

# GANNAWARRA CARES

Take time to connect with your community....

NOVEMBER 2019



## MAYOR'S MESSAGE

With the weather starting to warm up, please continue to make the time to support each other. Taking time to make a phone call, catching up for a cuppa or asking someone if they are okay is so important.

Please note there are a number of services available to assist community members facing a range of challenges. Details on these initiatives are available in this newsletter, as well as at [www.gsc.vic.gov.au/drought](http://www.gsc.vic.gov.au/drought)



Kind regards,  
Mayor Lorraine Learmonth

## AGRICULTURE VICTORIA

The *Dry Season Support Services* booklet outlines services and financial support available for individuals, farm families and businesses affected by dry seasonal conditions in Northern and North West Victoria. Download from [www.agriculture.vic.gov.au/agriculture/farm-management/drought/dry-seasons-support](http://www.agriculture.vic.gov.au/agriculture/farm-management/drought/dry-seasons-support)

## DROUGHT ASSISTANCE EXTENSION

Financial assistance of up to \$3,000 to eligible farming households experiencing hardship due to drought is available after the Federal Government declared the Gannawarra as an area eligible for drought assistance. For more information, visit [www.agriculture.gov.au/ag-farm-food/drought](http://www.agriculture.gov.au/ag-farm-food/drought)



For free, independent and confidential financial counselling, give us a call on 1300 769 489. We can meet with you at your farm, your business, or elsewhere.

## COMMUNITY RESILIENCE GRANTS

The Gannawarra Community Resilience Committee, supported by funding of \$10,000 from the Department of Health and Human Services, is calling for grant applications of up to \$1,000 from not-for-profit community groups to support community-led activities, events and projects across Gannawarra Shire. Applications close on Friday, 13 December 2019. For details and to apply, visit [www.gannawarra.vic.gov.au/Council/Grants-and-Funding](http://www.gannawarra.vic.gov.au/Council/Grants-and-Funding)  
Six projects funded through Round 1 of this new grants program have been announced.



The Tactics for Tough Times Program delivers 30 minute sessions to support people in our rural communities to 'look out for each other'. Contact Paul Lacy at Northern District Community Health Ph. 5451 0200 or E: [paul.lacy@ndch.org.au](mailto:paul.lacy@ndch.org.au)  
[www.ndch.org.au/t4tt](http://www.ndch.org.au/t4tt)

## UPCOMING EVENTS

A list of upcoming events can be found at: [www.gannawarra.vic.gov.au/events](http://www.gannawarra.vic.gov.au/events) including:

**Cohuna District Hospital Midwifery Antenatal Clinic opening** - A ceremony marking the opening of this clinic will occur on **6 November**.

**A Town Called Mills Acre** - Theatre created by young people based on local stories of resilience and unity, Faulkner Pavilion, Barham **7-8 November**. Tickets at [www.trybooking.com/BGCXX](http://www.trybooking.com/BGCXX)

**CMCA Solos Rally** - Participants in the CMCA Solos Rally, who will take in the sights and sounds of the Gannawarra from **8-15 November** will be raising fund for the Gannawarra Giving Account.

**Gannawarra Memorial Toy Run** - Barham, Cohuna, Kerang and Leitchville will host stopovers on **24 November** to collect toys, gift vouchers and other items to be distributed to local families this Christmas. Festivities will wrap up with a Show and Shine at Cohuna's Garden Park.



## LAKE CHARM COOKS UP A STORM!

The Lake Charm Cooking Up a Storm Come and Try on 14 October was a great success, with 24 community members coming together to enjoy preparing a Greek-inspired meal to be shared.

## Trust the Signs, Trust your Gut, Ask R U OK?



Changes in sleep patterns



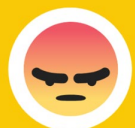
Mood swings or changes



Quiet or withdrawn



Anxious, worried or overwhelmed



Irritable or angry



Losing interest in things they once loved

Learn the signs and how to ask at [ruok.org.au](http://ruok.org.au)

**RUOK?**  
A conversation could change a life.



**Emergency Relief Pantry**  
Cohuna Neighbourhood House  
OPEN Mondays 10-12 for Self Service. Parcels available other days. Please make contact if you need assistance  
Call 5456 4666  
29 Market Street Cohuna



Rural Aid provides financial and practical support to farmers. Register with Rural Aid by phoning 1300 327 624, contacting local Rural Aid representative, Suzie Jacobs on 0476 719 874 or at [www.ruralaid.org.au](http://www.ruralaid.org.au)  
Register so that it's known what type of support is needed: fodder, drinking water, groceries, counselling, workers. Once registered, you are able to apply for \$1,500 immediate bill assistance.

**Gannawarra Giving Account:** Tax deductible donations can be made at Northern District Community Health. Ph. 5451 0200 or [www.givenow.com.au/gannawarragivingaccount](http://www.givenow.com.au/gannawarragivingaccount)