



BUSHFIRE INFORMATION UPDATE #17

26th October

This is specific LOCAL information for the Nambucca Valley Local Government Area affected by the Kian Rd bushfire.

The following events have been organized with a connection to Bushfire Recovery and Resilience

**Utungun Community Hall
and Nambucca Macksville VIEW Club**

Cake and Plant Sale

**Delicious CAKES/SLICES
Lots of SUCCULENTS/PLANTS
Strict COVID distancing rules apply
BYO Bags**

Coffee Van on site

**SUNDAY: 8 NOVEMBER
10am to 1pm**

TOOL LIBRARY

Rotary has reopened the tool library for bushfire affected residents.

Located next to the RFS Shed at South Arm Hall.

**Opening Hours:
Wednesdays 10am-12noon**

To see the range of tools available visit:

<https://nambuccavalleytoollibrary.myturn.com/library/inventory/browse>

BRING YOUR APPETITES!

WE'RE HAVING A

BBQ

**5PM, SATURDAY
7TH NOVEMBER 2020
SOUTH ARM HALL**

BYOG, food provided, time capsule to mark the one year milestone.

DON'T FORGET TO RSVP FOR THE FRIENDSHIP AFTER THE FIRE COMMUNITY EVENT



On behalf of the Nambucca Valley Council, an invitation is extended to you to attend the Friendship After the Fire – one year on event being held at Macksville Country Club on Sunday 15 November 2020 from 10.00am to 2.00pm.

This community event is an opportunity for residents, volunteers and organisation's impacted by the fire to come together to acknowledge the achievements you have made despite the adversity you have all suffered.

Due to COVID 19 restrictions, numbers will be limited and RSVP is essential.
Look out for your personal invitation in the mail.....

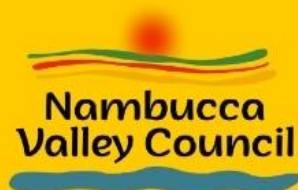
FRIENDSHIP AFTER THE FIRE

Sunday 15 November
10am to 2pm
Macksville Country Club

Free entry
Free lunch and drink
Free activities

Invitation only for residents and
volunteers affected by the bushfire

RSVP: 9 November to Rhiannon Treasure-Brand, on
0418 206 748, or Alison Laverty, on 0418 377 430



Black Bird

CREATIVE BUSHFIRE RECOVERY PROJECT

A half day workshop for community members of the Nambucca Valley to explore the benefits of the creative arts.

Supported by multidisciplinary artist Nancy Sposato and creative arts therapist Marg Coutts, participants will be guided through accessible movement, visual arts and creative writing activities.

In the aftermath of the bushfires this is an opportunity for people to take time to process, creatively respond and connect to others.

What will we do?

- Simple physical relaxation exercises.
- Sensory based painting.
- An introduction to journal writing.
- Share lunch together.

Nancy Sposato and Marg Coutts are local artists who bring to this process a wealth of creative experience and facilitation skills to support groups through a quality arts process. They are both passionate about the role arts practice can play in maintaining wellbeing and in fostering supportive relationships.

Dates: Taylors Arm Hall Sunday 18th October
Utungun Hall Sunday 1st November

Time: 9am – 2.30pm

Bookings Essential: Booking may be made via email or phone. Please don't hesitate to make contact if you have further questions. **No fee required, spaces are limited.**

Contact: Alison Laverty - P. 02 6568 0243
E. Alison.Laverty@nambucca.nsw.gov.au

This initiative is commissioned by the Nambucca Valley Council and delivered in collaboration with Nancy Sposato & Marg Coutts.

www.nancysposatoprojects.com | www.margcoutts.com



Design by Nancy Sposato
Photography by Alice Payne



Black Bird Creative Bushfire Recovery Workshop Places Still available at Utungun Hall Sunday 1st November

This is a day for community members to enjoy creativity through simple and relaxing arts activities. Almost a year since the bushfires this is an opportunity to check in with yourself in an inspiring and calming environment, the workshop will focus on painting and writing rather than speaking. These workshops are designed to support people with and without previous arts experience. There is a lot of research into the benefits of arts practice to support mental health as it helps us to use **our brains in ways that make us feel good**. If you simply need some down time right now this is a free opportunity, with highly qualified arts facilitators, and we warmly invite you to attend. Most importantly at the end of the arts workshop we will connect with new and old friends over a shared meal. FOR CATERING PURPOSES BOOKINGS ARE GREATLY APPRECIATED.

Compiled by:
Mob: 0418 206 748



Bushfire Recovery Community Grant Funding

To support communities to recover from the 2019/20 bushfires, Healthy North Coast invites local organisations and groups to submit a grant application for an amount from \$1,500 to \$10,000 for activities that promote community wellbeing.

What can be funded?

- Community events or workshops that promote resilience and reduce the stigma associated with accessing mental health services.
- Community education on topics such as managing stress, anxiety and depression.
- Group activities to improve physical and mental health.
- Activities to identify and support people in distress and to provide information about where to seek services.
- Community events and activities that promote social connectedness.

For information and to apply:

hnc.org.au/bushfire-support-grants

Funding is available until 31 March 2021, unless funds are exhausted earlier.

HEALTHY
NORTH COAST

phn
NORTH COAST
AN AUSTRALIAN GOVERNMENT INITIATIVE

Healthy North Coast is an independent, not-for-profit organisation proudly delivering the PHN program in North Coast NSW. We are committed to improving the health of our communities through quality primary health care.
The PHN program is an Australian Government initiative.
www.hnc.org.au

What Activities Can Be Funded by the Grants?

The types of activities that may be considered appropriate include:

- Community get together's, e.g. community barbecues, regular coffee mornings, community meetings which build social connectedness, networks and friendships.
- Projects that are recovery focused and aim to build capacity and enhance the community's wellbeing, resilience and healing.
- Sharing information about available community resources and services and how to access them, including printing and photocopying information sheets and other items for dissemination.
- Practical advice and skills development, e.g. for parents to help provide support for their children, addressing needs of isolated older people, or future bushfire planning and preparedness.

Level 1: up to \$1,500 (GST excl)
Level 2: \$1,501 to \$10,000 (GST excl)

WE ENCOURAGE EACH COMMITTEE OF MANAGEMENT TO CONSIDER APPLYING-Assistance is available to support your applications, give Alison a call on 6568 0243

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