



Media release  
For immediate release

## **Daylesford resident welcomes more than 70 guests to Beyond Blue's Big Blue Table**

This October, Daylesford resident and passionate home cook Raman is encouraging people to discuss mental health over a meal, joining thousands of others in fundraising for Beyond Blue through the Big Blue Table initiative.

Again in 2024, Beyond Blue's annual fundraiser invites people to bring their friends, families, and work colleagues together during Mental Health Month to host a Big Blue Table. The initiative aims to use the power of human connection to tackle the myths, misunderstandings and attitudes about mental health conditions over a shared meal.

Raman is holding his second Big Blue Table in October, bringing together friends and community members after the tragic car accident that took the lives of five people outside a local Daylesford pub last November.

"Many locals - some of whom are close friends - witnessed the event and were first responders rushing to the scene to help and they have really struggled this year," Raman said.

"I'm holding this event to help anyone who has battled with any form of mental illness, but with a focus on those in the community who might be doing it tough."

Raman had his own experiences of poor mental health as an 18-year-old when his parents divorced, and years later after losing someone who he describes as his "brother from another mother", who was also a former Victorian Police Officer, to suicide.

"It's important to have conversations and be open about how you're feeling and reach out for support if you need it," Raman said.

Raman's Big Blue Table will be held at Radius gallery in Hepburn Springs.

"I love the community connections here in this region but since COVID-19 both the hospitality and creative community has also struggled, there have been a lot of foreclosures."

The special guest caterer at his event is his mother, who is a retired restaurateur.

Beyond Blue CEO Georgie Harman said sharing a meal is a great opportunity to connect with people.

"One of the most challenging things about facing mental health issues can be the sense of

isolation and shame that many people feel, which can prevent them from reaching out for support.

“A Big Blue Table is an opportunity to get together and foster a sense of connection with others. When people feel less alone, and part of a community, they are stronger and better equipped to cope with life’s ups and downs.

“Nearly half of everyone in Australia will experience a mental health condition in their life. When we connect as people, checking in with each other and opening up about our mental health and wellbeing, we all do better.”

Big Blue Table participants who register early to be a host receive a free host kit containing information and decorations to create culinary and fundraising success. Included in the host kit are conversation starters featuring fun ‘getting to know you’ questions as well as mental wellbeing topics.

Workplaces that register will receive a Beyond Blue ‘Ingredients for a Mentally Healthy Workplace’ guide.

Big Blue Table events can be big or small. They can be a sit-down dinner, a picnic or a morning or afternoon tea in any setting: at home, the workplace, school or local club.

Funds raised through Big Blue Table go toward the Beyond Blue Support Service which provides free 24/7 counselling, advice and referrals to up to 800 people a day.

More than 5,000 people across Australia have hosted a Big Blue Table since the event began in 2019, raising almost \$1 million for the Beyond Blue Support Service.

Big Blue Table ambassadors Shelley Craft and Anthony Field join Dr Matt Agnew, Julie Goodwin and Nat’s What I Reckon in 2024 to support the cause.

To find out more and register to host your Big Blue Table, visit [bigbluetable.com.au](http://bigbluetable.com.au). Big Blue Table is proudly supported by [Premier Partner Australia Post](#).

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