



Dear resident,

I wanted to take this opportunity to reach out and see how you are managing your journey of recovery.

It's been a turbulent time for our region. With the risk of COVID-19 once again close to home, who would have thought that we would have had thrown at us Droughts, Bushfires, Floods and Covid in such a short space of time?

The impact and significance of these events continues to be felt and challenge us in many ways and as always, if there is any way Lithgow City Council can support you or your business at this time, please let us know!

We are pushing on with positivity, joining forces with other organisations and working together to make sure our wonderful community is supported, and our local economy is healthy.

We also encourage everyone to reach out and access the information and services on offer. There are also more specialised supports available and if we can help provide or refer you, please do not hesitate to contact Council on the details below.

Stay safe, stay healthy, stay well
Craig Butler,
General Manager | Lithgow City Council



Community Recovery Officer (CRO) 2.0

Thank you for joining us for your August update, and for our new sign ups WELCOME! We're so glad you're here!

As the LGA heads into extended lockdown we know it has not been easy, particularly with COVID-19 pausing some community connection recovery activities. Recovery takes time and is different for everyone. We are all affected by disasters in our own personal way.

This month kicks off year two of the Community Recovery Officer role and a continued commitment to putting our community first and ensuring all necessary support is provided.

Loving the work you do is a gift that should never be underestimated. I'm grateful every day and excited to continue to work with you in the 12 months ahead!

While our physical offerings are on hold for the moment there's plenty moving online and in planning for once lockdowns are lifted. Can't wait to see you there!

Rachel Nicoll - Community Recovery Officer
0419 100 085

It's ok to...

- have dodgy wifi
- stand, sit or lie down for meetings
- switch off your camera to have a stretch or eat an apple
- have your pets, partner, housemates or children gatecrash your video call
- turn (another) video conference into a walk and a phone call instead
- not check email or ping out of hours
- add some gaps and pauses to your day to think and rest
- put your family before your work
- not know everything
- be confused
- say "I don't know"
- ask for help
- have a cry
- talk about it
- not talk about it
- challenge things you're not comfortable with
- feel like these are crazy times, because they are crazy times
- have a crappy day
- have a great day
- share things that have helped you
- smile
- say you're not OK

We have been inspired by the response and the entries coming forward, however given the extension of COVID restrictions for regional NSW, we have decided to delay the exhibition until later in the year.

The exhibition, titled ReNew, will be hosted at the Union Theatre Gallery presenting artworks by the local community that respond to the bushfires, capturing our collective experience and subsequent journey to recovery and resilience.

This will now coincide with the Readiness Rally in November and hopefully provide everyone some more time to develop their work.

The new dates for you to be aware of are below.

Important dates:

- artworks delivered to Union Theatre: Monday 15th November
- exhibition opening: Saturday 20th November
- exhibition dates 20th November - 5th December (gallery open fri - sun)

For questions relating to the exhibition or assistance to connect with support services, including mental health, phone 0419 100 085 or email

Rachel.Nicoll@lithgow.nsw.gov.au.

The exhibition is presented by Lithgow City Council thanks to the Federal Government, National Bushfire Recovery Agency and the NSW State Government through Resilience NSW as part of the Bushfire Community Recovery and Resilience Fund.



Heroes don't always wear capes; my heroes wear helmets.

Heywire presents personal stories from young Australians and the conversations that shape their communities.

After surviving extreme bush fires, Heywire winner, Paris is thankful to the local firefighters who saved her home. 🚒👏

View the story from Heywire winner Paris [HERE](#)

Recovery: How we can create a better, brighter future after a crisis

Our Community is hosting a special FREE webinar presented by Andrew Wear, the author of Recovery: How we can create a better, brighter future after a crisis.

Time: Friday, September 3, 2021, 1pm-2pm AEST

Cost: FREE!

Find out more and register at:

<https://communitydirectors.com.au/training-courses/webinar-recovery>

Fire insurance cover for bushfires & house fires

Home insurance is designed to provide financial assistance if your home is damaged in certain circumstances, such as by fire.

Canstar took a look at what's covered and the options to consider when it comes to insuring against bushfires and house fires.

Read the article at:

<https://www.canstar.com.au/home-insurance/bushfire-insurance/>

Update: Bushfire-generated Green Waste Clean-Up and Processing Program

The NSW Environment Protection Authority's Technical Review Committee sat on 3 August 2021 to review, assess and score all applications.

What's next?

As soon as the EPA are able to, they will provide an update to all applicants on the outcome of their applications.

We appreciate your continued interest and patience as we await the result.

Black Summer Bushfire Recovery Grants - MORE TIME TO APPLY!!

The Australian Government is extending the closing date for the \$280 million Black Summer Bushfire Recovery (BSBR) Grants program to **6 October 2021**, giving communities more time to apply.

This grant program comes from the National Bushfire Recovery Fund and covers every Local Government Area that was disaster declared as a result of the 2019-20 bushfires.

Application Support Services

Hotline

The Business Grants Hub Contact Centre is open from 8am to 8pm, Monday to Friday and can be contacted at **13 28 46**.

Workshops (in person and online)

ThinkPlace is running free workshops and webinars to introduce the Australian Government's Black Summer Bushfire Recovery Grants program, give an overview of the guidelines and cover tips on how to write good grant applications. There are still opportunities to participate in the online workshops listed below.

Tuesday, 31 August	15:00 to 17:00
Thursday, 2 September	13:00 to 15:00
Tuesday, 7 September	15:00 to 17:00
Thursday, 9 September	13:00 to 15:00
Tuesday, 14 September	15:00 to 17:00
Thursday, 23 September	13:00 to 15:00

For more information on the assistance that is available, including workshops, visit: www.recovery.gov.au/black-summer-grants

To start your application visit: <https://business.gov.au/bsbr>

Work with us

Would you or your group like to work with a grant writer on your application? Submit your draft application for our professional grant writer to review. We'll then provide feedback and tips to strengthen your application with you.



This program is now open.

Closes 5pm AEST 15 September 2021

Announced by
Late November 2021

Suncorp Rebuilding Futures

Suncorp has partnered with FRRR to enable the delivery of the Suncorp Rebuilding Futures program.

This program seeks to support communities to strengthen their resilience through long-term recovery from a significant natural disaster by undertaking community-identified and community-led long-term recovery activities for public benefit.

The Rebuilding Futures program encourages remote, rural and regional communities to build back better to reduce the impact of future disasters on community wellbeing and physical infrastructure.

The first grant round is for communities in New South Wales and South-East Queensland impacted by the March 2021 flood events. Grants of up to \$15,000 will be made for applications that are clearly focused on supporting the long-term recovery and resilience building of communities impacted by these events.

<https://frrr.org.au/funding/disaster-resilience-and-climate-solutions/suncorp-rebuilding-futures/>

BUSINESS & FINANCE

GLEN STEWART - RURAL FINANCIAL COUNSELLING SERVICE (RFCS)

Glen Stewart, is a qualified Rural Financial Counsellor based in Oberon, servicing Lithgow and surrounds, providing free, independent support to producers to understand their financial position, build their financial knowledge and to provide producers with financial management tools to ensure they are better equipped to make changes and face challenges that may arise.

The service Glen works for is the Rural Financial Counselling Service NSW (RFCS) which supports eligible farmers, fishers, forest growers, harvesters and small related rural businesses who are suffering, or at risk of experiencing financial hardship, to manage and adjust to the challenge of industry and climate variability.

RFCS in NSW have helped 41.5% of farmers in the last 4 years alone.

Our farming philosophy takes a holistic approach and reflects our belief that your business planning is the key to your success.

RFCS can help with:

- Negotiating with creditors and accessing support to alleviate financial hardship.
- Building better business behaviour's to ensure more resilient agri businesses.
- Achieve viable family succession of farming businesses.
- Help to enable everyone to be on the same page and ensure the technical elements are understood.



Glen Stewart JP

Rural Financial Counsellor

Bathurst, Blayney, Lithgow, Oberon LGA's

[P] 0437 417 117

[E] glen@rfcsnsw.com.au

[W] www.rfcsnsw.com.au



Australian Government
Department of Industry, Science,
Energy and Resources

AusIndustry
Entrepreneurs' Programme

REMINDER!

Join us for a Digital Drop-In

Regular 30-minute power sessions featuring a range of expert masterclasses right from your screen. Join us online over the next few weeks every Monday at 3:00 PM for advice, tools and templates to support your business.

- Monday 16 August, 3:00 PM
- Monday 30 August, 3:00 PM
- Monday 13 September, 3:00 PM
- Monday 27 September, 3:00 PM
- Monday 11 October, 3:00 PM



[Lithgow digital drop-in zoom link](#)

Presented by



**BUSINESS
AUSTRALIA**

IMPROVE OUR RESILIENCE TO FUTURE DISASTERS

**TAKE
OUR
SURVEY!**



Your experiences of natural disasters and ideas about being prepared are incredibly valuable!

Often, recovery systems at different levels of government and in different sectors and communities fail to connect.

This is where we're wanting your input to understand what network of people, communities and organisations (the recovery system) exist in the Lithgow LGA.

It may not have been an official role or designation, however if you provided support in any capacity - including emergency response, access to financial resources, providing strength of community networks, referrals to other organisations or through helping someone in their experience - we want to hear from YOU!

Improved coordination means better integration of services. This is also an opportunity to understand where and what gaps exist. Oftentimes, people are keen to help but would like guidance on which capabilities are useful and where to apply them.

There is a lot we can learn from recent experience, and the purpose of this mapping is to create relationships that connect the community's assets and lessons from the recovery experience into preparations for future.

We only ask for 10 minutes of your time.

We realise that COVID-19 is placing many services under increased pressure and value your ongoing contribution and hope that you are able to participate.



Complete the survey at:

<https://www.surveymonkey.com/r/Y3C6P6T>



Resilience
NSW

GET READY
Lithgow City



HEALTH MATTERS



The cumulative stress our community has experienced over the last few years can have a direct impact on health and wellbeing. Now more than ever, it's important to look after ourselves and one another.

Some key steps in doing this are to:

- Please comply with stay at home rules as they are our best defence at present, and follow public health information regarding symptoms, testing, vaccinations and latest health advice.
- Get your information from a reputable source, and encourage others to do the same.
- Moderate your exposure to news updates and social media.
- Acknowledge that it's ok to feel overwhelmed, anxious, confused, angry and lots of other emotions.
- Take time to check in with how you are feeling and practice genuine self-care within your routine, and seek help when needed.

COVID-19
VACCINATION
Safe. Effective. Free.

Make sure you're getting the facts directly from a reputable source.

- [NSW Government Website](#): With some information changing rapidly, please understand there may be a slight delay in information being updated on the website.
- Current [restrictions](#)
- Finding a [COVID-19 testing clinic](#)
- [Case locations and venues of concern](#) including postcode locator and advanced search to filter by most recently listed
- [Financial supports](#) available
- [NSW DPI Website](#): for COVID related information relating to primary industries and agriculture.
- [Health Direct Vaccine Eligibility Checker](#): survey tool to determine whether you are eligible for a vaccination. It will then provide details of local vaccination clinics including NSW Health clinics, GP surgeries, medical centres and pharmacies. For those without computer or internet access, you can call the NSW Health Vaccination Centre hotline on 1800 571 155, or Health Direct on 1800 022 222.
- [Nepean Blue Mountains Local Health district](#) has local information and announcements. At present there are daily live video updates being shared.
- [NSW Health](#) for state-wide announcements of changes, restrictions and venues of concern, and live stream of the Premier's daily press conference.
- The next best reputable and measured sources are local ABC pages, local Members of Parliament, and local councils.

Acknowledge impacts and self-care

This is an unpredictable time we truly could not ever be completely prepared for, so it's normal to be feeling some overwhelming or extreme emotions. You have every right to be feeling angry, upset, overwhelmed, confused, scared and many other things. However it's important we can recognise and respond to these emotions and how they are impacting us, and seek help if they are continuing to negatively impact.

- Recognise the specific emotions and feelings, and name them.
- Try to recognise any specific triggers which may heighten these emotions.
- Make changes to limit these triggers: limit media exposure or screen time.
- Actively do something to reduce stress.
- Change your thinking: consider alternative ways of thinking about the situation.
- Seek help if you don't feel like these things are working or you're feeling overwhelmed.
- Use RAMHP's How Are You Going quiz or seek help from places including a GP, EAP and local services – some may be via telehealth. You can also call the Beyond Blue Coronavirus Mental Wellbeing Support Service on 1800 512 348, or visit Head to Health's COVID-19 page for information and links to support.

If unsure, get in contact with your local RAMHP Coordinator to help step through options.

REAL STORIES, REAL PEOPLE

SCAN ME

LIVED EXPERIENCE RESOURCE CENTRAL

ramhp.com.au

ramhp

WRITING RESILIENCE WORKSHOP SERIES

Writing Resilience: Stories of Bushfire Recovery

Writing and sharing our stories can be a powerful way to understand and process experiences of difficulty and trauma. This series of online and community workshops will guide Lithgow regional community members to begin thinking about how creative writing might become a useful tool in bushfire recovery. Publishing authors will guide community members in beginning to write their experiences – for example, via memoir, poetry or creative fiction – in ways that encourage community reflection and understanding.

3 x 2-hour sessions presented by Western Sydney University.
Participants will have the option to publish their work In PDF format.

- DATE** (Session 1) - Saturday 4 September 2021 - via Zoom
(Session 2) - Saturday 16 October 2021 - via Zoom
(Session 3)- Saturday 20th November (planned as Face to Face – COVID dependent)
- TIME** 11:00am - 1:00pm
- COST** FREE
- VENUE** Maldhan Ngurr Ngurra Lithgow Transformation Hub
154 Mort Street
Lithgow NSW 2790
- RSVP** lithgowtransformation@westernsydney.edu.au by 27 August 2021
Please contact Deb Bardon, Manager Maldhan Ngurr Ngurra Lithgow Transformation Hub on 0428 890 595 should you require any further information
- Zoom details will be provided after registration.

