

Project BOUNCE Forward

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Newsletter 7

How prepared are you?

With the weather events of the last few weeks it is a timely reminder of how important our own preparedness is. Not only for our ability to “weather the storm” and protect our property as best we can to limit possible damage, but also for our emotional wellbeing. Many people contacted the community centre during the recent bad weather asking for information and advice about what they needed to do, what phone numbers they needed and how they could find out about what the weather was doing. It was fantastic to see so many community members being proactive in their own preparedness. Being prepared is fundamental in building our own resilience and supports us all in feeling safer, more capable and ready.

However the time to prepare is not when a severe weather event is predicted such as an east coast low or a heatwave. Nor is preparedness static, and once we have our plan and documents in a water proof bag we put it on a shelf. If you’re wondering how to prepare for an emergency there are a number of useful websites that can provide plan templates and information about what to put in an emergency kit. Links for these websites can be found on the DSCC website/Disaster Preparedness. There are also a range of apps that can help you stay connected to up-to-date information such as Fires Near Me and Disaster Watch.

However one of the best ways you can be prepared is to know your neighbours, know your community and know your risk. Over the coming months DSCC through Project Bounce Forward will be partnering with a number of local, regional and state agencies to roll out preparedness expos and information across the Dungog Shire. Watch this space for one coming near you.

(Excerpt from ‘Dungog Chronicle’ June 15th 2016 by Sarah U’Brien)

www.dsc.net.au – for essential info links

Floods and Storms – call the SES 132 500
www.ses.nsw.gov.au [external link]

www.redcross.org.au/prepare.aspx

Bushfire Information – call the
NSW Rural Fire Service: 1800 679 737
www.rfs.nsw.gov.au [external link]

www.nsservices.com.au/natural-disasters/
– has an excellent dvd about preparedness



DSCC spreading the love

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
- pbfdsc.net.au
- www.dsc.net.au
- facebook: project bounce forward

Follow us on facebook to find out about our upcoming community events.



Reflections of Resilience Exhibition

I started writing this article in the warmth of the Uniting Church Hall surrounded by positive messages of strength and determination from across our community. With the smell of soup wafting from the stove and home baked slices of all varieties sitting prettily on vintage crystal dishes I reflected on the last twelve months and how far we have come. Travelling through the community in the few weeks leading up to the anniversary and talking to people about their experiences has been a great honour. Getting them to think of a word that resonated with them wasn't always easy however given time and a few prompts words just seemed to flow. From Norco to NRMA, the Bank Hotel to the Dungog Hospital letters were spilling over onto the footpath and road testing all of our spelling skills. Words like secure, calm, faith and prepared started to form more than just words but a sense of community spirit and

stories begun to emerge of how our community looked out for each other. It was extremely humbling to be able to listen to peoples stories of the kindness shown to them by complete strangers. People walking by and stopping to help clean up houses and yards, bringing a plate of sandwiches and leaving not even knowing their name. The Thank you boards that we had on display throughout the exhibition expressed simple messages – ‘Thank you to the man that blew up all our tyres in our yard to make it easier to move things around’ or ‘Thank you to the volunteers, you kept us together, you fixed things and you gave us yourself’.

At Project Bounce Forward we would like to express our heartfelt gratitude to everyone that visited the Reflections of Resilience space and hopefully left feeling uplifted and bouncing forward. Special thanks to Kris, our amazing volunteer that gave her time so generously to take the photos and kept us all running to schedule.





The Dungog Masked Ball

If you were wandering around Dungog last Saturday night you would be forgiven for thinking that the town had been taken over by witches, trolls and other various strange looking forest creatures stealthily slinking towards the James theatre in the cover of night. They came out of the creeks, woods and under rocks to gather together to raise funds for an extremely worthwhile cause – the Dungog Community College. The College is still less than 5 years old and needs the communities help so it can promote lifelong learning through classes, talks, workshops, accredited training, professional development and much more. Thanks to all who attended and our wonderful volunteers for making this event a sold out show every year. Enjoy some of the best pics of the night – you might recognise a certain Puss in Boots?



Reflections of Resilience Photos

Over the next couple of weeks the Reflections of Resilience photos will be handed back to the community as a way of saying thank you for your participation. Anyone that was in a photo and would like a copy emailed to them please contact us at the Centre.

Self-care wellness Group

Our self-care group continues to meet every 2nd Tues day night and numbers are growing. We have changed our venue for winter to the Common Room at Alison Court as it's warm and cosy and access is easy. The group is open to all community members and is not just for people whom were impacted by the April storm event. We discuss self-care tips, provide positive support to each other and most of all enjoy each other's company and a good laugh. We can also assist people with additional support by connecting them to the Social Worker based at Dungog Hospital Tuesdays and Wednesdays. If you would like to know more contact Karen or Charmaine at PBF on 4992 1133.



Advanced Aged Care Planning Forum, Tues 2nd Aug, 10am, James Theatre

Dungog Shire Council in partnership with Dungog Hospital invite you to the Advanced Aged Care Planning Forum. Guest Presenters with question time & free info packs on planning ahead for your future legal, health & financial decisions. Enjoy a delicious morning tea followed by a **Free Movie Screening – The Hundred Foot Journey**. RSVP: Friday 29 July to Tracey Lowrey 4995 7777 or email traceyl@dungog.nsw.gov.au

Important dates

Tues 26 Jul	Self care wellness group, 4.30
Sat-Sun 30-31 Jul	Dungog Camp Draft
Tues 2 Aug	Advanced Aged Care Planning Forum
Sun 7 Aug	Dash & Dawdle, 9am-1pm
Tues 9 Aug	Self care wellness group, 4.30
Fri-Sat 26-27 Aug	AGOG international films, James Theatre
Fri-Sat 26-27 Aug	Gresford Rodeo
Thurs 8 Sep	R U OK day, 9am-1pm
Fri-Sun 9-11 Sep	Peddalfest
Tues mornings	Nourish, Presbyterian Hall, Dowling St
Every 2nd Tues	Self care wellness group, Alison Court Common Room Dowling St Dungog, 4.30

safeTALK – a suicide prevention awareness program

Mon 15 Aug, 6–9.30pm Dungog High School Library, Eloiza St, Dungog, FREE Supper provided, RSVP: Hayley Dibley, 4992 3022
hayley.dibley@det.nsw.edu.au

Learn to recognise when someone may have thoughts of suicide and how to respond in ways that link them with further suicide intervention help.

Beating the winter blues

Those long hot summer days seem a distant memory at the moment when we are struggling to get out of single digit temperatures. Consistent cold weather can start to have an effect on our mental health and it is important we remember to take time out each day for some self-care.

Try and spend as much time as you can in the sunlight, take a walk, do some gardening, sit in the park, ride a bike, or anything that gets you out in the sun. Keep in touch with friends that make you feel good, catch up for coffee, a walk or even just over the phone.

Plan to do something for yourself every day even if it's just for 5 minutes, only you can be responsible of your own self care.

Important contacts

to assist with recovery information & resources
Dungog Shire Community Centre:

- 4992 1133
- pbf@dsccl.net.au
- www.dsccl.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