

STRENGTH, SUPPORT & COMMUNITY



A program of **FREE** community activities
to foster resilience, preparedness and
community connections across the
Macleay Valley



COVID-19 SAFETY CONSIDERATION

Activities published in this Strength, support and community program adhere to COVID-19 restrictions at the time of publishing.

Each activity -planning and execution, will be reviewed to ensure it meets all NSW Government regulations, and may be cancelled if required. Places at each activity will be limited to adhere to regulations so registration prior to attending is mandatory and will be allocated on a first-in basis.

Please visit **yoursay.macleay.nsw.gov.au/RECOVERY** to check for updates.

The health and safety of our community is our first and foremost priority.

If you feel unwell, have been in contact with someone who is unwell, or are awaiting a COVID-19 test result -please stay home.

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Council acknowledges the traditional custodians of this land: the Dunghutti and Thunghutti people and pays respect to their elders - past and present.

WELCOME TO STRENGTH,

SUPPORT & COMMUNITY

Liz Campbell, Mayor

"I am excited to launch this dynamic and varied calendar of FREE activities for Kempsey Shire residents. I have seen firsthand how tough the drought, then bushfires, storms and now the Covid-19 pandemic has impacted our community - it has been, and continues to be a tough time for many. Our dedicated Bushfire Recovery Team has developed a wonderful program of FREE activities that Council hopes will help to develop an active, prepared and connected community. I sincerely hope you will get involved - at a practical workshop to help prepare your property for the 2020 bushfire season, or building your strength at a bootcamp session. Perhaps you have memories you want to capture in a writing workshop, or are inspired to paint. This calendar is rich and diverse, just like our community. Each activity will be delivered by locals for locals, utilising the strengths and capabilities of our beautiful Macleay Valley to support us all moving into the future.



Craig Milburn, General Manager

"As I'm sure you've heard me say many times, I truly believe that we're stronger together. This calendar of FREE activities aims to support just that. Practical, fun, active and creative - there is something on offer to suit everyone across our Shire, providing us all with an opportunity to build our personal skills and our resilience as a community. Register for one, five or all of the activities on offer. Get involved, meet new people and be reminded of just how great our Macleay Valley is to call home. Registrations are open online: yoursay.macleay.nsw.gov.au/RECOVERY or call 6566 3200 or visit the Macleay Valley Recovery Hub. I look forward to sharing this experience with you.

REGISTER NOW:

yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200

MACLEAY VALLEY RECOVERY HUB

A designated Recovery Hub is now open at 57 Elbow Street West Kempsey.

Nestled amongst other key services such as Kempsey Shire Council, Centrelink and Services NSW, the Macleay Valley Recovery Hub provides a centralised location for those impacted by bushfires and local support providers to meet.

The Macleay Valley Recovery Hub is open to the public 5 days per week.



No appointment is necessary, simply pop in and have a cuppa. Council staff will be based onsite as well as other local providers such as Department of Primary Industries, NSW Health services and St Vincent De Paul. Community Outreach will regularly continue at Wittitrin, Willawarrin and Bellbrook, keep an eye on our Recovery website for details of times and dates.

If you are needing assistance, please get in touch. We're here to help you connect with relevant government agencies and local support providers to assist in all aspects of recovery: on the ground, emotional, physical and financial.

**Macleay Valley
Recovery Hub
57 Elbow Street Kempsey
02 65663 200
Mon - Fri 9:30am - 4pm**



AUGUST ACTIVITIES

Reminder: numbers are limited so reserve your spot online:
yoursay.macleay.nsw.gov.au/RECOVERY

Call **6566 3200**, or visit the Macleay Valley Recovery Hub

You need a Bushfire Survival Plan

Macleay Valley Coast Tourism Workshop

Active bodies, calm minds

Landscape recovery

Breaking Bread

Helping Hands
- practical emergency skills

Become a Lounge Room Life Saver

Capturing your story

Farm Resilience Program

WEDNESDAY 5th

Farm Resilience Program
Online | midday | More info **p16**

THURSDAY 6th

Breaking Bread: Exploring Ayurveda
Bellbrook Hall | 11am | More info **p22**

SUNDAY 9th

Capturing your story - creative writing workshop
Willawarrin Hall | 10am | More info **p28**

MONDAY 10th

Yoga & Meditation
Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

TUESDAY 11th

Lounge Room Life Saver Training -CPR Online | 9am
*Rego closes Sun 2 Aug | More info **p26**

TUESDAY 11th

Breaking Bread: Healthy Living
Bellbrook Hall | 11am | More info **p22**

WEDNESDAY 12th

Farm Resilience Program
Online | midday | More info **p16**

THURSDAY 13th

Mixed Fitness Class
Willawarrin Hall | 11am | More info **p18**
Gentle Exercise Class
Bellbrook Hall | 2pm | More info **p18**
Bootcamp Session
Bellbrook Hall | 4pm | More info **p18**

SATURDAY 15th

Prepare your Bushfire Survival Plan Bellbrook RFS Shed
10am | More info **p14**

SUNDAY 16th

Capturing your story - photography workshop
Willawarrin Hall | 10am | More info **p28**

MONDAY 17th

Yoga & Meditation
Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

TUESDAY 18th

Prepare your Bushfire Survival Plan Bellbrook RFS Shed
10am | More info **p14**

WEDNESDAY 19th

Farm Resilience Program
Online | midday | More info **p16**

THURSDAY 20th

Mixed Fitness Class
Willawarrin Hall | 11am | More info **p18**
Gentle Exercise Class
Bellbrook Hall | 2pm | More info **p18**
Bootcamp Session
Bellbrook Hall | 4pm | More info **p18**

THURSDAY 20th

Breaking Bread: Financial Freedom
Willawarrin Hall | 11am | More info **p22**

SATURDAY 22nd

Lounge Room Life Saver Training -CPR Online | 9am
*Rego closes Mon 17 Aug | More info **p26**

SUNDAY 23rd

Capturing your story - creative writing workshop
Bellbrook Hall | 10am | More info **p28**

MONDAY 24th

Yoga & Meditation
Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

TUESDAY 25th

Breaking Bread: Healthy Living
Willawarrin Hall | 11am | More info **p22**

WEDNESDAY 26th

Farm Resilience Program
Online | midday | More info **p16**

THURSDAY 27th

Mixed Fitness Class
Willawarrin Hall | 11am | More info **p18**
Gentle Exercise Class
Bellbrook Hall | 2pm | More info **p18**
Bootcamp Session
Bellbrook Hall | 4pm | More info **p18**

SATURDAY 29th

Prepare your Bushfire Survival Plan Willawarrin RFS Shed
10am | More info **p14**

SUNDAY 30th

Capturing your story - photography workshop
Bellbrook Hall | 10am | More info **p28**

MONDAY 31st

Yoga & Meditation
Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

 **Refreshments**
 **Online activity**

SEPTEMBER ACTIVITIES

Reminder: numbers are limited so reserve your spot online:

yoursay.macleay.nsw.gov.au/RECOVERY

Call **6566 3200**, or visit the Macleay Valley Recovery Hub

You need a Bushfire Survival Plan

Macleay Valley Coast Tourism Workshop

Active bodies, calm minds

Landscape recovery

Breaking Bread

Helping Hands
- practical emergency skills

Become a Lounge Room Life Saver

Capturing your story

Farm Resilience Program

TUESDAY 1st

Wildlife encounters on your property

Willawarrin Hall | 5pm | More info **p20**

WEDNESDAY 2nd

Farm Resilience Program

Online | midday | More info **p16**

WEDNESDAY 2nd

Prepare your Bushfire Survival Plan Willawarrin RFS Shed
10am | More info **p14**

THURSDAY 3rd

Breaking Bread: Business Farming & Disability

Sherwood Hall | 11am | More info **p22**

THURSDAY 3rd

Mixed Fitness Class

Willawarrin Hall | 11am | More info **p18**

Gentle Exercise Class

Bellbrook Hall | 2pm | More info **p18**

Bootcamp Session

Bellbrook Hall | 4pm | More info **p18**

FRIDAY 4th

Wildlife encounters on your property

Venue TBC | 10am | More info **p20**

SUNDAY 6th

Capturing your story - creative writing workshop

Sherwood Hall | 10am | More info **p28**

MONDAY 7th

Yoga & Meditation

Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

WEDNESDAY 9th

Farm Resilience Program

Online | midday | More info **p16**

THURSDAY 10th

Mixed Fitness Class

Willawarrin Hall | 11am | More info **p18**

Gentle Exercise Class

Bellbrook Hall | 2pm | More info **p18**

Bootcamp Session

Bellbrook Hall | 4pm | More info **p18**

SUNDAY 13th

Capturing your story - photography workshop

Sherwood Hall | 10am | More info **p28**

TUESDAY 14th

Breaking Bread: Healthy Living

Sherwood Hall | 11am | More info **p22**

MONDAY 14th

Yoga & Meditation

Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

WEDNESDAY 16th

Farm Resilience Program

Online | midday | More info **p16**

THURSDAY 17th

Breaking Bread: Meal Prep for Busy Mums

Sherwood Hall | 11am | More info **p22**

THURSDAY 17th

Mixed Fitness Class

Willawarrin Hall | 11am | More info **p18**

Gentle Exercise Class

Bellbrook Hall | 2pm | More info **p18**

Bootcamp Session

Bellbrook Hall | 4pm | More info **p18**

FRIDAY 18th

Lounge Room Life Saver

Training - CPR Online | midday
*Rego closes Mon 14 Sept | More info **p26**

FRIDAY 18th

Tourism Workshop

Willawarrin Hall | 11am | More info **p17**

SUNDAY 20th

Capturing your story - creative writing workshop

Willawarrin Hall | 10am | More info **p28**

MONDAY 21st

Yoga & Meditation

Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

TUESDAY 22nd

Tree planting for success

Willawarrin Hall | 5pm | More info **p20**

WEDNESDAY 23rd

Farm Resilience Program

Online | midday | More info **p16**

THURSDAY 24th

Mixed Fitness Class

Willawarrin Hall | 11am | More info **p18**

Gentle Exercise Class

Bellbrook Hall | 2pm | More info **p18**

Bootcamp Session

Bellbrook Hall | 4pm | More info **p18**

FRIDAY 25th

Tree planting for success

Venue TBC | 10am | More info **p20**

SUNDAY 27th

Capturing your story - photography workshop

Willawarrin Hall | 10am | More info **p28**

MONDAY 28th

Yoga & Meditation

Sherwood Hall | 10am
Willawarrin Hall | 1pm | More info **p18**

WEDNESDAY 30th

Farm Resilience Program

Online | midday | More info **p16**

OCTOBER ACTIVITIES

Reminder: numbers are limited so reserve your spot online:

yoursay.macleay.nsw.gov.au/RECOVERY

Call **6566 3200**, or visit the Macleay Valley Recovery Hub

You need a Bushfire Survival Plan

Macleay Valley Coast Tourism Workshop

Active bodies, calm minds

Landscape recovery

Breaking Bread

Helping Hands
- practical emergency skills

Become a Lounge Room Life Saver

Capturing your story

Farm Resilience Program

THURSDAY 1st

Mixed Fitness Class

Willawarrin Hall | 11am | More info **p18**

Gentle Exercise Class

Bellbrook Hall | 2pm | More info **p18**

Bootcamp Session

Bellbrook Hall | 4pm | More info **p18**

SATURDAY 3rd

Prepare your Bushfire Survival Plan

Bellbrook RFS Shed
10am | More info **p14**

TUESDAY 6th

Prepare your Bushfire Survival Plan

Bellbrook RFS Shed
10am | More info **p14**

THURSDAY 8th

First Aid CPR Training

Bellbrook Hall | 10am, 2pm, 6pm
More info **p26**

SATURDAY 10th

First Aid CPR Training

Willawarrin Hall | 10am, midday, 2pm
More info **p26**

SUNDAY 11th

Capturing your story - photography workshop

Bellbrook Hall | 10am | More info **p28**

TUESDAY 13th

Regenerating wet forest

Willawarrin Hall | 5pm
More info **p20**

FRIDAY 16th

Regenerating wet forest

Venue TBC | 10am
More info **p20**

SUNDAY 18th

Capturing your story - creative writing workshop

Bellbrook Hall | 10am | More info **p28**

WEDNESDAY 21st

Prepare your Bushfire Survival Plan

Willawarrin RFS Shed
10am | More info **p14**

FRIDAY 23rd

First Aid CPR Training

Willawarrin Hall | 10am, 2pm, 6pm
More info **p26**

SATURDAY 24th

Prepare your Bushfire Survival Plan

Willawarrin RFS Shed
10am | More info **p14**

SUNDAY 25th

Capturing your story - photography workshop

Willawarrin Hall | 10am | More info **p28**



Refreshments



Online activity



YOU NEED A BUSHFIRE SURVIVAL PLAN

Local RFS Captains, Chunk of Bellbrook and Paul of Willawarrin are opening their stations to the community for eight information sessions designed to help you get your home and property ready for bushfire.

Come along and take a tour of the station then stay to complete a Bushfire Survival Plan and pack a fire-ready box so you're ready in the case of an emergency. Captains, RFS volunteers and staff from the Macleay Valley Recovery Hub will be there to help you.

Local Red Cross volunteers will attend some sessions with Emergency REDiPlans and other tools to help with the impacts of emergencies.

Everyone is welcome. Those who register online will receive a fire ready box at their chosen session upon completion of their Bushfire Survival Plan.



Nothing to Bring along everything is provided



Refreshments morning tea and light lunch

4 SIMPLE STEPS

Preparing for a bush fire is easier than you think. It's your responsibility to prepare yourself, your home and your family. There are four simple steps to get ready for a bush fire:

- 1. DISCUSS**
what to do if a bush fire threatens your home.
- 2. PREPARE**
your home and get it ready for bush fire season.
- 3. KNOW**
the bush fire alert levels.
- 4. KEEP**
all the bush fire information numbers, websites, and the smart phone app.

NSW RURAL FIRE SERVICE STRONGLY RECOMMENDS that everyone in your home has a conversation about exactly what they'll do in a bush fire. It should take just 20 minutes. Use our discussion guide. Many households find that having a discussion over dinner works best as everybody is together and focused.

20min

More information available via RFS.nsw.gov.au



INFO SESSIONS

BELLBROOK RFS SHED

Sat 15 August, 10am - 2pm

Tues 18 August, 10am - 2pm

Sat 3 October, 10am - 2pm

Tues 6 October, 10am - 2pm

WILLAWARRIN RFS SHED

Sat 29 August, 10am - 2pm

Wed 2 September, 10am - 2pm

Wed 21 October, 10am - 2pm

Sat 24 October, 10am - 2pm

FARM RESILIENCE PROGRAM

Ali Briggs is an Agricultural Economic Development Project Officer with Kempsey Shire Council. Ali can help you access the Farm Resilience Program, and is available to support you through each of the ten weekly themes of the Program.

Our community has experienced more than its share of disasters, with the last year alone presenting enormous challenges for local businesses, particularly those in the agricultural sector.

A Commercial and stud beef cattle producer herself, Ali has worked extensively with producers from a range of agricultural industries. She knows firsthand the value of resilience training.

The purpose of this Farming Resilience Program is to help our farmers and ag businesses become more prepared in the event of another disaster and to come out the other side of it.

ali.briggs@kempsey.nsw.gov.au | 02 6566 3200



REGISTER NOW:
yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200

MACLEAY VALLEY COAST TOURISM WORKSHOP

The Macleay Valley Coast invites you join us to help boost your business' marketing and social media presence and for practical tips and resources to develop and enhance your business within the tourism industry.



WHERE & WHEN

WILLAWARRIN HALL

Fri 18 Sept, 11am – 12:30pm



Bring along
notebook and pen



Refreshments
light lunch



ACTIVE BODIES, CALM MINDS

Your mental and physical health are equally important. Exercise is a great way to boost your mood, build strength and to get to know people in your area.

Running for eight weeks, get involved in some fun fitness activities to help you get fit and develop new skills. You can come each week to every session, or casually when it suits you.

Always check with your doctor before beginning any new exercise regimen to make sure you are medically able to participate.



Bring along a towel and drink bottle



Refreshments
juice and fresh fruit

YOGA & MEDITATION

Weekly from Monday 10 August

SHERWOOD HALL

Monday 10:00 – 11:15am

WILLAWARRIN HALL

Monday 1 – 2:15pm

MIXED FITNESS CLASS

Weekly from Thursday 13 August

WILLAWARRIN HALL

Thursday 11am – midday

GENTLE EXERCISE

Weekly from Thursday 13 August

BELLBROOK HALL

Thursday 2pm – 3pm

BOOTCAMP

Weekly from Thursday 13 August

BELLBROOK HALL

Thursday 4pm – 5pm

Photo by Samantha Townsend



REGISTER NOW:

yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200

LANDSCAPE RECOVERY

Macleay Landcare is active throughout the Valley, working to sustain, protect and enhance our local environment. Landcare Officers in partnership with Kempsey Shire Council will be hosting a variety of half-day workshops to promote landscape recovery following the recent drought and fire season.



Bring along sturdy enclosed shoes



Refreshments lunch or dinner



Macleay
Landcare
Network Inc.

WILDLIFE ENCOUNTERS ON YOUR PROPERTY

WILLAWARRIN HALL

Tuesday 1 September, 5-7pm

ADDRESS TBA ON REGO

Friday 4 September, 10-midday

Learn about some of the different wildlife in the Macleay and the habitat features they rely on to survive. We will also outline the use of nest boxes to provide nesting sites, and how to use game cameras to monitor wildlife activity. Programs that offer support for feral animal control and wildlife protection will also be discussed.

TREE PLANTING FOR SUCCESS

WILLAWARRIN HALL

Tuesday 22 September, 5-7pm

ADDRESS TBA ON REGO

Friday 25 September, 10-midday

If you would like to improve the success rates of your tree plantings, or just want to know where to start, this workshop is for you. In this workshop you will learn about all the steps to successfully establish tree plantings on your property. From selecting the right species for your property, preparing your site, and through to planting and maintenance, we will cover everything you need to know.

REGENERATING WET FORESTS ON YOUR PROPERTY

WILLAWARRIN HALL

Tuesday 13 October, 5-7pm

ADDRESS TBA ON REGO

Friday 16 October, 10-midday

In this workshop you will learn about the value of wet sclerophyll forest and rainforest plant communities in a fire-affected landscape. We will outline key strategies to retain these areas and discuss practical and effective weed control techniques to regenerate them.

FREE TREES AVAILABLE!



REGISTER NOW:

**yoursay.macleay.nsw.
gov.au/RECOVERY**
or call 6566 3200

BREAKING BREAD

Come together with likeminded women to enjoy a cooking class, share a yummy lunch and be inspired by some great local go-getters. Join us for one or all of these delicious events -registration closes the Friday prior to each event to help cater for dietary preferences.



Bring along an apron, enclosed shoes



Refreshments you'll make lunch and get to eat it!

EXPLORING AYURVEDA

BELLBROOK HALL

Thurs 6 August, 11am – 1:30pm

Practicing ancient healing techniques of Ayurvedic theory, Maaya will share her knowledge and experience, helping you to learn while you create a delicious lunch as a group. Informal yet personal and reflective, this session aims to provide a safe space to find calm and restore balance.

HEALTHY LIVING

BELLBROOK HALL

Tues 11 August, 11am – 1:30pm

WILLAWARRIN HALL

Tues 25 August, 11am – 1:30pm

SHERWOOD HALL

Tues 14 Sept, 11am – 1:30pm

Hosted by *Mid North Coast Local Health District*, come along to share a bowl of soup and chat about issues centric to women's health prevention and promotion. Topics include:

- Mental health, tips and tricks to stay on top of things and maintain positivity
- Women's health, the importance of screening
- Referral services -confidential and free support for women in our community.

FINANCIAL FREEDOM

WILLAWARRIN HALL

Thurs 20 August, 11am – 1:30pm

Kelly from *Fresh Meals Made Healthy* will teach you how to make a quick and healthy lunch which you will enjoy as a group.

After lunch, Tania from *Coastal Wealth Directions* will share budgeting tips, information about superannuation principles and recent Covid-19 exceptions, and discuss simple future planning ideas to help you get your money matters in order.

BUSINESS, FARMING & DISABILITY

SHERWOOD HALL

Thurs 3 Sept, 11am – 1:30pm

Leanne, owner of *Ellerslie Flowers* will share her passion for all things floral, farming and family.

This workshop will provide a platform for frank conversations and deep sharing while you get busy making a stunning wreath laden with native blooms and foliage to hang on your door.

REGISTER NOW:

yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200



MEAL PREP FOR BUSY MUMS

SHERWOOD HALL

Thurs 17 Sept, 11am – 1:30pm

Passionate about nutrition, Belinda of *The Root Cause* will step you through quick and easy methods to prepare delicious healthy meals. At this workshop you'll prepare lunch as a group and eat it while Belinda shares information on the link between nutrition and our physical and mental health.

HELPING HANDS - PRACTICAL EMERGENCY SKILLS

Brush up your skills in all things property maintenance and troubleshooting.

Practical hands-on stations will be set up on the bank of the Macleay River to help you address and resolve common property maintenance issues, and emergency equipment use. Get your hands dirty, ask questions, and share your own experience, tips and tricks. Stations will include:

- Operating fire fighting pumps
-how to choose a pump, prime it, and troubleshooting common niggles
- Setting up and operating a mobile firefighting pump
- Considerations when choosing and operating a generator
- Emergency fencing options.



Bring along sturdy enclosed shoes, hat, work gloves



Refreshments morning tea and lunch



REGISTER YOUR INTEREST:
yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200

Each session will run for 3 hours -register your interest to be notified of

upcoming session dates and times

Photo by Samantha Townsend

BECOME A LOUNGE ROOM LIFE SAVER

ONLINE CPR COURSE

VIRTUAL SESSION 1

Tuesday 11 August, 9am
Rego closes 8pm Sun 2 Aug

VIRTUAL SESSION 2

Saturday 22 August, 9am
Rego closes 8pm Mon 17 Aug

VIRTUAL SESSION 3

Friday 18 September, midday
Rego closes 8pm Mon 14 Sept

For the very first time, you can learn life saving CPR skills at home.

In three easy steps, you'll become prepared to potentially save someone's life. Once you complete this Lounge Room Life Saver training, you can enrol to complete CPR training face-to-face in a variety of locations this October.

Step 1 Online Learning (25 mins), log on before your registered session and complete the pre-course workbook.

Here's what you'll learn:

- Key principles of providing basic emergency care
- Primary assessment and CPR on adults
- Use of an Automated External Defibrillator (AED)

Step 2 Log in to join a virtual classroom presented live (1hr) by an experienced First Aid facilitator who will step you through:

- Latest guidelines on the impact of COVID-19 on performing CPR, including the use of pocket masks
- Techniques to ensure that CPR is effective on both adults and infants
- Managing complications during CPR and managing the patient after CPR.

You will need a stable internet connection to participate in this virtual training.

Registrations close the week prior to each session to give you enough time to log on and complete step 1.

COMPLETE YOUR CPR TRAINING



WHERE & WHEN

BELLBROOK HALL

Thurs 8 Oct: 10am, 2pm, 6pm

WILLAWARRIN HALL

Sat 10 Oct: 10am, midday, 2pm

SHERWOOD HALL

Fri 23 Oct: 10am, 2pm, 6pm

Once you've successfully completed the two-step Living Room Lifesavers training you can join a 90minute practical face-to-face session to achieve your certificate in HLTAID001 Provide cardiopulmonary resuscitation.

Here you'll complete:

- Short recap on learning so far
- Practical application of the recovery position, CPR on manikins and use of an AED
- Theory and practical assessment for CPR



Bring along
comfy clothes -floor work required



Refreshments
tea, coffee and fresh fruit



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES



CAPTURING YOUR STORY

There are plenty of tales from Macleay fire fields -personal accounts, challenges that were both won and lost, learnings that will be enduring, and musings that creep on top of us in the quiet moments.

Capturing these experience in words or pictures can be cathartic, helping to restore calm for unsettled minds and to find

resolution in what can only be described as a catastrophic event.

Creative expression is a wonderful tool that anyone can use just about anywhere. Join two celebrated locals, each passionate about their trade, in practical workshops that hope to encourage you to 'capture your story' using journaling, creative writing and photography.

JOT IT DOWN

VARIOUS LOCATIONS

**Six fortnightly sessions
from Sunday 9 August,
10am – midday**

Everyone has a story to tell, or maybe they have a poem just waiting to be unleashed.

Multi-award-winning journalist and beef producer Samantha Townsend will host six journaling workshops where you will develop the confidence to find your voice and skills to express your unique story. You will also be given the opportunity to share your work in a creative environment.

LIFE THROUGH A LENS

VARIOUS LOCATIONS

**Six fortnightly sessions
from Sunday 16 August,
10am – midday**

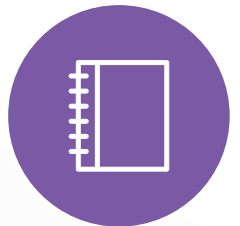
Local professional photographer, Sharon of Scheherezade Photography, will teach you the basics of composition, finding focus, and celebrating your subject. Her photography is nationally recognised for its combination of technique and creative flair.



Bring along any type of camera or smartphone



Refreshments
morning tea



Register now to receive your **FREE** creativity bundle



BUSHFIRE RECOVERY COMMUNITY GRANTS

Kempsey Shire Council is proud to announce a one-off Bushfire Recovery Community Grants Program. A pool of up to \$200,000 will be allocated to community-led activities that demonstrate value in supporting recovery and building community connections.

Projects and events that are developed by the community and support the initiatives in the overall Recovery Action Plan will be awarded grants up to \$20,000.

Following expressions of interest, a Community Grants Advisory Panel has been appointed, made up of local community members, who will assess applications using a predetermined matrix.

Applications will open soon, with community sessions to be announced to help people understand and respond to the selection criteria.



REGISTER YOUR INTEREST:
yoursay.macleay.nsw.gov.au/RECOVERY
or call 6566 3200

STAY CONNECTED

It's important to stay connected with your local community, Council's dedicated Recovery Team and the service providers working in your area.

The Macleay Valley Recovery website is your central point to register for each activity in this Strength, support and community program. Here you will also find news, updates on recovery efforts, preparedness activities, community planning tools and more.

Visit: yoursay.macleay.nsw.gov.au/RECOVERY

A printed Recovery Newsletter is also being distributed monthly

via letter box drops and local stores, cafes and watering holes. Back-copies can be found on the Macleay Valley Recovery website.

Community outreach efforts will continue across bushfire impacted communities. Check the Macleay Valley Recovery website for times and locations, or call your local outreach office, Chontelle Shore: 0425 200 403 to find out when she'll be onsite near you next.

The Recovery Hub is open to the public five days per week, Mon – Fri 9:30am – 4pm. Flick back to page 6 for more details.



Photo by Samantha Townsend



STRENGTH, SUPPORT & COMMUNITY

yoursay.macleay.nsw.gov.au/RECOVERY

PLACES ARE LIMITED FOR THESE ACTIVITIES.

You need a Bushfire
Survival Plan



Macleay Valley Coast
Tourism Workshop



Active bodies,
calm minds



Landscape recovery



Breaking Bread



Helping Hands
- practical emergency skills



Become a Lounge
Room Life Saver



Capturing your story



Farm Resilience
Program



Register online
**yoursay.
macleay.
nsw.gov.au/
RECOVERY**

Call **6566 3200**,
or visit the team at
the Macleay Valley
Recovery Hub

**57 Elbow Street
Kempsey**

**Monday - Friday
9:30am - 4pm**

Reminder: If you feel unwell,
have been in contact with
someone who is unwell, or
are awaiting a COVID-19 test
result -please stay home.

REGISTER NOW TO SECURE YOUR SPOT

REGISTER ONLINE:
**yoursay.macleay.nsw.
gov.au/RECOVERY**
or call **6566 3200**



**RECOVERY
HUB
WELCOME**

**Open Monday - Friday
9:30am - 4pm**

6566 3200

*The Hub is a one stop-shop for Recovery support and information.
No appointment is necessary.*



P. 02 6566 3200

F. 02 6566 3205

E. ksc@kempsey.nsw.gov.au

22 Tozer Street

(PO Box 3078)

West Kempsey NSW 2440

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yoursay.macleay.nsw.gov.au/
RECOVERY