



PARLIAMENT OF NEW SOUTH WALES
LEGISLATIVE ASSEMBLY

FIRST SESSION OF THE FIFTY-SEVENTH PARLIAMENT

Community Recognition Statement

17 September 2020

NEW FM 105.3 RUOK DAY

Ms SONIA HORNER (Wallsend) :

Not everything in life goes the way we planned and when it doesn't, it's good to have close friends and family that you can talk to.

Whether it's about something serious or something not so serious, it's just good to have those conversations. 2020 has been a challenging year. Possibly the most challenging in our lifetime and it's important that we support one another by reaching out and checking with our friends, family, colleagues and team mates, asking "R U OK?"

That single question could change someone's life! R U OK? is an Australian suicide prevention charity with a mission to inspire and empower everyone to meaningfully connect with the people around them and to support anyone struggling with life.

On 10 September, 105.3 NEWFM practically became 'R U OK? FM', dedicating the whole day to people sharing personal stories, messages of support and information on how to get, and how to give help to people around us.

Congratulations to all the staff at 105.3 NEWFM for delivering this important message to Newcastle and the Hunter.

Special thanks Luke Hetherington, the Novos aka Jade, Matty and Krivo for all their efforts.