



## Key Contact Points



### Shoalhaven Recovery Hub

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. Saturday 10.00am to 1.00pm.

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



### March Floods

Help is available for those who were directly affected by the March 2021 floods.

Service NSW is helping people and businesses impacted by the severe storms and floods.

Simply call Service NSW **13 77 88** or visit [service.nsw.gov.au/floods](https://service.nsw.gov.au/floods) for more information.

## Not feeling like your usual self?

There has been a lot for our community to deal with following the 2019/2020 fires to floods, COVID-19, more floods. Sometimes we all wonder when will life be back to normal.

Have you noticed some changes and wonder why? Changes might occur for you long after the event. At first glance, you may not connect what you are experiencing now with the fires or other major events.

### Have you noticed these changes?

- Difficulty concentrating or remembering
- Not feeling as organised or 'on the ball'
- Trouble starting things or following through
- Don't feel like being around others
- Don't enjoy things you used to enjoy
- More time in bed or feeling exhausted
- Reacting with strong emotions you normally do not feel or can usually control

You are not alone. These reactions are a



normal response to these intense events. While these changes can be unsettling, they are usually temporary and you do not have to face them on your own.

If you would like to talk through what you are experiencing or get support to develop some strategies to help you deal with these challenges, the **NSW Health Shoalhaven Bushfire Recovery Service Clinicians** are available for a one-off call or ongoing support face to face or over the phone. Call **(02) 4424 7888** –this is completely free and confidential.

## ExSpesso chats in Conjola

Tilly and Mo Café, Lake Conjola  
Monday, 3 May 2021 | 10:00am - 12:00pm

Recovery takes time. We are here to listen, help and refer you to the right agencies and providers for support as needed.

Come and join Grace Beaumont from *the National Bushfire Recovery Agency* and Janis Gordon, *Shoalhaven City Council Recovery Outreach* for a coffee and a chat.

For more information call **(02) 4429 5888** or email [Janis.Gordon@shoalhaven.nsw.gov.au](mailto:Janis.Gordon@shoalhaven.nsw.gov.au)

## Need some financial support?

The Salvation Army offer a range of services and assistance to help people and communities who have been affected by the 2019/2020 fires. They can also provide advice and clarity, to make sense of what the next steps are and help you regain some control over the situation.

In the aftermath of a disaster, it is easy to feel overwhelmed by the enormity of what needs to be done. You do not have to take that journey alone, Salvation Army is here to support you.



For assistance call **1300 662 217** visit [salvationarmy.org.au/need-help/disasters-and-emergencies/](https://salvationarmy.org.au/need-help/disasters-and-emergencies/)

## Need funding for a community event?

Foundation for Rural Regional Renewal (FRRR) grants program may help.

The FRRR is a not-for-profit organisation, that connects common purposes and funding from government, business, and philanthropy with local needs of rural people and places.

Strengthening Rural Communities Program Funding program aims to give the thousands of small rural, regional, and remote communities across Australia an opportunity to access funding to support broad community activities. This has been extended to include bushfire recovery with round 9 - **Closing 25 May 2021 5:00pm.**

For more information visit [frrr.org.au](https://frrr.org.au) scan the QR Code below or contact NSW FRRR Grants Officer Kate Nolan on **1800 170 020.**



**FRRR**  
Foundation for Rural  
Regional Renewal