

# LifeSpan Illawarra Shoalhaven: Community Campaigns

## R U O K? Day activities planned for our region

Please get in touch with the listed contact person directly if you would like to arrange vision, photograph, or interview.

Organisation/ Community group	Event description / attendees	Date	Time	Venue Name	Venue Address	Contact name	Contact phone	Contact email
St Joseph's Catholic School (organised by Albion Park Youth Centre)	Mental Health Expo for students - with focus on raising awareness of available services and teaching kids to notice that someone may be in distress, start a conversation and refer on.	14/09/17	9:00am - 3:00pm	St Joseph's Catholic High School Albion Park	16 Macquarie St, Albion Park NSW 2527	Yvette Cairns  (School Contact Gail Tarrant - 4230 8500)	4257 3342	<a href="mailto:yvette@apyacc.org.au">yvette@apyacc.org.au</a>
University of Wollongong	RUOK? Day presentation by local Black Dog Ambassador followed by lunch	14/09/17	12:00pm - 1:00pm	Innovation Campus	iC Central, Innovation Campus, Squires Way, North Wollongong NSW 2500	Hayley Rodd	4221 4321	<a href="mailto:hrodd@uow.edu.au">hrodd@uow.edu.au</a>
Illawarra Aboriginal Medical Services	Illawarra AMS staff, clients & community members	14/09/17	Morning & Afternoon Tea	Wollongong AMS	150 Church St, Wollongong NSW 2500	Carlie Schofield	4229 9495	<a href="mailto:cschofield@illawarraams.com">cschofield@illawarraams.com</a>
				Dapto IAMS	2/130 Princes Hwy, Dapto NSW 2530	Erin Fraser	4229 9495	<a href="mailto:EFraser@illawarraams.com.au">EFraser@illawarraams.com.au</a>
Wollongong City Council	RUOK? Day Recognition (Wollongong City Council staff only)	14/09/17	11:30am - 2:30pm	Wollongong City Council	41 Burelli St, Wollongong NSW 2500	Marcia Merrigan	4227 7636	<a href="mailto:mmerrigan@wollongong.nsw.gov.au">mmerrigan@wollongong.nsw.gov.au</a>

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Illawarra Shoalhaven Local Health District	Several RUOK? Day functions will be held for staff throughout ISLHD	14/09/17	All day	Multiple sites	Multiple sites	Tegan Mattila	4221 6861 0477391219	<a href="mailto:tegan.mattila@health.nsw.gov.au">tegan.mattila@health.nsw.gov.au</a>
Shoalhaven City Council	RUOK? Day morning / afternoon teas for staff	12/09/17	7:00am - 3:30pm	Multiple sites	Multiple sites	Jessica Rippon	4429 3595	<a href="mailto:jessica.rippon@shoalhaven.nsw.gov.au">jessica.rippon@shoalhaven.nsw.gov.au</a>
	RUOK? Day Breakfast for staff	14/09/17	6:30am - 9:30am	Shoalhaven City Council Ulladulla Depot	14 Deering Street, Ulladulla NSW 2539			
	RUOK? Day Lunch for staff	14/09/17	12:00pm - 1:30pm	Shoalhaven City Council Nowra Admin Building	36 Bridge Rd Nowra NSW 2541			
Kiama City Council	RUOK? Day Breakfast for outdoor employees	14/09/17	7:15am - 8:30am	Kiama Pavilion	2 Bong Bong St, Kiama NSW 2533	Brent Blackburn	4232 0444	<a href="mailto:communications@kiama.nsw.gov.au">communications@kiama.nsw.gov.au</a>
	RUOK? Day Lunch for indoor employees	14/09/17	12:00pm, 1:00pm	Kiama Council Chambers	11 Manning St, Kiama NSW 2533			
	RUOK? Day Afternoon tea for employees	14/09/17	2:30pm - 3:30pm	Blue Haven Aged Care Facility	200 Terralong St, Kiama NSW 2533			
headspace and Lifeline South Coast	Out of the Shadows and Into the Light Walk	15/09/17	5.15pm (for 5.30pm start)	North Wollongong Beach	North Wollongong Beach (grassy area between North Kiosk/Diggies and the Pavilion)	Clementina Velasco	4220 7660	<a href="mailto:cvelasco@gph.org.au">cvelasco@gph.org.au</a>