



**Miners' Promise**  
your family our family

# The Promise

Issue: April 2016

[www.minerspromise.org.au](http://www.minerspromise.org.au)

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**PLUS: WIN A \$50  
BUNNINGS GIFT  
VOUCHER!**

**Helen Fitzroy, who led the development and creation of the Miners' Promise organisation, and who served as Chairperson between 2012 and 2014, has officially stepped down from her position as a Director of the Board.**

Helen was instrumental in creating Miners' Promise after experiencing the emotional and financial hardship of unexpectedly losing her husband Steve in a workplace accident in 1991. Impacted by the outpouring from others with stories so similar to her own, Helen began to develop the concept of a crisis support organisation, which ultimately led to the launch of the not-for-profit organisation in 2010.

For more than 15 years Helen has worked tirelessly to campaign for greater mine safety and better support, and as a result has become

## Inaugural Director steps down from Miners' Promise Board

a well-respected safety advocate within the resources industry across Australia.

Her efforts were recognised in 2012 when she won WA Local Hero in the Australian of the Year Awards and became a national finalist in the 2012 Australian of the Year Awards 'Local Hero' category.

Helen's personal struggle and recovery is also documented in her book *'Just a Number'*, which has helped countless others navigate their way through similar tragedy.

For the past 18 months Helen has also been delivering support to members and their families impacted by a crisis event, illness or death, in her voluntary role as a Family Support Advisor (FSA) for Miners' Promise.

"Miners' Promise exists because of the tenacity and dedication of Helen Fitzroy," said Richard Kern, Miners' Promise Chairperson.

"Not only is Helen largely responsible for the existence of the organisation and for directly assisting our families, but for the past 18 months, she has also been working behind the scenes on our organisation's procedural framework as part of our succession planning strategy. This means she is able to move on from her role as a Board member, safe in the knowledge that the organisation is set up for success.



*Helen Fitzroy, Miners' Promise Inaugural Board Member and former Chairperson*

"So on behalf of the organisation and my fellow board members, I would like to express our deepest gratitude for the enormous contribution Helen has made to Miners' Promise, for her five years service as a Director and former chairperson on the Board, for her work as a family support advisor, and in driving the organisation's procedural framework.

"Fortunately for us, Helen will be remaining with Miners' Promise as a family support advisor and has assured us she will continue to remain in this role for as long as she is needed," said Richard.

Helen is stepping away from the Board to allow others the opportunity to join, and to enable her to focus on delivering her message across Australia through her popular safety presentations, focusing on the personal perspective of a workplace fatality.

# \$3,300 donation from the CDO Gold Diggers Club!

**A huge thanks goes out to the members of the Carosue Dam Operations (CDO) Gold Diggers Club, who have made a generous donation of \$3,300 to Miners' Promise from the proceeds of their Australia Day raffle in January.**

The Australia Day raffle was attended by more than 100 employees. It is one of a number of types of events organised by the fifteen-strong Gold Diggers Club committee for Saracen Gold employees at the Carosue Dam Gold Mine, located near Laverton, approximately 120 kilometres North East of Kalgoorlie.

CDO Gold Diggers Club Administrator, Casey Devlin, contacted Miners' Promise in November last year to enquire about nominating Miners' Promise as one of their chosen charities.

"One of our committee members knew of the Paki family, who had lost their father and a son in a tragic car accident last year. They'd also heard how Miners' Promise had been able to help the family both practically and financially, so the committee made the collective decision that this would be an excellent addition to our small group of chosen charities to support," said Casey.

The CDO Gold Diggers Club has been operating for approximately 4 – 5 years and runs regular events for members to promote comradery on site, and to provide a social outlet for people away from home for long periods of time.

Many of the social events also involve raising funds for very worthy charities including the Royal Flying Doctors and the Breast Cancer Foundation.

In early 2015 the club underwent a re-vamp as the mine transitioned from open pit into three operational underground mines.



"Following the transition, we experienced a large influx of new people. It became really important to bring everyone together to help boost morale on site by providing opportunities for everyone to socialise and get to know each other," said Casey.

"Most of us spend more time here at work with each other than with our families, so the events have been really important and very well received. The re-vamp included a new club name and re-branding and we are hoping to increase the number and different types of events into the future," she added.

Thanks again CDO Gold Diggers, we look forward to working with you into the future!



## Have you experienced the loss of a loved one?

**Miners' Promise is facilitating its first ever support group lunch for people who have suffered the loss of a loved one.**

The event is aimed at bringing together people who have suffered similar losses within a supportive environment, where they can share information and offer support to one another. It will be led by the inspiring Helen Fitzroy, who lost her husband in a workplace accident in 1991 and has since dedicated her life to improving safety in the workplace.

The event is open to anyone (members and non-members) who have been affected by a loss of any kind, whether a work, or non-work related loss.

**Event:** Standing Together – Miners' Promise Support Group Lunch

**Where:** Little Creatures Brewery, 40 Mews Road, Fremantle WA

**When:** 8 April 2016, 12.00pm – 2.00pm

**Interested in attending?**

Call 1300 124 014 or email [info@minerspromise.org.au](mailto:info@minerspromise.org.au) to register your attendance or to receive further



information on this and future support events.

**Can't attend this time?**

The Standing Together Miners' Promise Support Group Lunch hopes to become a bi-annual event, so register your interest to receive advance notice of upcoming events.

# New Year's Eve no party for Jeremy and Chantelle

**On New Year's Eve, 31 December 2015, Jeremy Crotty and his partner Chantelle, along with their neighbours at Midland Caravan Park in Middle Swan, Western Australia, found themselves victims of a random arson attack that threatened to destroy their homes.**

It was 30 seconds to midnight. Jeremy was at work in the nearby Westrac warehouse, and on hearing the countdown, his phone rang. It was his partner Chantelle, but she wasn't calling to wish him a Happy New Year. Chantelle was panic-stricken. Fire had engulfed the back end of the caravan park and one man had already lost his home – in only a matter of minutes. Chantelle wanted to know what to grab in a desperate effort to save some precious things. "If you can, get the hard drive, he'd said, it's got all our photos on it."

Jeremy jumped in his car, Chantelle was hysterical.

"I could see the thick smoke and flames coming from the caravan park and I still had 10 minutes to drive," said Jeremy.

"Chantelle was on speaker phone in the car so I could hear the chaos around and terror in her voice. It was terrible," he added.

"By the time I arrived, the fire brigade were just getting there, and people were appearing out of the smoke. It reminded me of those horrible images from 9/11. The flames were so huge I thought everything in our home had to have gone and that's when Chantelle appeared," he said.

Jeremy, Chantelle, their neighbours and the fire brigade spent the next several hours fighting the fire, trying to keep as many homes from destruction from the burning embers being whipped up by high winds, landing on their roofs, and rolling under the caravans onto hot dry leaves.

The pair were luckier than some, and despite damage to the exterior, they still had their home.

Jeremy didn't sleep that night as he kept watch for spot fires in the paddock and swamp where the fires had first been deliberately lit. He didn't sleep for the next two nights either, remaining vigilant, feeling vulnerable to the elements, afraid it would happen all over again.

By the time Jeremy returned to the warehouse a few days later, he was physically and mentally exhausted, and his colleagues realised he wasn't fit for work.

"The flashing lights and horns beeping kept distracting me. It kept taking me back to the night, with all the noise and lights. It's amazing how many things take you back – loud noises, lights and smells. I also had a constant bad headache. I wasn't sure if it was from the lack of sleep or smoke or what, but I couldn't concentrate and realised I was a danger to my work mates as well as myself. So I left work and went to the doctor who said I had PTSD (Post Traumatic Stress Disorder) and needed to rest," said Jeremy.

Jeremy had used all his holiday allowance, so it meant taking time off work which would be unpaid. Then he remembered he was a member of Miners' Promise.

"I called Miners' Promise, and a Miners' Promise family support advisor came out to see me very quickly. They were brilliant. We still had bills to pay like rent and power, but Miners' Promise looked after that, even sorting out all the issues with the bank to make sure the payments could be accepted.



"Having Miners' Promise take care of this stress meant I was able to concentrate on getting our lives back to normal and getting back to work, which I did after a couple of weeks," said Jeremy.

"It was a huge weight off my shoulders, knowing Miners' Promise was taking care of the financial and practical obligations until I could get back to work. It meant we had one less thing to worry about. I am so glad I joined Miners' Promise. After all it's just a few dollars each week to save so much peace of mind," he added.

Sadly, the culprits who lit the fires were never apprehended, but Jeremy, Chantelle and the other residents continue to rebuild their lives, and the caravan park.

Jeremy and Chantelle were both keen to share their story to highlight the terrible destructive force of fire, and the importance of clearing brush and cuttings to prevent fuel build near residential areas.

We would like to extend our sincere thanks to both Jeremy and Chantelle (pictured above) for allowing us to share their story.

# Win a \$50 Bunnings Gift Voucher!

We have two \$50 Bunnings Gift Vouchers to give away to Miners' Promise members this April. All you need to do is email us at [info@minerspromise.org.au](mailto:info@minerspromise.org.au) and tell us what Miners' Promise means to you in 25 words or less.

Everybody loves a trip to Bunnings – so get your thinking cap on and send us an email before Tuesday April 12. The top two answers will be selected, and winners notified by Friday 15 April.



## Our Contact Details

### Postal Address:

PO Box 7165,  
Cloisters Square WA 6850

### By phone:

1300 124 014

### By email:

[info@minerspromise.org.au](mailto:info@minerspromise.org.au)

## Bupa brings Miners' Promise an exclusive member deal

**Health insurance premiums are set to rise 5-6 per cent in April - so we urge you to look at your cover and assess its value compared with other providers in the marketplace - as soon as possible!**

Each year private health insurance rises above inflation rates. So while the politicians and health insurers debate the reasons why this is happening, vote with your feet by switching to the plans that provide the best possible value for your needs.

To help you in the endeavour, Miners' Promise has partnered with Bupa to provide Miners' Promise members a very special member deal. So make sure you check it out before April 1 as a priority.

In this exclusive deal, as a Miners' Promise member, on joining you will:

- receive six weeks free hospital cover;
- a bonus gift or benefit when you take out Extra's Cover before May 31, 2016; and
- jump to "year 3" level loyalty maximums on extras cover.

You will also receive Bupa's "Life Skills Package", giving you access to a series of online, interactive health related learning courses on dealing with stress; building resilience; creating work-life balance; and promoting positive parenting skills. So get comparing now!

For more information on this exclusive membership deal email Miners' Promise now on [info@minerspromise.org.au](mailto:info@minerspromise.org.au) to obtain the special weblink. Or you can contact the Bupa Call Centre directly on 134 135, or call into your local Bupa Australia Retail Centre and tell them you are a member of Miners' Promise.



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