October 2018 | Newsletter



INDEPENDENT

Our Aim

To support our community, to provide a free newsletter to motorcycle enthusiasts that includes current rides and events as well as ride and pub reviews as well as photos of recent rides/events. Poker run and other event flyers can be published in this newsletter, irrespective of group, provided it has a charitable focus. E-mailing details to info@eatmyshorts.com.au

The advertising of your <u>business</u> or "for sale" items in this newsletter or on our website will attract a small charge to be donated to one of the many charities we support. For the website and newsletter to be successful, we welcome news stories, reviews and other contributions from groups and individuals. .

About us

Independent Riders is not a club. We are a group of individuals who believe in the enjoyment and freedom obtained through motorcycle riding without the restrictions and politics associated with membership and imposed by "committees" of clubs/associations. Independent Riders have a charitable focus but as true 'Independents' we have no President, Secretary, Founding members or other similar position and the opinion of each person is considered equal. We do however have moderators on the website and Facebook page and one person chosen to be our Public Relations Officer. The role of this person is to promote our worthwhile and charitable causes and social events.

The wearing of Independent Rider merchandise (cloth patch, sticker, banner etc) does not equate to membership but rather a statement to indicate the person/persons belief in the concept of "The Independent Rider". Those who believe in the "Independent" concept are welcome to purchase and wear any of our patches or merchandise with our logo including our banners. Minimal amounts from sales are needed to help purchase new stock and cover basic administrative expenses, most money raised from merchandise sales go to various charitable organisations including: Fraser Coast Family Network and Fraser Coast Wildlife Sanctuary.

Where possible, we provide experience and support with fundraising events for other groups/clubs by assisting with co-ordination, promotion or organising/designing promotional material including banners, patches etc. We believe a united co-op of bikers not only has greater buying power but also the ability to provide positive direction within our community. **E-mail us for details** info@eatmyshorts.com.au or miket60@bigpond.net.au

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[Volume 6, Issue 10]



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Postal Address

Independent Riders Pty Ltd PO Box 261 Howard QLD 4659

Brisbane to Capricorn Coast Capricorn Coast France Coast Independent Branches Moreton Ray Dimbane

Where are Independent Riders?

Independent Riders have supporters as far south as the Gold Coast and to the north Cairns with the odd supporter in most Australian states and territories. While spread around our main contact points are Brisbane (Moreton Bay), Fraser and Capricorn Coast (Branches and contact details provided in this newsletter.

If you have a ride/event let us know and it will go either in the next addition of this newsletter and/or our website. If you know of good pubs, camping, have some great photos/stories or just want to go on our mailing list e-mail Independent Riders at info@eatmyshorts.com.au Visit our website www.eatmyshorts.com.au for more information on what we get up to as well as over a decade of pictures.

Meet us for a drink and a laugh at The Tinana Hotel (The Tinnie), Ferry Street, Maryborough Friday nights from 5.30pm onwards. Hope to see you there

Until next time, stay safe... Independent Riders

We can be found each Friday afternoon / evening from around 5.30 PM at The Tinana Hotel, The Tinnie, just over The Lamington Bridge in Tinana. We are usually located near the bar or on warm days out front in the garden bar. During winter, we softies will be in side to stay warm ©

We usually have a few drinks, have a feed or head off somewhere else for dinner. We also discuss any future rides. If you feel like a chat, come down and see us.

Other upcoming Rides for 2018/2019

- 10 November Tough Times Ride
- 02 December Fraser Coast Toy Run
- 09 March Independent Poker Run
- 4-6 May 3 Day Pub Run
- 1uth May Annual Show and Shine

Rides can sometimes be very "last-minute" and sometimes get finalised over a beer on a Friday night so please ask to join our Facebook page: Independent Riders Fraser Coast.



Spring/Summer 2018

Social nights at The Tinana Hotel (Tinnie) Maryborough each Friday evening from 5.30PM

November 2018:

- 3rd Nov Hervey Bay Swap Meet / Shannon's Show and Shine
- 10th Nov Annual Tough Times Ride.
- 17th Nov Movement for Mia. (*Flyer with this Newsletter*)
- 17th Nov Howard Kids Christmas Party TBA (See MACE)
- 16-18th Nov Imbil Bike Rally
- 24th Nov Rockhampton Toy Run (See website for flyer and details)
- 30th Nov Last Station Square Toy Run Stall for 2018.

December 2018

- 1st Dec Bike/Car display Furniture Bank Alice St Maryborough TBA
- 2nd Dec Fraser Coast Toy Run 2018. (*Flyer with this Newsletter*)
- 9th Dec Burrum Heads Xmas for Kids TBA (See MACE)
- 21st Dec Fraser Coast Family Network Santa Escort for Kids. TBA
- 21st Dec Last social night at The Tinnie for 2018.

Do you have ideas for rides? Email us E-mail: info@eatmyshorts.com.au

Interested in mid week rides? E-mail: info@eatmyshorts.com.au
New rides are added in weekly so keep checking our website:
www.eatmyshorts.com. Or visit us on Facebook. Some day rides will have short
notice but where possible these will be advertised.

New Merchandise

1. Stainless Steel Independent Necklaces \$20.00 IN STOCK NOW!





2. NEW LOOK Independent Riders Stubby Coolers Only \$10.00





Patches - Independent Riders

This cloth patch and others now available. Cost \$9.00

BANNERS NOW UNAVAILABLE!



BELOW: CLOTH FLAG (Sample) 1.5 x 1 METRE APPROX



. Variety of full colour banners excellent for garage or entertainment area

- 1. Full Colour 2.5 x 1 metre (8 foot x 3 foot) vinyl banner (*Other sizes*)
- 2. 20 ounce all weather vinyl
- 3. Flags, light material 1.5 x 1 metre (5 x 3 foot), approx
- 4. Variety of images, or available design or have us design yours.

BANNERS FROM \$80.00 FLAGS FROM \$30.00

Our achievements to date

On the 27th of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20th December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the 12 month period to: **\$22,324.85**. December 2017 saw this amount exceed \$90,000 and in July 2018 this exceeded \$100,000.



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INDEPENDENT RIDERS CAPRICORN COAST

For those interested in attending Capricorn Coast events their two contacts are: Debbie Foster: 0421 114630.

Debbie can also be e-mailed on:

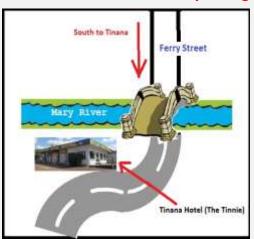
capricorncoast@eatmyshorts.com.au and have
their own ride calendar on the Independent
website, tas well as their own Facebook Page,
search "Indpendent Riders Capricorn Coast"

INDEPENDENT RIDERS MORETON BAY

For those interested in attending Moreton Bay events their two contacts are: Jan Cunningham: 0408 744219 and Kevin Cunningham: 0408 744219.

Jan and Kevin (Batman), can also be e-mailed on: windinmyhair@eatmyshorts.com.au and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Moreton Bay"

Directions to Tinnie Hotel Maryborough



Toy Run Stalls at Station Square 2018

- Friday, 9 November 2018 Bottle shop end
- Thursday, 15 November 2018 Noni B (Near Big W)
- Friday, 23 November 2018 Bottle shop end
- Friday, 30 November 2018 Noni B (Near Big W)
- Saturday 1st December. Morning Stall at the Furniture Bank next to Repco Maryborough, details available shortly.

Help us help others. Need more info?

E-mail: info@eatmyshorts.com.au

4

eatmyshorts.com.au

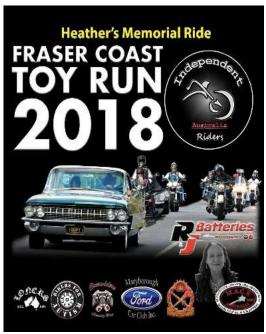
PO Box 261 Howard QLD 4659 PH: 0409 575284 E:-mail: info@eatmyshorts.com.au

No Bullshit, No Politics

Find us on the Web: www.eatmyshorts.com.au







Fraser Coast Toy Run shirt 2018.
All Sizes. V Neck, Round Neck, Singlets from \$25
Children's sizes on request

3rd Annual Tough Times Ride

• WHEN: Saturday 10th of November 2018

• TIME: Registration from 9am, stands up 10am

WHERE: Meet at The United Service Station Eli Waters - Hervey Bay

DETAILS: \$10 registration, raffles, lucky door prize. All proceeds going to a local biker, biker family in need, This year the event is hosted by Loners Qld SMC and supported MACE Wide Bay and Independent Riders, Need more information, **phone 0418 596974.**

NEED MORE INFO? PH MICHAEL: 0409 575284 or JULIE: 0400 690981

Fraser Coast Toy Run 2018

WHEN: Sunday 2nd December 2018. **WHERE:** Westside Tavern Tinana **Registration** from 7.00AM – Departing 9.00AM. **Cost**: Gold coin donation.

TOY RUN ROUTE

Westside Tavern Tinana heading up Gympie Rd towards Maryborough. Continue North across the Lamington Bridge turning LEFT at the free turn at Alice St (3.7km approx.) FOLLOW Alice St until reaching big roundabout/overpass across Bruce Highway enter Bruce Highway (3.2km approx.)

- 1. RIGHT on roundabout 3rd exit to enter Bruce Highway
- 2. RIGHT at Walker St Maryborough (400 metres approx.)
- 3. LEFT at Pallas St Maryborough
- 4. LEFT onto Saltwater Creek Rd (2.0km approx.)
- 5. STRAIGHT THROUGH at big roundabout head towards Eli Waters (20km approx.)
- 6. Follow Maryborough-Urangan Rd to Eli Waters (12.7km approx.)
- 7. LEFT at roundabout onto Old Maryborough Rd
- 8. FIRST LEFT onto Tooth St (500 metres approx.)

Movement for Mia

WHEN: Sunday 25th November 2018. **TIME**: Departing 10.00AM Maryborough Airport. **COST**: \$10.00 per car/motorbike.

HISTORY: That vibrant little girl complained of a sore tummy. Within a few hours, Mia was vomiting. On Saturday morning, Mia was diagnosed with a gastro bug. By Saturday afternoon, Mia was at the hospital, where she was diagnosed with Influenza B and Viral Myositis. By Sunday afternoon, that brave, caring girl was fighting for her life. Her heart stopped, revived by the doctors in the pediatric intensive care unit. Mia's life was a minute-by-minute proposition. Over the next six days, Mia fought her way back from death.

DETAILS: Open to car and motorbikes, more details on page 19 of this newsletter.

FRIDAY NIGHT SOCIAL EVENINGS AT THE TINANA HOTEL TINANA

Social nights at The Tinnie for November 2018 listed below:

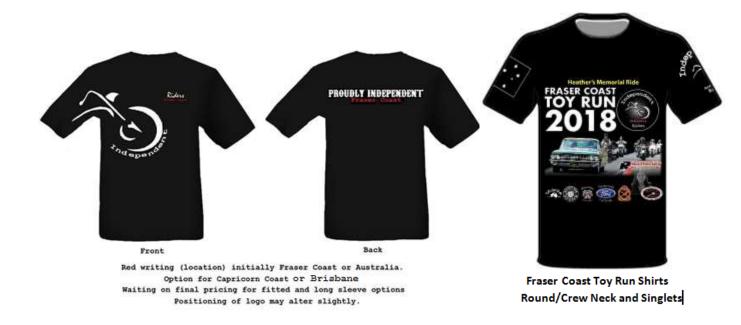
Friday 2nd of November Friday 9th of November Friday 16th of November Friday 23rd of November Friday 30th of November

From 5.30PM ish each Friday evening

Other projects for 2018/2019

We have a number of exciting projects still to come in 2018, these include:

- Support Isis District High School in Technology Challenge
- Support other community groups including TESS with LDAT.
 Local Drug Action Team. Now Running
- Tee-shirt design competition open to high schools on the Fraser Coast. Delayed until February 2019
- And of course, some **EXCELLENT** rides!!!
- Care Packages for Aussie Troops. First batch sent April 2018
- Need more details? E-mail: info@eatmyshorts.com.au



Shirts now available from \$25 short sleeve, \$35.00 Long Sleeve. Singlet's also available



Embroidered Dress Shirts AND Hoodies available - By order only Enquiries 0417 215978

New Patches

Some of our embroidered patches. From \$6.00 to \$7.00 per piece See Julie 0417 215978









If you are interested in coming along to any of our advertised events or need more info, please contact Julie or Michael at info@eatmyshorts.com.au or mobile 0417 215978 or Mark 0450 940169

ALL PATCHES AVAILABLE IN: AUSTRALIA, MORETON BAY, BRISBANE, FRASER AND CAPRICORN COAST EACH FRIDAY 5.30PM - RAFFLES ABOUT 6.00PM — TINANA HOTEL TINANA

OUR COMMUNITY

Independent Riders in partnership with other groups and community minded organisations are in the process of developing a website with linked Facebook page that promotes achievements within our community.

The website located at: www.ourcommunityfrasercoast.com.au is still under construction but will include the following:

- ♣ Achievements/successes of social groups and Not for Profit organisations including social motorcycle and car groups
- Promotion of organisations or businesses that demonstrate a commitment to our community
- Promotion of local small business
- ♣ Recognition of individual achievements as well as the achievements of our youth
- Promotion of local events that support local causes

There has been a bit of delay with the site however large parts of LDAT workshops pages are running, with MACE and Fraser Coast Family Network to be available soon. Image below of the opening page of the site.



LDAT WORKSHOPS



Details

Workshop will be 9.30AM - 1.30PM up to 3 days a week (Mon. Tue, Wed).

30 minute break at 11.00am-12.00pm.

Address

11 Tanner St Maryborough

Build a bike!

Participants will build a motorised bicycle!

Get experience with welding, spray painting, engine repair and install.

Start Date

Commences on the 19th of February

Sponsors

Proudly sponsored by Fraser Coast TESS in partnership with Maisie Kaufmann Learning Centre, Red Cross and Independent Riders

Contact

Call Cindy Ph: 41224444











Since March Independent Riders, in partnership with Fraser Coast TESS and Australian Red Cross running workshops for those at risk of substance abuse and his suitable for male or female ages 16-25.

These workshops provide participants with a variety of skills including welding, spray painting, fabrication, small motor and pushbike mechanics. Workshops are going well, led by Sean (Fish).

Shane Muller from The Bikers Brew is kindly supporting this venture. Bikers Brew is on the corner of Walker and Ferry St's Maryborough, (the old Shamrock).

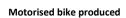
If you are in town pop in and say 'hi', check out the bikes, old and new, or enjoy a coffee, drink, snack or meal. By doing this we support local business who support us.



Need more details on LDAT: Sean on 0408 193750 or Michael 0409 575284.

Sean has been busy ay the workshop with several bikes produced as well as fresh orders. Motorised scooters can be custom made and ordered, ask Sean how/costs. It is believed that with support. these workshops will provide opportunities of employment for our youth.





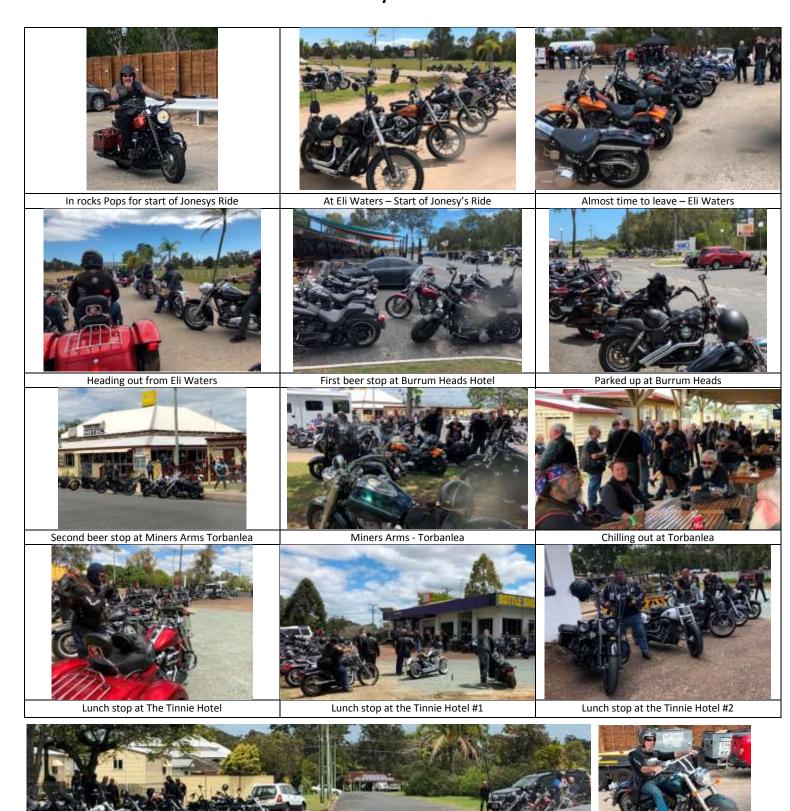


Non motorised produced

A happy client



Jonesy's Ride



Picture 1: Second stop Miners Arms Hotel. Picture 2: Arriving at start of event

Motor Enthusiasts Social Day



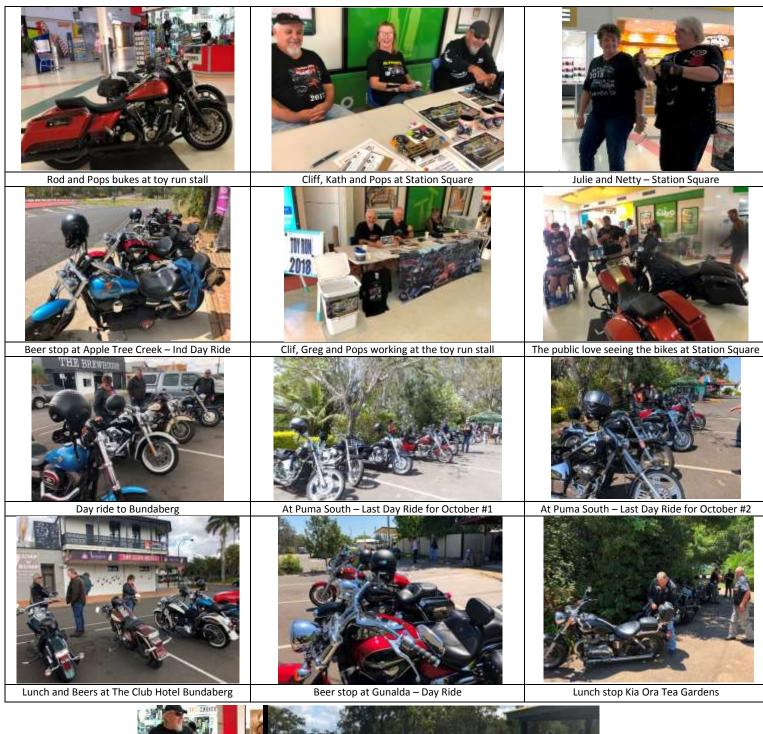






Pic 1 Gotcha Graeme Pic 2 Barra makes and entrance Pic 3 Conrodders

Out and about with Fraser Coast



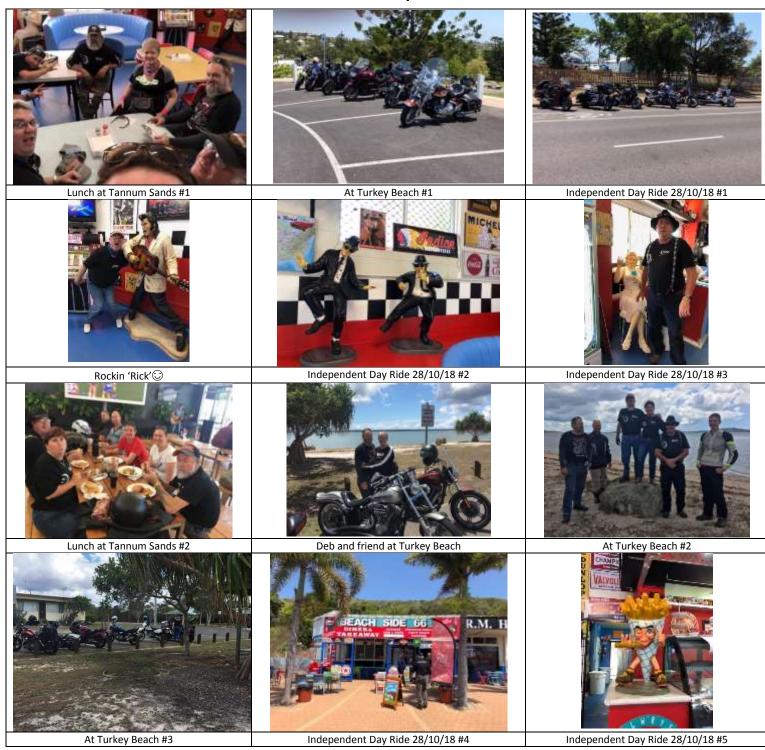


Pic 1 Pops looking sheik in his long sleeve Independent shirt ③ Pic 2: Meet up for day ride at Torbanlea Brought to you by eatmyshorts.com.au

Out and about with Moreton Bay

At Bra's and Bikes #7	At Bra's and Bikes #8	At Bra's and Bikes #9
At Bra's and Bikes #4	At Bra's and Bikes #5	At Bra's and Bikes #6
THE DIG S WITH DIRECT MALE	AL DIA 3 MIN DIA 3 ME	AL DIA 3 MIN DIKES #3
At Bra's and Bikes #1	At Bra's and Bikes #2	At Bra's and Bikes #3
0 0		

Out and about with Capricorn Coast









Pic 1, 2 and 3: Out and about on the Capricorn Coast

HOW TO SUPPORT MACE

Message from MACE Wide Bay Committee

To all that are thinking of or have thought of becoming a MACE member , Supporter or a helper.

- You must be eligible for a Positive Notice blue card.
 M.A.C.E. will assist with that
- You must attend at least 3 meetings and help at awareness days or functions. At this stage a Full Member will become your sponsor.
 You will become an Associate member and you can stay an Associate or stay as a supporter as long as you like. These two categories cannot work directly with Children or represent M.A.C.E. without a full member being present
- To become a full member will take a minimum of (12) twelve months. This period is so as you can learn our policies, procedures and rules of engagement with children.

There are two ways.

- (1) you own or have access to a motorbike capable of highway speeds
- (2) a Full member takes you on as a pillion on his or her bike. If you think M.A.C.E SMC is something that you would like to do please contact us Via Facebook or Email .mailto:barra@maceaustralia.com





How to keep your car from

getting stolen

New 'D' plates to identify Dickheads on the roads to come into effect soon



Now come standard with all Holden vehicles.

The car we used to draw in kindergarten actually does exist.



If you are confused about your gender simply look down your pants...

> Penis = male Vag = female

Spread the word to this confused generation



YOU KNOW THAT MOSSS WAS THE FIRST PERSON TO RIDE A MOTORCYCLE?

REASONS TO HAVE A MAN BUN:

NONE.

THERE IS LITERALLY NO REASON.

STOP IT.



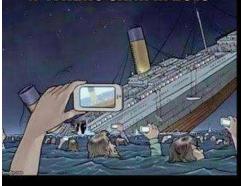
PRIME MINISTERS

UNTIL CHRISTMAS

OF ALL THE UTTENSILS YOU GOULD HAVE USED TO EAT RICE HOW DID THE TWO STICKS WIN







And God promised men that good and obedient wives would

be found in all corners of the world.

Then He made the earth round....and laughed and laughed and laughed...

Are you childish?



No

Brought to you by eatmyshorts.com.au

If it hurts you more than it hurts them, you're probably holding the Paser

Thank you to our sponsors

















































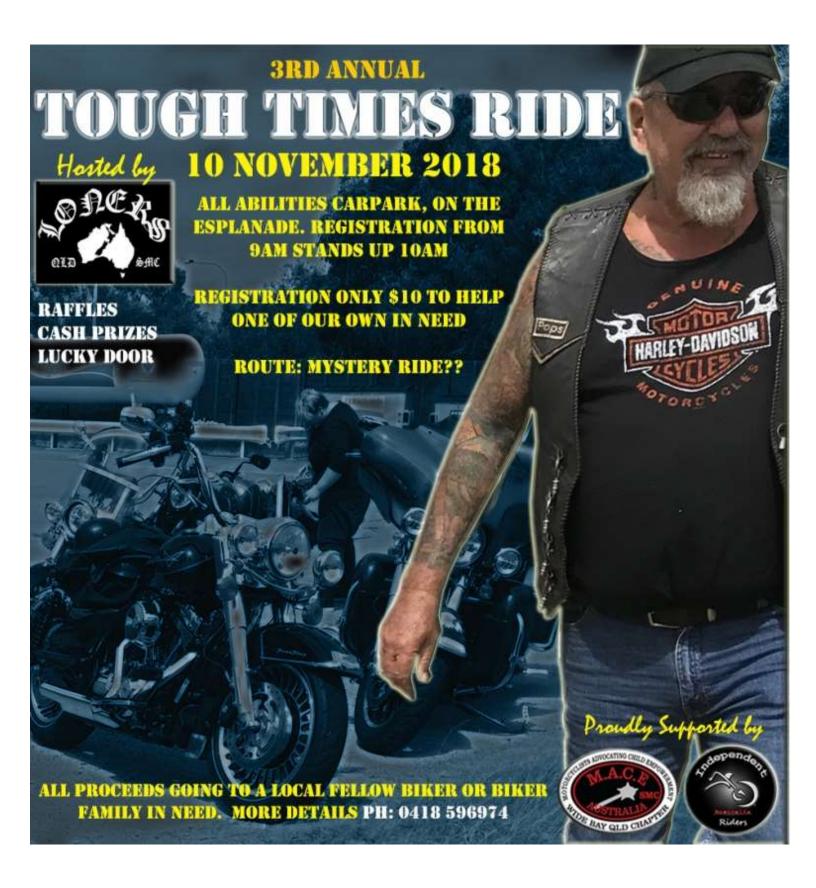








Centre Management Station Square Maryborough, Kelly's Nails, The Butcher Shop Tinana, Maryborough Eykandi Artworks and Photography, Arthouse Northside, Wilko's Pro Shine



ALL PROCEEDS TO GO TO A BIKER OR BIKER FAMILY IN NEED

HERVEY BAY SWAP MEET



& Shannons Summer Show and Shine







Hervey Bay High School

Old Maryborough Road,

Pialba, Hervey Bay

Admission \$2

Saturday 3 November, 2018 Gates open 6am - 1pm

Swap Meet

Single Sites (10m x 5m) \$20
Bookings limited & essential
For Site Bookings enquiries:
Kylie - 4194 3790 (M-F, 7-3)
or 0407 746 073

Shannons Show and Shine

\$10 per car/bike (includes passengers Swap Meet entry)

Plenty of categories & trophies

For Show and Shine enquiries:

Des - 0416 334 700

Something for everyone, not just car parts!

A big thank you to Wide Bay Rodders and Shannons for their huge support of our Show & Shine.

All proceeds go to Hervey Bay High School P&C to improve student facilities.



- Hervey Bay Swap Meet





The Maryborough Ford car club would like to Invite ALL Clubs to Join us on a Car Run.

The run is to raise money for:

The Mia Wilkinson Trust – Necessitous Circumstances Fund

Mia is 5 years old, she became sick and developed sepsis twelve months ago, and as a result lost her limbs and became a quad amputee. Movement for Mia is a fundraiser to give her a chance to walk again by giving her prosthetics.

When: Sunday 25 November 2018

Where: Meeting at 10:00am Maryborough Airport

Departing At: 10:30AM - Cruising to Hervey Bay and The Esplanade

FOR THOSE THAT WOULD LIKE TO JOIN THE RUN FROM HERVEY BAY, WE WILL REGROUP AT THE SEAFRONT OVAL FROM 11:00AM BEFORE WE CRUISE THE ESPLANADE

Finishing: Bay Central Tavern about 12:30pm

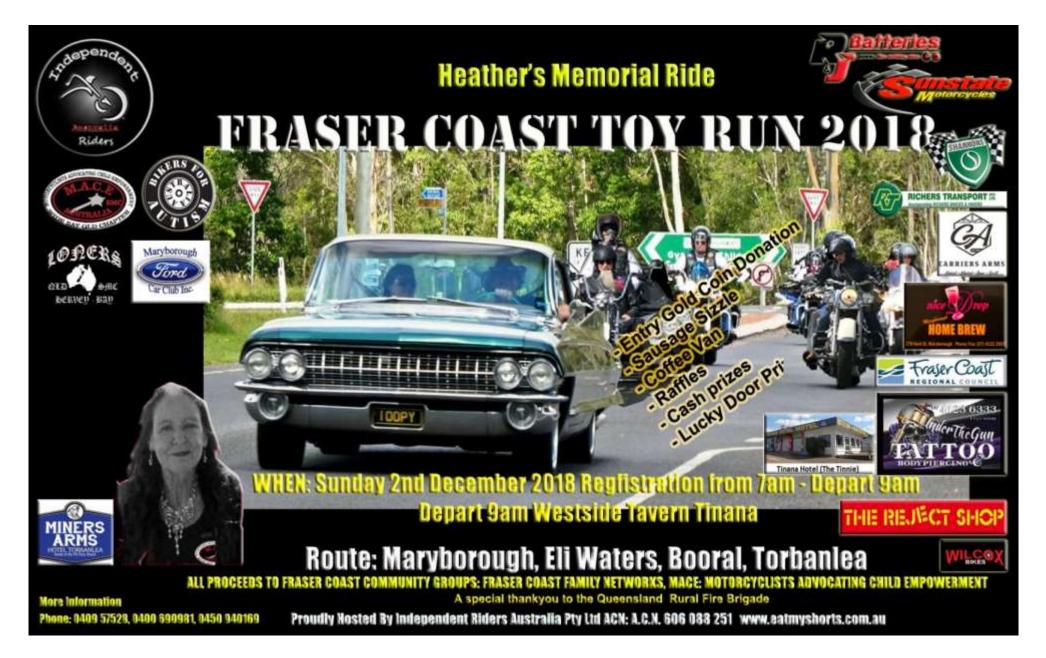
Cost: \$10 per car

All Money raised will go to
The Mia Wilkinson Trust – Necessitous
Circumstances Fund

*For more information on Mia's story go to facebook page 'movement for mia'

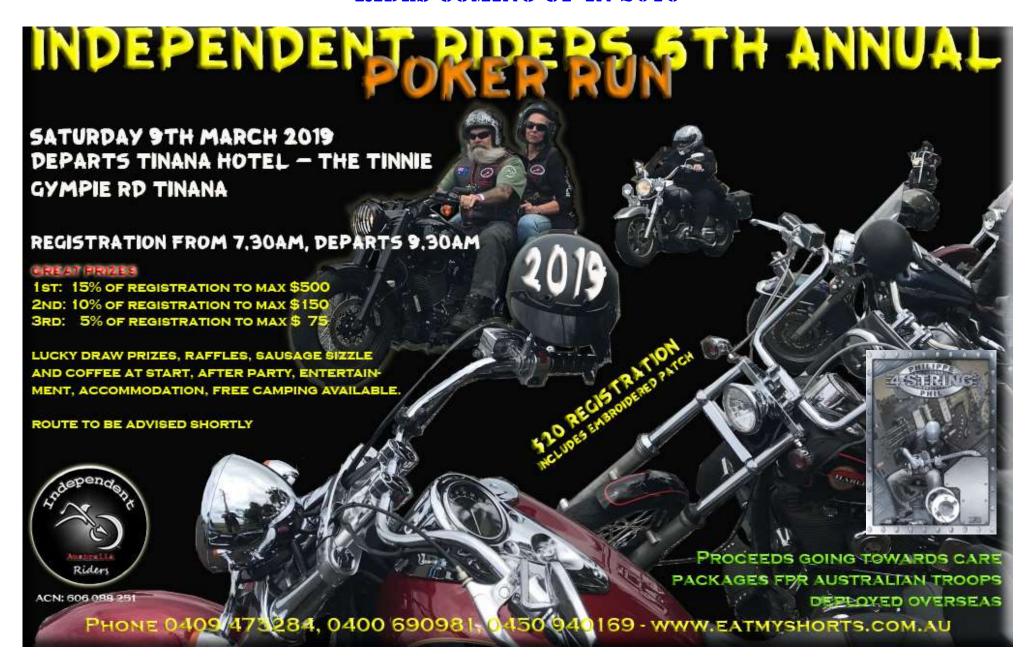






NEED MORE INFORMATION ON THE EVENT, OR WOULD LIKE TO SPONSOR; PHONE MICHAEL ON 0409 575284, JULIE ON 0400 690981, MARK 0450 940169

RIDES COMING UP IN 2019



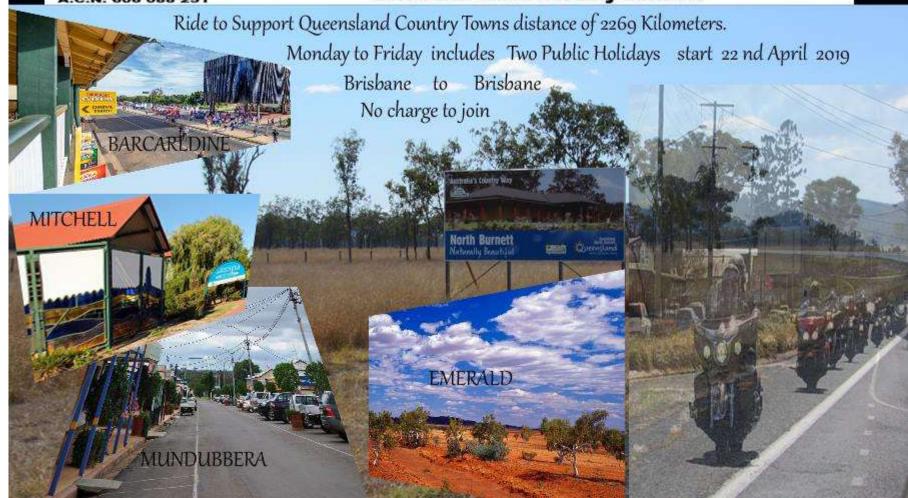
ENTERTAINMENT WITH 4 STRING PHIL

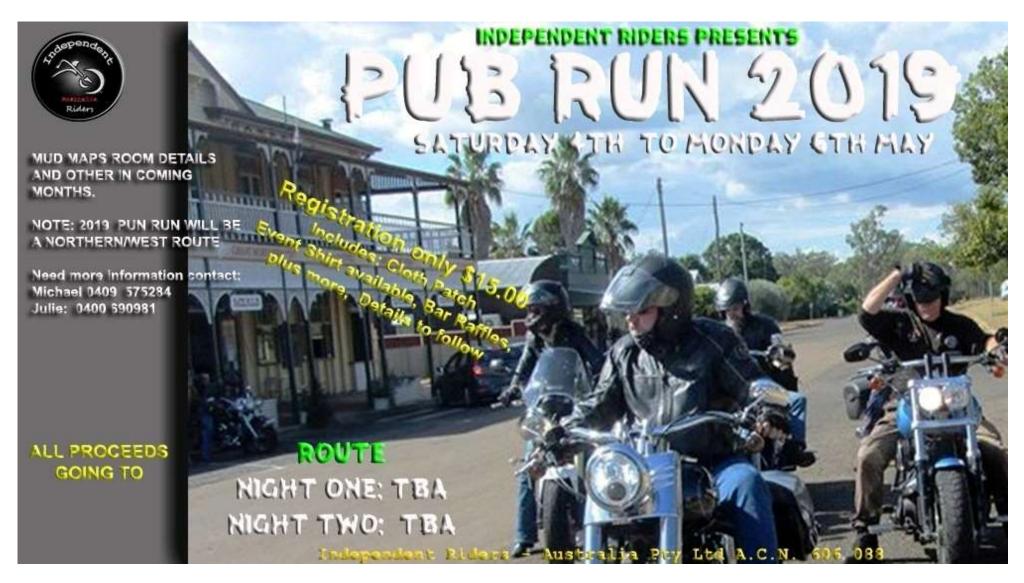


INDEPENDENT RIDERS

Australia Pty Ltd

Brisbane Moreton Bay Branch





THIS YEAR THE PUB RUN WILL BE A LITTLE DIFFERENT WITH PLANS TO VISIT A COUPLE OF SCHOOLS IN DROUGHT AFFECTED AREAS. WATCH THIS SPACE

Independent Riders Australia



SHOW 'N' SHINE 19TH MAY 2019

FOR MORE INFORMATION:

MARK: 0450 940 169 JULIE: 0400 690 981

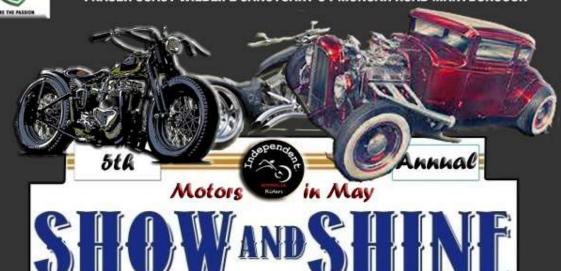


ARGUABLY THE BEST TROPHIES ON THE COAST

MARKETS, RAFFLES, CASH PRIZES, PLUS MORE



FRASER COAST WILDLIFE SANCTUARY 31 MUNGAR ROAD MARYBOROUGH



ALL PROCEDES FROM THE EVENT GO TO THE FRASER COAST WILDLIFE SANCTUARY

REGISTRATION 7.30AM - 11.30AM REGISTRATION \$5.00 WINNERS ANNOUNCED 12.30PM

PEOPLES CHOICE BIKES

BEST AMERICAN
BEST EUROPEAN
BEST JAPANESE
BEST TRIKE
BEST VINTAGE
BEST BIKE OF SHOW

PEOPLES CHOICE CARS

BEST FORD

BEST HOLDEN

BEST AMERICAN

BEST HOT ROD

BEST CUSTOM CLASSIC

BEST CAR OF SHOW

WWW.EATMYSHORTS.COM.AU

A.C.H 606 088 251

FOR SALE #1

2007 springer with a 110 screaming eagle engine (1800 cc) just had brakes done, new tyres, (200 rear) has 3 tiny stone chips and the chrome is a bit crappy on the front brake pedal but other than that the bike is in excellent condition. Has 61,000 Klm's on the clock. Reg and will get RWC on sale. Has a tuner. Contact Kerrin: 0405 673747 **NEED THIS SOLD ASAP**









For sale.. **2004 Honda VTR1000.** Registered, RWC, 119,000km, motor in great shape, regular services. \$1500 ONO. See pictures below More photo's or information phone Michael 0409 575284













2015 Fat Bob. 500kms on clock.

- Registered. Forward controls with heel rests
- Drag bars
- Screaming Eagle black pipes
- Single seat and registered

\$22000 Contact Mel 0417 355875





Honda VTX 1300

Touring seats with rider backrest and sissy bar, spotlights, running boards front and back, reinforced genuine leather saddlebags, (refurbished since photo), national cycles screen, chrome accents, grips, \$6000 ono

6mths Rego, RWC, PH: 040 819 3750



2004 HONDA VFR LOW KM'S 13517km's

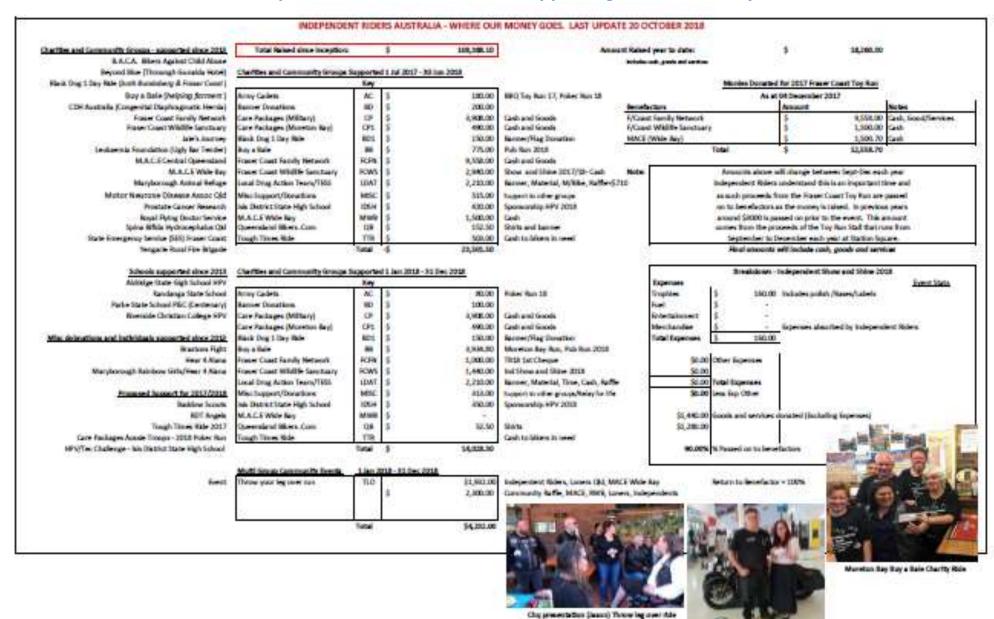
Registration until end Nov. \$5800 ono - no problems getting passed for Roadworthy. Includes rear gear rack. Was immaculate until it fell off stand in driveway causing some fairing scratches but other than that it's very tidy and had only one owner who rode it to work and the off weekend. Selling for friend

More details, phone: 0407 151216



WHERE OUR MONEY, GOODS AND RESOURCES GO

Independent Riders Australia – Supporting our community



Chegue for Franer Coast Family Network

HELPING WITH CARE PACKAGES

What is a Care Package?

A care package is a parcel containing a variety of products that is sent to Australian Troops who are deployed overseas. These packages can contain a variety of products, some of which are listed below.

Funds raised and goods collected from our March 10 Poker Run went towards 60 care packages that were put together on March 24 and sent to our troops on the week ending 1 April 2018. Our plan is to continue collection of goods through 2018 until our poker run in 2019. Depending on goods collected we hope to send a further 20 care packages every couple of months during 2018/19 and a further 80 packages from proceeds of our 2019 Poker Run.

We currently have collection bins at Wilcox Bikes, Alice St Maryborough, Under the Gun Tattoos, Kent St Maryborough The Tinana Hotel Tinana and Fraser Coast Family Network Adelaide St Maryborough, with more added in Hervey Bay shortly. Goods and donations can be dropped off at these locations, products aren't expensive but will mean a lot to our troops.

List for what can go in a Care Packages, anything that you would like to receive from home! Note: If we keep the boxes under 2kg the military will send for nothing.

Sorry No glass jars or aerosol cans

- Razors
- Roll on deodorants
- Chap sticks for lips
- Shampoo and conditioner (Small)
- Sunscreen. (Small)
- Baby wipes. (Wash)
- Body wash
- Eye drops
- Tooth paste or Tooth Brush
- Timtams
- Lollies
- Noodles
- Vegemite
- Peanut paste
- Muesli bars

- Milo,
- Coffee, (small packets)
- Tea
- Nutella
- Cookies
- Nuts
- Gum
- Dried fruit
- Note books
- Biro's
- Puzzle books
- Playing cards. UNO cards, dice
- Magazines. (car books , bikes others that would be interesting, national geographic books, calendars) etc

There is heaps more you can add in however if you are unsure or would like more information or have goods that could be used, then contact: Julie on 0400 690981 or Michael on 0409 57528.

So next time you are doing your shopping, pop in a little extra. Thank you.

Feel Like a Chat? Flourish Australia Hervey Bay

Phone 1800 WE LISTEN (1800 9354 7836)

1800 WE LISTEN is Flourish Australia's Peer WarmLine which commenced operation on July 1, 2012.

When you call **1800 WE LISTEN**, you will be speaking to someone who has a mutual understanding of mental illness. Flourish Australia staff combines their own experiences with extensive training to provide you with the support you request.

1800 WE LISTEN is <u>not</u> a crisis service, it is simply a number you can call when you want to have a chat, knowing that someone who is successfully managing their own recovery will be there to listen and share experiences.

