

A DISCOUNT WITH A DIFFERENCE

Last week NAWIC proudly announced an exclusive discount with a difference for our members. 15% off TradeMutt Workwear. TradeMutt is a social impact workwear brand, by tradies, for tradies. The sale of TradeMutt workwear helps fund free and unlimited professional mental health support for tradies, truckies and blue collar workers through their own support service tiacs.org.

TIACS foundation was created by Ed Ross and Daniel Allen, two social entrepreneurs from Brisbane, Australia. After Dan lost a close mate to suicide in late 2015, it became obvious that there was a significant lack of understanding around mental health, particularly among young men. After starting TradeMutt, Dan and Ed knew that they wanted to further their work from driving a cultural shift around the mental health conversation to actually providing a solution for anyone seeking help.

They therefore started TIACS (This Is A Conversation Starter). TIACS Foundation facilitates access to mental health professionals, by removing the physical and financial barriers to help.

For NAWIC Member, construction Operations Manager, Health & Nutrition Coach and Yoga Instructor Pip Seldon, the work of TIACS and TradeMutt is very personal, having lost her eldest brother, a carpenter, to suicide in 2009.

After the passing of her brother, Pip made it her mission to implement a proactive approach to suicide prevention, thus founding *The Healthy Tradie Project*. She now delivers workshops, training, mindfulness and movement classes to Australia's construction industry.

"With my connection to the construction industry, it was only natural that I gravitated toward supporting those who I work with every day. In my quest to implement a proactive approach to safety and suicide prevention, I founded the Healthy Tradie Project," says Pip.

She has also just completed a 928km -mountain bike ride to raise funds for TIACS, which took her 13 days from Adelaide, along the Mawson Trail to Blinman in the Flinders Ranges.

And whilst every day may have presented a new challenge, Pip says "the great thing about riding a tough climb is that you get to check out the view from the top and then enjoy the ride down the other side!" Her approach to life is no different. Pip believes that there is always a positive if you choose to go looking for it.

Pip undertook the challenge solo, but completed the ride as part of an initiative organised by Bike SA.

"The Mawson Trail never failed to disappoint. From the spectacular scenery of the Barossa Valley to fast single track, corrugated gravel roads, red dirt, rocks and sandy creek beds, brutal hill climbs, fun downhill runs and never ending stretches of flat terrain across open plains. Every day was different which was a good resilience test, but also incredible to witness."

Over 13 days, Pip rode a total of 928km. She spent 48hrs in the saddle and climbed 10,296mtrs.

To date, Pip's GoFundMe page has reached 65% of her goal. If you'd like to support please go to <https://gofund.me/670ebebfb> to donate. All funds raised go to TIACS.

If you'd like to learn more about the workshops Pip offers please head to www.thehealthytradieproject.com.au

If you'd like to donate to TIACS please visit www.Tiacs.org

If you're a NAWIC member and would like to purchase TradeMutt workwear with your exclusive discount, head to www.trademutt.com or the member portal on the NAWIC website.