

# Get on ya bike for a ride to the brighter side

## Gabrielle Hall reports:

A NEW charity event in Clare will help put the wheels in motion for access to greater mental health support in the town.

The Ride For a Brighter Side event to be held on April 5, will see 20 teams of six to eight people ride stationary bikes for 12 hours straight to raise money for the Kade MacDonald Foundation and assist in providing greater mental health and well-being support for young people and the wider community.

A fundraising target of \$15,000 has been set for the event, and organisers are already well on the way to achieving the goal.

All proceeds will go to the Kade MacDonald Foundation to assist in getting general practitioners into Clare High School to provide greater support to youth, provide mental health first aid training for the public, fund mental health and well-being guest speakers in visiting local schools, and eventually to provide a dedicated space and meeting place for youth.

Team places are now fully booked for the event, however sponsorship options are still available and the whole community is encouraged to pop in during the event, which organiser and YMCA frontline coordinator, Sonia Goss, said would be a fun and festive affair.

"We really hope people will come and sup-



port the teams," she said. "The Valleys Lifestyle Centre will be open for the whole day and there will be an opportunity to donate to the cause on the day, but there will also be plenty of action with 20 teams 'riding' in the stadium, along with loads of entertainment.

"We have had a lot of local entertainers wanting to get involved, so on the day there will be music from Danny Hooper, Shelley Rose, Matt Allen, DJ Tash, Brad Bryksy, we'll have stilt walkers and dancers.

"We'll also have a minute's silence during the afternoon, with a balloon release, to remember those we have lost."

Kade MacDonald Foundation's Meg MacDonald said it

was anticipated the Ride For a Brighter Side would become an ongoing event to support mental health services in the region.

"Our primary goal is to increase the access for youth mental health support and getting more educational tools into schools," she said.

"Some of our youth don't know how to access mental health assistance – and it could just be someone needing a little bit of assistance because they're stressed or anxious about school or life – it's not just about mental health but focusing on young people's well-being as a whole."

YMCA Clare centre manager Ben Whalan said the organisation was thrilled to be supporting the inaugural Ride For A Brighter

In training for the Ride For a Brighter Side event, YMCA Clare centre manager Ben Whalan is cheered on by Strength for Life team member Jen Wallis, YMCA Clare frontline coordinator Sonia Goss and Strength for Life team member Lyn Sanford.

Side.

"YMCA is a youth organisation, and in our time serving this region we've seen the rise in mental health issues which has also directly affected our staff and friends," he said.

"Research, science and knowledge shows the benefits of a healthy lifestyle and fitness for mental health for all ages, so we are proud to be supporting this event with 100 per cent of the proceeds going to the Kade MacDonald Foundation."

Take a look at the Kade MacDonald Foundation Facebook page to keep up with all the event news, or contact The Valleys Lifestyle Centre in Clare on 8842 3999 for more details.

----- Advertisement -----



**FRASER ELLIS MP**  
MEMBER FOR NARUNGA

## Narungga January Update

It has certainly been a very challenging start to 2020 due to the ongoing emergency and recovery bushfire efforts, the latter to continue for many months, and years, yet.

I visited KI last week and plan to use all I learned to improve processes to better prepare us for future such emergencies and disasters. I also have had a day with Blaze Aid who remain assisting on Southern Yorke Peninsula after the fires there nine weeks ago.

It is incredible to have so many volunteers and support people working so hard across the State and country, undertaking a myriad of tasks – from fire containment and wildlife and habitat assistance to driving fodder relief and fundraising.

As we head for Australia Day celebrations, it is these efforts that best epitomise our true Aussie spirit – banding together to help out those in trouble wherever and however we can.

The news last Wednesday that Yorke Peninsula council area has been included as an eligible LGA area to receive grants of up to \$75,000 for farmers and \$10,000 for small businesses was very welcome and has come in response to concerns raised with my office.

The additional assistance is being provided through the jointly funded Commonwealth-State Disaster Recovery Funding Arrangements and the money can be used to replace sheds, fences, and stock and assist with clean up.

I'm particularly pleased eligible need includes replacing essential water that has been used for fire-fighting and may soon be needed again as the fire season continues, another specific issue raised by local farmers. For more information on disaster assistance visit [www.disasterassist.gov.au](http://www.disasterassist.gov.au) and [www.dhs.sa.gov.au/recovery](http://www.dhs.sa.gov.au/recovery)

The Personal Hardship Emergency Grants for immediate help for those affected by the Yorketown fire are now closed.

I sincerely commend the ongoing work of the Local Bushfire Recovery Committee comprised of community members and agencies staff and headed by coordinator Deb Richardson. Deb will be based at Yorketown for a few more months, working from the Recovery Centre at the SYP Community Hub in Yorketown (33 Stansbury Road; phone 8852 1820; open Mon-Fri 9am to 2 pm).

### Active Club Grants

In other news, I am pleased nine local sports clubs have been successful in the latest round of the Department of Sport and Recreation's Active Club program, each to receive in the vicinity of \$5,000 for new equipment/program support.

The successful clubs are Bute Netball Club, CYP Little Athletics, Kadina Croquet Club, Kadina Tennis Club, Mallala Netball Club, Minlaton Golf Club, NYP Pony Club, Southern Yorke Archers, and Western United Sports and Community Club Inc.

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