



# HEART2HEART WALK 2023

Issue 1 / November 2022

## WELCOME TO OUR FIRST NEWSLETTER!

There's a lot to cover in our first newsletter, so let's get straight into it! Thank you for taking the time to familiarise yourself with the **Heart 2 Heart 2023 Charity Walk Update**, in this, our first planned monthly updates.

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*Get involved! Visit our [website](#) today and sign to walk or support the walk!*

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### THE NEED FOR A HEART2HEART!

The **Heart 2 Heart Walk 2023** will commence on 1<sup>st</sup> July 2023, from Lambert Centre of Australia (Heart of Country) to Australia's Parliament House (Heart of Nation), arriving on 28<sup>th</sup> 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.

### QUICK UPDATE

Interest in the walk continues to grow! Here is a snapshot of what we have achieved lately:

#### The Route Survey is complete:

The walk route has now been confirmed and the length has been surveyed. Many thanks to Cameron, Greg and Paul who undertook the various stages of the planned walk. And to Margie, the Airedale Terrier, who completed the whole route! Check out her Instagram page, details are below. This important tasking has allowed us to liaise with accommodation providers along the way and we have now confirmed overnight stays along the almost 2,800km route, which will be completed in 91 days.

Of most significance was the opportunity to meet with so many career and volunteer First Responders along the way (including the Ambos at Swan Hill, Victoria).

Thank you for all you do for your communities, and we look forward to seeing you again soon!



### THANK YOU TO OUR SPONSORS!

A big thank you to Police Bank and Diverse Training Concepts, our first main sponsors, thank you Boyd and Phil for making this real. The commitment to date has ensured the completion of the critical Route Survey! Without their help, we would not have been able to drive the route and meet key stakeholders and first responders along the way. Thank you for helping us to achieve this vital planning and preparedness phase! We are speaking with other potential sponsors and hope to bring good news over the coming weeks, so stay tuned.



## THANK YOU TO OUR PARTNERS!

What we are planning to do would not have been possible to do without the guidance and support of key partners in this, in particular [Emerge and See](#) and [Torode Solutions](#). These two organisations, both established by amazing women during the global pandemic, highlight the courage and resilience they bring to this important cause, and the commitment they display constantly in support of emergency service personnel, the First Responders. Thank you Ladies and we are so pleased to be working with you!

We are also pleased to be collaborating with Ben from TBL who is developing a range of sporting apparel specifically for the **Heart 2 Heart Walk**. As well as setting up his business, Ben is working with manufacturers to have samples to us shortly. We hope to have more information on this in the next newsletter.

## THE HEART2HEART PODCAST!

Complementing the [Heart 2 Heart Walk 2023](#), will be the Heart 2 Heart Walk Podcast.

A mobile studio is getting close to completion, and we're looking forward to 'hitting record' with amazing people (and their stories) in the lead up to, and throughout the journey. 🎧

Stay tuned. 📺

📷 <https://www.instagram.com/h2hwalk.podcast/>

📺 <https://www.heart2heartwalk.org/podcast>

We are so pleased to have Matt and his podcasts onboard, there are so many First Responders waiting to tell their stories!

So that's it for our first Newsletter. Thanks to everyone for your continued support and encouragement ! Please spread the word and stay safe.

## Contact Us

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