

RATES NOTICES DUE - RURAL PROPERTIES

Rural property owners (rating categories 6, 8, 9 and 10) are reminded that the discount period for the rating period 01 January to 30 June 2020 closes on Monday 29 June.

To ensure you received the prompt payment discount and avoid interest accruing, please make sure you pay on time.

If you are experiencing difficulties paying your rates, please contact the administration office on 4656 0500 to discuss your options.

QUILPIE SHIRE LIBRARY



REOPENING ON THE 15TH JUNE WITH RESTRICTED HOURS & VARIOUS REGULATIONS IMPLEMENTED TO ASSIST IN ENSURING THE HEALTH OF OUR COMMUNITY MEMBERS AND VISITORS. ALL PEOPLE WHO ENTER THE LIBRARY MUST READ AND ABIDE BY THE *CONDITIONS OF ENTRY*.

MONDAY: 10am – 1pm

TUESDAY: 10am – 1pm

THURSDAY: 10am – 1pm

Covid-19 Conditions of Entry:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Visitor Register Sheet Must Be Filled In Upon Entry
<i>(This Is a Qld Health Mandatory Requirement)</i> • Hand Sanitiser Must Be Used Upon Entering The Building • <u>NO CHILDREN Will Be Permitted In The Library Until Further Restrictions Are Lifted</u> • Please Do Not Enter If You Are Feeling Unwell or Have a Temperature | <ul style="list-style-type: none"> • Maximum Duration of Visit – 1 Hour • Social Distancing of 1.5 Metres Must Be Adhered to • Maximum Of 10 People In The Library At Any One Time • Only 1 Person Permitted In The Centrelink Self Access Booth At Any One Time • Public Access Computers - 2 Available By Request, Maximum 1 Hour |
|--|--|

Quilpie Shire Council apologies to our valued customers for the restrictions and regulations we have had to implement in the Library. Hopefully in the near future, we will be able to lift some of the restrictions.

Thank you for your patience and understanding.

Overgrown or unsightly properties can be both a nuisance and a danger to neighbors and the community. All residents have a responsibility to keep their properties neat and tidy and to improve the appearance of our community, remove harborage for vermin to breed and reduce health risks.

Overgrown vegetation is visible from outside the property and is known to cause a significantly lower visual standard in the area, due to the visible lack of maintenance. Overgrown grass also has the potential to harbour or attract vermin and reptiles.

Unsightly properties can occur when objects or materials that are brought onto or allowed to accumulate on any vacant land, residential or commercial property, seriously affecting the aesthetic of the property. Materials generally classified as unsightly include discarded or disused machinery, second-hand materials and similar objects, as well as derelict vehicles, old whitegoods, building materials and household waste.

Ways to keep order in your yard include storing goods out of sight in your garage and shed, ensuring you put your rubbish out for collection each week, Store objects and materials out of view and neatly stacked to ensure they do not harbour vermin and dispose of old vehicles and machinery – some metal recyclers may collect and remove them free of charge.

YOUR COUNCILLORS

Cr Stuart Mackenzie
Mayor
P: 4656 4771
M: 0429 069 314
E: mayor@quilpie.qld.gov.au

Cr Jenny Hewson, Deputy Mayor
P: 4656 1311
M: 0428 461 294
E: jhewson@quilpie.qld.gov.au

Cr Roger Volz
M: 0428 561 468
E: rvolz@quilpie.qld.gov.au

Cr Bruce Paulsen
P: 4656 1421
M: 0476 166 378
E: bpaulsen@quilpie.qld.gov.au

Cr Lyn Barnes
M: 0428 561 461
E: lbarnes@quilpie.qld.gov.au

Notice of Special Meeting

Notice is hereby given that a Special Meeting of Council to adopt the 2020-2021 annual budget will be held on Friday 10 June 2020 commencing at 9.30am in the Quilpie Shire Council boardroom.

This will be followed immediately by the Ordinary Meeting of Council. All council meetings are open to the public.

HAD A NEAR MISS OR ACCIDENT ON THE ROAD?

(Particularly along the main state controlled roads)

In an important move to collect data in relation to safety issues on our roads Council has established a dedicated email address (roads@quilpie.qld.gov.au) to allow residents to advise Council of dangerous experiences.

If you report an incident please include location, time of day, and details of the experience.

Better Business Solutions Tips, Tools & Tech

Saturday 20 June, 2020

9:30am — 2pm

Quilpie Shire Supper Room

Delivered by local experts in financial and rural business and tailored to the specific needs of small businesses across South West Queensland, this FREE workshop is for you!

- Bookkeeping basics
- Cloud and digital filing
- What to look for in accounting software
- Scheduling/time management apps
- Networking
- Funding grants for business
- Staffing and business culture
- Locally available solutions



Rachel Nixon
Rachel Nixon
Bookkeeping

Need to boost your record keeping to improve your business? Not sure how to evaluate the different software available? Rachel is a BAS agent who will share 15 years of book keeping experience with you.



Rhonda Toms-Morgan
ConnectAg

Keen to improve the efficiency of your business systems? Need the know-how to source business grants? Rhonda has 15 years of experience in project management, funding acquisition and rural business.

For more details contact Rhonda Toms-Morgan ●0407 678 574 ●
rhonda@connectag.com.au Register Online ●www.trybooking.com/BFPDR
●One-on-one sessions available 2:30-3:30pm
Lunch will be provided RSVP essential



This event is fully funded by Tackling Regional Adversity through Integrated Care, SWHHS



QUILPIE CULTURAL SOCIETY INC
P.O. Box 172
Quilpie 4480



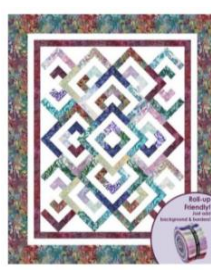
FRAN BULMER PATCHWORK 4 DAY WORKSHOP 'STACK IT UP'

FRIDAY 14TH AUGUST – MONDAY 17TH AUGUST 2020

3 Workshop choices or you can bring a UFO to complete with Fran's help.



Left to right:
One Block Wonder
Wack and Stack
Double Diamond



Daily Workshop Fees:
Members \$35.00
Non-Members \$70.00
Pensioners \$30.00

2020 Memberships \$50 per person

BOOKINGS ESSENTIAL – CONTACT JAN McCONNELL 0428 562 083
For Requirement Lists and booking into this awesome 4 day workshop with talented Tutor Fran Bulmer.

Funded by the Foundation for Rural and Regional Renewal.

RACQ FOUNDATION APPLICATIONS ARE NOW OPEN

If you are a community organisation in Queensland impacted by COVID-19, natural disasters or drought you can apply for funding.

Applications close:

Round 1 – Closed 21 February 2020

Round 2 – 17 July 2020

Round 3 – 7 September 2020

For more information visit:
<https://www.racq.com.au/about/community-and-sponsorships/racq-foundation#apply>



From the CEO's Desk

The last Ordinary meeting of Council was held on Friday 12 June 2020.

A number of business operators have been significantly impacted by the Coronavirus pandemic. In addition to those business granted rate concessions in May, Council approved additional requests received.

Council will be replacing the present garbage truck during the 2020-2021 budget and it is proposed to keep the present truck after replacement. If the current truck is retained, an opportunity is available to consider a waste service in Eromanga. Council will make further investigations into the demand for a waste service in Eromanga by conducting a survey with the residents of the township.

Council budgeted in the 2019-2020 budget to install Solar Energy Panels at the Quilpie Depot to offset some electrical costs of operation. Council awarded the tender to K and K Electrical to carry out the work.

CUSP Landscape Architecture & Urban Design have been appointed to prepare the Eromanga Masterplan. Following Council and Community feedback, the amended draft plan was presented to Council for consideration and subsequently adopted.

The Local Government Remuneration and Discipline Tribunal determine the maximum amount of remuneration to be paid to mayors, deputy mayors, and councillors of all local governments each financial year. The Tribunal increased the maximum remuneration levels by 2.0% from 01 July 2020.

Council resolved not to increase their remuneration by the recommended amount, retaining a wage freeze during the 2020-2021 financial year.

SC Lennon and Associates were engaged to develop an Economic Development and Tourism Strategy for the

Quilpie Shire. The document provides a five-year (2020-2024) planning framework to support the vibrancy, diversity and sustainability of the communities of Quilpie Shire. Council formally adopted the strategy at the meeting.

Council adopted an Invasive Pests Scheme Policy effective 01 July 2020. The intention of the scheme is to place the responsibility of identifying and controlling invasive pests upon the landholder, in line with the general biosecurity obligation imposed by the Biosecurity Act 2014.

Council has long identified that poor internet connectivity, poor download speeds and lack of mobile phone coverage is a great impediment to economic development within the Shire. At the meeting Council resolved to further investigate a WiFi proposal together with funding options for the project.

Following the flooding event earlier in the year, Council has now received approval for the repair of Keeroongooloo and Ray Roads under disaster recovery funding arrangements. The works were awarded to SC &KG Bowen and APV Contracting respectively.

Council approved a request for financial assistance from the Quilpie Polocrosse Club to assist in conducting a 'Get Playing Again' coaching and horsemanship clinic.

As usual a variety of other administrative matters were considered.

The full minutes of the Council meeting are usually available on Council's website the Tuesday or Wednesday following a Friday meeting.

I am happy to meet with anyone that would like further information on any meeting outcomes. Members of the community are also reminded that all Councillors are happy to speak with you on any issue.

Regards, Dave B.

The Dental Truck is returning to Quilpie

Dr Jalal is coming to Quilpie in July 2020!

Services we provide

The Dental Truck will be offering all the general dental services including:

- general checkups/cleans
- fillings
- crowns and bridges
- extractions
- dentures

When is our next trip? 7th and 8th July 2020

Where are we located? Football Field

How can you make an appointment?

Register for an appointment by filling out the form here: bit.ly/trucknp

You can also call us on (02) 99232478 or email us at smile@thedentaltruck.org.au to make an appointment

We look forward to seeing you soon!

Small Business COVID-19 Adaption Grant Program Round 2

The Queensland Government is extending the Small Business COVID-19 Adaption Grant Program. As part of Stage 2 of Queensland's Economic Recovery Strategy – Unite and Recover for Queensland Jobs, up to \$100 million is being made available to deliver a second round of grants, with half of this funding specifically earmarked for regional small businesses located outside of South East Queensland.

Round 2 will open on 1 July 2020.

To get ready to submit an application, follow the 'how to apply' information at <https://www.business.qld.gov.au/starting-business/advice-support/grants/adaption>

Wool Felt Hats

Saturday 22nd August

Limited to 6 people!!

Wool Felt Scarf or Purse

Sunday 23rd August

Limited to 10 people!!

With Gail Grunskie

Quilpie Cultural Society Building

*Bookings essential as numbers
limited To Book contact Gina
on 0427 300 021*



Daily Workshop Fees:

Members \$35.00
Non-Members \$70.00
Pensioners \$30.00
Children (under 15) \$20.00
(if parent is a paid member)

Student kits \$35 each
purchased from Gail

Funded by the Foundation for Rural and Regional Renewal.

Visiting Services

Child Health Nurse	16 & 17 June
Physiotherapist	18 June
Podiatrist	Unavailable
Diabetes Educator	Contact Hospital
Nurse Navigator	22 June
Early Intervention Parenting Service	Contact Hospital
Social Worker	15 & 29 June
Dietician	16 June
Occupational Therapist	On leave
Speech Therapist	16 June
Mental Health	Every Monday - except Public Holidays

True's Outreach Clinic – Women's Health is not coming due to COVID-19 but can do over the phone consultations. Please contact the medical practice on 4656 1158.

For more information contact the Quilpie Multi-Purpose Hospital Service directly on 07 4656 0100.

A range of specialist services visit CWAATSICH on a regular basis. Please contact them on 4656 1391 to make an appointment.

EXTRA SMALL BUSINESS FOCUS FOR THE SOUTH WEST

LOCAL small businesses have a new resource to assist with professional financial challenges and she's proving popular.

Augathella born and bred, Michelle Gordon is employed by the Small Business Financial Counselling Service Southern Queensland (SBFCSSQ) to deliver free, impartial, confidential financial counselling to local businesses.

Based in Charleville and servicing small and medium businesses in the Blackall Tambo Regional council, Murweh, Quilpie, Paroo and Bulloo local government areas, Michelle empathises with local business owners dealing with the repercussions of drought and the dramatic decrease in turnover due to Coronavirus restrictions.

"The service is guided by the small business owner and the situation they find themselves in," she said.

Funded by the Australian and Queensland governments, the SBFCSSQ initially examines a client's financial statements and analyses performance.

"I can assist with negotiations with lenders and creditors, preparing cash flows and budgets and developing payment plans and business options.

The service offers an extensive referral service to Government support packages and helps with debt restructuring or refinancing.

"Together, we'll set goals and develop an action plan to get there but the decision is always made by the client."

As a small business owner herself, Michelle encouraged business owners to ask for help if finances were becoming strained.

"Make an appointment if you're facing financial difficulties even just someone to bounce ideas around with can make all the difference," she said.

For more information about Small Business Financial Counselling, call Michelle on 0448 182 161 or visit www.rfcssq.org.au.



MEN'S HEALTH WEEK

MENTAL HEALTH FACTS



1 in 8 men will experience depression

AND



1 in 5 will experience anxiety at some stage of their lives



Around

1.5 million

Australian men aged 18 years and over (17 per cent) had a self-reported mental or behavioural condition in 2014-15, according to the Australian Bureau of Statistics (ABS).

Blokes make up an average

6 out of every 8

suicides every single day in Australia

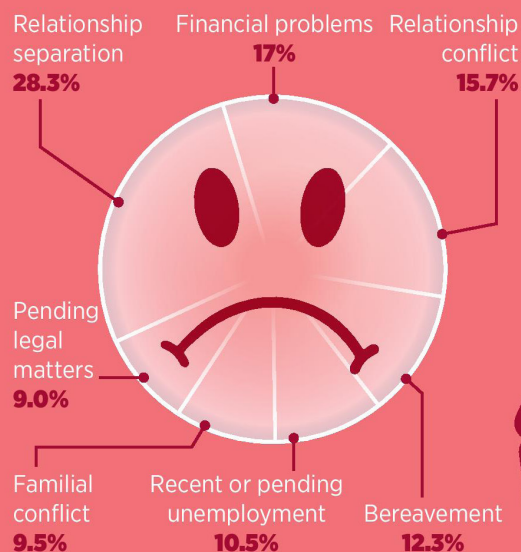


Males are more than

2x

as likely to have substance use disorders and more than three-times more likely to commit suicide than females

Depression is still a significant factor in the high male suicide rates, but not in the majority of cases. Male suicides are more commonly linked to a range of distressing life events such as



Unemployed males commit suicide at a rate that is

4.6x

higher than their employed counterparts



WESTERN SYDNEY
UNIVERSITY





Senior Moments



While seniors in the community have been in isolation, we have had quite a few enjoying the Healthy Ageing Fun Packs that are being shared each week by Deb Alick, Project Officer Healthy Ageing (Primary and Community Care) Charleville.

Some comments from the seniors:

- Keeps my brain active and I like the word searches & crosswords
- I look forward to receiving the Activity Packs each week
- I thought the packs have been great. I have really enjoyed the puzzles & tried not to check answers too early.
- Living on the land and the only female in the house it is nice to sit and have a cuppa when I can and do the puzzles.



Quinny hard at work in his pushbike shed laying the floor.



WORKING TOGETHER FOR MEN'S HEALTH

COMMUNITIES TOGETHER



MEN'S HEALTH WEEK 15-21 JUNE 2020

menshealthweek.org.au

Council Bin Collection



Council wishes to remind all residents that bins must be out **before 6 am** on rubbish collection days and that the lids must be sitting on the bin and not overflowing.

Community Meetings

You are invited to attend one of the following community meetings with Councillors and senior staff:

Adavale - Thursday 18 June at the Adavale Hall commencing 9.30am

Toompine - Thursday 18 June at the Toompine Hotel commencing at 1.30pm



DON'T TAKE THE RISK THIS SEASON

GET THE FLU VACCINE.



The **INFLUENZA** vaccine is recommended for anyone aged 6 months and over and provided **FREE** for those most at risk from influenza and its complications.

Ask about the influenza vaccine today.

health.gov.au/immunisation



Australian Government

Department of Infrastructure, Transport,
Regional Development and Communications

The Salvation Army is working together with St Vincent de Paul Society to deliver the Drought Community Support Initiative – Round 2 (DCSI) for eligible drought affected households.

If you're a farmer, farm worker or farm supplier/contractor who is struggling financially because of the drought, you may be entitled to receive a one-off payment of up to \$3,000 funded by the Australian Government's Drought Community Support Initiative – Round 2 (DCSI).

To be eligible you'll need to be over 18, an Australian citizen or permanent resident, and live/work in a specified Local Government Area (LGA).

Payments can cover numerous expenses such as groceries, vehicle maintenance, energy & utility bills, health & medical expenses.

Eligible households can apply for assistance by:

Calling our assistance line:
1300 551 030

or applying online:
Go to salvationarmy.org.au/drought and fill out an assistance form.

Do you need support in court? We are only a phone call away.

1800 571 239

Court Network is a free confidential community service provided by volunteers for all court users: victims, witnesses, accused, family and friends. We provide non-legal information, support and referral over the phone.

We can:

- Provide support and information about what happens before, during or after court
- Explain how the courts and legal systems operate
- Inform you about how to best contact various courts and tribunals
- Assist you to get the help you need to address your safety issues
- Help to arrange access to a secure room if required
- Provide you with up to date information on new arrangements for court since the COVID-19
- Provide you with referrals to legal services in your area
- Refer you to services to assist you to fill out and submit orders and paperwork
- Talk to you on your day of court either before or after your matter has been heard
- Help you to understand the next steps that you might have to take
- Refer you to an appropriate service that could assist you with issues such as housing, domestic violence and mental health.

Court Network



Call us between 9.00am and 4.00pm on 1800 571 239
courtnetwork.com.au



Symptoms of bowel cancer

It is important to recognise possible bowel cancer symptoms and have them investigated if they persist.

Symptoms suggestive of bowel cancer can include:

- A persistent change in bowel habit, especially going to the toilet more often or having looser, more diarrhoea-like stools
- Blood in your poo or rectal bleeding
- A change in appearance of your poo (e.g. narrower stools or mucus in stools)
- Unexplained anaemia causing tiredness, weakness or weight loss
- Abdominal pain or swelling



Not everyone who experiences these symptoms has bowel cancer. Other medical conditions, and some foods or medicines can also cause these changes.

However, if you are experiencing any of the above symptoms for more than two weeks, don't delay in talking to your GP about them.

Symptoms suggestive of bowel cancer require timely investigation via colonoscopy.

Whatever your age, you should never be told by your GP that you are too young to have bowel cancer.



FIND OUT ABOUT BOWEL CANCER



Helpline: 1800 555 494

bowelcanceraustralia.org

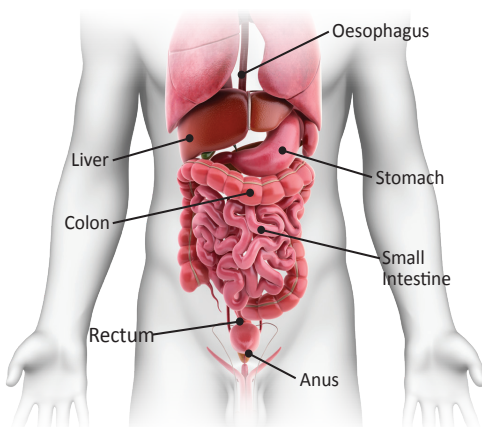
What is bowel cancer?

Bowel cancer, also known as colorectal cancer, can affect any part of the colon or rectum; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located.

Most bowel cancers start as benign, non-threatening growths - called polyps - on the wall or lining of the bowel.

Polyps are usually harmless; however adenomatous polyps can become cancerous (malignant) and if left undetected, can develop into a cancerous tumour.

In advanced cases, the cancerous tumour can spread (metastasise) beyond the bowel to other organs.



How common is bowel cancer?

- Bowel cancer is Australia's second deadliest cancer.
- Over 15,600 people are diagnosed each year, of which 1,400 are under the age of 50.
- Bowel cancer affects men and women almost equally.

Reducing the risk

Age, family history, hereditary conditions and personal health can all influence your bowel cancer risk. These factors cannot be changed and are therefore referred to as non-modifiable.

Diet and lifestyle choices as well as screening and surveillance can also influence your bowel cancer risk. These are things you can change and are therefore referred to as modifiable.

TIPS TO HELP REDUCE YOUR BOWEL CANCER RISK



Quit smoking.



Avoid processed meats and limit red meat consumption.



Avoid weight gain and increase in waist circumference.



If you choose to drink alcohol, limit the amount.



Eat wholegrains and other naturally high-fibre foods.



Be physically active as part of your everyday life.



Participate in bowel cancer screening.

Bowel cancer screening

Bowel Cancer Australia recommends participation in screening appropriate to your personal level of risk.

For people at average or near average risk* of bowel cancer, medical guidelines recommend screening using a faecal immunochemical test (FIT) every 2 years from age 50.

In 2018, the American Cancer Society recommended lowering the starting age of screening to 45 years because of the increasing incidence among younger people.

In Australia, GPs can offer a faecal immunochemical test (FIT) every 2 years to people aged 45-49 who request it, after informing them of the benefits (and any possible harms) of testing.

The test involves collecting small samples of poo or toilet water and mailing them to a pathology laboratory. Following analysis, the results are sent to you and your GP.

+ A positive result means non-visible blood has been detected in the samples. It does not necessarily indicate bowel cancer but it does require further investigation. You should be referred for a colonoscopy within 30 days by your GP.

- A negative result means non-visible blood has not been detected in the samples, however it does not mean you do not have or will never develop bowel cancer. The test should be repeated every 2 years.

**includes people with no first- or second-degree relative with bowel cancer; people with one first-degree relative with bowel cancer diagnosed at 55 years or older; and people with one first-degree and one second-degree relative with bowel cancer diagnosed at 55 years or older.*

bowelcanceraustralia.org



QUILPIE CULTURAL SOCIETY INC

P.O. Box 172
Quilpie 4480



Quilpie Cultural Society Workshops 2020

18th – 19th July RADF - **Unconfirmed**
Western Watercolours with John Morrison
Rep Jo Pegler 46564942

25th – 26th July RADF – **CONFIRMED**
Aerial Photography with Fiona Lake
Rep Jean Hall 0408 374 937

1st – 2nd August RADF – **CONFIRMED**
Silversmithing for Beginners with Jill Dyer
Rep Jane Mulligan 0428547400

14th – 17th August FRRR – **CONFIRMED**
Stack it Up quilt with tutor Fran Bulmer
Rep Jan McConnell 0428562083

22nd – 23rd August FRRR – **CONFIRMED**
Felt Hats and scarf/Purse with tutor Gail Grunskie
Rep Gina McConnell 047300021

29th – 30th August RADF - **Unconfirmed**
Pastel Techniques with Maxine Thompson
Rep Jo Pegler 46564942

19th – 20th September RADF – **CONFIRMED**
Ironwork with Brian Rutledge
Rep Kylie Rutledge 0746564731

25th - 26th September FRRR - **Unconfirmed**
Art with Jan Lawnikanis
Rep Jo Pegler 46564942

2nd – 4th October RADF - **Unconfirmed**
Glass Glorious Glass with tutor Alison Shaw
Rep Jane Mulligan 0428547400

16th – 19th October OR
30th Oct – 2nd November RADF – **To Be Confirmed Definitely**
Crazy Quilting – Repurposed Fabrics Textile Collage with tutor Jennifer Clouston
Rep Jan McConnell 0428562083

November or December – To Be Confirmed Definitely

Unwind with Wire with tutor Kylie Tindall-Smith – FRRR
Rep Jess Gilby 0457033900

Workshop dates to be advised:

Silver Casting with tutor Dan Cox - RADF
Rep Jane Mulligan 0428547400

Photography with tutor to be advised - RADF
Rep Hollie McCarthy 0434629504

Bubbles and Brush Strokes for adults and **Busy Bees** for kids with tutor Samantha Meurant - FRRR
Rep Jo Pegler 46564942

21st – 25th May RADF – **POSTPONED 2021**
Furniture Restoration with Dean Timms
Rep Josie Martyr 0427036984

12th – 15th June FRRR – **POSTPONED 2021**
Upholstery with Tim Symons
Rep Josie Martyr 0427036984

3rd – 6th July RADF – **POSTPONED 2021**
Embroidery with Cathy Sotiriou
Rep Robyn Cherry 0428612566



*Funded by the
Foundation for
Rural and
Regional Renewal*



The Regional Arts
Development Fund (RADF)
The Regional Arts Development Fund (RADF) is a
partnership between the Queensland Government
and Quilpie Shire Council to support local arts
and culture in regional Queensland

Quilpie Cultural Society Inc

PO Box 172
Quilpie Qld 4480
cultural_quilpie@hotmail.com



The Regional Arts
Development Fund (RADF)
The Regional Arts Development Fund (RADF) is a
partnership between the Queensland Government
and Quilpie Shire Council to support local arts
and culture in regional Queensland

Aerial Photography Workshop With Fiona Lake's Rural Drone Academy

Saturday 25th and Sunday 26th July 2020
In Quilpie
South West Queensland

*The A to Z of safe drone operation
plus aerial photography & cinematography
Global standard information*

*All skill levels welcome – beginners to advanced drone pilots and
photographers.*

Age – under 16s must be accompanied by a parent.



Daily Workshop Fees:

Members \$35.00

Non-Members \$70.00

Pensioners \$30.00

Children (under 15 years – if parent is a paid member)
\$20.00

2020 Memberships \$50 per person

For more information or To Book:

Contact Jean Hall 0408 374 937 or email cultural_society@hotmail.com

Accommodation options

Quilpie Motor Inn 0746 561 277

Quilpie Heritage Inn 0746 561427

Channel Country Caravan Park 0746 562 087

The Lake 0418 947 955

BYO morning teas and lunches
(several cafes and takeout options available if needed)

**The Regional Arts Development Fund is a Queensland Government and Quilpie Shire Council
partnership to support local arts and culture.**

Tune In and Tune Up

Free Drought and Wellbeing Webinars

Join **Australian Red Cross** in a five-part series of free webinars exploring drought and wellbeing. We have invited expert speakers along to share their insights with us so we can better support our own communities, ourselves and our loved ones in these tough times.

The webinars are free but limited to 500 attendees so click below and register for one or all five today!

1. Maintaining wellbeing through drought & prolonged stress (10-11am Wednesday 17 June)

Gain a greater understanding of the effects and signs of prolonged stress, the science behind stress and practical ways to maintain wellbeing, support your community and loved ones.

Speaker: Dr. David Younger

Click or copy URL to register: https://zoom.us/webinar/register/WN_tp4OIoUIT9G3CHkri6pW4A

2. The drought cycle; adaptation and strengthening resilience (10-11am Wednesday 1 July)

Hear about the drought cycle, the cumulative challenges communities often face and key considerations at different stages of the drought cycle. Learn a bit about the psychology around adaptation in the face of this long-term stress and how to strengthen resilience and manage wellbeing through tough times.

Speakers: Dr. Jacki Schirmer and Dr. David Younger

Click or copy URL to register: https://zoom.us/webinar/register/WN_FFOAv1QYRN-VwS12m5EXWg

3. Wellbeing after the rains (10-11.15am Wednesday 15 July)

Hear from the Bureau of Meteorology on winter weather

predictions and what rain means for the drought. Hear what the research says about wellbeing when communities are seen to be in drought recovery, strategies to help with things beyond your control and how to make the most of every day.

Speakers: Dr. Lynette Bettio, Dr. Jacki Schirmer and Dr. Kate Gunn

Click or copy URL to register: https://zoom.us/webinar/register/WN_kDSi0XWITPqH4ro25gybog

4. Family wellbeing in the face of ongoing stress (10-11.15am Wednesday 29 July)

Hear what the research tells us about adult relationships, family roles and children's experience through droughts, alongside practical tips on how to support children as well as adult relationships.

Speakers: Dr. Margaret Alston, Stephanie Schmidt and Dr. Margaret Nixon

Click or copy URL to register: https://zoom.us/webinar/register/WN_Bn-Q6FRBRAWdlRppLdQFcQ

5. Preparing for tough times (10-11.15am Wednesday 12 August)

Listen to a bit of an introduction on preparedness in the drought space and the importance of preparing the mind for challenging times. Includes tools and tips to support drought resilience and preparedness.

Speakers: Dr. Jacki Schirmer, Dr. Mel Taylor and Shannon McCormack

Click or copy URL to register: https://zoom.us/webinar/register/WN_77YhW0vwTXaMnA0WH84ubw

Can't join us? Fear not! Recordings will be made available at <https://www.redcross.org.au/droughtresilience-program>. Any problems registering please contact drought@redcross.org.au.



This Cash Flow Management webinar has been designed to specifically address cash flow issues that businesses are facing as a result of COVID-19.

The **FREE** workshop will cover:

Cash Flow Management

- Managing and forecasting cash flow
- Understanding debtors and receivables
- Utilising debtor and creditor terms to maximise cash flow
- Strategies and controls to preserve cash reserves

Key Financial Risks

- Failing to plan, monitor and review budgets and forecasts
- Increased value and / or ageing of receivables
- Uncontrolled and / or escalating expenditure

This webinar will be delivered on the Zoom platform and a link will be provided prior to the session. With two sessions scheduled, please select your preferred session from the dates and times below.

23 June 2020 9.30am - 11.00am AEST

Register at: <https://www.eventbrite.com.au/e/cash-flow-management-webinar-tickets-108950405596>

02 July 2020 9.30am - 11.00am AEST

Register at: <https://www.eventbrite.com.au/e/cash-flow-management-webinar-tickets-108955097630>

The National Disability Insurance Scheme (also called the NDIS) is the new way of providing disability support.

The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.



The NDIS will help people with disability achieve their goals. This may include greater independence,



As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.



The NDIS also provides people with disability, their family and carers with information and referrals to existing support services in the community.



By 2019, the NDIS will support about 460,000 Australians with disability.



Can I access the NDIS?

To become an NDIS participant a person must:

- ✓ Have a permanent disability that significantly affects their ability to take part in everyday activities;
- ✓ Be aged less than 65 when they first enter the NDIS;
- ✓ Be an Australian citizen or hold a permanent visa or a Protected Special Category visa; and
- ✓ Live in Australia where the NDIS is available.

Can I still receive support if I do not meet the access requirements for the NDIS?

A person does not have to be an NDIS participant to receive support from the NDIS. The NDIS will connect people with disability, their families and carers, including people who are not NDIS participants, to disability and mainstream supports in their community.

**To find out more call or visit
Council's NDIS Support
Coordinator, Chris Houghton on
0436 816 827**

