

# Project BOUNCE Forward

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## Newsletter 3 Bouncing Forward in Dungog Shire



Bounce hour hosts Karen and Mandy

### Bounce Hour – Radio Dungog

Your Tuesdays may never be the same again! Plonk yourself in a chair and make yourself a cuppa as the Project Bounce Forward Team are taking over Radio Dungog every Tuesday from 12-1pm. With the wonderful Anthonys help we will be playing your favourite hits and talking about anything and everything. Some of the topics covered so far are accessing the Natural Disaster Relief Fund, self-care tips, soil conservation, Crown Lands and so much more. But the best part is its lots of fun, we promise an hour like you've never had before on Radio Dungog.

### Community Day

Friday the 16th October is the big day for our fantabulous Fun Day. Children from St. Josephs, Dungog Primary, Dungog High and the local preschool will be performing for the community so come along and cheer them on. Ruby the Clown will be hosting a juggling workshop as well as giving us all a laugh, Rotary will have a free BBQ and CWA are providing a delicious Devonshire tea in the grounds of our garden here at the Community Centre. Doug the Dungog reading bug will be wandering around so don't miss a chance to tell him your favourite book. For mums and dads there will be a book stall available with some very cheap quality books plus a chance to connect with local services. Afternoon kicks off at 1:30 so come along and join in the fun.



**Personalised mobile outreach service in Dungog Shire** to assist you and your community with information, decision making and recovery resources to Bounce Forward.

### Contact:

- 4992 1133
- [pbf@dsc.net.au](mailto:pbf@dsc.net.au)
- [www.dsc.net.au](http://www.dsc.net.au)
- facebook: project bounce forward



Natural Disaster Relief and Recovery Arrangements (NDRRA), Australian Commonwealth Government



*Thank you to our teams the Wallarobba Wombats and the Sydney Bears*

## Wallarobba Wombats vs the Sydney Bears

The rain was threatening to cancel this auspicious event all week but come Sunday morning the sun came bursting through over the ranges and the game was able to go ahead. A quick change of venue to Vacy cricket oval ensured there would be no dirty cricket whites requiring soaking for a week and easy access to the Farmers Hotel meant there would be no parched throats either. The guys from Sydney Bears had played at Tillegra in the past and love this part of the world so after hearing the news of the April storms wanted to give back to the local community.

At half time a presentation was made to Sarah our Manager at Dungog Shire Community Centre of over \$2000 that will go towards the Natural Disaster Relief Fund. What a great effort from these guys, once again the generosity of others is overwhelming. To show their appreciation the Wallarobba Wombats let them win on the day. Country people are so kind...

*Sarah thanks Ben for the contribution towards the Natural Disaster Relief Fund*

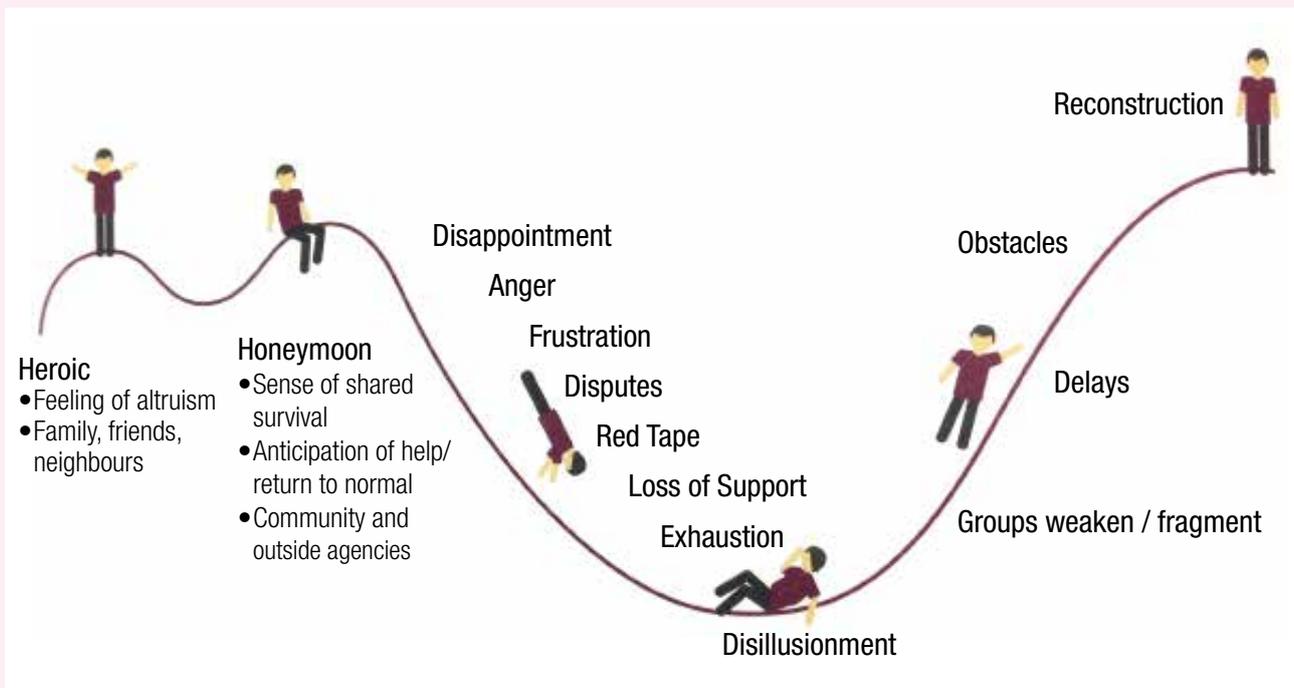


## Tennis Courts update

Its only weeks away till our courts are up and running and they are looking fantastic. We think this is a good reason to celebrate as our town continues to rejuvenate after the April storm so watch this space and start practicing for the upcoming "Dungog 2015 Invitational Match" – an event that could be included in the Grand Slam once they see us play!!

## CWA Craft Morning – Every Thursday 10-12

Just a reminder that the Dungog/ Clarendtown CWA ladies open their doors every Thursday morning from 10-12 for a cuppa, chat and an opportunity to share craft ideas. Whether you like sewing, needle work, knitting or juggling there is something for everyone. Call in and say hello at 199 Dowling Street next to the Commonwealth Bank.



Original source for this diagram: Australian Disaster Manual – Emergency Management Australia

## How are you travelling 6 months on?

As the process of recovery continues there are still many things that will challenge our capacity to move forward. When you look at the graph about different phases that individuals and communities might experience post disaster maybe you can relate to the feelings of frustration, delays or exhaustion. Perhaps obstacles and red tape continue to be part of your life and that it is difficult to see that light at the end of the tunnel?

It is important to remember you are not alone during this time, these feelings are normal reactions. Keep in mind that events such as natural disasters take time to process and recover from and that everyone's journey is different.

Our role at Project Bounce Forward is to walk beside the community during your recovery no matter where you are along the road. If you feel you would benefit from extra support there are a few options you can choose, all of them confidential and discreet.

At the Community Centre we have trained staff that can assist you in this process; we have our Self Care support group that runs every 2nd Wednesday night, our Chocolate Connections counsellors that can meet with you at home, HNEH has a qualified Social Worker that comes to the Dungog Hospital weekly and if financial and legal issues are a concern we can assist you to access the Natural Disaster Relief Fund or connect you to our Legal Aid contact. Contact us on 4992 1133 or email [pbf@dsc.net.au](mailto:pbf@dsc.net.au)

## Helpful Tips for Recovery

Its important to keep in mind that events such as natural disasters take time to process and recover from, here are some helpful tips that may reduce stress and help you with you/your family's recovery.

- 1** Keep communication – talk about what is happening, try to share what you are feeling with others
- 2** Schedule time for enjoyment. Regular family fun nights, sharing a cuppa with a friend or date nights with your partner can often provide respite from stress
- 3** Don't let serious issues develop, be active – tackle problems early on, seek help and information when needed
- 4** Reflect on you/ your familys experience, how you have grown and things that have changed for better or worse
- 5** Maintain your physical wellbeing – eat well, sleep well, be active every day (*walking, gardening*)
- 6** Get back into everyday activities work, study, volunteering. Stay connected to your social group and activities
- 7** Know when to seek help – when things seem stuck, relationships are stressed, you/your family's health is suffering (*physical, emotional, psychological*)



## Bus Trip to Paradise

Taking time out to smell the flowers is a saying often said but not always heeded but last week 14 Alison Court residents were able to actually stop and smell the flowers in an incredibly beautiful garden at Bandon Grove. We headed down Dowling Street at 10am arriving in time for a home cooked morning tea of scones, brownies and citrus tarts all enjoyed amid the setting of azaleas and tree ferns. The garden had lots of nooks and crannies hiding quirky surprises to find and seats to just relax and take in life's simple pleasures. Friendships were embedded and the shared experience of an event that rocked people's lives was for a while a distant memory. Thank you to those wonderful Dungogians that made this day possible, your kindness and generosity is truly appreciated.



## Important dates

Fri	16 Oct	Project Bounce Forward Community Day, Dungog Primary School, arvo
Wed	14 Oct	Self care wellness group, DSCC, 5-6
Sat	17 Oct	Vacy Blues & Roots Festival, The Farmers Hotel, Vacy
Mon	19 Oct	FREE Workshop, The Challenge of Domestic Violence, Doug Walters Pavilion, 10-4
Thurs-Sun	22-25 Oct	Dungog Festival
Fri	23 Oct	Birds / weeds walk & talk, Dungog Common, RSVP LLS 4930 1030
Wed	28 Oct	Self care wellness group, DSCC, 5-6
Tues mornings		Community Kitchen, Presbyterian Hall, Dowling Street
Every 2nd Wed		Self care wellness group, DSCC, 103 Dowling St Dungog, 5-6
Thurs mornings		Craft morning at CWA, 10am-12pm

## Dungog Festival <sup>some</sup> hot tips & freebies

**Thurs to Sun 22 – 25 Oct** [www.dungogfestival.com.au](http://www.dungogfestival.com.au)  
 21 films incl 4 film premieres & 6 sessions short films  
 Fri nite–Pizza Palace, Dungog Shire Community Centre Garden  
 Fri nite–artisan night markets & bands Jubilee park  
 All weekend–Dungog TV projected on TVs around town  
 Fri & Sat nites–Projections/mystery tours on young people's backs  
 Fri nite–Late & live cabaret club, RSL  
 Sat nite–Starry night concert, Dungog Showground  
 Sat–Car boot sale, Dungog Primary School  
 Sun–Grower's market

## Important contacts

to assist with recovery information & resources

### Dungog Shire Community Centre:

- 4992 1133
- [pbf@dsc.net.au](mailto:pbf@dsc.net.au)
- [www.dsc.net.au](http://www.dsc.net.au)
- facebook: bounce forward

### Useful numbers:

NSW Rural Mental Health 1800 201 123  
 Red Cross 1800 812 028  
 Salvation Army 1300 363 622  
 NSW Rural Assistance Authority Small business assistance 1800 678 593  
 Legal Aid 9219 5093  
 Law Access NSW 1300 888 529  
 NSW Fair Trading 13 32 20  
 Department of Primary Industries 1800 814 647  
 Rentstart Bond Assistance 1300 468 746