

## IN THIS EDITION:

- **Family wellbeing advice—Dr Rob Gordon**
- **Art Programs and demonstration day on 22 May**
- **Young Fire Fighters recognised**
- **New Financial Counselling services available**

## LOOKING AFTER YOURSELF & YOUR FAMILY'S WELLBEING

—DR ROB GORDON

The loss of the house or property has a very disruptive effect on people's lives. It's part of a set of routines and rhythms in your life and we know that those are enormously supportive to people's lifestyle. It's those rhythms and routines that give them the kind of support systems that allow them to manage stress and uncertainty. When this is disrupted a lot of other problems are harder to deal with.

We think it's very important that people monitor their stress levels and be aware that they probably need to be more careful and use their own successful stress management techniques to take care of themselves during this time.

The big temptation is to put your head down and go like hell to try and get through it all. The problem is that they can't determine the pace. They can't determine the pace of planning permit approvals, of insurance decisions, and so they keep hitting these brick walls.

It's very important for people to recognise the mental stress state they get in, which is to get very narrowed and focused on goals, which

they can't control. Instead they should bring their attention back to themselves and to their family. They need to consider what they need to do to take care of themselves, and keeping going with all of the things that manage our stress in normal life – recreation, enjoyment, talking with people who care about you, exercise, diet and so on. Don't let any of that go because it's going to make the whole process much, much harder.

There's very often a mismatch between their families and friends who haven't been through this experience, and who begin to have expectations that aren't realistic – "Haven't you got your approvals yet?" "What have you been doing?"

This can create states where people find their mood fluctuating, they're coming from anger and irritability into feeling sad and overwhelmed. Exhaustion makes that worse; sleep problems; temptations to drink, smoke, eat too much; feeling you don't have the energy to exercise in your normal way. So there's a tendency for people's whole lifestyles to slip.

So we could say over the next three months it's going to be very important for people to try and be proactive about monitoring and dealing with their stress levels.

*For assistance visit your GP or call Lifeline on 13 11 14 or Beyondblue on 1300 224 636. Source: <http://wyeseconnect.info/travelling-road-recovery-looking-familys-wellbeing/>.*

*Article shortened for space.*

# YOUNG FIRE FIGHTERS RECOGNISED

Five Elaine CFA members were recognised for their efforts to fight the Scotsburn fires in December 2015 at Youth Awards held on 28 April 2016.

The five young firefighters had only finished training in the weeks leading up to the outbreak of the Scotsburn fire.

Natasha Ford, Anthony Young, Tristan Mair, Brady Dunne and Matthew Wetherall were presented with plaques and certificates by Mayor of Moorabool, Cr Allan Comrie at the ceremony.

Cr Comrie said the group had displayed exceptional team work, communication and courage and as a result had saved a number of properties from the fires.

The Elaine CFA also received the 2016 Mayor's Award.



Image above: Cr Comrie and Tristan Mair

Image below: Brady Dunne (right) with his father Shane Dunne and Cr Comrie



Image above: Mayor Comrie with Russell Ford, Elaine CFA and daughter Natasha Ford



Image above: Matthew Wetherall with Mayor Comrie



Image L : Cr Comrie with Anthony Young

**Moorabool Shire Council sincerely thanks all the fire fighters involved in the Scotsburn fire.**

Images and content sourced with thanks from Moorabool News: <http://themooraboolnews.com.au/archives/>

## **WIMMERA SOUTH WEST RURAL FINANCIAL COUNSELLING AVAILABLE**

Wimmera South West Rural Financial Counselling are to provide business advice and counselling in the Moorabool Shire.

They can help farming enterprise, small related primary production enterprise, fishing industry members and forestry enterprise. The service is designed to assist small business in financial difficulty.

If you are experiencing hardship as a result of lower income or increasing costs, then WSWRFC are a free service that can help.

### **RURAL FINANCIAL COUNSELLORS CAN:**

- Assist in identifying options and developing a plan of action
- Assist families to access government income assistance packages.
- Provide a free, confidential and independent service for as long as necessary.

### **SUPPORT AND INFORMATION PROVIDED IN THE FOLLOWING AREAS:**

#### **FARM FINANCIAL HEALTH CHECK**

- Help prepare budgets and cash flows. Assist with loan or refinance applications.
- Provide support and negotiate with suppliers and financial institutions.
- Assist with benchmarking your farm's financial performance.

#### **CENTRELINK INCOME ASSISTANCE**

- Help you access potential entitlements, including rural assistance programs such as 'Farm Household Allowance'.

- Assist you to meet application and ongoing DHS requirements

### **FAMILY DECISION MAKING**

- They can assist you to form a strategy around the future of your farm

### **Making Contact is just a phone call away: 1300 735 578**

- A rural financial counsellor can meet you on your property, in the office or another convenient location
- The service is free, independent of financial institutions, welfare organisations or government
- It need not stop with one meeting, rural financial counsellors are trained to help the family identify and assess the available options. The counsellor will be able to help with information, guidance and support.
- They are community operated confidential support services for farm families and small agricultural, forestry and fisheries rural businesses.

**Phone: 1300 735 578 or**

**Visit [www.wswrcs.com.au](http://www.wswrcs.com.au)**

**to make your appointment.**





**Sunday 22 May 2016**  
**Scotsburn Community Hall**  
**12:00pm- 2:00pm**

**Demonstrations and  
information for the  
following Art programs:  
Charcoal - Pastels - Clay  
Imprints - Sculpture -  
Photography -  
Jewellery**

**FREE BBQ LUNCH**

## **SCOTSBURN FIRE RECOVERY ART PROJECT**



The Committee would like to hear what interests you most in the Arts space and what free art programs you would like to participate in. This is a FREE event open to ALL ages and community members.

Please RSVP your attendance to  
Donna Hart on 0408 687 678 by  
Friday 20 May.



### **Moorabool Shire Council**

Recovery Phone Number —0400 324 551

Recovery Centre Address—Village Place, 309 Learmonth Street, Buninyong.

Principal Office: 15 Stead Street, Ballan Telephone (03) 5366 1200

Postal Address: PO Box 18, Ballan VIC 3342

Email: [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

Darley Civic & Community Hub: 182  
Halletts Way, Darley

Lerderberg Library: 215 Main Street,  
Bacchus Marsh

Website: [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au)



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Moorabool Shire Council