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**MEMO**

**TO: Centre Committee Members**

**FROM: MPIO**

**DATE: Monday, 6th May,2020**

**RE: Beyond Blue Podcast – “You are not Alone”**

**Dear Committee Members,**

**As 2019 and 2020 have been horrendous years for our RDA Centres, drought followed by fires and now the Covid-19 has taken its toll on many of our centres and impacted on our members.**

**Please take the time to contact members for a chat, ask if they are OK – especially those who live alone. Isolation can promote emotional stress, while a simple phone call, may give comfort by showing that “they are not alone.” Bottling up our emotions never gives relief from our stresses.**

**If you, or your members are feeling stress there are many good support programs as advertised on TV.**

**Currently, Beyond Blue Australia** [**www.beyondblue.org.au**](http://www.beyondblue.org.au)**. included their first podcast entitled “You are not alone” – which, although it relates to the fires, listening to it is worthwhile.**

**Other sites offering support are:**

**Lifeline on 13 11 14,**

**Headspace** [**https://headspace.org.au**](https://headspace.org.au)**,**

**Kind regards,**

***Olwen Smith***

***Hon. Director/MPIO Officer/DO***

**Riding for the Disabled Association (NSW)**

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***“Riding Develops Abilities”***