

Media Release



Community BBQ event, raising mental health awareness as part of Mental Health Month

On Sunday, November 3, RKA Industrial Solutions, the Riverstone Historical Society & Museum, and North West Community Services united for a meaningful community event, raising mental health awareness as part of Mental Health Month. Held at the Riverstone Museum, the event provided residents with an opportunity to explore the area's rich history while supporting a crucial cause and raised an impressive \$804.74 in donations for mental health services.

The museum, which opens its doors to the public on the first Sunday of each month, welcomed visitors with a gold coin donation for entry. RKA Industrial Solutions organised the event and ran a BBQ, offering sausage and hashbrown sandwiches in exchange for donations. All funds from the BBQ went directly to North West Community Services, a local charity dedicated to mental health support. The Riverstone Memorial Club also contributed \$300 towards BBQ costs, helping to make the day a great success.

"This event was all about bringing the community together and supporting mental health," said Kelly Adams, General Manager of RKA Industrial Solutions. "It gave families a chance to learn about Riverstone's heritage while coming together to support a cause that affects us all."

In recent months, statistics have highlighted the pressing need for mental health support in Australia. In the past two months alone, it is estimated that 1 in 5 Australians aged 16-85 experienced a mental disorder, 17% experienced an anxiety disorder, and 1 in 7 children and adolescents experienced mental illness. North West Community Services strives to support people in the community by promoting help-seeking behaviours and connecting them with specialist services that lead to improved outcomes for those in need.

For Managing Director Ryan Adams and General Manager Kelly Adams, the cause is personal, having recently experienced the impacts of suicide in their personal circles. Their motivation to give back to the community reflects their commitment to making a difference in the lives of others, working toward a future where people feel supported and fewer lives are lost to mental health struggles.

The day's activities included museum tours and a BBQ enjoyed in the spirit of building stronger community connections. Families and residents came out in strong numbers, contributing generously to support the vital services provided by North West Community Services.

The event was a resounding success, demonstrating the power of community action in creating a healthier, more connected Riverstone.

If you would like to donate to North West Community Services' mental health programs, please visit RKA Industrial Solutions' website, where a permanent link for donations now supports local mental health initiatives:

<https://rkaindustrialsolutions.com.au/north-west-community-services-donation/>.

We are ***"Building a Stronger Community Together"***.

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