

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 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>,**

Kind regards,

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“Riding Develops Abilities”