



## Key Contact Points



## Shoalhaven Recovery Hub

### WE ARE OPEN!

The Hub is an informal place, you are always welcome to visit for a coffee and a chat. Support is available with information and referrals for assistance.

**Location** - Ulladulla Civic Centre, 81B Princes Hwy, Ulladulla NSW 2539.

**Hours** - Thursday & Friday 10.30am to 4.00pm.

**Call** - Council's Recovery Team on (02) 4429 5888 for further information Monday - Friday 9am to 5pm.



## Help is at hand

For some in our community these can be difficult times with bushfires, floods and COVID-19.

Remember help is available to you 24/7:

**Lifeline** 13 43 57

**Kids Helpline**  
1800 55 1800

**NSW Mental Health Line** 1800 011 511

## Health & Wellbeing

### Did you Tune in for October Mental Health Month?

Every year during the month of October, NSW celebrates Mental Health Month (in line with World Mental Health Day on 10 October).

**It's a really good time for all of us to think about the mental health and wellbeing of not only ourselves but also of loved ones, friends and indeed all community members.**

We can also take this time to reflect on the importance of good mental health and learn about when and how we can get help for ourselves or others if needed.

The theme for Mental Health Month this year is "TUNE IN".

### Tuning In means being present:

- Are you aware of your own thoughts and feelings?
- How are your family and friends doing? Is there something in your community you can be part of, or get others involved in?
- What is your understanding and attitude towards mental health and wellbeing?

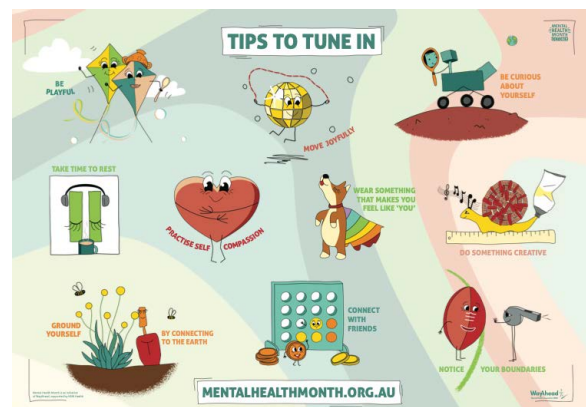
Being present and tuning in can help to focus our minds and understand what's going on in ourselves and each other. Tuning in can help to



build self-awareness, make effective choices, reduce worry, and build positive connections.

For more information and to access a range of resources visit: [mentalhealthmonth.wayahead.org.au/](https://mentalhealthmonth.wayahead.org.au/)

Need to talk with someone or need support? The **NSW Health Shoalhaven Bushfire Recovery Clinicians** are here to help by offering free confidential assistance on (02) 4424 7888.



## Are you prepared... now is the time to Get Ready

Covid-19 has made it difficult to connect face to face with our front-line services for the annual Get Ready weekend held in Spring.

Every year we can see natural disasters such as a floods, fires and other disasters affect our community. Being prepared will help you be more resilient and feeling in control will help you make informed decisions.

It all starts with a conversation...now is the time to talk with family, friends, and neighbours about preparing.



Consider these 5 steps to Get Ready:

1. What is the risk
2. What can I plan for now?
3. How can I get my home ready?
4. Be aware
5. Look out for each other

More information and assistance details can be found on these websites.

- [shoalhaven.nsw.gov.au/Emergencies/Get-Ready](https://shoalhaven.nsw.gov.au/Emergencies/Get-Ready)
- [rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan](https://rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan)
- [rfs.nsw.gov.au/plan-and-prepare/farm-fire-safety](https://rfs.nsw.gov.au/plan-and-prepare/farm-fire-safety)

With COVID-19 restrictions easing we are working towards more community conversations across the Shoalhaven to provide more information on how to Get Ready. If you are interested in learning more and would like to discuss how we can help, please call **Council's Recovery Team** on (02) 4429 5888 Monday – Friday 9am to 5pm.

# What's on

## Hub Happenings

### WE ARE OPEN!

Please come along. This is a safe space where you are welcome to have a cuppa and a chat. With COVID-19 restrictions easing we are developing some activities... stay tuned.

For more information contact **Council's Recovery Team 4429 5888** (Monday to Friday 9am to 5pm) or email [Janis.gordon@shoalhaven.nsw.gov.au](mailto:Janis.gordon@shoalhaven.nsw.gov.au)

**Please note: COVID safe measures remain in place and visitors must provide proof that they are fully vaccinated, wear a mask indoors and check in using the Service NSW App or sign in sheet.**

Follow the instructions on the Service NSW website to update your Service NSW App to include your proof of vaccination to the NSW COVID Safe Check-in. [service.nsw.gov.au/covid-19-digital-certificate](https://service.nsw.gov.au/covid-19-digital-certificate)

Online access to services for some in our community is not an option. You can obtain a printed certificate of your immunisation history from:

- your vaccine provider
- by calling the **Australian Immunisation Register** on **1800 653 809** (8am to 5pm, Monday to Friday) to ask for your statement or certificate to be mailed.

#### Location

Shoalhaven Recovery Hub, The Lounge Ulladulla Civic Centre, 81B Princes Highway, Ulladulla NSW 2539

## October Calendar

### Thursday 28 & Friday 29

10.30am - 4pm

## November Calendar

### Thursday & Friday

10.30am - 4pm

*Note: Hub is closed on a Saturdays*

## Would you like to make a difference.... are you looking to support your community to become more resilient?

**See what is possible for our bushfire impacted communities if we work together like never before.**

People living in southeast NSW or working or volunteering in recovery across the Bega Valley, Shoalhaven or Eurobodalla are invited to consider joining this free 12-month program - practising shared leadership for positive change.

**Gather 'Round** is a free 12-month leadership program to inspire positive action in our communities. This unique leadership program brings people together from bushfire impacted communities across the southeast to learn skills for collaboration and positive change. It is a partnership between **Campfire Co-op** and **The Crossing Land Education Trust**, funded through the Bushfire Local Economic Recovery Fund.

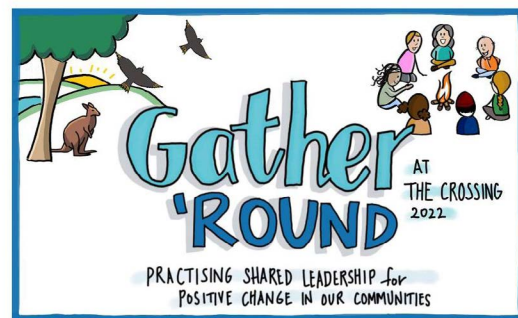
Forty people from across 10 bushfire impacted communities will spend a year in a mix of in-person residential learning at The Crossing, Bermagui, online coaching and mentoring, and working on cohesive projects in these communities.

The program includes convening important conversations and inviting community participation and collaborating on projects to bring communities together and working with conflict. Another focus is personal leadership practices to contribute to individual and collective wellbeing. There will be clear application to the communities and regional areas represented.

## Have you checked the Shoalhaven NSW Resilience Disaster Dashboard?

Residents and visitors to Shoalhaven can now access timely and authoritative information with the launch of the **Shoalhaven NSW Resilience Disaster Dashboard**.

The Disaster Dashboard provides information on COVID-19 case numbers (last 30 days), fire and flood incidents, SES NSW advice, road conditions and power outages. Best of all you can access the disaster dashboard anytime using your mobile, tablet or desktop device.



Participants from the ten communities will be drawn from six Local Government Regions including the Shoalhaven.

The team will be led by Bega Valley residents and experienced hosts and trainers, David Newell and Mel Geltch, with a team of experienced and emerging South Coast facilitators and supported by a team of leaders in the field of participatory practice from all over the world.

**This is not only for recognised community leaders. It is for anyone who has passion and care for their community. You may be a volunteer or employee in community organisations, schools, local not-for-profits, local business, bushfire recovery, local government, the arts, farming, land care, industry and more.**

Please consider expressing an interest, and if you know of others in your community who may be curious about this, please share this opportunity with them. Visit the **Gather Round** website for more information, and to express your interest by **Wednesday 10 November 2021: [bit.ly/gatherround2022](https://bit.ly/gatherround2022)**

Do you have any questions? Contact **David Newell** via [david@campfire.coop](mailto:david@campfire.coop) or on **0408 213 984** or **Mel Geltch** via [mel@campfire.coop](mailto:mel@campfire.coop) or on **0400 412 498**.



**You can access the new disaster dashboard on Council's website: [shoalhaven.disasterdashboards.com/dashboard/overview](https://shoalhaven.disasterdashboards.com/dashboard/overview)**