



# Newsletter

## January 2024

### Message from our Chairperson & Co-Founder

#### Our 2023 year .....

- Bereaved By Suicide Support Group NT Monthly Group
- Awarded SPA LiFE Award for Communities in Action
- World Suicide Prevention Day Forum 2023
- Suicide Prevention Australia Think Tank Workshop Darwin
- International Women's Day Fundraiser
- Attended Youth Conference
- Hash House Harriers Red Dress Run Fundraiser
- Come Walk With Me Event in Palmerston
- Attended Suicide Prevention Australia Conference & LiFE Awards ~ Canberra May 23
- Health & Wellbeing Expo and Led Workshops at various Schools on R.O.S.E Project
- Thirrili Launch ~ Model of Care & Practice

I hope everyone has had a safe festive season and the opportunity to recharge, spend time with family and friends, after what I believe has been a challenging year for many, with cost of living pressures increasing and many impacted by wars and civil unrest overseas.

To those who have lost loved ones, I know that the festive season can be challenging and not always a happy time, as it reminds us of how we wish we could still have our precious loved ones in our life. Somehow though, we need to find strength and courage to continue having hope and live a life where compassion and gratitude can help us cope.

Reflecting on 2023, I need to firstly thank all our volunteers and the SabrinasReach4Life Management Committee who steer and support our activities and projects. This includes supporting those bereaved by suicide by continuing to hold our monthly bereavement support group in Darwin, which has been continuously operating now for 4 years. This continues to be the only support group of its kind in the NT, and I hope that perhaps this year we can support others who might wish to establish a similar group in their community.

I know that supporting the mental health and wellbeing of others requires dedication, compassion and sometimes sacrifice. To all those who are supporting someone with mental health challenges or suicidal ideations, we acknowledge you and understand how this experience can be taxing to your own health. It is important to exercise self-care and seek your own support. Secondly, I would like to thank all those who partner and collaborate with us to help reduce suicide in our community. Sadly, we continue to have one of the highest rates of suicide in Australia. I had the opportunity to comment as a Suicide Prevention Australia Lived Experience Panel member on the latest statistics released in 2023, by the Australian Bureau of Statistics, which reported an increase in deaths in 2022 of 3249 in comparison to 3166 in 2021. I said:

" These statistics are important, but it's just as critical to remember the people behind each number. The impact of suicide loss on family, friends and the broader community is immeasurable, and it changes the life of those left behind forever. A more systematic, rigorous, and targeted effort on early intervention support, by listening to those with a lived experience of suicide and suicide loss is critical in helping people in distress get access to timely and responsive care is essential. We need to use this data to make smarter investment decisions regarding service and program delivery for those in need,".

To this end, I hope that *the Northern Territory Keeping Everyone Safe Suicide Prevention Implementation Plan 2023-28* released by government last September, will increase the momentum to elevate the whole of community approach needed to help reduce suicide in our community.

I also believe the decision by Suicide Prevention Australia to establish a territory based committee, rather than continue to have a joint state committee model (which I have been part of for the last few years), will further support the advocacy and collaboration needed in our community to inform meaningful national suicide prevention conversations.

*So, what did we get up to in 2023... ..*

This newsletter captures some of our key activities for 2023, so I hope you will find it a worthwhile read. However, I do want to highlight some achievements and thank the following:

- **Greg and Cheryl Clarke** for choosing us as their **Hash House Harriers Red Dress Run** charity, which raised a staggering \$20,471
- **Suicide Prevention Australia** for coming to Darwin to hold a *Think Tank* community consultation and help us plan and participate in our World Suicide Prevention Day Forum
- **Brent Potter MLA Fannie Bay** for his continued support and allowing us to hold our monthly Management meetings at his Electorate office
- **Darwin Sailing Club** for choosing us as their charity for *International Women's Day* event which raised over \$6,000
- The **NT Primary Health Network** for supporting our attendance at the Suicide Prevention Australia Summit in Canberra in May 2023 and being a major sponsor of the WSPD Forum
- Big shout out to the **World Suicide Prevention Day Planning committee**, sponsors and supporters that enabled a very successful one day forum in September 2023
- **Darwin High & Darwin Middle School, Good Shepherd Lutheran College and Casuarina Secondary College** for inviting us at their Health and Wellbeing days and hold workshops with students on our R.O.S.E project (a youth storytelling platform to inspire hope)
- **Wesley Lifeforce** for inviting me to attend the Suicide Prevention Network on the Sunshine Coast where I met so many other committed volunteers helping their communities
- **Charles Darwin University** for selecting SR4L as their keynote donor speaker at their annual Donor event in December 2023
- **Brooke Griffin** -recipient of our *Sabrina J Memorial Scholarship* at Charles Darwin University, who has been studying to finish her Masters in Clinical Psychology.

As we shift years to 2024, we will continue to do our best to represent the '*voices*' of those bereaved and impacted by suicide, actively contribute to requests for input into new policies, government reform and research in suicide prevention and postvention. We will also continue to advocate that '*people*' should be *at the centre of everything we do* and not systems, in service funding, design, implementation and review.

We are honoured to continue helping those who need peer led support, who trust us to share their story and their struggles in a safe, non- judgemental and non-clinical manner. We look forward to another year to advance key projects underway including the development of a storytelling platform for young people known as our *R.O.S.E* project, finalise concept design of our community *Garden of Hope* project and potentially formalising our *WarmLine*. We will also proudly continue to sponsor a local student at Charles Darwin University, enrolled in Psychology or Social Work.

By the way, get in touch if you are interested in helping us make a difference, by joining our Management Committee as we have 2 vacancies, or you would simply like to volunteer.

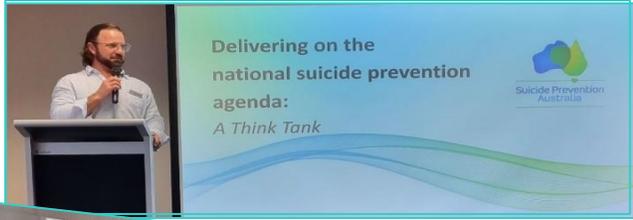
All the best for 2024!

*Lidia Di Lembo*

Chairperson

SabrinReach4Life

# Suicide Prevention Australia Think Tank ~ Darwin



## Suicide Prevention Australia Think Tank in Darwin

On the 28<sup>th</sup> of March 2023 Suicide Prevention Australia (SPA) visited Darwin and hosted a Think Tank networking event. The responses to questions in the workshops put forward by SPA and organisations that attended showed that we are all on the same page in the NT. Diminish the suicide statistics as the NT still has the highest rate of suicide in Australia, create spaces for all communities to come together and talk, provide more services for remote communities and regional Darwin that are impacted by suicide. These are only a few of the responses.



# International Women's Day Fundraiser



## International Women's Day ~ SR4L Fundraiser @The Darwin Sailing Club (DSC)

On the 8<sup>th</sup> of March the Darwin Sailing Club hosted International Women's Day, attended by over 100 people. DSC chose SabrinasReach4Life as their local charity to donate the proceeds of an auction and raffles. In collaboration with SabrinasReach4Life, a total of \$6000 was raised which will contribute to the *Sabrina Josephine Di Lembo Memorial Scholarship* at CDU that SR4L solely sponsors. Two local Darwin recipients have already graduated with a Master's in Clinical Psychology, with a 3<sup>rd</sup> due to complete their Masters in 2023.



## Hash House Harriers ~ Red Dress Run



[The Hash House Harriers](#) running community have been very enthusiastic to meet up once again for fun, friendship, running and reunions, this time in Darwin.

The Red Dress Run is traditionally held before the main event, and is being held in Darwin this Thursday 11 May, raising funds for local charity, *Sabrina's Reach4Life*

The total fundraising amount from the Red Dress Run is **\$20,261.97**. This will fund the [Sabrina J Di Lembo Memorial Scholarship](#) in Clinical Psychology for the next 3 years. We have awarded the scholarship to our third recipient *Brooke Griffin*.

- Around 80 of these Hashers are locals from six clubs operating in Darwin, while the rest are from around Australia and the world including Fiji, Germany, Ireland, New Zealand, Nigeria, Scotland, Papua New Guinea and the USA.



## All Youth Conference Darwin Entertainment Centre

We attended the [“All Youth Conference”](#) at the Darwin Entertainment Centre with 500 + students attending. The event was inspiring to hear the voice of our youth and the presenters.

This event was coordinated by an NT Youth Committee, supported by 2022 NT Local Hero Bec Forrest, and it celebrates youth, respects youth voice and provides relevant advice on matters that affect young people in the Northern Territory.



# Suicide Prevention Australia

## LiFE Award



[The National Suicide Prevention Australia Conference](#) 2023 was held at the Convention Centre Canberra and explored the theme of *Reconnect, Reform, Reshape*. It provided a gateway to unite suicide prevention experts to showcase evidence-based solutions and robust discussion, focused on solutions for saving lives.

SabrinasReach4Life received the LiFE Award ~ Excellence in Suicide Prevention ~ Communities in Action and was the only recipient from the NT



## Darwin Schools Healthy Minds Expo & Recognising Our Strengths Everywhere (R.O.S.E) Project

We attended the [Darwin High School](#), [Good Shepherd Lutheran College](#), & [Casuarina Senior College](#) - Annual Health and Wellbeing Expos. We met and chatted to students from 15 to 18 years, in years 10,11,12.

We held workshops on a project that we are working on for young people to share their story of their struggles and/or mental health challenges, by inspiring hope in others via the arts, narrative, poems, painting, video, animations (the list goes on) on a platform that will be co-designed by those between the ages 10 - 25. Students shared their invaluable ideas and inspired even more to achieve this project.

If anyone is interested to know more about this project please contact us by emailing [info@sabrinasreach4life.com.au](mailto:info@sabrinasreach4life.com.au)



## ComeWalkWithMe ~ Darwin

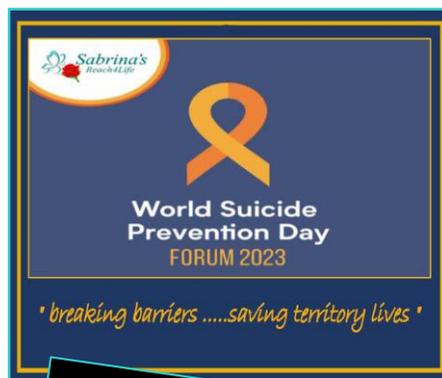
SR4L attended the annual *Come Walk With Me* event hosted by founder Vanessa Lowe, at Gray Community Hall in Palmerston. The Hon Eva Lawler attended as did several organisations. Good Dog, Perfectly Imperfect, Auntie's Place, Anglicare, StandBy Support After Suicide to name a few to promote awareness of suicide and how it impacts our communities and the support services that are available.



## World Suicide Prevention Day Forum 2023

**"Breaking Barriers and Saving Lives:"** The World Suicide Prevention Day Forum makes an impact in the NT.

In the heart of the Northern Territory, a beacon of hope shone brightly on the 29 September 2023, as Sabrina's Reach4Life took the lead in hosting their fifth World Suicide Prevention Day Forum. With a staggering 130 stakeholders from diverse backgrounds in attendance, this event served as a pivotal moment in the fight against suicide and mental health issues..... [read more](#)



## Government House ~ International Volunteers Day

We attended a function at Government House on the 4<sup>th</sup> of December in recognition of the Volunteers in the NT. His Honor Professor The Honourable Hugh Heggie PSM gave a welcome appreciation address to volunteers that attended and to all the volunteers in the NT in their various roles, [read more.....](#)



## Wesley Mission Suicide Prevention Networks ~ Qld

As a Suicide Prevention Network we were grateful for the opportunity to attend the [Wesley Mission](#) Qld meetup of Suicide Prevention networks and talk about our work in NT. So many committed and passionate people, some bereaved by suicide, and others who are not but work tirelessly to support their community. Touching story shared by multiple suicide attempt survivor Vika Williams from [UCE MOVEMENT Suicide & Mental Health Awareness Prevention](#) focused on supporting helping men.

## Thirrili Launch ~ Model of Care & Practice

We attended and were impressed with the launch and presentation by [Thirrili - Indigenous Suicide Postvention Service](#) of their Model of care. You can download the documents off the website. Always here to continue supporting your work.



## Bereaved By Suicide Support Group ~ held, 1<sup>st</sup> Wednesday of every month Harry's Place, 11 Willeroo Street TIWI 6:30pm to 8pm

Some of our activities in 2023 included:

**Therapeutic Art** facilitated by our Maria Vescan, committee member

### **Drumming session**

Facilitated by Marina Vanucci from [Darwin Head To Health](#) located in Casuarina. Marina, who is also a Committee member, talked about how the rhythm of drumming can help us with our mental health, relax our thoughts and bodies when we are feeling confused or distressed or simply just to unwind.



### **Contact**

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