



FIRE RECOVERY UPDATE

NUMBER 21: FRIDAY 3 AUGUST



CORANGAMITE
SHIRE

LUNCH AND LAUGHS FOR LADIES

You don't have to be a dairy farmer to enjoy veteran comedian Fiona O'Loughlin's performance at the the 2018 South West Dairy Ladies' Luncheon.

She will be joined by 2016 Melbourne Marathon winner and 2018 Commonwealth Games team member Virginia Moloney, from Garvoc.

WHEN: Wednesday 15 August

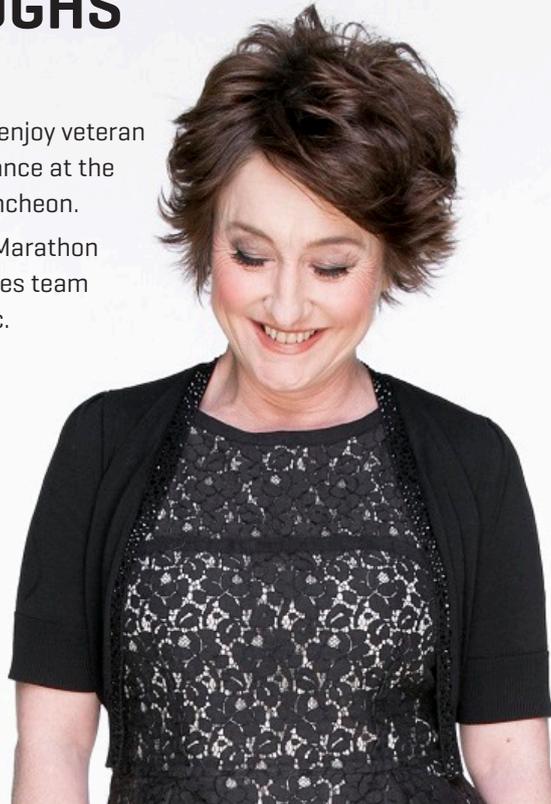
WHERE: Brother Fox Cafe, Deakin University,
Princes Highway, Warrnambool

TIME: 10.30 am - 3 pm

COST: \$30 per person, [\$35.75 incl. fees]

Book tickets for the event and three course meal at <https://tinyurl.com/SWDL18>

For more information call WestVic Dairy on 5557 1000.



GRANTS FOR VOLUNTEER TRAINING AND EQUIPMENT

Emergency management volunteers can apply for funding for training and equipment to help keep communities safe.

The State Government has allocated \$10 million worth of grants to the The Emergency Services Volunteer Sustainability Grants Program.

Applications can be made by an individual volunteer, unit, club, agency or organisation. Grants of up to \$50,000 are available, and multiple applications are allowed.

For more information, go emv.vic.gov.au/ESVGrants

SPRING IS COMING, AT LAST

We're past the half way point of winter and soon new season regrowth will transform the district.

Many people find watching the landscape regrow helpful for their own wellbeing. Some people take longer than others to bounce back so be kind to yourself and others.

We all respond differently to the same experience and have different recovery needs, including within families.

Even very young children can be affected by what is happening around them.

Ensure children and young people of all ages feel safe and stable, and involve them in recovery decisions and activities in age-appropriate ways.

You may find parenting changes as you accommodate your own and your child's

reactions to the disaster trauma and subsequent disruptions.

Remember other parents have felt this way too and have got through it OK. Sometimes it's about doing the best you can in tough situations.

Community groups can make a big difference. Being involved in community groups leads to better frame of mind, but make sure you share the load.

Local groups need leaders, but those who do "too much" might become overburdened.

Go online - Many people find online connections a helpful way to gather information and share experiences.

The self-help information at www.blackdoginstitute.org.au is one resource some people might find helpful.

Wellbeing Support

If you require confidential emotional or psychological support, available 'on farm', please contact the Farmer Community Support Workers on **5563 4000 or 5232 5180**.

General Practitioners also provide emotional and psychological support, and can arrange additional assistance.

If you have urgent concerns about your own, or the mental health of others, please contact Mental Health Services on 1800 808 284 (24 hours).

Other 24 hours Helplines include:

Lifeline: 13 11 14

Kid's Helpline: 1800 55 1800

MensLine: 1300 78 9978

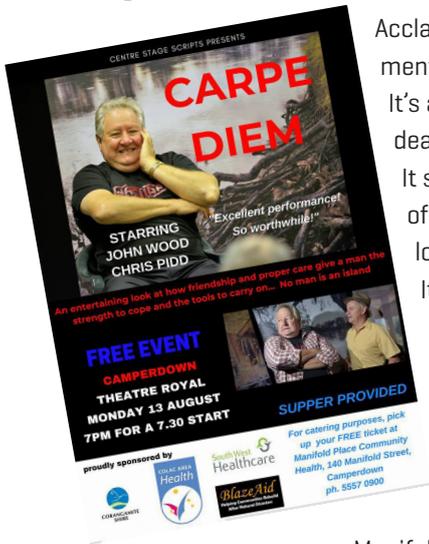
Nurse on Call: 1800 02 2222



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Play shows how men can cope



Acclaimed actor John Wood stars in *Carpe Diem*, a play about mental health in rural communities.

It's a contemporary portrayal of everyday Australian males dealing with issues of health, grief, loss and depression.

It stresses the importance of professional care in times of crises, and highlights the importance of mateship and looking out for each other.

It's an entertaining look at how friendship and proper care give a man the strength and skills to carry on.

The free performance at the Theatre Royal in Camperdown on Monday 13 August starts at 7pm.

There will be a free supper.

For catering

purposes, please collect a ticket beforehand from

Manifold Place Community Health.

For more information, call Manifold Place on 5557 0900.

GET YOUR FUNDING APPLICATION IN NOW

The initial funding from the South West Victorian Bushfire Appeal has just been made with \$115,500 of funds allocated across 100 separate applications.

The appeal raised \$320,000 so there is still plenty of opportunity.

Don't hold back thinking someone more needy will miss out.

You can apply in one of four categories:

A: Total loss of primary home/contents.

Up to \$2500 (may be provided to the homeowner and/or occupier)

B: Secondary loss - non-primary producer up to \$1000

C: Secondary loss - primary producer up to \$500 (farm owners and/or sharefarmers)

D: Specific funding request

For an application form, call Council on 5593 7100.



COBRICO HOE-DOWN

About 50 people gathered at Cobrico hall for a barbecue and country music concert on Sunday 22 July.

The Cobrico locals turned out in force on a fine day with great atmosphere.

Ian Bidge Boyd provided the entertainment and the hall committee provided the barbecue.

It was a great opportunity for a chat with other members of the community in a relaxing environment.

Thanks to the hall committee for organising the day.



EVENTS

Cobden Live Music & Dance

Saturday 4 August,
8:30 pm - 11:30 pm,
Cobden Civic Hall

BlazeAid Farmers' Night

Saturday 4 August
South West Kart Club -
Grayland St, Cobden.

Lismore primary school trivia night

Friday 10 August.
Lismore Community
Centre, 6.30 pm. \$10
per person. Bookings
essential: Penny
0413 560 710 or Shari
0409 070 089

BlazeAid Farmers' Night

Saturday 11 August
South West Kart Club -
Grayland St, Cobden.

Carpe Diem, starring John Wood and Chris Pidd

Theatre Royal Monday 13
August 7pm

Southern Oceans Sea Band

Friday 31 August, Terang
Civic Hall, 6pm. BYO
dinner. \$10. Children
under 10 free.

Cobden Live Music & Dance

Saturday 1 September,
8:30 pm - 11:30 pm,
Cobden Civic Hall

TDHS Women's Health night with AFLW star Moana Hope

Wednesday 5 September
Timboon Golf Club
Tickets \$30. Bookings
essential on 5558 6000.

Rock the Clock

Thursday 18- Sunday 21
October, Camperdown

Do you have a recovery event coming up? Let us know on 5593 7100 or shire@corangamite.vic.gov.au