

**-FOR IMMEDIATE RELEASE-**

**3 SEPTEMBER 2025**

**PROMPTING THE CONVERSATION:**

Cootamundra-Gundagai Regional Council (CGRC) has supported the R U OK? conversation with a variety of prompts. From colourful work shirts to the annual in-house R U OK? day. Signage adorns Council workplaces reminding employees to seek help or ask the question of fellow work colleagues who may be struggling with life.

The R U OK? organisation founded by Gavin Larkin in 2009 has championed the fact that a conversation could change a life and encourages people to stay connected and have conversations that can help others through difficult times.

The initiative has moved well beyond the workforce and in Cootamundra this week CGRC and local police will hold a combined school's breakfast barbeque on Thursday 11th September 2025 at 8am at the Cootamundra Youth Hub. This event is supported by the NSW Police and local schools. All students are invited to attend and will be walked to school afterwards accompanied by local police, teachers and parents.

Residents are invited to an R U OK? Community Morning Tea to held on Thursday 11th September at 11am in the Stephen Wards Room, Cootamundra Library. This community event is supported by Mission Australia, Intereach, NSW Police, and Cootamundra-Gundagai Regional Council. Both events are free, and all are welcome to attend.

The Gundagai CWA and Gundagai Shed will be hosting a cook off on Thursday 11<sup>th</sup> September from 11am to 12 noon at the Gundagai Services Club. They are encouraging all to wear yellow and participate in four cooking categories.

CGRC Mayor Abb McAlister said the initiative prompts a conversation we all should have with friends, colleagues and family members.

"There is help available for people who are encountering difficult times and life issues, the simple question of are you ok? (R U OK?) can be the first step for many to have that conversation. These initiatives remind us all to look out for one another, show some empathy and assist in a way that may save a life," Cr McAlister said.

**PICTURE AND CAPTION:**

The R U OK? Initiative prompts a conversation about mental health and wellbeing, events across the LGA will be held on Thursday 11<sup>th</sup> September. Pictured is the R U OK convey with local police and the CGRC Youth & Inclusion officer Destini Hardy when they visited Gundagai last year.



**Cootamundra-Gundagai Regional Council**  
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