

GANNAWARRA CARES

Take time to connect with your community....

AUGUST 2019



MAYOR'S MESSAGE

Welcome to the fourth edition of the *Gannawarra Cares* newsletter.

Developed by the Gannawarra Resilience Committee, this monthly publication promotes the services and support available to support our local farming families, small businesses and the wider community.

The recent rainfall has promoted growth in the pastures and paddocks across the Gannawarra Shire. I am hoping that this is the start of what may be a great season for our agricultural sector.



Kind regards,
Mayor Lorraine Learmonth



When you notice a change,
no matter how small

Trust the Signs, Trust your Gut
& Ask RUOK?

Learn the signs and how to ask at ruok.org.au

RUOK?
A conversation could change a life.



Dairy Shindig at Cohuna

Around 90 dairy farmers attended a Dairy Shindig, at the Cohuna Memorial Hall on 21 July. Services in attendance included Rural Aid and Tactics 4 Tough Times, with Australian Football Hall of Fame Legend, Kevin Sheedy the guest speaker.

AGRICULTURE VICTORIA

Agriculture Victoria's Dry Seasons website:

agriculture.vic.gov.au/dryseasons features information to assist farmers.

You can find out about workshops in the region, the new feeding livestock website: feedinglivestock.vic.gov.au and download copies of our free booklets which provide a comprehensive list of the Victorian and Federal Government's drought and dry seasonal conditions support initiatives.

SAVE THE DATE

Cooking Up a Storm – Come and Try

Monday, 14 October 2019

Lake Charm Hall, 6pm-9pm

Community members from across the Gannawarra Shire are invited to come along and find out more about this community success story while helping to prepare a meal to be shared.



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.

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The Country Fire Authority has 1,200 brigades across Victoria, including 13 within the Gannawarra Shire. Volunteering is a great way to meet other people, develop skills and participate in your community.

CFA volunteers do everything from fighting fires and road rescues to fundraising, marketing and community engagement. There's a role for everyone. Why not head along to your local brigade to find out more?

Member health and wellbeing is a high priority for CFA with several support programs in place for our members and their families including access to a number of wellbeing services. Easy access is available through one phone number or visit the website: cfa.vic.gov.au/wellbeing

NEED WELLBEING SUPPORT?

1800 959 232



For more information visit: cfa.vic.gov.au/wellbeing

GIVE NOW to Giving Account

The Gannawarra Giving Account is accepting donations to support local farming families. The goal is to raise \$5,000. All donations are tax deductible and can be made at Northern District Community Health. Phone 5451 0200 or visit

www.givenow.com.au/gannawarragivingaccount



1pm to 2:30pm Cohuna Golf Club
Sunday 15 September 2019



Our Community is experiencing tough times. Everyone handles these stressors differently and for some it may all seem too much. Have you ever left a conversation and later thought...

The Tactics for Tough Times Program delivers 30 minute sessions to support people in 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



Funded places on leadership and mentoring programs for 2020 are available to rural women connected to agriculture or the agriculture supply chain:

extensionaus.com.au/VRWNetwork/leadership-and-mentoring-program/