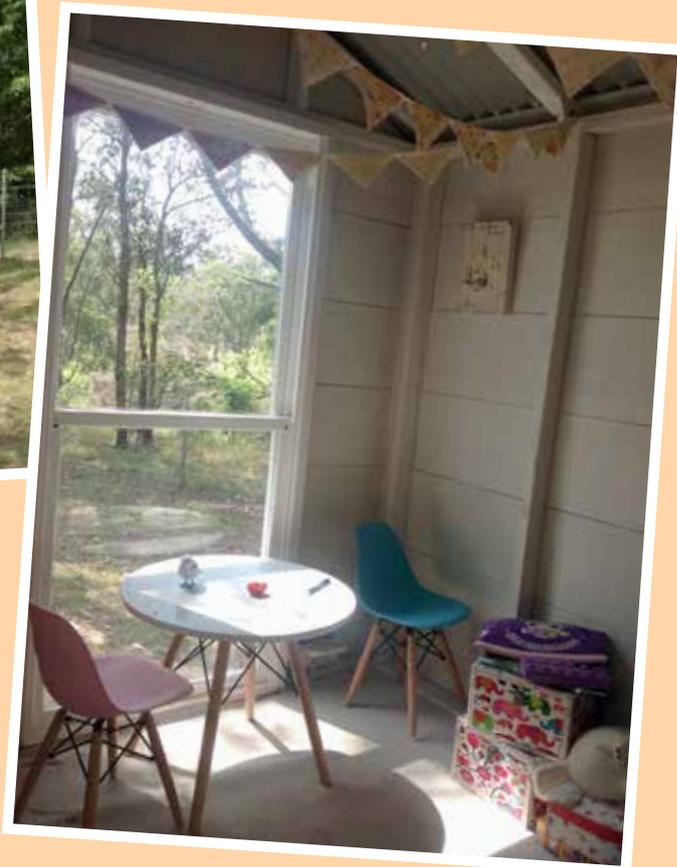




The Resilient Cubby House

Linking in with Sam Cawthorn's theory that crisis creates opportunity a local family have gone one step further. When a large tree crashed through their daughters bedroom last April leaving no-one injured but a solid reminder of the force of nature and the fear of what could have been they decided to turn the offender into something positive. With tools in hand and a plan drawn up the whole family and close friends began transforming the culprit into the "best" little cubby house this side of the black stump (excuse the pun). From disaster came squeals of delight and now two little girls and their friends have somewhere to play that will always be a story of empowerment and determination. As for the remaining spotted gum it is scattered across the garden in woodchips creating a bed for roses to blossom.

We would love to hear if you have done something similar at your place with recycled materials, call in to the Centre or give us a call.



Joke of the week

What happens to a frog's car when it breaks down? A: "It gets toad away." *ha ha*

Important dates

| | | |
|---------------|---|---|
| Wed | 23 Mar | Self care wellness group, DSCC, 5-6 |
| Sat | 26 Mar | Gresford Billy Cart Derby, 9am-1pm |
| Sat | 26 Mar | Dungog Rodeo |
| Fri | 1 Apr | Stroud Show |
| Wed | 6 Apr | Self care wellness group, DSCC, 5-6 |
| Wed | 20 Apr | Self care wellness group, DSCC, 5-6 |
| Sun | 24 Apr | Ecumenical Service, Uniting Church Dungog, 6 |
| <hr/> | | |
| Tues mornings | Community Kitchen, Presbyterian Hall, Dowling Street | |
| Every 2nd Wed | Self care wellness group, DSCC, 103 Dowling St Dungog, 5-6 | |

Important contacts

to assist with recovery information & resources

Dungog Shire Community Centre:

- 4992 1133
- pbf@dsccl.net.au
- www.dsccl.net.au
- facebook: bounce forward

Useful numbers:

- NSW Rural Mental Health 1800 201 123
- Red Cross 1800 812 028
- Salvation Army 1300 363 622
- NSW Rural Assistance Authority Small
business assistance 1800 678 593
- Legal Aid 9219 5093
- Law Access NSW 1300 888 529
- NSW Fair Trading 13 32 20
- Department of Primary Industries 1800 814 647
- Rentstart Bond Assistance 1300 468 746

Project BOUNCE Forward

Believe • **O**pportunity • **U**nderstanding • **N**urture • **C**onnect • **E**mpower

Newsletter 6

We've been bombed!!!!

(yarn bombed that is)

Last Monday we arrived at work to discover we had been YARNBOMBED over the weekend! The secret knitter's identities have been revealed and they will be held accountable for the joy we are seeing on people's faces when they come into the centre. A big thank you to Local Living Dungog for donating the yarn that adorns the seats and of course Kathryn and Misha for the time spent wrapping our seats with love.

The project involved Misha and willing volunteers making more than 30m of machine-knitted c.25cm wide strips on the vintage knitting machine in the Dungog by Design gallery. It took five and a half* members of Dungog by Design five hours to install the stripes on the seats at DSCC, on February 27. We are very pleased at the great result and delighted that local people and DSCC staff love the vibrancy and fun that the project brings to their daily space.

Local Living Dungog has donated \$100 towards the cost of yarn for this project. "We are very happy to support creative work that builds on a vibrant Dungog community" said Jo New of Local Living Dungog."



Come and take a load off on an explosion of colour – involved were Misha Moon, Dawn Thompson, Jen Trevethan, Lorraine Wiseman, Kat Wittmann and 9 year old Anna Wittmann, who provided a running commentary and helped with refreshments.



DHS do the Bounce

Personalised mobile outreach service in Dungog Shire

to assist you and your community with information, decision making and recovery resources to Bounce Forward.

Contact:

- 4992 1133
- pbf@dsc.net.au
- www.dsc.net.au
- facebook: project bounce forward

Follow us on facebook to find out about our upcoming community events.



Sam Cawthorn visit

Over 130 community members from across the Shire attended the RSL club on the 22nd Feb to listen to inspiring motivational speaker Sam Cawthorn. He kept the audience captivated with his story of hope and inspiration and practical tips on how to bounce forward from crisis. Sam talks from personal experience and takes the audience on a journey of discovery. From the moment Sam stepped out of his car you couldn't help but be swept up in his aura of positivity and enthusiasm to be here in Dungog.

The next morning Sam spoke at the high School to over 160 Year 11 and 12 students and teachers and the air in the hall was electric. He is interactive with his audience and the students were on their feet following his every word. Project Bounce Forward had been liaising with the High School since last year to make the Motivational Day one to remember. We had a goal to WRAP (Wellness Recovery Action Plans) the school with love and to showcase the supports that are in our community and to be able to offer them tips for self-care that will enable them to cope better with the pressures that come not only within the school structure but life in general. The students were given weekly

planners and supported to recognise that ensuring time for themselves is just as important as study time. At lunchtime they made "wraps" to eat and the feedback was this was their favourite part of the day! The gigantic chocolate cake emboldened with the words "Bounce Forward" was also a hit with everyone.

Key take home messages from Sams visit were:

- Crisis creates opportunity
- Proximity is power
- Leverage positivity to fuel success
- Bounce forward not back

If you are interested in reading more about Sam we have some great resources at the Community Centre.





What's happening at Project Bounce forward?

As we are nearing the 12 month anniversary of the April weather event people may be wondering how much longer PBF will be operating for. Currently we have applied for extended funding to be able to continue the Project till the end of the year as there is still so much to do. Our focus for the next 6 months will be looking at Preparedness and we will be holding workshops and BBQs around the Shire to educate and prepare our community. PBF was established to assist residents whom were affected by the severe weather event last April and is for the whole of the Dungog Shire. Though we have been working closely with the residents of Alison Court due to their circumstances, we also have assisted hundreds of residents across the Shire. We will continue to assist people to access the Dungog Natural Disaster Relief Fund and support them in any way possible to ensure their needs are met. If you would like to talk to us contact the Centre on 4992 1133 and ask for Charmaine or Karen.

Boomerang Bags are coming to Dungog

A community driven initiative to rid our town of plastic bags is beginning in Dungog. This is a great opportunity to support our marine and bird life that suffer horrendous injuries and death from the dumping of plastic bags. You can help out by donating second hand materials such as linen, fabric offcuts, curtains etc here at the Centre, we will have a box available for drop offs. If you are a keen sewer (skills not essential) and would like to be part of the sewing bee that will be held at Dungog by Design on the 21st March contact Michelle on 4992 1268 to find out more or facebook.com/boomerangbags.