



FIRE RECOVERY UPDATE

NUMBER 23: WEDNESDAY 5 SEPTEMBER



CORANGAMITE SHIRE

LEGAL CHOICE HELP

With numerous legal actions under way or pending, several organisations are available to help you understand the complex processes surrounding insurance claims and class actions.

Individual landholders may have different insurers, contract stipulations and response levels.

Some insurance contracts may provide legal representation for the claimant while other people might have to represent themselves.

Despite the shared experience,

everyone is on an individual journey and has to make their own choices.

Everyone has different needs so it's important to get independent advice before you decide whether to take part.

WHO TO CALL

Disaster Legal Help

.....1800113432

Consumer Action Legal Help

..... 1800466477 [10am - 1pm]

Insurance Council Australia

..... 1300728228



BUSINESS RESILIENCE

Information sessions were hosted in Terang and Camperdown last week.

The workshops were facilitated by small business and crisis management expert Sally Macdonald, who was involved in the recovery of the Black Saturday Fires and is a resident of King Lake. The knowledge and insight that was provided was beneficial to business operators, as the content discussed directly focused on the Corangamite Shire region. Thanks to those who attended.

TAKE CARE OF YOURSELF

Here are some useful tips to keep in mind following an experience such as a bushfire:

- If you have been through a distressing experience, don't be angry with yourself for being upset.
- Remember that there is no right or wrong way to feel.
- Remind yourself that you can and are coping.
- Spend time with people who are predictable, familiar and respectful.
- Do not try to block out thoughts of what has happened. Gradually confronting what has happened can help you come to terms with it.
- Don't 'bottle up' your feelings. Share your experiences with people you trust, but don't feel pressured if you don't want to talk now.
- Find other ways as well to express your feelings, e.g. a diary or art.

If you need someone to talk to, please call the Farmer Community Support Workers on 5563 4000 or 5232 5180.

SUPPORT SERVICES

Mental Health Services:

.....1800 808 284

beyondblue:.....1300 22 4636

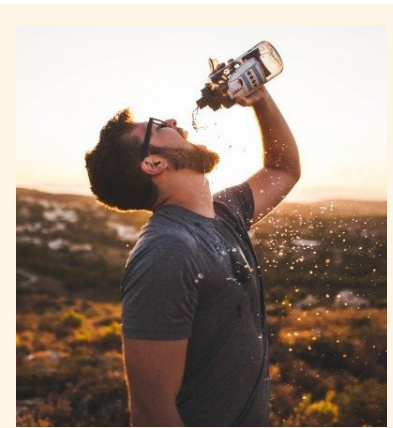
Lifeline:13 11 14

Kid's Helpline:.....1800 55 1800

MensLine:1300 78 9978

Nurse on Call:1800 02 2222

www.blackdoginstitute.org.au



WELLNESS IN RECOVERY

As spring arrives it's tempting to make up for time lost during the slow months of winter. Don't overdo it and wear yourself out. Make sure you stay hydrated, particularly if you're doing physical work as the weather warms up. Good nutrition and light exercise are also essential to keeping your body in prime condition. Flu season is still continuing and peaks in September so watch out for symptoms and act early if you start feeling run down. You can still visit your GP and get the vaccine. For over 65s, it's free.

BUSHFIRE APPEAL

Get your application in for the South West Victorian Bushfire Appeal. Applications have been extended and will now close on Friday 28 September. For an application form contact Council on **5593 7100**.



FIRE RECOVERY UPDATE

NUMBER 23: WEDNESDAY 5 SEPTEMBER



FREE BARBECUE AND MUSIC

Come along and enjoy a free barbecue and a yarn with other members of the community. Four events have been organised to thank everyone involved with the South West Fires in all capacities, both during the emergency and during the subsequent recovery efforts. Come along to your local session from 11 am - 2 pm on the dates below. RSVP to Sarah Troisi on 0447 093 186 or sarah.troisi@corangamite.vic.gov.au with number of attendees and dietary requirements.

Barbecue in the Park, Cobden: Apex Park, Sunday 16 September [RSVP 13 September]

Barbecue on the Lawn, Terang: RSL Hall Monday 17 September [RSVP 13 September]

Barbecue on Bailey, Timboon: Bailey Street playground Saturday 22 September [RSVP 20 September]

Barbecue on the Green, Camperdown: Camperdown Golf Club Sunday 23 September [RSVP 20 September]



DEVILS GULLY STABILISATION

VicRoads contractors are working to stabilise the roadside embankment on Cobden Port Campbell Road at Devil's Gully.

The damaged wooden retaining structures have been removed and will be replaced with concrete.

Geomembrane is being laid to hold surface soil in place and stop erosion. Motorists should be aware of the changed traffic conditions.



EVENTS

SEPTEMBER

Cobden Live Music & Dance

Saturday 1 September, 8:30 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.

South Pacific

Theatre Royal, Camperdown, 14, 15, 20, 21, 22 [7:30 pm]
and 23 September [1:30 pm]

Mental health awareness benefit concert

Saturday 15 September, Music Homestead, 239 Mortlake-Framlingham Road 0484 573 936

OCTOBER

Lexus Melbourne Cup Tour

Saturday 13 October, Theatre Royal, Camperdown Showgrounds, Camperdown Golf Club

Camperdown Show

Saturday 13 October, Camperdown Showgrounds

Rock the Clock

Thursday 18- Sunday 21 October, Camperdown

Cobden Spring Festival

Friday 19 - Sunday 21 October

Terang Arts Show

Friday 26- Sunday 28 October Terang College

KC18 music festival

Friday 26-Sunday 28 October Kennedy's Creek

VicMow and Camperdown College Mowdown

Saturday 27 October Frederick Street Oval

An Evening of Celtic Music

Saturday 27 October Timboon Hall

Planning an event? Tell us on 5593 7100 or shire@corangamite.vic.gov.au

MEET THE TEAM

Two new members have joined the Corangamite Shire community recovery team. Jo Place [left] is Regional Project Officer - Recovery. The Pomborneit resident's experience on Black Saturday gives her personal appreciation of what many affected people are going through. "I want to make sure people get connected and get help from the right services," the practising nurse said. Sarah Troisi is the new Communications Officer. She will work on events and social media. Originally from Melbourne, she has lived in Curdievale and Peterborough for the past year. Sarah has experience in local government and enjoys working with members of the community. "I'm looking forward to bringing people together and showing appreciation," she said. "That's what these events are about."

