

Channel Men's Shed Inc

Important email to all Members 20 September 2019

Dear CMS Member, please read this email as it contains some very important news!

You will be aware that earlier this year, the Shed won a LifeLine Award for our involvement in Suicide Prevention in the Community. This award has created further discussions at our committee level and we have decided that we should take this important issue to the wider Channel Community.

To do this, we have agreed that we should hold a Community Wellness Day to promote suicide prevention in our district.

This Wellness Day will take the form of a "free" (no cost) sausage sizzle. It is to be held at the Kingsborough Bowls Club at Margate commencing at 4:30pm on

THURSDAY OCTOBER 31st 2019 at 4:30pm

We will replace our normal monthly BBQ at the Shed by holding this function at the Bowls Club and we urge your attendance along with your partner and or other family members. We are inviting other community groups to join with us in this activity and know that it will be greatly appreciated by many attendees.

We shall also have Mr. Mitch McPherson the founder of SpeakUp Stay ChaTY to address us on this subject. He has done an enormous job for this cause and we are very fortunate that he is giving his time to do this for the Shed. We will also have representatives from Rural Alive and Well and LifeLine present during this function.

Please make an effort to support the Shed and this very necessary cause by attending this evening and spreading the suicide prevention message throughout the Community.

The Bowls Club have been most supportive of having us use their facilities and will open the bar for all attendees (over 18 of course!) Drinks will be at members own cost as usual.

Please put this date in your diary and make the effort to spread this message. Should you have any questions on the foregoing, please ring me on 0418 120 772.

Best regards,

Peter Shelley