



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.

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

Our community has gone through a lot following the 2019/2020 fires. Floods, COVID-19, more floods, and now COVID-19 again.

The pandemic has greatly changed the way we live and can make the recovery journey even more challenging.

Staying healthy during this time is important. Being aware of how you feel and knowing what you can do will help to maintain your health and wellbeing



These strategies are presented by Dr. Rob Gordon, a clinical psychologist who has spent over 30 years working with people affected by disasters.

watch the video at <https://www.youtube.com/watch?v=xlwvaDg97XM>

Dr. Gordon recommends

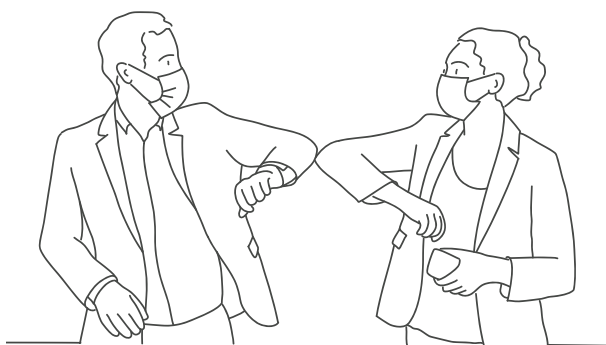
- A fast recovery is not necessarily a good recovery.
- Assess your energy levels.
- Identify and focus on the things you can control.
- Ask yourself "what am I not doing, that I used to do?"
- Maintain daily routines or create new ones.
- Deal with small problems before they become bigger.

Helpful COVID-19 tips

Looking for ways to support your own health & wellbeing whilst staying connected with family, friends and loved ones who may be locked down?

Consider:

- Make regular phone calls or video calls to people you know.
- Being in close confines can be stressful, watch out for signs of stress among family members.
- Work out a strategy to defuse any difficult situations or anger.
- Watch movies or footy games together, virtually.
- Get some sun every day – keep up the vitamin D.
- Stay in touch with work colleagues. If you can, working from home could help you stay busy and connected.



- Self-indulge and put on that hair mask you've had in the back of the drawer or give yourself a pedicure.
- Now's the time to do those household projects you've been putting off.

Red Cross has some great ideas to support you during this time, visit <https://bit.ly/3lr24CG>

WE'RE ALL IN THIS TOGETHER.

What's on

Hub Happenings

First and foremost, we wish to keep our community, staff, and agencies safe during this time. With this in mind our HUB has now re-opened with COVID-19 safe plans in place, which will allow our community to visit, have a chat over a cuppa and connect with friends and support services who are here to listen and help.

Following feedback from our community and agencies we have paused all activities that have been scheduled for August.

All activities will be rearranged when we can all reconnect in more relaxed environment.

We understand this is disappointing, however, we do encourage those in our community who are interested in participating in these activities to please call our Recovery Team on **4429 5888** (Monday to Friday 9.00am to 5.00pm) or email **Janis.Gordon@shoalhaven.nsw.gov.au** to register your interest for future events, and to have a chat about what is on offer.

Stay tuned for future activities that are being planned pending Covid-19 restrictions easing...we are looking forward to connecting with our community face to face once again. **We would love to hear from you...** what activities would you like to see at the Hub?

August Calendar

Thursday & Friday

10.30am - 4.00pm

Open for a cuppa and a chat

Saturday 7, 14, 21 & 28

Hub closed

Bushfire Local Economic Recovery Package (BLER)

Shoalhaven City Council has been successful in securing \$12 million for recovery in the Shoalhaven, response and preparedness projects following a recent funding announcement.

The Bushfire Local Economic Recovery (BLER) Package is part of the \$4.5 billion bushfire support program co-funded by the Australian and NSW governments for bushfire recovery, response, and preparedness in NSW.

More than 650 project applications were received from 47 LGAs impacted by the bushfires in NSW, requesting a total of more than \$1.6 billion – more than six times the original available funding.

The Department of Regional NSW led the merit-based assessment process in line with the eligibility and assessment criteria published in the BLER Program Guidelines and the Australian Government's Local Economic Recovery funding criteria.

The Department of Regional NSW can provide feedback to unsuccessful applicants and identify future funding opportunities where appropriate. If you would like to obtain feedback, book your appointment <https://bit.ly/37ecXPM>



Black Summer Bushfire Recovery Grants

Community organisations, businesses and local councils can apply

Check the guidelines now!
Applications open **22 July**



Grant opportunity - Black Summer Bushfire Recovery Grants program (BSBR)

Applications close 2 September 2021

The Black Summer Bushfire Recovery (BSBR) Grants program is part of the National Bushfire Recovery Fund, delivered by the National Recovery & Resilience Agency

If you missed the Grants workshop at Ulladulla on 28 July 2021, there are places available in free online workshops. Please visit <https://recovery.gov.au/black-summer-grants-workshops> for more information and to register your interest.

Do you have some questions? You can call the Applicant support services being provided by the National Recovery & Resilience Agency who are working with the Business Grants Hub to deliver these grants.

The Business Grants Hub also has a Contact Centre available on 13 28 46 (open from 8am to 8pm, Monday to Friday) which can provide further support for your application.