



FIRE RECOVERY UPDATE

NUMBER 28: MONDAY 4 FEBRUARY 2019



CORANGAMITE SHIRE

EMOTIONAL ICEBERG

As we continue through the summer season managing emotional triggers continue to be part of getting back to normal.

Refining our fire plans can play an enormous role in easing our minds of the possibilities that come with the summer season.

CFA has many great resources including property advice visits to discuss your risk and options. Please contact CFA on 5551 1500.

Studies have shown that identifying emotions and triggers is an important factor in your recovery process. Techniques have been implemented in schools across Australia with positive results. For further information go to www.abc.net.au/news/2018-12-30/darwin-schools-use-berry-street-to-stop-student-violence-bullies/10588230

Evolution has imprinted our brain with anger to help us fight off predators or enemies, which is not always appropriate in the modern age.

Our heart rate speeds up and hormones such as adrenaline give us a surge of energy to protect us.



Anger is like an iceberg. Most of an iceberg is hidden below the surface of the water.

Similarly, when we are angry, there are usually other emotions hidden beneath the surface, such as shame, embarrassment, loneliness, exhaustion, or fear.

If someone close to us gets angry, we can become defensive and fight back, which hurts both parties.

Don't take it personally and avoid telling them to "Calm down", because they will think you don't care about their feelings.

FREE MENTORING FOR SMALL BUSINESS

Whether you're planning, starting or growing your business, the Small Business Bus can help you to develop your business ideas and capabilities.

Free 45 minute sessions are provided by an experienced business mentor.

Sessions are available between 10 am and 4 pm and can be tailored to address the specific needs of your business.

Bookings are essential. The on-board mentor can help you to identify a clear direction for your business, discuss key issues and priorities, and develop an action plan.

Tuesday 12 February
Cnr Lord & Cairns Street
Port Campbell

Wednesday 13 February
27 Main Street, Timboon

Thursday 14 February
Glenelg Hwy, Skipton

Please contact **13 22 15** for further information.

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



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REGREEN 4FIREAID

Were your trees and shelter belts affected by the St Patrick's Day Fires?

ReGreen4FireAid is an initiative of volunteers from Warrnambool's Deakin University who provide up to 500 trees free of charge and will also assist with planting, if necessary.

They are also helping to re-establish gardens lost or damaged in the fires.

For more information or to register for the Heytesbury District Landcare Network's Fire Recovery Project, contact Paul Hartrick 5598 3755 or paul@heytesburylandcare.org.au



REBUILDING YOUR SHED, HOME OR DAIRY?

Planning and building permits are part of the process. Check with Council early to determine any requirements that will help your rebuilding.

For advice, call 5593 7100 or email shire@corangamite.vic.gov.au

INSURE IT. IT'S WORTH IT.

Whether you rent or own, you need insurance. If you and your family were affected by an emergency, could you repair, replace or rebuild your most valued possessions?

Insurance gives you peace of mind and helps you recover financially if an emergency does affect you.

For more information go to www.insureit.vic.gov.au/

EVENTS

FEBRUARY

- Youth Mental Health First Aid Course Timboon, Monday 11, 9 am
- Small Business Bus Port Campbell, Tuesday 12, 10 am
- Small Business Bus Timboon, Wednesday 13, 10 am
- Youth Mental Health First Aid Course Terang, Wednesday 13, 9 am
- Small Business Bus Skipton, Thursday 14, 10 am
- Youth Mental Health First Aid Course Timboon, Monday 18, 9 am
- Youth Mental Health First Aid Course Terang, Wednesday 20, 9 am

MARCH

- Service Provider Occasional Counsellor Workshop, Friday 1 & 8

FREE MENTAL HEALTH TRAINING

Do you want to learn how to identify and help people experiencing stress, anxiety or depression? Look Over the Farm Gate is funding a mental health training session in Cobden in partnership with the National Centre for Farmer Health.

- Thursday 14 February
10.30 am-2.30 pm
(venue to be announced)

For more information and to book contact lookoverthefarmgate@vff.org.au or call 1300 882 833