

Northern Mission



Midweek Bulletin

6 May 2020

Hello St Bede's Parishioners,

There are a couple of attachments for you this week. One is the Weekly Catholic Voice, the other an invitation to take part in a survey on Grief in Older persons (that's most of us 😊). See information below under "Study details"

- Students begin their return to St Bede's School in week 3, from May 11. Kindergarten students may return for two days of face to face teaching; Years 1 – 6 students for one day.

Timetable is as follows: Essential Workers = EW Additional Siblings = AS

Monday 11 May	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Kindergarten	Year 1	Year 3	Kinder	EW
Year 4	Year 5	Year 6	Year 2	
EW	EW	EW	EW	
AS	AS	AS	AS	

- There a great response to the first week of the QPRC On-line Road Rules Quiz with over 300 responses and average score of 83% - so well done QPRC road users. One lucky winner that entered the quiz has won a \$50 gift voucher to local supermarket. There are still 2 more weeks left to enter the quiz – it's free, takes 5-10 minutes and all entries go into draw to win a prize.

Here is your link for the quiz: <https://www.surveymonkey.com/r/ROADRULESQUIZ5>

- **Study details:**

Who are we looking for?

We are looking for people who are:

- Aged 65 years or older.
- Currently living in Australia.
- Able to read and write in English.
- Have experienced the death of a significant person in their life at least 6 months ago or longer.

What do we ask them to do?

We are looking for people to complete a 25-minute survey, which is available online and as a paper-based version that can be posted to interested participants. The survey addresses questions related to grief, wellbeing, health and the use of healthcare services.

What do we offer in return?

In addition to knowing that your support can help us better understand the bereavement needs of older people, we also offer the following: Everyone who completes a survey can enter into a draw to win one of five \$200 Coles Myer gift cards.

- **One for the chaps:** Today [RAMHP](#) are pleased to announce the official launch of a new men's website which helps rural men reach their best possible mental health. Like many of us, the RAMHP team saw that many men in the bush who weren't doing well were also not reaching out for help to keep themselves strong and well. In response, the RAMHP team worked with rural men to build [You Got This Mate](#).

You Got This Mate provides men with practical tips and information about *how* and *when* to take action when it comes to their mental health.

Featuring an interactive quiz and videos of men sharing their stories about their own journey and struggles with mental health, You Got This Mate also connects men to the best possible care in their local area. There's also some great information for friends or family members who may be worried about someone and aren't sure how to help.

Like all RAMHP products, information presented on the website is evidence-based, developed with the Research Team of RAMHP's lead organisation, the [Centre for Rural and Remote Mental Health](#).

Please take a moment to visit www.YouGotThisMate.com.au. It only takes a second to share it or pass it on to a mate too.

You got this mate... and RAMHP's here to help.

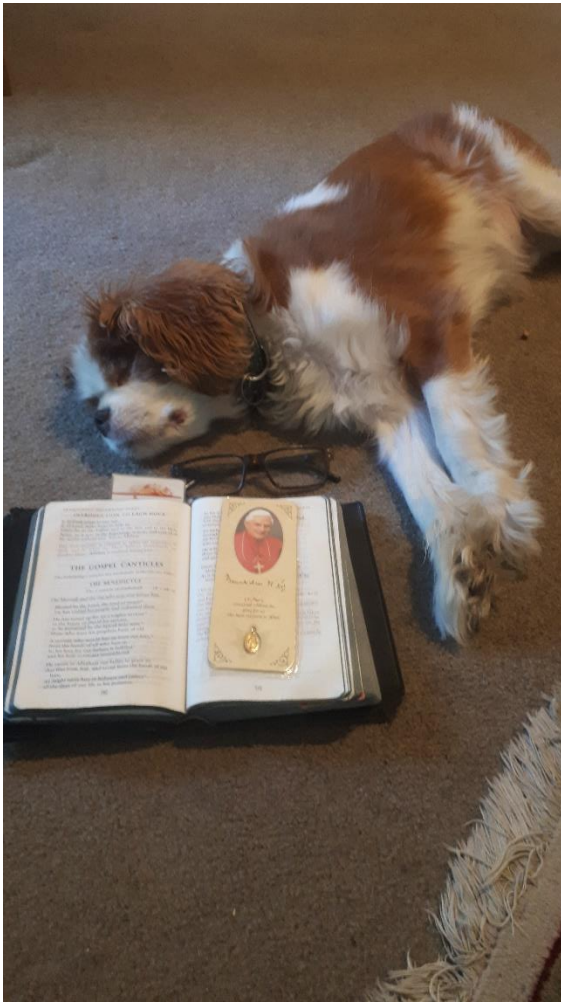
Father Peter sent this reflection on COVID-19. Check it out <https://www.youtube.com/watch?v=Nw5KQMXDiM4>



You can find more details on the concert and view the great artist line-up at caritas.org.au/loungeroomsessions

The fun stuff:

Father Peter's dog, Benny, finds Prayer very relaxing!



Will this be the reaction when we can once again go out?



next Sunday 10 May.