

Moorabool Recovery—Scotsburn Fire

Newsletter 25
22 April 2016

NEXT SCOTSBURN COMMUNITY BBQ

Friday, 6 May from 6pm at Scotsburn Hall



IN THIS EDITION:

- Wrap up from Rob Gordon event
- Stress and the impacts on sleep
- Firefoxes Australia visit—27 April
- Community BBQ— 6 May

**THANK YOU
FOR YOUR
GENEROSITY**

DR ROB GORDON & LIONS CLUB

The Rob Gordon event held on 12 April was again well attended. Almost 30 residents came along to hear from Dr Rob Gordon and enjoy another sensational BBQ dinner provided by the Lions Club.

A key focus of the evening was the impact of stress and trauma on sleep and that this does not always appear immediately. We've compiled some information on sleep and the recordings of the evening are available via Scotsburn page at www.moorabool.vic.gov.au



STRESS & THE IMPACTS ON SLEEP

Important Things to Know About Anxiety and Sleep

- Worrying about sleep can make it worse, creating a vicious cycle of poor sleep and worrying.
- Worrying may disturb your sleep even if you are not an anxious person.
- Insomnia that began in a time of high stress might not go away, even after the stress has been dealt with.
- To treat insomnia, one of the main things you should focus on is being more relaxed and drowsy before going to bed
- Using alcohol for relaxation may lead to worse sleep.

It is important to understand that waking up at night is normal. Everyone does it to a greater or lesser extent. Relaxation exercises before going to bed may help. If sleep anxiety continues, a doctor should be consulted.

Having problems sleeping?

- Talk to your GP.
- Do not try too hard to sleep.
- Keep a regular daily routine when possible.
- Learn some methods to relax.
- Know that sleeping tablets are not as helpful as you might think.

More info: <http://www.cci.health.wa.gov.au/docs/ACF1174.pdf>

**SCOTSBURN FIRE
RECOVERY EVENT
LADIES ONLY SESSION
FIREFOXES VISIT**



**WEDNESDAY 27 APRIL 2016
BUNINYONG TOWN HALL,
LEARMONTH STREET
6:00PM-9:00PM
A FREE EVENT**

A FREE EVENT- LIGHT SUPPER AND REFRESHMENTS PROVIDED.

FIREFOXES was formed following the Black Saturday fires, by local women who provided assistance to people in the region in the months and years following the fires. Five years on, **FIREFOXES** continues to be a leader in community recovery efforts across Australia. They are an example of grass roots resilience and what is possible after disaster. **FIREFOXES** has contributed to the building of a more resilient community and also has an international presence in disaster recovery.

FIREFOXES encourages “Creating A New Normal and Realising Your Dreams” and they have filled a large gap in the long emotional recovery process. **FIREFOXES** share the lessons learnt and knowledge with other communities, covering everything from preparedness, response, and recovery for women,



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