



Miners' Promise
your family our family

The Promise

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www.minerspromise.org.au

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PLUS YOUR CHANCE TO WIN A MY FIFO FAMILY RESOURCE KIT



Social Media Comeback

Following feedback received from our 2014 member survey, we have revamped our social media strategy and now re-appear, refreshed and refocused, on our brand new Facebook page and Twitter account.

We will be working hard to bring you the latest industry news and information pertinent to our industry, in addition to our regular updates on Miners' Promise activities and events to keep you up-to-date and informed.

To celebrate this re-launch enter our **'WIN 2 GOLD CLASS CINEMA TICKETS' Facebook challenge**.

Post a picture of your favourite resource worker. This could be your dad, your mum, sister, brother, partner, or a mate – and tell us what is so special about them in 25 words or less. Visit facebook.com/minerspromiseorg for more details now!

Historic Rockdrill Competition Returns

On 21 March, and despite extreme conditions with the mercury hitting 39 degrees, the WA Rockdrill Club reintroduced the historic "Rockdrill Competition" to Kalgoorlie, following an 18 year hiatus.

A staggering 80 competitors entered the event, some of whom had travelled from the eastern states to compete, helping to cement its success. This enthusiastic response has also helped ensure the event's continuation, with the Club now anticipating it will once again be held on an annual basis.

"The success of this historic event was largely due to the support from our sponsors, the enthusiasm and support of the many competitors, and the massive effort and professionalism of our volunteer management team, who include Miners' Promise Chairperson, Graham Crew," said Ken Harman, Club President.

"I'd like to thank everyone involved and look forward to seeing you all next year," he added.

The winners on the day were as follows:

- Singles: Michael Briggs
- Doubles: Toby Blake and Darren Keogh (Vic)
- Jack & Jill: Ian and Margie Cameron
- Veterans: Graeme LeBrun
- Novice: Rene Drew

Miners' Promise would also like to thank the kind generosity of the WA Rockdrill Club for pledging some of the proceeds from the event. These donations, together with your contributions as members are how we ensure we can continue to provide our vital services to the many families who need our support each year.

Images provided with permission from the WA Rockdrill Club.

Hints for keeping connected with your kids



My Fifo Family (MFF) was established with the help of resource companies across Australia almost four years ago.

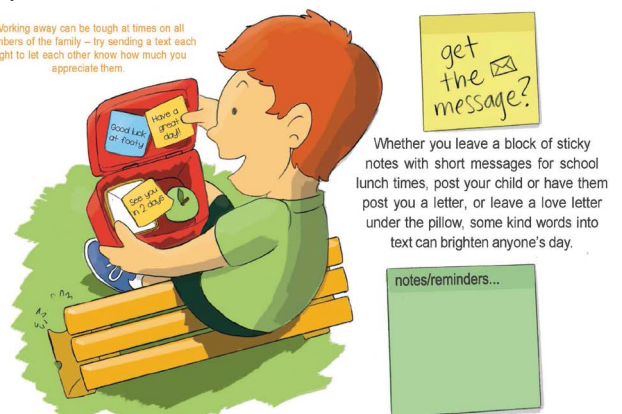
Since this time it has provided more than 33,000 families across Australia with resources including activity packs, kids calendars and children's books aimed at helping kids better understand and adapt to having a parent away for periods of time.

"My initial aim in starting MFF was to provide support to the children. However, the more I spoke to these families and the workers on site, the more I realised it was the away parent that needed guidance on adapting to the FIFO lifestyle, and advice on how to stay connected with their kids during the times spent apart," says Deanne Hislop, My Fifo Family.

"One of the most common statements I hear is, 'My child doesn't want to speak to me on the phone when I'm away'. So I came up with some simple ideas to help these parents think a little outside the box."

Here are a few of Deanne's *Top Tips* for staying connected with your kids:

- Use Facetime or Skype so they can see your face – and talk to them away from distractions (bedrooms, toys TVs etc) – and always avoid the witching hour!
- Keep conversations short and frequent. Don't ask too many questions at once, as this can be overwhelming.
- Record messages of your voice on your partner's phone, or leave a message on an answerphone – a good night message, a story book, or just a 'hello' and 'thinking of you'.
- Leave a stack of post-it notes with short messages or drawings for the home parent to include in a lunch box.
- Fill a jar with messages from you that can be read out each evening at dinner time.



- Write a list of things your children can draw, paint or create for you while you are away and find a special place to put them all.
- Laminate pictures of your face so they can use a dry erase marker to draw glasses, beards, crazy hair etc. This also works a treat if you laminate A4 paper and use it as a place-mat for your toddler.
- Take loads of pictures and videos of your room/donga, the trip to work and anything else that your children might want to know about your time away. This also gives them context and helps them understand your 'away world'.
- Make sure the 'at home' parent talks about you while you are away, for example, "I bet Dad/Mum would have thought that show was funny too", or, "Let's put some of these aside for when Dad/Mum gets home".
- Take some books with you on your shift and read them over Skype or Facetime with your kids.

For more information on My Fifo Family and further tips go to www.myfifofamily.com

And don't forget to enter our competition for a chance to win a My Fifo Family Pack. See back for details.

Member Story: The Johnson Family



Whilst moving house in late January, I noticed a dry cough coming on, discounting it as sensitivity to dust while cleaning, I paid no attention.

By the first week of February, I was in a worse state, coughing regularly and it was now interrupting my days. My wife Niomi urged me to go to the Doctors, but I put it off until after the weekend.

After a couple of days off work, I was back at the Doctors again, following my wife's concern. That afternoon, we were being flown out to Perth, with at that stage, multiple undiagnosed masses in my chest.

In the quick rush to grab some clothes and pack, I watched as my wife began to take on the gravity of the situation. She has always been adept at coping with our transient lifestyle, regularly moving around Australia - but this was different - and I wasn't able to talk to her or help comfort her in what was unfolding. A great friend arrived to help us get to the airport and on a plane to Perth, also assisting us in finding what little accommodation was available for a couple of days.

After arriving at Perth, the pressure on our family escalated while I underwent numerous tests leading up to surgery to remove multiple lymph nodes. As I lay there and waited for pre-surgery, holding Niomi's hand and trying to keep our two young boys positive, I could see she was really starting to struggle with the situation. Then I remembered reading a Miners' Promise newsletter about how another Miners' Promise member, who was injured out of work, had been supported in his time of need. So I asked Niomi to call them and see if they could help us.

Within 15 minutes, Niomi received a call back. Miners' Promise was able to assist my family. The support from the entire team to my family was fantastic! I was also relieved to see how quickly they responded. We were so grateful.

Thank you so much for being there when we needed this help. The care didn't even stop there as we have since received follow-up communication, checking on my recovery. Thank you Miners' Promise.

Steve, Niomi, Trent & Alex.

Is your contact information current?

It is important for us to have your current contact information, especially if you or your family ever needs our assistance. We also want to ensure you don't miss out on the potential to win some of the great prizes and gifts on offer in our frequent competitions and giveaways. (Don't forget to enter our current Facebook competitions.)

So if your contact information has recently changed, make sure you update your details with us as soon as possible.

You can use our **Member's Only Login** area on the website to update your details. This feature enables you to set up your own online account that can be accessed at any time

to update your contact information, view contributions made to date, or make additional donations.

If you haven't already set up your account, or have forgotten your login details e-mail us at info@minerspromise.org.au or call **1300 124 014** and we will gladly assist you.

Prefer not to register for an online account? Just call us and we will update your contact information over the phone. Otherwise complete the change of address form sent with this newsletter and return it to us via mail. Postage is free.

What kinds of services have we been providing most recently?

Here's some of the ways your contributions have enabled us to assist fellow Miners' Promise members and their immediate family during a crisis event or following a fatality.

- Assisting with the payment of rent/mortgage;
- Psychology and counselling services for the immediate family;
- Liaising with utility providers e.g. phone companies, internet providers, electricity on behalf of the families from an administrative perspective;
- Helping with travel and accommodation expenses for the immediate family;
- Providing expenses for removalist, repatriation, storage and car hire;
- Providing study assistance for dependent children;
- Payment and coordination of gardening, lawn mowing and tree lopping services;
- Liaising with Department of Mines and Petroleum; police and coroner; providing support to families during inquests and attending court with families through the whole process;
- Providing funds for funerals and memorial expenses as well as helping with coordination where requested;
- Sourcing, hiring and paying for domestic cleaners;
- Coordinating and paying for meal deliveries;
- Providing emergency financial assistance;
- Liaising with financial institutions, superannuation funds, insurance companies and employers as requested by the families as well as assisting with estate matters and liaising with solicitors and medical practitioners;
- Facilitating fundraising for the benefit of the immediate family; and
- Paying bills including phone, electricity and water etc.

Our Contact Details

Postal Address:

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By phone:

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By email:

info@minerspromise.org.au
temby.fitzroy@minerspromise.org.au

After Hours | Emergency

0409 124 014

Win a My Fifo Family Resource Pack!

Post your Top Tip for staying connected with your kids whilst you are working away on our Facebook page to win one of three My Fifo Family Resource Packs (shown below and valued at \$39.95).

To enter, go to our Miners' Promise facebook page now, like us and post your Top Tip for a

chance to win one of these packs, kindly donated by Deanne Hislop of My Fifo Family (MFF).

You don't even have to have kids to enter – you can win the pack to give to a family you know.

The top three tips will be those with the most number of likes... so make sure your friends "like us" too and vote for your top tip! Enter as many top tips as you like in separate posts, but to make it fair – you can only win one resource pack!

For competition closing date and further details, visit our Facebook page now.



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