

RIDEWEST *Impact Update*

Wellbeing Out West Progress Report

A message from Meredith Staib

CHIEF EXECUTIVE OFFICER
ROYAL FLYING DOCTOR SERVICE (QUEENSLAND SECTION)



Dear RideWest team,

We are deeply grateful for your continued commitment to supporting mental health across Western Queensland through the Wellbeing Out West program.

Your efforts have enabled us to deliver vital wellbeing services, extend our reach and strengthen local resilience, while continuing to work closely with partner organisations. Together, we've helped ensure that people can access meaningful support closer to home.

Across Western Queensland communities, our clinicians have been on the ground offering Mental Health First Aid training, taking part in key agricultural and community events, delivering community health checks, and sharing practical resources tailored for life on the land. Your support has also deepened partnerships with many local organisations, ensuring care is coordinated, accessible and responsive to each community we serve.

Thank you once again for standing alongside the RFDS in Queensland. We look forward to what this year's ride will bring and to continuing our partnership as we work together to support the wellbeing of regional, rural and remote communities.

Warmest regards,

Meredith Staib

Summary

Over the last six months, the Royal Flying Doctor Service (Queensland Section) Mental Health clinicians have continued to deliver extensive mental health outreach, training, health screening, and community engagement across rural and remote Queensland communities.

The Wellbeing Out West (WOW) program continues to play a critical role in delivering consistent, flexible and responsive mental health services tailored to the unique needs and challenges of people living in the bush.

Support provided by the RideWest funding, has allowed the delivery of a range of interventions and wellbeing services to individuals and communities, integrated services with partner organisations, strengthened local resilience, expanded service reach, and deepen partnerships with community organisations, agricultural networks, and First Nations groups.

Key achievements include:

- Engaged with 12 communities within Queensland's Central West, South West, North West, Central Highlands and Maranoa regions.
- Delivered Mental Health First Aid (MHFA) training in Barcaldine, Blackall, Emerald and Winton.
- Participated in a range of major agricultural, cultural, and community events.
- Distributed practical mental health resources specifically designed for rural and remote communities, including 'Mental Health & Wellbeing on the Land' books.
- Provided community health checks and led wellbeing promotion initiatives in the Mental Health & Wellbeing Promotion Coordinator role.
- Strengthened partnerships with Tackling Regional Adversity Through Connected Communities (TRACC), St Vincent de Paul (SVP), Western Queensland Primary Health Network (WQPHN), Department of Primary Industries (DPI) networks, Central Queensland Indigenous Development (CQID), and local councils.



Community Events and Activities

The RFDS delivered a diverse range of community engagement, mental health promotion, training, and interagency collaboration activities across western Queensland in the past six months.

July

Augathella: AgForce Rural First Aid
 Tambo: Community visits
 Charleville: Community visit with TRACC & SVDP contracts
 Winton: Community Services Forum
 Windorah: Gymkhana with TRACC
 Longreach: Health checks at GroWQ Event & supplied resources to CQID stall at NAIDOC event
 Yaraka: Gymkhana

August

North West & Central West region: Kooroorinya Ladies Day
 Winton & Barcaldine: Just a Farmer movie events
 Yaraka: Unbreakable Farmer event collaborated with RFDS Charleville Primary Health Care team

September

Longreach: Artesian Basin Forum with Remote Area Planning and Development (RAPAD)
 Aramac: Community visits
 Muttaborra: Community visits
 Barcaldine: 60 & Better and MHFA refresher
 Emerald: MHFA delivery

October

Barcaldine: MHFA training for the Regional Council and community with TRACC
 Barcaldine: Resources provided at Desert Uplands meeting
 Longreach: Future Grass Growers regional event and Leading Sheep regional event
 Winton: MHFA training with TRACC

November

Augathella: Hospital Fete
 Blackall: MHFA training
 Roma: Young Beef Producers Forum
 Blackall: AgForce AGM and Dinner

December

Longreach: 2026 event planning and collaboration with local stakeholders
 Muttaborra: Informal community engagement, attendance at Christmas events in various communities



Cairns

Townsville

Mount Isa

Hughenden

Winton

Muttaborra

Aramac

Longreach

Barcaldine

Emerald

Rockhampton

Blackall

Yaraka

Tambo

Bundaberg

Windorah

Augathella

Charleville

Roma

Brisbane

Queensland regions visited:

- Central West
- South West
- North West
- Maranoa
- Central Highlands

Your funds in action

April 2025 Floods

RideWest funding has enabled the team to expand service reach and deliver a range of interventions and wellbeing supports that respond to the unique challenges of living in the bush. In addition to this standard mental health support, the RideWest funding has ensured that RFDS can provide accessible and timely mental health support to those communities affected by the devastating floods in Central and South West Queensland in April 2025. Thank you for helping ensure people could access care sooner, closer to home, when they need it the most.

Online Professional Development

In addition to the vital on-the-ground work, funding has supported the delivery of online professional development to the wider RFDS mental health team, ensuring staff across the region can maintain and enhance their clinical skills. Opportunities like this strengthen team capability, improve service consistency, support ongoing workforce development, and help retain staff across the region.

RFDS Casual Employment

In the past six months funding has contributed towards a locally based casual team member in Longreach which has provided increased on-the-ground support during periods of high demand. This additional capacity has reduced waitlist time, ensured continuity of care and expanded clinical options for local residents.

Mental Health First Aid training

Funding also supported the delivery of MHFA training across the service region. MHFA training has now been delivered on four occasions to communities across the Central West and Central Highlands, strengthening local capability and helping to reduce stigma associated with accessing mental health support.



Changing lives beyond the figures

The impact of RideWest funding is not just measured in numbers, it is seen in the faces of people who feel heard, supported, and valued. It has brought hope to families in drought and flood-affected regions, and ensured the ongoing presence of highly skilled and trusted clinicians committed to ensuring communities have equitable access to world-class mental health support. This partnership is changing lives through meaningful conversations and stronger connections across Queensland communities.

Your funds in action

Supporting a Connected Approach to Mental Health Care

The RideWest funding has strengthened the alignment and integration of services across the broader RFDS Central West and Outback Mental Health Team. This has ensured that programs operate cohesively, avoid duplication, and maximise the impact of mental health support across the Central West. The flexibility of WOW funding also enables us to tailor mental health support to individuals and community's needs, ranging from informal conversations at community events to formal one-on-one therapeutic intervention.

This crossover between programs has delivered several key benefits across Queensland communities including:

- Stronger referral pathways
- Consistent mental health messaging
- Mental health promotion
- Improved workforce efficiency
- Enhanced community trust
- Greater reach and increased impact of mental health support

Through RideWest funding, the WOW program continues to deliver strong interagency collaboration and community-led engagement to build resilience, improve wellbeing, and ensure equitable access to mental health support to communities across rural and remote Queensland.

Financials Summary

Category	Actual	
Insurance costs	\$1,202.00	0.57%
Motor vehicle costs	\$20,217.00	9.61%
Operating costs	\$66,982.00	31.85%
Personnel costs	\$112,052.00	53.29%
Travel costs	\$9,835.00	4.68%
Total	\$210,288.00	100%

WOW funding has also created valuable opportunities that extend beyond direct community engagement. Importantly, it has:

- Supported online professional development for the wider mental health team, ensuring staff across the region can maintain and enhance their clinical skills despite geographical barriers. This has strengthened team capability, improved service consistency, and supported ongoing workforce development.
- Enabled a locally based casual team member in Longreach to bolster face-to-face service delivery, providing increased on-the-ground support during periods of high demand or when outreach travel limits the availability of other team members. This additional capacity has ensured continuity of care and expanded clinical options for local residents.
- Supported workforce development in MHFA, with a team member successfully completing MHFA Train the Trainer. This has enhanced our capacity to deliver training locally. As a result, the team delivered three MHFA courses across Western Queensland, strengthening community capability and early intervention skills.

Thank you

The RFDS sincerely thanks RideWest for your continued support of the Wellbeing Out West program. Your investment is strengthening access to equitable mental health care for rural and remote Queensland communities, while supporting a capable and sustainable workforce to deliver this vital service. We value this partnership and the lasting impact it continues to create across the region.