### August 2020 |Newsletter



### 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

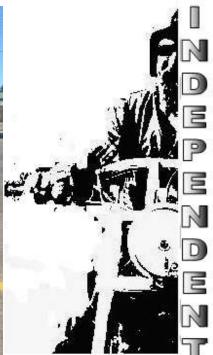
Independent Riders is not a club. We are a group of individuals who believe in the enjoyment and freedom obtained through motorcycle riding without the restrictions and politics associated with membership and imposed by "committees" of clubs/associations. Independent Riders have a charitable focus but 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 Networks 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 that as a united force, bikers have the ability to provide positive direction within our community and be the leaders our community so desperately need.**E-mail us for details**info@eatmyshorts.com.au or miket60@bigpond.net.au

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### [Volume 8, Issue 08]



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Postal Address Independent Riders Pty Ltd Maryborough QLD 4650 ACN: 606 088 251

#### Brisbane to Capricorn Coast



### 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 with a new addition Darling Downs, (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 <u>info@eatmyshorts.com.au</u> Visit our website <u>www.eatmyshorts.com.au</u> 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 one of our Friday Social Nights, from 5.30pm onwards. Venue details at the bottom left of page 4. 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 ©

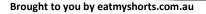
We usually have a few drinks, have a feed or head off somewhere else for dinner. We also discuss any future rides. If you feel like a chat, come down and see us.

#### Other upcoming Rides for 2020

- 5<sup>th</sup> Sep Yarraman Show and Shine
- 6<sup>th</sup> Dec Annual Fraser Coast Toy Run

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* **2020**

- Social nights for 2020 will vary each week, our social evening list can be seen on the bottom left of page three (3),
- Our social evenings in Maryborough occur each Friday evening from 5.30PM, all are welcome.

#### September 2020

- 3<sup>rd</sup> Sept First Toy Run Stall for 2020. Station Square, Bottle Shop end from 8.30am
- 4<sup>th</sup> Sept Second Toy Run Stall, Stockland Hervey Bay, from 8.30am. Near Nova Shoes
- 10<sup>th</sup> Sept Out of the shadows walk. *Details on our website*
- 19<sup>th</sup> Sept Heathers Ride. *Flyer with this Newsletter*
- 26/27<sup>th</sup> Sept Independent Riders Foundation Ride. Flyer with this Newsletter
- More rides on our website: <u>www.eatmyshorts.com.au</u>

#### October 2020

- 2<sup>nd</sup> Oct Toy Run Stall, Stockland Hervey Bay, from 8.30am. *Near Nova Shoes*
- 4<sup>th</sup> Oct Maryborough Swap Meet. Flyer on our website

#### 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 of our day rides will have short notice but where possible these will be advertised.

#### **New Merchandise**

1. Independent Riders Mouse Mats \$10.00 TWO STYLES



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



Patches – Independent Riders These cloth patches and others now available. Only \$10.00

### **Banners and Flags are Again Available**



Banner example above 2.6x1 metre (approx.). \$75 plus postage

### Independent Sons of Bitches Shirts Version 4. (\$25)



#### Our achievements to date

On the 27<sup>th</sup> of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20<sup>th</sup> December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the twelve-month period to: **\$22,324.85**. December 2017 saw this amount exceed \$90,000 and by December 2019 this amount exceeded \$150,000.



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### INDEPENDENT RIDERS INDEPENDENT RIDERS DARLING DOWNS

For those interested in attending Darling Downs events their two contacts are: Jol and Shanelle Clark: 0419 746097 and 0409 762374

They can also be e-mailed on: darlingdowns@eatmyshorts.com.au and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Darling Downs.

### CAPRICORN COAST

For those interested in attending Capricorn Coast events contact is: TBA

Enquiriess can also be e-mailed to: <u>capricorncoast@eatmyshorts.com.au</u>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: JanCunningham: 0408 744219 and Kevin Cunningham: 0408 744219.

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

#### **Preferred pubs as of August**

Maryborough Sports Club Ferry Street Maryborough

Granville Hotel, Oxford Hotels Maryborough Good drink and food prices

> Maryborough Sports Club Saltwater Creek Rd Maryborough

Old Sydney Hotel Corner Ellena and Richmond Streets Maryborough

Help us help others. Need more info? E-mail: info@eatmyshorts.com.au



Supporter Patch

Independent Rider Mouse Mats \$10 Each Two Styles Available



#### FRIDAY NIGHT SOCIAL EVENINGS – VARIOUS LOCATIONS They are BACK...... Sorta 🔞

Friday 4<sup>th</sup> September from 5.30PM at The xxxxxxxxxxxxxxxxxxxxx To be confirmed

From 5.30PM ish each Friday evening

### 6<sup>th</sup> December – Fraser Coast Toy Run

- WHERE: Brolga Theatre Cr Park Maryborough
- TIME: Registration from 6.30am stands up 9.00am

Cost, gold coin donation, sausage sizzle and coffee van at start, this is a car and motorcycle event with all proceeds going back to local community groups. This year's benefactors are MACE Wide Bay, Fraser Coast Family Network and Fraser Coast Wildlife Sanctuary.

Raffles on the day include our main raffle with prizes including a laptop, cash prizes plus much more as well as \$50 cash boards and a lucky door prize. Raffle will commence in August and be drawn at the end of the ride. Our toy run stalls will start in September at both Station Square Maryborough and Stocklands in Hervey Bay.

The Fraser Coast Toy Run flyer can be seen in this edition of our Newsletter along with details/dates for toy run stalls at Station Square Maryborough and Hervey Bay, Stockland.

### **Independent Riders Foundation Ride**

- WHEN: 26<sup>th</sup>-27<sup>th</sup> September 2020
- WHERE: Puma Servo South Maryborough, one on the highway. 8.00AM with a 8.30AM departure.

Celebrating our foundation, our successes and having a good time.

**Route** will be Murgon, Chinchilla, Cracow (*539km approx*) and returning Eisvold, Mundubberra and Gayndah then Biggenden. (*319km approx*).

Live music has also been organised for the Saturday night. Event patch.

Any questions phone Michael 0409 575284 or Julie 0400 690981.

### **Heathers Ride**

- WHEN: 19<sup>th</sup> September 2020 \*\*\* late entry to be rescheduled
- **DETAILS:** Leaving the United servo at 10 30AM.
- **ROUTE:** Route: Going along the Esplanade to Elizabeth St up to Booral Rd through to the big round about then out to Torbanlea.
  - $\circ$   $\,$  A quick drink and off to Burrum Heads, another quick stop and
  - Then back to Mushies place for a BBQ and drinks.

The idea is to have the ride early then those who have other things on can go and do it while those that want to stay on can. Some may want to take their bikes home and come back. The aim of this event is to keep it simple because that is how Heather would have liked it. *Event Flyer with this Newsletter*.

#### Other projects heading into 2020

We have a number of exciting projects to consider in 2020:and 2021

- Suicide prevention/education. More details later in 2020
- Support Our Community Fraser Coast INC Art Competitions 2020
- VR (Visual Reality) Headsets for disabled and others in need
- Support Independent Riders Workshops. *Ongoing*
- HISS Homeless Independent Support Services Details 2020
- And of course, some EXCELLENT rides!!!
- Support for Aussie Troops. 2021 Poker Run to support returned troops
- Need more details? E-mail: <u>info@eatmyshorts.com.au</u>



Red writing (location) initially Fraser Coast or Australia. Option for Capricorn Coast or Brisbane Waiting on final pricing for fitted and long sleeve options Positioning of logo may alter slightly.

### 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 ourembroideredpatches. From \$6.00 to \$7.00 per piece See Julie 0400 690981



If you are interested in coming alongto any of our advertised events or need more info, please contact Julie or Michael at info@eatmyshorts.com.au or mobile 0400 690981or 0409 575284

ALL PATCHES AVAILABLE IN: AUSTRALIA, DARLING DOWNS, MORETON BAY, BRISBANE, FRASER AND CAPRICORN COAST



### **OUR COMMUNITY FRASER COAST INC IA58583**

Our Community Fraser Coast Inc IA58583 (OCFC), is a Not for Profit organisation and an initiative of Independent Riders Australia along with the support of other community minded groups on the Fraser Coast. OCFC provides several services to the local community including free advertising and promotion on their website, for like, minded groups as well as assistance promoting charitable events.



The main focus however of OCFC is to work with other local



organisations/institutions to promote and recognise the achievements of our disadvantaged and disabled. Since 2018 we have hosted art competitions with the 2019 winner, Caroline, becoming our Disability Ambassador for 2020

In February 2020 with the support of Fraser Coast Regional Council Caroline presented Fraser Toy Run sponsors and supporters with copies of her shirt and certificates of appreciation.

**2020 Disability Art Competition.** Details of this event which is open to invited NDIS providers is on page 18 of this month's newsletter.

VR Headset Trialing. Trialing of virtual reality headsets began in July this year with plans to make selected programs available by mid to late August 2020, At this stage Fraser Coast Family Network have 2 headsets with an



additional three to be made available by the end of August 2020. External organisations can utilise this service through Family networks.



With all this going on our website unfortunately is still a work in progress however will continue to work on this in the coming months. The website is located at: <a href="http://www.ourcommunityfrasercoast.com.au">www.ourcommunityfrasercoast.com.au</a> is still under construction.

\*\* Top pictures displayed from Caroline's February Toy Run presentation

### **INDEPENDENT RIDERS WORKSHOPS IA58897**

### The Latest from Eddie



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.

Workshop Manager: Eddie PH: 0400 488244 Bike Mechanic: Office: Cassie 07 4121 3010 Mentors:

Students:

Wayne, Kevin and Brett Kevin, Travis and Kurtis.



### Contact Eddie on 0400488244 for more details on the workshop. Workshop direct at: 07 41213010

This morning we delivered these two bikes to our happy customers from Street Espresso In Adelaide St. The Husband and Wife team are very delighted as you can see by their big smiles.



These bikes were purchased from Independent Riders Workshops.inc located at 276 Kent Street, Maryborough we are here to serve and help our community and in the return our community helps us. Thank you for your support

### **VOLUNTEERS NEEDED**

Volunteers are essential to the success of the workshops and our ability to help and guide our youth towards a positive future. If you have spare time, want to give back to our community while providing our youth direction from your learned skills and experiences; then do we have a deal for you.

We are in need of volunteers who will be trained as mentors for our students, skills in any metal craft, including welding, bycicle mechanics, small motors or similar then please contact Eddie on 0400 488244. In return we offer a friendly enviroment, where your experience can make a difference and training is provided.

A Positive Notice Bluecard is a lergislative requirement for our volunteers however we can organise this for you and there is no cost.

Located at 276 Kent Street Maryborough. Motorised scooters can be custom made and ordered, ask Eddie how/costs etc. It is believed that with support. these workshops will provide opportunities of employment for local youth.



New Workshops and store front – 276 Kent Street Maryborough 4650

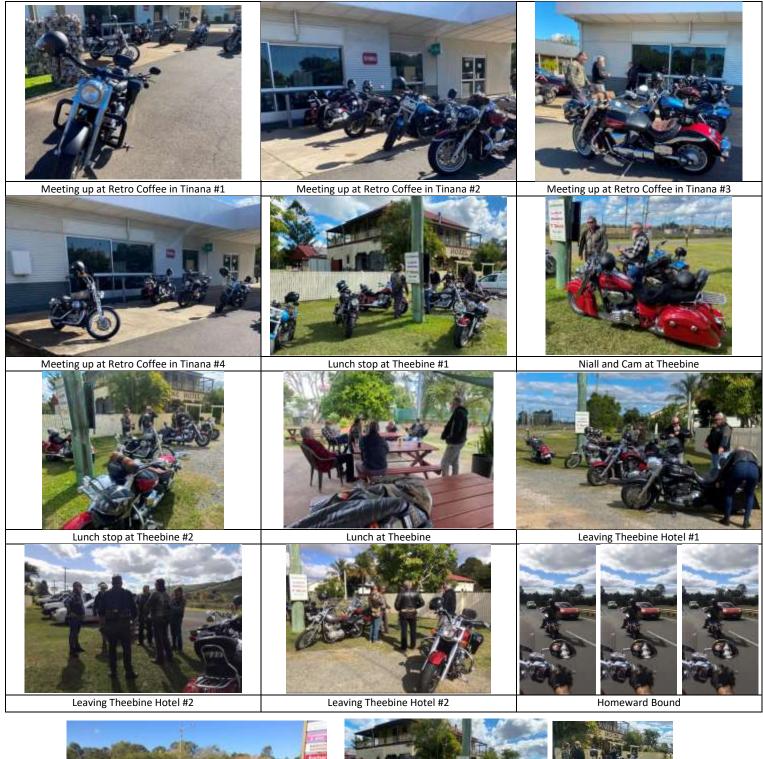
Here at Independent Riders Workshops, we are pleased to announce that we are open to teach Reading and Writing to all ages including adults. It has been brought to our attention that many people in the Fraser Coast Region are struggling with this skill. After talking to our teacher, we have decided to set up classes that will be available every day to those who need help. Please don't be shy, come in and give it a go. We are here for our community.

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### **INDEPENDENT RIDERS**

First Day Ride for August – Fraser Coast





PIC #1 Meeting up at Retro's Tinana PIC #2 Parked up at Theebine PIC #3 Lunch stop at Theebine Brought to you by eatmyshorts.com.au

### **INDEPENDENT RIDERS** Out and about on the Fraser Coast – August #1



Start of day ride 16 August 2020 – Puma Sth #1







Leaving Puma Sth 16 August 2020



Lunch stop at Biggenden 16 August 2020 #1



Lunch stop at Biggenden 16 August 2020 #2



Parked up at Paradise Dam 16 August 2020



Day ride to Woodgate 22<sup>nd</sup> Aug 2020 #1 - OLivers



Day ride to Woodgate 22<sup>nd</sup> Aug 2020 #2 - OLivers

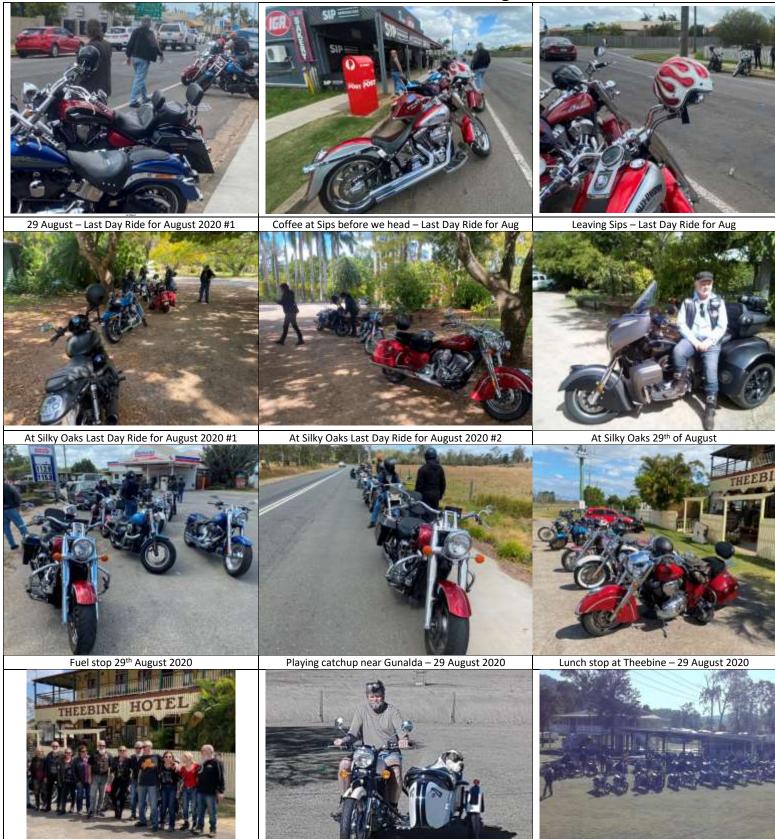




Day ride to Woodgate 22<sup>nd</sup> Aug 2020 #2 - Woodgate

Day ride to Woodgate 22<sup>nd</sup> Aug 2020 - Howard

### INDEPENDENT RIDERS Out and about on the Fraser Coast – August #2



JB Testing out new Sidecar at Kilkivan

Vintage motorcycle event Kilkivan August 2020

A dodgy crew at Theebine

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### 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



- 2. 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.
<u>mailto:barra@maceaustralia.com</u>



#### This Month's Humor and Quotes





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



# FRASER COAST TOY RUN 2020 STALL DATES

All Station Square stalls will be at the Bottle Shop end of Station Square starting around 8.30 in the morning and finishing anytime between 2-3PM. We usually have a motorbike on display both in Hervey Bay and Maryborough.

Volunteers to help-out are always appreciated S

### 4 Bates fer Station Square are:

September Thursday 3<sup>rd</sup> September Friday 11<sup>th</sup> of September Thursday 24<sup>rh</sup> of September

#### ± öcteber

Friday 9<sup>th</sup> of October Friday 15<sup>th</sup> of October Thursday 22<sup>nd</sup> f October

#### · November

friday 6<sup>th</sup> of November Thursday 12<sup>th</sup> of November Thursday 19<sup>th</sup> of November Thursday 26<sup>th</sup> of November

#### **Bates for Stockland Hervey Bay are:**

### L September

Friday 04<sup>®</sup> September Friday 17<sup>®</sup> September Friday 25<sup>®</sup> September

#### L October

Friday 02<sup>14</sup> October Thursday 08<sup>14</sup> October Thursday 29<sup>14</sup> October

#### 4 November

Friday 06<sup>th</sup> November Thursday 12<sup>th</sup> November Thursday 19<sup>th</sup> November Friday 27<sup>th</sup> November

### + Becember

Friday 04<sup>th</sup> December

# FRASER COAST TOY RUN 2020 – DRAFT ITINERARY

Please note: These are estimated times only

Time	Details	
7.00am – 9.00am	Registration – Fraser Coast Toy Run Brolga Theatre Carpark	
9.00am	Vehicles depart Brolga Theatre Carpark, led by Queensland Rural Fire Brigade, Santa (on trike), with two bike escort, cars led by Maryborough Ford Club.	
	Additional Notes: Cars to exit top entrance RIGHT on Lennox LEFT at lights the RIGHT on Saltwater Creek Rd.	
9.10am	Motorbikes depart Brolga Theatre Carpark, followed by trucks and support vehicles.	
	Additional Notes: Motorbikes to exit lower entrance RIGHT on John St ( <i>at White Lion Hotel</i> ) then follow on to Saltwater Creek Rd.	
9.15am	First vehicles along Saltwater Creek Road	
9.45-10.00am	First vehicles arrive Tooth St Pt Vernon/Eli Waters. 15-30 minutes for regrouping	
10.30-10.45am	Procession led by Queensland Rural Fire Brigade, Santa then motorbikes and cars, commence ride through Esplanade to Elizabeth Street, then Booral Rd to Torbanlea	
11.30-11.45am	First vehicles arrive at Miners Arms Torbanlea	
12.15-12.30pm	Fraser Coast Family Network presentation to toy run participants. ( <i>Approximately 15 minutes</i> )	
12.15 onwards	Lunch will be available	
12.15-12.45pm	<ol> <li>Presentation to Family Networks Art Participants, this also includes a cheque of \$500 to participants to utilise within our community</li> <li>Cheque presentation MACE Wide Bay</li> </ol>	
12.45pm onwards	Main raffle prizes drawn and live music includes entertainment with Fraser Coast Family Networks.	

### Cash raffle boards drawn as well as lucky door prizes drawn throughout the day.

Please note: These are estimated times only



# INDEPENDENT FOUNDATION RIDE

## CELEBRATING OUR FOUNDATION, OUR SUCCESSES AND HAVING A GOOD TIME.

ROUTE WILL BE MURGON, CHINCHILLA, CRACOW (539KM APPROX.) AND RETURNING EISVOLD, MUNDUBBERA AND GAYNDAH THEN BIGGENDEN. ((319KM APPROX.)

# ANY QUESTIONS PHONE MICHAEL 0409 575284 OR JULIE 0400 690981.

# OUR COMMUNITY FRASER COAST INC 1458583 IN CONJUNCTION WITH INDEPENDENT RIDERS AUSTRALIA PTY LTD INVITES YOU TO PARTICIPATE IN FRASER COAST FAMILY NETWORKS PETITION Do you like to draw? Paint? Create? DEADLINE FOR ENTRIES GRAND PRIZE 29/10/20 WINNER Have your masterpiece On your own toy run shirt The winner of this competition will have their design used on the tee-shirts gifted by Contact Tammy for more information 0439 649456 Independent Riders to competition participants Competition closes 5.00PM Thursday who attend the EVEL Fraser Coast Toy Run the 29th of October, Winners

- Help decide how to spend \$500
- Certificate of Participation
- Be our Disability Ambassador for 2021

BECAUSE OF OUR LIMITED RESOURCES THIS EVENT IS BY INVITATION ONLY

announced Monday 9th November 2020





Sunday meet at Lakeland Hotel, Mon Millaa Millaa, Tues Tully Heads, Wed Bowen, Thurs Theresa Ck Dam, Fri Bouldercombe

Catering Available, Bars, Auctions, Raffles and more...

All money raised supports children with spina bifida

This is a charity ride -No discounts and no hangers on please ALL Prepaid registrations include t-shirt, badge and camping fees

More information and online and print registration forms

www.southern-cross-association.org.au

Support provided on the Poker Run by Overlanders Motorcycle Event Support

# FOR SALE #1

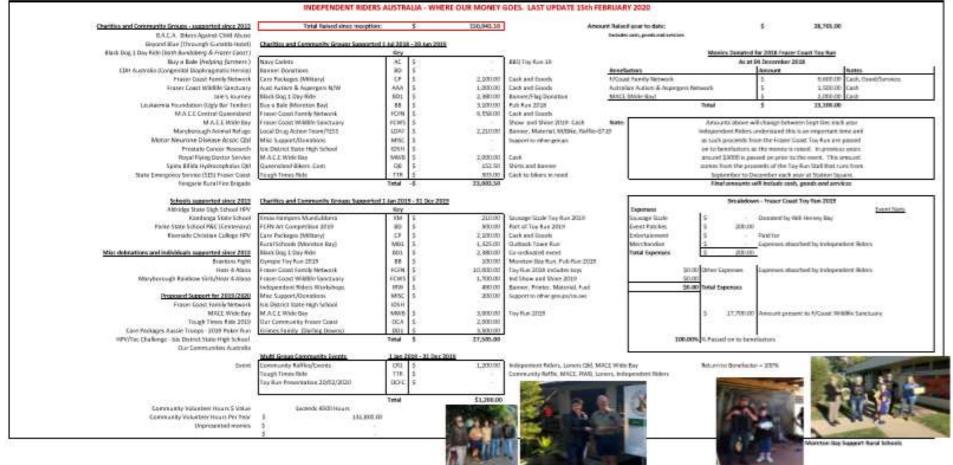


includes water filter, grinder, touch screen and till (never used), scanner, mini receipt printer.

Originally purchased for \$20,000 this machine has had no commercial use. For inspection and/or to make an offer over \$5,000 contact Michael or Julie

Phone: Michael 0409 575284 or Julie 0400 690981

### WHERE OUR MONEY, GOODS AND RESOURCES GO



Org projectivities fraiser Court Wildlife Sections

Corolins: Dealethy Arthusador 3579

### Independent Riders Australia – Supporting our communities

### **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 2020. In 2021 we are hoping to be able to give to an organization in Wide Bay that provides care to our returned service people.

List for what can go in a Care Packages, anything that you would like to receive from home! Note: If we keep the boxes under2kg the military will send for nothing.

Razors	• Milo,	
Roll on deodorants	<ul> <li>Coffee, (small packets)</li> </ul>	
Chap sticks for lips	• Tea	
<ul> <li>Shampoo and conditioner (Small)</li> </ul>	Nutella	
<ul> <li>Sunscreen. (Small)</li> </ul>	Cookies	
<ul> <li>Baby wipes. (Wash)</li> </ul>	Nuts	
Body wash	• Gum	
Eye drops	Dried fruit	
<ul> <li>Tooth paste or Toothbrush</li> </ul>	Note books	
Tim Tams	• Biro's	
Lollies	Puzzle books	
Noodles	<ul> <li>Playing cards. UNO cards, dice</li> </ul>	
Vegemite	<ul> <li>Magazines. (car books , bikes others that</li> </ul>	
Peanut paste	would be interesting, national geographic	
Muesli bars	books, calendars) etc	

Sorry No glass jars or aerosol cans

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.



### Corona Virus Links to The World Health Organisation Website

Links below are directly to the World Health Organisation in regards to the Coronavirus Disease. It is far better in this day and age to arm oneself with facts rather than rumors, hearsay and half truths.

The first link is:

- Myth busters, followed by:
- When and how to use masks,
- Advice to public,
- Videos on prevention,
- Healthy Parenting and finally:
- Virus situation dashboard.

#### Myth Busters 1

When and How to use Masks

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

Advise to Public <u>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public</u> Videos on the Prevention and Spread of the Disease <u>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos</u>

Healthy Parenting https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

Coronavirus Situation Dash Board https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd