

## How can you help your neighbour?

- Make contact
- Listen carefully
- Acknowledge different opinions
- Be open to a range of emotions being expressed
- Let people know that assistance and grants are available and who they can speak with locally
- Keep in regular touch with your neighbours
- Be well informed about resources and useful contacts
- Remember to encourage and support
- Manage your own feelings and seek support

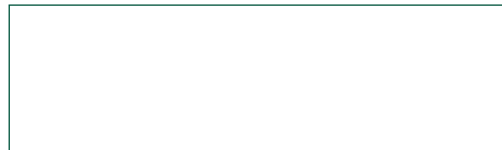


## Checking on your neighbours could make the world of difference

Drought, fire & flood have hit farmers hard and community support can help the rebuilding process by:

- Making sure people are not isolated is the first step to helping neighbours
- Knowing how to recognise the signs of depression in family or fellow farmers
- Listening to the struggles of others
- Bridging the gaps between drought support and farmers
- Giving encouragement to access drought assistance
- Visiting your neighbours who need to talk to someone who understands

Doing these small things will help you, your family and your neighbours through these tough times - come to a two hour free workshop to learn how you can be more effective in supporting others and yourself.



**For more information contact**  
Brenda McLachlan VFF Drought Coordinator  
on 1300 882 833, [bmclachlan@vff.org.au](mailto:bmclachlan@vff.org.au)  
or [www.vff.org.au](http://www.vff.org.au)



## LOOKING OUT FOR YOUR NEIGHBOUR: A Community Workshop



A FRIENDLY FACE, EXCHANGE OF INFORMATION  
OR A CHAT **CAN** MAKE A DIFFERENCE

## A workshop to help you, family and friends stay in touch

The workshop is designed to help build the capacity of farm families to cope with the challenges of drought or other disasters.

Participants will gain basic skills to recognise the symptoms of depression or stress in family or neighbours.

The workshop will help you develop strategies for dealing with stress and loss.

Knowing who you can call on during financial or emotional stresses can be a help; all participants will be given a contact list of support services for your local community.

Participants will meet the local outreach counsellors, making it easier for you to pass on this contact to family or fellow farmers in need.

Information on grants and government initiatives will be given to participants and they will become part of an email list for future information.

If participants choose they can participate in an informal network to assist.

A FRIENDLY FACE, EXCHANGE OF INFORMATION  
OR A CHAT **CAN** MAKE A DIFFERENCE

## Helping Our Neighbours A COMMUNITY WORKSHOP

### TOPICS WILL INCLUDE

- STRESS  
Understanding its impact & keeping it together in hard times
- THE GRIEF OF CHANGE
- COPING WITH LOSS
- LISTENING WITH OUR EARS & EYES
- PRACTICAL RESOURCES
- LOCAL ACTION  
People at the workshop will be encouraged to discuss what will help their local community

## Looking out for your neighbour can make a world of difference

Drought, flood and fire know no boundaries and their effect will be different on every farm.

Financially, practically or emotionally farmers may be struggling to keep on top of things. Clear information can be really useful.

Farmers are proud people but with a little encouragement they might put up their hand for support.

Stress, grief or depression can all cause farmers to lose contact with community.

A friendly face, exchange of information or a chat can make a difference.

