

Case Management Support

Any individual or family directly or indirectly affected by the recent bushfires is entitled to receive free case management support. This service is being coordinated and delivered through Latrobe City.

The role of a case manager is to help people access a range of services that have been established to meet their immediate and future needs as part of the recovery process.

To register your need, or to make a referral on behalf of other family or community members, please contact Latrobe City 1800 017 777

New Recovery Centre Hours at Traralgon South

Monday, Tuesday, Wednesday, Friday and Saturday: **12pm to 4:30pm**
 Thursday and Sunday: **CLOSED**
 Community Hub Contact: **5195 5011**

Community Website Information

Callignee - www.callignee.vic.au

Boolarra – www.boolarralink.com.au



Useful Contacts

Department of Sustainability & Environment	136 186	www.dse.vic.gov.au
Centrelink	132 850	www.centrelink.gov.au
Latrobe City Council	1800 017 777	www.latrobe.vic.gov.au
Water Management – Gippsland Water	1800 066 401	www.gippswater.com.au
Department of Primary Industry	136 186	www.dpi.vic.gov.au
Bushfire Information Hotline	1800 240 667	www.cfa.vic.gov.au
Lifeline	131 114	www.lifeline.org.au/gippsland
Go Volunteer	1300 366 356	www.govolunteer.com.au
Relationships Australia	5175 9500	www.relationshipsvictoria.com.au
Grocon (Property Clean Up)	1800 136 762	
Headspace (Support for youth)	5133 7468	
Appropriate Dispute Resolution	1800 658 528	
Department of Human Services	5177 2500	www.dhs.vic.gov.au/emergency

Rural Women's Network Beyond the Bushfires - Call for stories

The start of 2009 will go down in memory as one of the most tragic in the history of Victoria as bushfires swept across the state, leaving devastation in their wake. Now, we would like to capture the stories emerging of the extraordinary contributions that women are making to the rebuilding of these communities ... leading the way beyond the bushfires.

In its 75th edition the *Network* newsletter, published by the Rural Women's Network, will focus on what women – wherever they live in Victoria – are doing to help rebuild lives of those directly affected by the 2009 bushfires.

Who we would like to hear from

We want to hear from women living and working in all fire-affected areas of Victoria.

We are also interested in hearing from other rural and metropolitan women who are involved in bushfire recovery activities.

Story ideas

We are looking for inspiring, empowering and informative articles that tell the story of beyond the bushfires from a woman's perspective. A variety of themes will be covered: art, tourism, volunteering (fire, community organisations, hospitals, veterinary), shelter, conservation, how to keep history alive, fundraising efforts, the work of government and non-government, local government, schools, children, young people, partnerships formed with other Victorian women ... As this is truly a women's community publication, writers with all levels of skills and experience are encouraged to send their submissions.

What you need to do

- Submissions should be made by email or post and include your address and phone number.
- Your stories and letters must be written in the first person.
- Length: Maximum of 500 words – however, 250 – 300 words are preferred for articles; 100 words for letters.
- Photographs are welcome, (minimum 350dpi, jpg) in colour or black and white, as well as other artwork - along with captions / short descriptions of the idea behind the photograph / artwork.

Deadline for submissions is Wednesday 15 July 2009.

Mail: Rural Women's Network, GPO Box 2392, Melbourne 3001

Email: ruralwomen@dpcd.vic.gov.au Phone (03) 9208 3650.

Please note: We will acknowledge the receipt of all submissions.

We do our very best at Network to include as many articles as we can, however there is no guarantee that your article will be published. There is no payment for articles.

Garden Assistance

The Horticulture Department at Gippsafe Morwell, and associated staff members, are available to offer bushfire recovery assistance in the following categories.

- Allocation of propagation resources towards restocking of garden plants
- On-going advice regarding gardening issues, i.e. planting, pruning etc.
- Onsite visit from Horticulturalist Malcolm Grant by prior appointment, Friday mornings only.

In all instances, people are requested to contact the department on 51204525 for their initial enquiry. Please leave a message (staff are often teaching outside).

In particular, if they would like Malcolm Grant to visit them, he will require notification *before* each Friday. This is a separate service that Malcolm is offering in his own time.

Chainsaw Courses

Chainsaw courses are available throughout the year, as part of Gippsafe's Skill Development Guide.

Please contact the Skills Development Hotline on 1300 657 261 for initial enquires. Full course descriptions are available at www.gippstafe.vic.edu.au

The guide for August until December is yet to be released.

Advertisements for courses are also run on a regular basis in the 'Express' newspaper.

Resound, The MCA Musical Instrument Program

In association with the Dandenong Ranges Music Council in Victoria, the Music Council of Australia Resound program is launching an appeal to help get musicians playing again. Resound will supply donated musical instruments to replace those instruments lost in the recent Victorian Bushfires. All affected musicians, from school students through to professionals may apply for an instrument. If you know of someone who lost a musical instrument in the bushfires or wish to enquire about donating an instrument email Rachel Hocking at rhocking@mca.com.au or call Rachel on 0424 071 914.

Architects Bushfire Home Service

The Architects Bushfire Homes designs are now located on the 'wewillrebuild' website. The service offers people access to a range of house designs and one free consultation with an architect.

People can click through the gallery of architect designs to see what's on offer. Anyone who is interested in registering to participate in this offer should phone 03 8620 3866 or email vic@raia.com.au

<http://www.wewillrebuild.vic.gov.au/clean-up-a-rebuilding/architects-bushfire-homes-service.html>

Address Your Stress: A Word to the Wise from Lifeline Gippsland

Life is full of change and everyone reacts differently to different circumstances and challenges. Too much stress over an extended period of time can be harmful to physical and mental wellbeing and impact on your ability to function and live productively. There are practical strategies available that can help you learn how to manage and even reduce the level of stress in your life.

Firstly, it is important to be aware of any stress building up, and to find out what may be the cause and whether the stressors are causing negative or positive reactions to occur.

By acknowledging the stress, it is then possible to do something to take control and action before becoming overwhelmed. It is important to recognise the signals that things are not going so well. By learning to recognise what is normal stress and when something is abnormal, action can be taken to manage the changes needed.

Secondly, if possible, remove yourself from the stressful situation or location and find a quiet place. Take a deep slow breath, take another one, and another one. Try to clear your mind of all thoughts, and stay in the moment.

This can be helpful in stopping overwhelming feelings in their tracks. Emotions pass, stressful or painful feelings may at times feel like they will take over and will never leave, but they do and will.

A clear mind can help you identify what is causing your stress, which will help you manage the feelings, reactions and the situation.

Vocal Rejuvenation Winter Nosh – Facilitated by Betty McLaughlin – Acapella Heart & Soul Singing

1. **Boolarra Cooperating Church: Acapella Soul Singing**
Sunday 9th August 11.30 - 2pm
2. **Yinnar Cooperating Church: Sing Acapella**
Sunday 23rd August 11.30 - 2pm: Heart & Soul

What to bring:

- Yourself & friends with an expectation for time out and FUN!
- A piece of fruit/plate of healthy food to share in the lunch break
- Comfy clothes, shoes and a bottle of water
- \$5 per person
- Children and young adults are welcome too!

Contact Details: Betty 5632 7692 bettyincl@wideband.net.au
Rose 5169 6707 raindancer777@hotmail.com