

## WELCOME AND THANK YOU FOR JOINING US!

Goodbye May, Hello June! Can you believe it?

Half way through the year and I've been captivated by the powerful activities and initiatives occurring in the region and the ongoing impact of community, championing a better way.

One of the big focuses for many of us has been how to deal with the unexpected and I've been thinking A LOT recently about this quote from Jim Rohn on how your mindset affects your destination.

"In life, the winds of circumstances blow on us all in an unending flow that touches each of our lives. It's one thing to create change. It's another thing—often unavoidable—to have change foisted upon you when you don't expect it.

We all experienced the blowing winds of change. Yet some of us still manage to reach our intended destinations. What guides us to different shores is determined by the way we have chosen to set our sails. The way that each of us thinks makes the major difference in where each of us arrives.

Unforeseen circumstances happen to us all. We have disappointments and challenges. We all have reversals and those moments when, in spite of our best plans and efforts, things just seem to fall apart. Challenging circumstances are not events reserved for the poor, the uneducated or the destitute. In the final analysis, it is not what happens that determines the quality of our lives, it is what we choose to do when we discover that the wind has changed directions.

When things change, we must change. We must struggle to our feet again and reset the sail to steer us toward the destination of our own deliberate choosing. The set of the sail—how we think and how we respond—has a far greater capacity to alter our lives than any challenges we face. How quickly and responsibly we react to adversity is far more important than the adversity itself. Once we discipline ourselves to understand this, we will finally and willingly conclude that the great challenge of life is to control the process of our thinking."

I liked Jim's emphasis on the importance of choosing our thinking and turning adversity into opportunity and grateful for the exceptional work being done by all to support, contribute and to grow more resilient communities!

- Rachel Nicoll - Community Recovery Officer



*Have Your Say Community Day | 29 May 2022*

*Thank you for everyone who came along and gave so generously! Loads of takeaways, conversations and celebrations. Thank you Antonia & Clarence Dargan RFS Brigade, ABCD Inc, Zig Zag Railway, Lithgow Community Nursery, Lifeline Central West, RAMHP, facilitators, caterers, cleaners, list goes on +++++*

## WHAT'S ON

- 14 June | Pop Up Cafe, Running Stream
- 15 & 17 June | Mental Health First Aid Training (Standard)
- 21 June | Are You Boggled Mate Clarence Dargan
- 22 June | Are You Boggled Mate Wolgan Valley & Running Stream
- 23 June | Lithgow District Chamber of Commerce - Procurement and Capabilities Seminar
- 23 June | Community Resilience Network
- 25 June | Wild Edibles Workshop
- 28 June | Aboriginal Accidental Counsellor & Mental Health Chat
- 28 June | Pop Up Cafe, Tarana
- 2-6 July | Fire Training & Cultural Burning Programs

Bushfire: <https://council.lithgow.com/bushfire-assistance/>

Storm and Flood: <https://council.lithgow.com/flooding-assistance/>

Email: [Recovery@Lithgow.nsw.gov.au](mailto:Recovery@Lithgow.nsw.gov.au) | Phone: 02 6354 9960

# COMMUNITY

**It's been a tough couple of years with drought, Black Summer Bushfires, Covid lockdowns and floods. Do you sometimes feel like you get bogged down in the mud?**

Depression in rural areas is a lot like getting bogged in the mud. It might have been a soft patch in the road or a paddock where the vehicle stopped moving. Perhaps you were able to get out of it without too much issue or were able to use a winch. But what happens when you really get stuck, right to the chassis? It takes guts to admit you are bogged - and to reach out for a helping hand to get back on track.

As part of International Men's Health Week, Lithgow City Council is bringing Mary O'Brien of 'Are you bogged mate?' to talk about men's mental health and suicide, while spreading awareness about depression in the bush.

Speaking in three locations across 21st - 22nd June, these events are for men only. Men are encouraged to bring a young male with them (15 years and older).

The events are hosted by Lithgow City Council in partnership with the Rural Adversity Mental Health Program and supported by Resilience NSW. Free entry and food is provided.

You can find out more at [www.areyouboggedmate.com.au](http://www.areyouboggedmate.com.au)

For confidential support and someone to talk to, you can call lifeline on 13 11 14 or Beyond Blue on 1300 22 4636.



*Mary O'Brien, founder of Are You Bogged Mate?*



## POP UP CAFES - TAKE SOME TIME ON TUESDAY

Come along and enjoy a cuppa with Service NSW, Lithgow SES, RAMHP, Lithgow Information Neighbourhood Centre, RFCS and Lithgow Council and share a lunch together.

Our next Pop-Up Community Cafes are:

- Tuesday 14th June @ Running Stream Community Hall 11am - 1pm.
- Tuesday 28th June @ Mumma Snows, Tarana 11am - 1pm.

The pop ups are free and anyone can join.

For more information please contact LINC on 6352 207

## WILD EDIBLES FORAGING WORKSHOP

### FREE EVENT SATURDAY 25 JUNE 2022

Join wild food expert Diego Bonetto on a 2 hour stroll near the Lithgow CBD and learn about the most common edible and medicinal plants that surround us all.

This workshop will give insights into the abundance of edibles thriving in the colder months of the year and participants will learn more about their local environment.

Any queries, please call the Lithgow Transformation Hub on 02 6354 4505.

Numbers are limited and registrations are essential.

For more information and to register visit:

<https://events.humantix.com/wild-edibles-foraging-workshop>

# COMMUNITY

## WATCH ONLINE: PUTTING THE 'COMMUNITY' IN COMMUNITY RECOVERY COMMITTEES

Since Ash Wednesday in 1983, Victoria has provided a mechanism for community participation in the recovery process, through the formation of community recovery committees.

This webinar highlights different practices and current research into the formation and operation of community recovery committees around Australia.

Watch the recording at: <https://youtu.be/ZODtsEnQJeY>

## FIRE TRAINING & CULTURAL BURNING PROGRAMS



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ABORIGINAL  
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**Wurimbirra-ayili-nyaNginyanhigin-gungurung**

**FIRE TRAINING  
& CULTURAL  
BURNING  
PROGRAMS**

8am to 4pm  
**2nd - 6th  
JULY 2022**

Location :  
**Cranbrook School Wolgan Valley**

**Registration  
and Information:**  
email : [mingaanprograms@gmail.com](mailto:mingaanprograms@gmail.com)  
phone : 0484 189 122



## GET READY

### Community Award 2022

Apply now



## GET READY COMMUNITY AWARD 2022 NOW OPEN FOR NOMINATIONS

Do you know of a community-led project that has helped people to better prepare for or recover from disaster?

Nominations for the Get Ready Community Award 2022 are now open.

This award, run by Resilience NSW, is a chance to recognise initiatives that have brought communities together and helped them to become more disaster resilient.

Not-for-profits, councils and other community organisations are often unsung heroes when a community faces disaster. This is an opportunity to make sure important work doesn't go unnoticed.

To find out more about the awards and apply, visit: <https://www.nsw.gov.au/resilience-nsw>.

Applications close on 18 July 2022.

## NOMINATIONS FOR THE 2022 RESILIENT AUSTRALIA AWARDS CLOSE SOON

Submissions and nominations for this year's Resilient Australia Awards, which celebrate initiatives that build community resilience to disasters, close on 6 June. More information is available at:

<https://www.aidr.org.au/news/one-month-to-go-to-submit-to-the-2022-resilient-australia-awards/>



# GRANTS

## COMMUNITY WELLBEING AND RESILIENCE GRANTS

The PHN Community Wellbeing and Resilience Grants Round One is now open to applications for up to \$5,000!

The Community Wellbeing and Resilience Grants are funded through the Federal and NSW Government in response to the 2022 floods to support the mental health of those affected.

These grants allow communities to choose their own way to respond to the losses, anxiety and distress they have experienced, as well as actively participate in their recovery.

Important to note:

- There will be a quick response as all applications will be assessed as they are received, so don't wait for the closing date! (Applications close **Sunday 10 July 2022**.)
- While applications are mainly open to Hawkesbury and Penrith LGA groups and organisations, special consideration will be given to applications from Blue Mountains and Lithgow if evidence of need is provided.
- There will be future rounds. If it all seems too much to think about this month, please be assured there will be more opportunities.
- Although Round One is for maximum \$5,000, if you have an idea for a bigger project, please let the PHN know! Fill in the EOI form on the grants webpage or send an email to [grants@nbmphn.com.au](mailto:grants@nbmphn.com.au)
- If you have an idea and want to discuss whether it fits the criteria, give Esther Perry a call on 0419 109 358.

Application form and guidelines are available on the PHN website.

<https://www.nbmphn.com.au/Jobs/Grants/Wellbeing-and-Resilience-Grants>

## COMMUNITY BUILDING PARTNERSHIP GRANTS

Applications are open for the 2022 round of Community Building Partnership Grants.

The Community Building Partnership program invests in infrastructure projects that deliver positive social, environmental and recreational outcomes, while also promoting community participation, inclusion and cohesion.

If you're an incorporated not-for-profit community organisation you can apply for grants for building, refurbishing or repairing community infrastructure.

Applications close **Friday, 10 June 2022**. For more information

visit: <https://www.nsw.gov.au/projects/community-building-partnership>

## DISASTER RISK REDUCTION FUND

### LOCAL AND REGIONAL RISK REDUCTION STREAM (GRANTS BETWEEN \$50,000 AND \$1.5 MILLION)

The Local and Regional Risk Reduction Stream is delivered via two funding pathways and aims to deliver direct risk reduction and risk mitigation solutions, build capabilities in disaster risk reduction, and promote collaboration between local communities, councils and other stakeholders.

Eligible organisations can only submit one application per pathway.

Applications close **Friday, 1 July 2022**.

To check eligibility and for further details:

<https://www.nsw.gov.au/resilience-nsw/disaster-risk-reduction-fund/disaster-risk-reduction-fund-local-and-regional-risk-reduction-stream>



### Procurement and Capabilities Seminar

**23 June 2022**

**Lithgow Workies, 9am to 4pm**

Want to know more about promoting your products and services in the Lithgow region and across NSW?

If you're a sole trader or a small to medium sized business looking to grow and expand, this one-day seminar is for you!

We're bringing together key government agencies and major local industry to inform sole traders and small to medium sized businesses of procurement opportunities. Be part of a Capabilities Register of local businesses used in promoting local products and services.

To register for the FREE Seminar search [Eventbrite Procurement Lithgow](https://www.eventbrite.com.au/e/procurement-and-capabilities-seminar-tickets-331756150577) or go to page - <https://www.eventbrite.com.au/e/procurement-and-capabilities-seminar-tickets-331756150577>

For more information call 0403 397 645  
Or email [Natasha@lithgow.org.au](mailto:Natasha@lithgow.org.au)