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COMMUNITY RECOVERY COMMITTEE UPDATE

The Community Recovery Committee (CRC) was formed in March last year to oversee the delivery of the \$65,000 allocated by the State Government for community capacity building programs and events. Due to the overwhelming donations from the community of in-kind labour the projects have come in under budget. The CRC has decided to allocate the remaining funds to the following events:

A family trip to Sovereign Hill

Continuation of the Scotsburn Barbeques, to be changed to bi-monthly during the winter months and alternated between local halls

Continuation of the Scotsburn Art Project to include block printing, quilting, felting and crochet workshops. The project will also include a recovery photo book detailing all the projects undertaken by the Committee.

Any community feedback and ideas are welcome for the improvement of programs and events and can be directed to Michelle Richards or your CRC representative:

Janie Power, Nick McKinley, Graham Shearer, David Wells, Steve Hodgetts, Trevor Smith and Donna Hart.

FREE COMPOSTED SOIL AVAILABLE

Free garden compost is available. The compost is ideal for potting mix or to fertilize gardens and lawns. It is available in different sizes from bags to trailer loads. We have a limit of 20 tonnes available. To ensure the soil is distributed evenly, please register your interest to Nick McKinley on 0455 147 398 by the 21st of July.

Free delivery can be organised.



PHOENIX PROJECT UPDATE

Thank you to everyone who sent back their expressions of interest for the Phoenix Project. The Leigh Catchment Group has been busy inspecting properties. The Steering Committee is currently assessing applications for tender and project proposals.

For further information please call Jane Bevelander, Environmental Project Officer on 0426 873 202 or email jane@leighcatchmentgroup.org

Trauma Reaction and Recovery

The following article is an excerpt from the Victorian Government's Better Health Channel "Trauma, Reaction and Recovery" and can be found at: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/trauma-reaction-and-recovery>

Healing and recovery process

Any event that places a person's own life or the lives of others at risk results in the human body going into a state of heightened arousal. This is like an 'emergency mode' that involves a series of internal alarms being turned on. Emergency mode gives people the capacity to access a lot of energy in a short period of time to maximise the chance of survival. Most people only stay in emergency mode for a short period of time or until the immediate threat has passed. However, being in emergency mode uses up vital energy supplies and this is why people often feel quite tired afterwards. The normal healing and recovery process involves the body coming down out of a state of heightened arousal. In other words, the internal alarms turn off, the high levels of energy subside, and the body re-sets itself to a normal state of balance and equilibrium. Typically, this should occur within approximately one month of the event.

Seeking help from a health professional

Traumatic stress can cause very strong reactions in some people and may become chronic (ongoing). You should seek professional help if you:

- are unable to handle the intense feelings or physical sensations
- don't have normal feelings, but continue to feel numb and empty
- feel that you are not beginning to return to normal after three or four weeks
- continue to have physical stress symptoms
- continue to have disturbed sleep or nightmares
- deliberately try to avoid anything that reminds you of the traumatic experience
- have no one you can share your feelings with
- find that relationships with family and friends are suffering
- are becoming accident-prone and using more alcohol or drugs
- cannot return to work or manage responsibilities



Post-traumatic stress disorder (PTSD)

After a distressing event, some people find their reactions are serious and do not gradually subside after a month. Severe, prolonged reactions can be disabling, and can affect a person's relationships with family and friends as well their capacity to work. Such reactions might indicate post-traumatic stress disorder. In this condition, the impact of the event continues to cause high levels of stress.

If you think you might be experiencing PTSD, you should seek help from a health professional.

If at any time you are worried about your mental health or the mental health of a loved one, call Life-line 13 11 14. Avoid making important life decisions until you're feeling better, but make as many small decisions on a day to day basis to ensure you have control over your life

INSURE IT CAMPAIGN

Insure it. It's worth it campaign

One in two Victorians don't have insurance or don't have enough to cover the costs of replacing home and household possessions that are damaged by fire, storm, flood and other emergencies.

The Department of Health and Human Services (DHHS) has launched the Insure it. It's worth it campaign to educate families about the risks of under or non-insurance, encouraging them to consider taking out insurance to cover their home and contents.

Encouraging a higher uptake of insurance helps build more resilient communities.

The campaign highlights the importance of insurance and that often following an emergency or disaster, without insurance it can take years to get back on your feet and replace everything.

The campaign uses the story of Scott Pape, the Barefoot Investor, who personally suffered great loss in the Macedon fires of 2014.

As Scott tells his story as a part of the campaign he urges people, whether they are owning or renting a property, to get the insurance products to cover their home and household possessions.

The Insure it. It's worth it campaign has the support of a number of direct and indirect partners including the CFA, MFB, VICSES and Emergency Management Victoria.

DHHS is working with industry, community service organisations and government agencies to develop a strategy and awareness campaign to tackle to the issues of under and non insurance.

For more information visit
www.insureit.vic.gov.au



"Whether you rent or own, you need insurance."

UPCOMING EVENTS

Date	Event	Time	Location
22 July	Sovereign Hill Winter Wonder Lights	10am-7pm	Sovereign Hill

Moorabool Shire Council

Recovery Phone Number —0400 324 551

Principal Office: 15 Stead Street, Ballan Telephone (03) 5366 7100

Postal Address: PO Box 18, Ballan VIC 3342

Email: 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



Moorabool Shire Council



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