

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

As we step forward (and sometimes backward) through September and after our social media channels were flooded with the question R U OK? we're reminded that the last 18-19 months has turned many lives upside down!

For some, its been the hardest chapter of your lives.

And yet, here we are - still standing, still pushing through, still showing up.

So on the days when you feel like you're Mojo's gone missing, remember, YOU are as strong as they come. Don't you ever forget it. Give yourself the credit, the celebration and encouragement you deserve.

No matter what struggle you are facing in life - I wanted to remind you that YOU need to be proud of yourself too!

Recovery and Resilience doesn't happen in isolation and this month we're highlighting plenty of good stuff occurring around your LGA.

Its also an invitation to share your stories, successes and activities with us.

September witnessed many Get Ready events going online and at this time of the year, hazard reduction burns and media coverage, can bring up memories of the bushfires and what we have experienced. If you feel like you could use some support, please reach out. You can find available free services and support in this newsletter.

During lockdown we're proud to continue the support for Black Summer Bushfire Grants, hold a meeting of our Community Resilience Network and continue the Digital drop in sessions to more and more faces each fortnight. Remember, absolutely everyone is welcome, so share far and wide for what is a really informative and timely chat.

We encourage those in our community who are interested in participating in online activities to call our Recovery Team on 6354 9960 or email Recovery@Lithgow.nsw.gov.au to register your interest for future events, and to have a chat about what is on offer.

Rachel Nicoll - Community Recovery Officer
0419 100 085

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



NSW releases disaster recovery guides for regional tourism

A series of new guides designed to help hotels and other tourism businesses manage and recover from natural disasters such as bushfires has been released by the NSW Government in response to the NSW Bushfire Inquiry.

The three guides, titled '[NSW First Quick Tips for Tourism Businesses](#)' focus on specific phases of a natural disaster including preparing for, responding to and recovering from.

The guides have been developed by Destination NSW in conjunction with Resilience NSW and the NSW Rural Fire Service and have been collated drawing on expertise from individuals, businesses and departments with extensive knowledge and experience in disaster management.

Each guide covers topics including managing people on-site and incoming visitors, staff and suppliers, emergency response, overcoming adversity and the overall visitor economy.



Guide: Prepare for bushfires and natural disasters



Guide: Respond during a bushfire or natural disaster



Guide: Recovery after bushfires and natural disasters



Quick Tips Guides for Tourism

Designed to Last

The house that survived two bushfires

Recognise this home? Architect Nigel Bell has shared the design and construction decisions that went into Linda and Bob's BAL-FZ rated owner-built home at Dargan in Sanctuary Magazine Issue 55.

Read the article [HERE](#) or to view previous issues and articles visit: <https://renew.org.au/sanctuary-magazine/>



7News Sydney - NSW Rural Fire Service Launch 2021 Get Ready

The NSW RFS Get Ready Weekend was held on 10-11 September, encouraging landholders to prepare their bushfire plans, properties and seek advice from their local brigades.

Clarence Dargan RFB Captain Nic Alexander provided important advice to prepare a bushfire survival plan.

https://m.facebook.com/7NEWSsydney/videos/178965414311248/?refsrc=deprecated&_rdr

While brigades across NSW held online meetings you can still check out your local brigade's social media channels to find out more.

Get Ready Trivia Night

Shout out to the Clarence Dargan Rural Fire Brigade for their On-line Trivia as part of their Get Ready activities in preparation for the coming Fire Season.

A great evening and congratulations to the team in providing a fun and valuable event!



Kevin and Patricia McCusker gave their time to help others prepare for disaster but needed a nudge from others to accept help when bushfire hit their land. Their experience has taught them a lot and is a reminder that through bushfire, floods or COVID, we're in this together.

Watch this wonderful story of Resilience, Recovery and Landscaping for bushfire safety brought to you by Resilience NSW. <https://www.youtube.com/watch?v=z8lxTBHc16k>



Elizabeth Evatt Community Legal Centre has undergone a name change to Central Tablelands and Blue Mountains Community Legal Centre (CTBMCLC).

Their website has changed to www.ctbmclc.org.au and email address to admin@ctbmclc.org.au.



Australian Government
Department of Industry, Science,
Energy and Resources

AusIndustry
Entrepreneurs' Programme

Building Business Resilience Webinar Series

Business Australia is offering webinars and on-demand content to members covering topics that are relevant to your business.

Access topics from Digital Resilience, Covid-19 Vaccinations in the Workplace to Surviving and Thriving in a New Normal and more. New content is being added regularly.

<https://www.businessaustralia.com/how-we-help/membership/explore-events/virtual-events>

DIGITAL DROP IN REMINDER

These fortnightly sessions are brought to you by the Strengthening Business Program and Lithgow City Council and are FREE for you as an individual, community organisation or business owner to attend!

Our 30min power sessions have featured:

- ✓ Week 1: [Digital resilience](#) (Jul 22)
- ✓ Week 2: [Google My Business](#) (Aug 16)
- ✓ Week 3: Search Engine Optimisation [SEO overview](#) (Aug 30)
- ✓ Week 4: The Essential Ingredients for an Online Presence [SEO best practice](#) (Sept 13)
- ☒ Week 5: How to decide which digital channels to choose for your business. Do you struggle to know whether to invest your time and money into a Website, Facebook, Instagram, YouTube or TikTok? Join us to discuss where your customers are and how to reach them.

Click through the zoom link on Monday from 3:00 – 3:30pm: [ZOOM LINK](#)

The series runs fortnightly and is a great companion if you want to build your skills, are working on a particular problem, need some advice / tools or templates or just a refresh on your current vision and goals.



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 27 September, 3:00 PM
- Monday 11 October, 3:00 PM



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

Presented by



**BUSINESS
AUSTRALIA**



As the COVID-19 pandemic continues, restrictions prevail, but help is available. Below are some website links to help you keep up to date with the latest COVID-19 news, funding and support services.

- [Business support webinar](#) by NSW Treasury, Service NSW and the NSW Small Business Commissioner
- Develop a [COVID-19 safety plan, QR Code or Guidance](#) if your place of businesses with linked COVID-19 cases
- The [NSW COVID-19 travel pass](#) for workers in Greater Sydney and NSW
- Updated information on [COVID-19 requirements for primary industries](#)
- [NSW Government funding to 'skill up'](#) in topics including using chemicals, healthy soils and farm business management
- NSW Government fee-free TAFE NSW lockdown learning courses. Recently added fee-free short courses include:
 - Statement of Attainment in Start your Career in Hairdressing/Barbering
 - Statement of Attainment in Start your Career in Beauty
 - Statement of Attainment in Drones in Agriculture
 - Statement of Attainment in Create and Design Spreadsheets
 - Statement of Attainment in Food Safety SupervisionFor the full list and to view the eligibility criteria, visit www.tafensw.edu.au/fee-free-short-courses or call 131 601.
- [Fees & charges rebate](#) of up to \$1500 for sole traders, small businesses and not-for-profits
- [Energy Accounts Payment Assistance](#) (EAPA) vouchers
- [Free Roadside Assistance](#) for First Responders, Hospital Staff, COVID-19 Healthcare Workers via AAMI
- [NSW Government assistance](#) for businesses and employers
- [Federal Government grants and payments](#) during COVID-19 via the Australian Taxation office
- NSW Government [COVID-19 rules](#)
- Latest Covid-19 Breakdown [NSW Health website](#)

Remember, [wear your face mask](#) correctly, [get vaccinated](#) ASAP and [get tested](#) even if you have just the mildest of symptoms.

BUILDING RESILIENT REGIONAL LEADERS INITIATIVE

NEW

The [Building Resilient Regional Leaders Initiative](#) provides organisations with funding to support current and emerging regional leaders to further develop their leadership and resilience skills, enabling them to become strong local voices who can help sustain regional Australia's recovery from COVID-19, bushfires and other crises, and contribute to their region's long-term resilience.

There is a total of \$5 million over two years available for this grant opportunity. Grants will be from \$250,000 to \$5 million and the grant amount will be up to 100% of eligible project costs.

Applications close **Friday, 5 November 2021, 5pm AEDT.**

ENERGY RESILIENCE IN EXTREME WEATHER EVENTS (ESKIES)

Has your home or business's power supply weathered floods, fires or storms? You might have valuable experience that, if shared, could help other people and communities improve their energy reliability.

By participating in the Energy Sustainability through Knowledge and Information Exchange and Sharing (ESKIES) study, you'll help build a better understanding in the community of how solar, batteries and other power sources can be used to keep phones charged and lights and appliances running through extreme events.

Find out more:

Call: 02 9348 2562

Visit: <https://bit.ly/energyresilience>

Scan the QR code with a phone camera



Was your electricity supply affected during the fires?

We're seeking participants for a study that will help build knowledge in the community about how solar, batteries and other renewable power sources can keep phones charged and lights and appliances on through extreme events. If you weathered power disruptions during the fires, we'd like to talk to you.

LITHGOW Accidental Counsellor VIRTUAL 5 HOUR (2 X 2.5 HOURS) WORKSHOP



would you like to
**UPSKILL in
LOCKDOWN**
with
Lifeline
Central West
Moving Forward Online

FREE!

**UPSKILL in
LOCKDOWN
Virtual Accidental
Counsellor
11 AND 12 October
10am-12.30pm**

Have you ever found yourself supporting a friend, family member, work colleague, or even a stranger who is experiencing distress or a crisis, and you aren't sure what to say? Our Accidental Counsellor training can provide you with the skills needed to support your community.

If you reside, or work, in the LITHGOW area, then you can attend this fully-funded workshop virtually.

To register: https://lifelinecentralwest.org.au/11_LIT02AC_O

This activity has been funded by Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, as part of the Australian Government's response to the 2019/20 bushfires.

FIRES - New ABC TV 6-part series

The new ABC series [FIRES](#) will premiere on Sunday, 26 September. The fictional series tells the story of everyday people at the front line of the devastating fires of the 2019-2020 Australian summer. We understand that the producers have taken great care in their production, working closely with people impacted. The intent of the series is to help people and thank people who did so much, and to honour the many people involved and affected by the fires.



This content may be traumatic in nature and disturbing to some people. Lithgow City Council encourages people to prepare themselves emotionally beforehand. If you believe that you will find the program to be upsetting, you may choose not to watch when it airs.

If you or anyone you know needs help, there are supports available. Information and details are linked in the resources overleaf.

ee Anniversaries of events such as natural disasters can bring back memories of the event and stir similar emotions to the ones which were experienced at the time. Media coverage may be heightened around anniversaries. There may be formal events to mark the anniversary which you are invited to attend or informal events arranged by those affected.

It is important to acknowledge these feelings and to process them in a way that encourages future growth.

If you find these times difficult, it may helpful to have a plan to reduce the impact. Limit your exposure to media coverage, plan your day with relaxing and enjoyable activities and reach out to your support networks.

If you would like to discuss your experiences further with a professional please contact any of the services attached.

- Greg Wurth



Let's Get Talking

Free Online Wellbeing Program

Step By Step is happy to share an upcoming program with you. A light-hearted look at how to support yourself and your family as you navigate lockdown and beyond.

FREE ONLINE ZOOM WORKSHOPS

Tuesdays 10am – 10.40am

FACILITATED BY WELL BEING COUNSELLORS

JOIN ONE OR AS MANY AS YOU LIKE

book with workshop facilitator

More information: [HERE](#)

Free mental health support for your workplace during lockdown

The NSW Government is offering free, [one-on-one coaching](#) to support mental health in your workplace.

Topics include how to manage stress, lead change, support teams remotely and where to find tools and resources. This service of mental health at work experts will help you create practical solutions that meet your needs.

You can also sign up for free [mental health training](#) to create a more supportive workplace.

Not feeling like yourself after the bushfires?

It can help to talk

It's normal to have strong emotional and physical reactions after a significant event. There is no right or wrong way to feel – people can respond to the same event in very different ways.

Some normal responses:

- You might feel anxious, overwhelmed or confused.
- You might feel sad, irritable or angry, or numb.
- You might feel unwell – headaches, difficulty sleeping, losing or gaining weight.
- Some people might increase their use of alcohol or drugs. Some may even think of harming themselves.

Simple strategies can help like:



Getting enough sleep



Regular exercise



Talking to family and friends



Finding time to do something you enjoy each day



Talking to a professional

Talking to a professional can help you process your reactions and develop healthy coping strategies.

If you want some more support, if people you know are worried about you, or if you're still feeling unsettled even after a few weeks – it is a good idea to talk to someone. **Help is available.**

What help is available in the Lithgow area?

Get help through your local Recovery Support Service

The **Recovery Support Service** is a specialised local service assisting people impacted by the 2019-20 bushfires. If you need emotional, personal or practical support, the recovery support service can help.

Your own case worker can connect you with mental health support, counselling, disaster assistance, grants, other services and community resources. You do not need a referral to access these services – simply reach out via phone or email.

In **Lithgow** there are two services available:

Step by Step Recovery Support Service
For community members:

Call **0417 298 832**
Email stepbystep@gatewayfamilyservices.org.au

Rural Recovery Support Service
For primary producers and rural communities:

Call **0409 326 779**
Email southinland.recovery@dpi.nsw.gov.au

What help is available in the Lithgow area?


Free counselling sessions


Lots of people are finding it helpful to talk to a counsellor after the fires. You might too.

Counselling can help you process powerful emotions such as grief or anger, deal with immediate causes of stress and anxiety, and identify options when making decisions.

The below services have been made possible by funding from **Nepean Blue Mountains Primary Health Network (NBMPHN)**.

Wentworth Healthcare is the provider of NBMPHN.

 headspace Bushfire Recovery Counselling (for young people aged 12 – 25). **Call 02 4720 8850**

 Bushfire Psychological Therapy Services. Up to 10 free sessions with a professional are available.

Contact your GP and ask them to refer you through the PTS intake line.

NSW Mental Health Line

To connect to a **Bushfire Recovery Clinician**, or to seek professional mental health help and advice, you can call the Mental Health Line (24 hours a day, 7 days a week).


Farmers and business owners in bushfire-affected areas can also access **Farm Gate counsellors** and peer support workers on the Mental Health Line.

 **Call 1800 011 511**


Other help


These local places can help connect you with support for your emotional and mental wellbeing.

 Your local doctor.

 Your local Aboriginal Liaison Officer. **Call 02 6350 2555**


 The Lithgow Community Mental Health Team at the Community Health Centre. **Call 02 6350 2555**

 Lithgow Information & Neighbourhood Centre: Child Youth and Family Counselling Service. **Call 02 6354 2077.**

 Your local Rural Adversity Mental Health Program (RAMHP) coordinator. **Call 0448 125 676**


Support for emergency services workers


Fortem Australia provides free wellbeing activities and clinical support to first responders and their families.

 **1300 33 95 94**


 fortemaustralia.org.au


Black Dog Institute provides support for first responders and their loved ones, including free one-on-one sessions with mental health specialists Australia-wide and digital resources. Book a consultation online or over the phone:


 **02 8627 3314**

 www.blackdoginstitute.org.au/bushfire-support-service/consultation


Online and phone services

 Lifeline's Bushfire Recovery Crisis Line supports people who have been affected by the bushfires through free and confidential support from a trained counsellor. **Call 13 HELP (13 43 57).**

 The Suicide Call Back Service provides free telephone, video and online counselling for anyone who is affected by suicide (including people who are feeling suicidal or are worried about someone who might be). **Call 1300 659 467.**

 Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health. **Call 1300 22 4636.**

 Visit www.headtohealth.gov.au for online support and resources.

 Visit mentalhealthhelp.com.au to access an easy to use online mental health navigation tool with local supports, services and programs.

More information

Visit recovery.serviceconnect.gov.au for more information about the range of local support on offer if you have been affected by the bushfires.

National Recovery and Resilience Agency

