

media release



11th April 2010

Support for local blokes expands into Waikerie

ac.care's Bloke's Notes program has opened in Waikerie at the Community Centre making it easier for local blokes to access help.

ac.care has been working in the Riverland to meet the needs of people faced with relationship and financial hardship for over 13 years and with the launch of Bloke's Notes program in Waikerie ac.care is equipped to provide one-on-one confidential, non-judgmental support to local blokes.

CEO, Rob Foggo said, "meeting the community's needs is ac.care's priority. We are here to help. We know that surviving life's challenges can be very tough, and it can often feel like a very lonely road. We want to support you in sorting out family and other personal difficulties so that you get your life back on track, and feel good about your life."

The Blokes Notes program has been available in Berri and Mount Gambier and our service is based on what men have told us makes a real difference.

Providing this service to the Waikerie community will make it easier for local men seeking advice or information. I encourage you to take that first step to change by finding out if this program is for you."

Men in the Riverland who feel their life's in strife are encouraged to contact ac.care on 8582 2344 or email blokes@accare.org.au. ac.care can help blokes find a way forward with managing their lives, including:

- Feeling flat after surviving a major change or life crisis
- Tensions in their relationships with family, a partner or ex-partner, work colleagues or friends
- Talking to their ex-partner about the children
- coping with the grief from separation, death or illness
- communicating with children, including teenagers
- getting out of unemployment
- controlling anger and frustration when things are not going according to plan
- managing money and the rising cost of living

Make an appointment for confidential and non-judgmental support and advice in Berri and Waikerie call ac.care on 8582 2344 or email blokes@accare.org.au. Further information about the service can be found on ac.care's website www.accare.org.au

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About ac.care

*ac.care was formed in Mount Gambier in 1986. ac.care is one of the few organisations created and run by rural people for rural people. We work towards proving opportunities for all who live in rural communities: for safe and stable accommodation, to continue or re-enter formal education, develop employment skills, strengthen family or personal relationships, children to be supported, nurtured and developed. ac.care's current offices and community centres are in Mount Gambier, Millicent, Naracoorte, Bordertown, Murray Bridge, Berri and Waikerie. 60,000 people in (FY08-09) in the South East, Riverland and Murraylands of South Australia were supported through over 70 different programs and services that fall under one or more of ac.care's 7 goals: **alleviating homelessness | building communities | promoting learning | reducing poverty | sharing cultures | strengthening families | supporting children.***