1. **Previous Minutes**
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| Russel Brewer: MovedSue Hughes: Seconded |
| 1. **Business Arising**
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|  **5.1 Robyn Considine workshop.**The chair has suggested that a special meeting should be held to consider the outcomes of the Workshop. Committee input will be required to maximise the benefits of Robyn’s work in the New OHC Plan. Following meeting discussions, the decision was made to hold an additional meeting to continue input from Committee and the development of the plan. It was agreed that the plan cover a 3 year (2019-2021) period with annual reviews to conducted. Meeting to be held on October 22nd 2018 10.00 am-2.00 pm. Venue to be announced.ACTION: Sue to send out invite. Wellways to fund Catering.  Sue to send plan.  Committee to return their Plan input particularly around TOR, membership,  executive roles etc. to Sue Hughes by 15 October 2018. |  Sue HughesAll committee Members |
| **5.3 R U OK Day**Great attendance 180 people came. A series of interactive items on stage the day was a great day. The Convoy has reported it was the best attended stop across Australia.5 events attended by Sam and Sue with approximately 800 people reached across the Valley.In the future the Convoy may be going to visit the Lower Clarence next year, they will require a letter of request from the Committee. ACTION: Letter to be written to request additional visits to the Lower Clarence in the future. | Sue Hughes |
|  **5.4 Mental Health Month**All going ahead as planned. The months Calendar has been distributed. There will be a conflict with the Dubbo Knock so some of the Baryugil activities will need to be rescheduled. | All |
| **5.5 Mind Blank**Over $10,000.00 has been raised for the Mind Blank week of activities. A group of participants will be trained to put on an end of week performance. Invitations will be sent out for this event. 50 tickets will be available for this event the committee will be offered 5 of these.**One Stop shop**As this event has been so successful Skye has suggested that a commitment from the committee to continue this activity into the future. |  |
| **5.6 Justice Health**To be carried over to the member discussion**.** |  |
| **6 New Items for Discussion** |  |
|  **6.1 Mental Health Documentary Series.**Sam presented information about the documentary series which is being produced by Screen Australia with producer Darius Devas. Sam informed the committee that they have requested that OHC committee be part of the documentary. It has been endorsed by the Centre for Rural and Remote Mental Health and the Newcastle University. It will require a speaker and other contributory roles. This would include Sam Osbourne, Sue Hughes, Megan Wellard and some young people from the community. It was suggested that Connor may be suitable for this role. It suggesting that it would be aired on SBS and then used as a tool in schools around improving Mental Health. ACTION: Discussion followed and a motion was put forward that proviso endorsement would be given pending review of the final production and signing of the release documentation.  | Proposed:Sue Howland Seconded:John Shearer Approved by committee. |
| **6.2 Stress less Day**It was a very successful event. The students had to put together a public event as part of their accreditation tasks. It is likely that with the level of support that was given that it would become an annual event. It was a great opportunity to sit down and take a breath by services. ACTION: Sam to suggest that Service workers be the focus for next years’ event. | Sam |
|  **6.3 Heart on your sleeve Fundraiser**Approached by Michelle Bowling who lost her son last year is proposing to hold a fundraiser that would occur in memory of her son and others to Suicide. She has suggested that a stand be manned in Shopping World that would sell Blue heart magnets as a symbolic memory of her son and others. She is seeking endorsement by the committee for this activity. This may develop into an ongoing project to manage overall anniversaries/memorial activities.ACTION: Sue to request that she complete an Endorsement application form and provide copies of the flyers for decision by the committee. | Sue Hughes |
| **6.4**. **Back Track**This is about the use of working dogs and farming activities to assist in the wellbeing of young people. It is delivered by Bernie Shakeshaft and the back track team. A 5 hour workshop was conducted to see how a back Track would work in the Clarence Valley. Outcome included All funds raised at the Dog trials will go to Headspace which will be used to support the Back Track program in the Clarence Valley. There will be a screening of Back Track at the cinema shortly. |  |
| **6.5 Speedway**The Speedway has invited the OHC to be part of fundraising efforts. They will donate $1 from every ticket sold racing season. Fundraising will be donated to the committee. OHC to hold a stall on the nights scheduled.ACTION: Volunteers are required to assist with the stand. Let Sue Hughes know if you can assist. | All |
| **6.6 Ride for Youth**10 & 11th November Morgan Pilley is coming to conduct this event again. Request that we participate by having an OHC bike in the event for a 24hr period. And to hold a stand at the event.ACTION: Committee has agreed to support this event. Committee members to contact Skye if  they want to be involved. Skye to send out information on the event.  | AllSkye |
| **6.7 Merchandise**Marquee, bags and aprons have now been printed up. |  |
| **6.8 OHC the Musical**The Giane is requesting support of this event and has sent out an email for members to participate. Also completion of the survey monkey for the musical. ACTION: Contact Giane ASAP  | All |
| **6.9 Australian Regional Development Conference**Sam represented the OHC at the Australian Regional Development Conference. The presentation went really well which has generated a high interest in the OHC activities. |  |
| **7.Community Member Updates** |  |
| **Mental Health**2 programs which have commenced Circle of Security for young mothers which is running out of Headspace Facilities. 1st program is half way through, 2nd program commenced today, it is proposed to run and indigenous specific program. Great therapeutic engagement by attendees.DBT skills group-focussing on people with BPD to develop strategies to deal with stress. Small pilot group has started and its going really well. |  |
| **CYA**CYA is holding a baking workshop at the NSOA 10-3.00 pm mainly focussed on Young people but hoping the whole of community will attend. |  |
| **Aboriginal Men’s Group**Gaol Fete over 800 people attended all group members wore green shirts as part of Mindfully Mad organisation. |  |
| **NSOA-Skye****Ride for Youth**Last week were successful in an application for Northern Pathways which will continue part of the youth work that has been delivered.Still waiting on the contract for the Aboriginal Youth program funding. |  |
| **Community Member**Sue attend the Young Aboriginal Women’s camp presentation run by Nungern Corp. Sue suggests that we support the young men’s camp as well. |  |
| **CHESS**Can work with children as young as 5 years with the NDIS. |  |
| **Sue Hughes:** see submitted report highlighting OHC branding demonstration of Aprons and Flags (Marquee). Looking at ordering table cloths and shopping bags. |  |
| **Meeting Closed: 12.05 pm** |  |
| **11. Next Meeting**Thursday – November 8th, 2018 –Grafton Base Hospital Education Centre, 10am to 12:30pm. |  |
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