



HEART 2 HEART WALK 2023

ISSUE 2 / DECEMBER 2022 - JANUARY 2023

This newsletter release comes not long after the devastating and calculated ambush in south-western Queensland, taking the lives of Constables Rachel McCrow and Matthew Arnold, and brave neighbour trying to help, Alan Dare. Our thoughts remain with the Queensland Police Service, and those affected. This shocking event, with the immediate and lasting effects, further highlights our Key Objectives and motivates why we are doing the walk.

THE NEED FOR A HEART 2 HEART!

The **Heart 2 Heart Walk 2023** will commence on 01 July 2023, from Lambert Centre of Australia (Heart of Country) to Australia's Parliament House (Heart of Nation), arriving on 28 September 2023, the eve of National Police Remembrance Day (NPRD). This walk is to be staged to:

1. Raise awareness around First Responder mental health and wellbeing of serving and retired (veteran) First Responders;
2. Seek a commitment from the Federal Government on the implementation of the 14 recommendations from the 2019 Australian Senate Inquiry: 'The people behind 000: mental health of our first responders', following their inquiry into First Responder Suicide, Post-Traumatic Stress Disorder (PTSD) and Premature Mortality;
3. Raise funds to:
 - a. Obtain empirical evidence through the funding and commission of scientific and academic research into serving and retired First Responder mental health and wellbeing; and,
 - b. Connect education providers with First Responders, past and present, and their Families, to better support them all.
4. Establish a National First Responder Mental Health and Wellbeing Commission to provide greater command, communication, coordination, and leadership of effort, to complement the Defence and Veteran's Suicide Commission.

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Email:

Heart2HeartWalk2023@gmail.com

Website:

www.heart2heartwalk.org

Instagram

heart2heartwalk2023
h2hwalk.podcast

Heart 2 Heart Podcast now 'ON AIR'!



Complementing the [Heart 2 Heart Walk 2023](#), is the Heart 2 Heart Walk Podcast. Matt's mobile studio; a 1968 Franklin caravan called 'Dolly', is complete and ready to hit the road.

🎧 We're honoured to have Matt 'the pod-master' on board, who has so-far recorded, edited and issued five podcast episodes; with nearly 300 downloads in the past 30 days. Episode one and two introduced Vince and Milney who both touched on their service history, their journey to how the walk came about, along with some background on our key objectives.

The first of the special edition 'Hot Debrief' episodes went live, with Matt interviewing recently retired Fire & Rescue NSW Superintendent Bruce Cameron AFSM after an amazing 42-year career. 'Hot Debrief' episodes are captured in the 'Hot Debrief' / 'Hot Wash' mantra of:

1. What worked well;
2. What didn't go so well; and
3. What would you do differently if you could give your 18-year-old self some advice.

📻 **Stay tuned** through your favourite podcast platforms [here](#).

Planning Update

Weekly planning meetings have commenced, creating some great outcomes and priorities. There is now an outstanding cohort of serving and retired First Responders involved in the planning and preparedness phase and a real excitement about what we want to achieve. The bar has certainly been lifted as to what we want to achieve on the walk and in support of it.

Our current priorities include:

- Continuing to secure charity status with the Australian Charity and Non-For Profit Commission (ACNC) with a subsequent submission to be lodged in the coming weeks;
- Drafting and disseminating an official sponsorship/ supporter letter to secure seed funding;
- Planning and preparedness for the official launch (more below); and,
- Continuing to seek collaboration, partnerships and endorsement from the range of first responder and mental health and wellbeing service provider organisations across the country.

Official Launch

Has been set for 14 February 2023, with the planning group currently securing location and compiling a substantial invitation list of key supporters of the event. Weather permitting, we're aiming to hold the media event at either the National Emergency Services Memorial, or the lawns out the front of Parliament House in Canberra; both venues have pros and special meanings. An informal event is also proposed at the Canberra Services Club after the media event.

THANK YOU TO OUR PARTNERS AND SUPPORTERS

The walk would not be possible without the ongoing guidance and support of our key partners:

