



# ASHFORD CENTRAL SCHOOL NEWSLETTER

20  
June  
2025

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## AROUND THE SCHOOL



## UPCOMING EVENTS

### MON JUN 23

Spelling Bee Finals - Primary

### WED JUN 25

Wear Your PJ's to School Day

### WED JUN 25

STUDEC Disco on Roller Skates

### THU JUN 26

K-2 Performance in Sunhaven

### FRI JUN 27 - SAT JUN 28

Duke of Edinburgh Adventurous Journey 1

### MON JUN 30

TAFE Open Day - Inverell

### TUE JUL 1

After School Sewing for Charity

### WED JUL 2

Principal's Assembly and Community Lunch

### WED JUL 2

Primary Parent Teacher Interviews

### FRI JUL 4

Term 2 Rewards Excursion

### FRI JUL 4

Last Day of Term 2



02 6725 4101



Ashford Central School



51 Martyn Street, Ashford NSW 2361



ashford-c.school@det.nsw.edu.au



<https://ashford-c.schools.nsw.gov.au/>





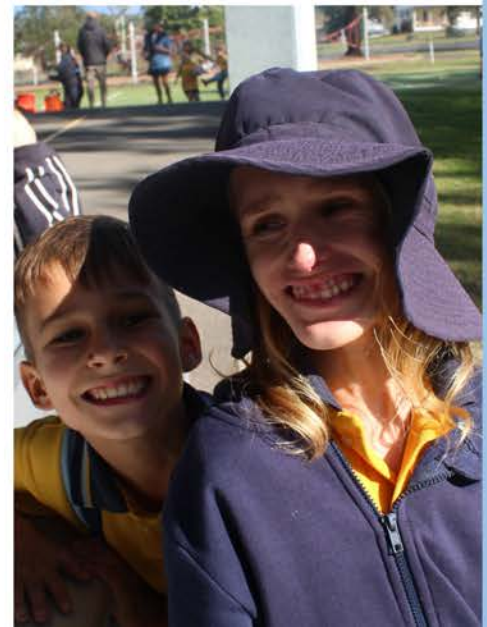
# SCHOOL UPDATE

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## FROM THE PRINCIPAL

Yesterday we had the pleasure of saying farewell to one of our amazing staff members here at Ashford Central School and wishing her well as she steps into retirement. Maree Akhurst has been a cleaner here for 29 Years. We held a staff morning tea in our library to share stories of her time here with us and celebrate her new beginning as she retires.

Maree has always gone above and beyond to support the needs of our school and community. She has plans of traveling to see her children and grand children and enjoying her life. We wish her all the best and I am sure that we will see her regularly around town. Thank you for your remarkable 29 Years of service and congratulations on your retirement.



On Friday 14th June a number of our students attended the Inverell Careers Expo. They were able to meet with local industry leaders and discuss the skills necessary for each career path. They could participate in hands on activities linked to on the job experiences and see if there were options to suit their interests. Thank you to Mrs Sargeant for organising such a great experience for our students.



On Tuesday 17<sup>th</sup> June, Mrs Lockett and her team of incredible helpers were busily making their exceptional creations in their after school sewing group. They had been working on some lovely quilted knee rugs for the residents of Sunhaven. Mrs Lockett took the students and some of her wonderful community volunteers to Sunhaven and personally delivered them. The residents were thrilled to see the group and their creations. Special thanks to Mrs Lockett and her magnificent helpers.

On Wednesday this week I had the pleasure of taking a group of our students to McRae park to participate in a project offered by the Ashford Local Aboriginal Land Council (ALALC). The ALALC team had sought grant funding to run projects involving Elders, community and our students. The students painted the sandstone rocks at the park with the theme of the river flowing between the rocks. It was great to see our students learning about culture in a hands on way. Thank you to the ALALC team for their wonderful efforts in involving our students in a community project.

Our brilliant P and C team held their meeting on Thursday 12<sup>th</sup> June. They are once again running a pie drive to raise funds to support our students. The pie drive is a great way to fill your freezer with delicious goodies and support a great cause that benefits our whole community. Our P and C support our students by subsidising seniors jerseys, Year 10 shirts and Year 6 shirts. They also offer great support to help with costs of our major excursions and subsidise a number of extra curricula activities. If you would like to help out with the pie drive or attend meetings to offer your assistance, please take a look at our What's On for upcoming meeting dates or call our wonderful ladies in the office to get further information. They meet monthly at the Ashford Bowling Club to discuss a number of ways that they can support our students.

As always, if you would like to arrange a time to meet with your child's teacher, please feel free to contact the front office to make a suitable time to meet with them. We always value your input into your child's learning and share the same goal of seeing them succeed.

Mr Wrobel







## LOCAL HISTORY TOUR YEARS 3-6

Mrs McIntyre's Years 3 to 6 Creative Arts class participated in a Local History Tour along the main street of Ashford, led by Alison Mackay. The tour provided valuable insights into the town's past and present, highlighting historical and contemporary buildings, community facilities, architectural styles, and stories of local people. This immersive experience aimed to deepen students' understanding of Ashford's heritage while sparking inspiration for a creative project – designing and illustrating their own Ashford-themed postcard. The excursion served as a meaningful opportunity to connect historical knowledge with artistic expression, enriching both their appreciation of local history and their creative learning journey.

A special thank you to Miss Alison Mackay for generously sharing her time, knowledge, and enthusiasm. Her contribution made the Local History Tour an engaging and memorable learning experience for all students.



## CONGRATULATIONS - OUTSTANDING ACADEMIC RESULTS

Outstanding History Achievement – Congratulations to Hunter, Bailey and Duke!

Mrs McIntyre would like to extend her congratulations to Hunter Irwin, Bailey Foelz and Duke Beveridge for their outstanding academic results in History this semester. These students have demonstrated exceptional commitment, analytical thinking and a deep understanding of key historical topics covered in the course.

Throughout the term, students explored two major areas of study: Australia's involvement in the Vietnam War and the significant movements and events surrounding Changing Rights and Freedoms in Australia. Hunter, Bailey and Duke consistently engaged with the content in a thoughtful and mature way, producing detailed and insightful responses in formal assessments. These students have set a wonderful example of academic excellence for learning.

Well done, Hunter, Bailey and Duke –

I am proud of your efforts and achievements!







## THE VILLAGE TABLE – ASHFORD ACKNOWLEDGEMENT OF VOLUNTEERS AND COMMUNITY SUPPORT



Dear Friends, Volunteers, and the Rest of Our Community,

With hearts full of gratitude, we at The Village Table – Ashford extend our sincerest thanks to each and every one of you for your unwavering support, dedication, and love throughout the 2025 financial year.

On Wednesday, 18 June 2025, we joyfully celebrated a truly special milestone—our first anniversary. The event was a powerful reflection of what we have accomplished together. The incredible turnout and vibrant community spirit reminded us that when hearts unite in service, true transformation takes place. The warmth of the day—both in atmosphere and feeling—felt divinely orchestrated, just like our launch a year ago. We give glory to our Lord Jesus Christ, who once again blessed us with beautiful sunshine on a winter's day.

As we reflect on this first year, we are humbled by all that has unfolded.

Our Grand Opening welcomed an inspiring number of local representatives and politicians, setting the tone for what would become a truly community-rooted mission. We celebrated with a joyful Family Fun Day, followed by a Christmas celebration where every attended child in Ashford received a free toy. In February, we proudly participated in the Ashford Show, where we had the opportunity to connect with locals, share our mission, and raise awareness about the support available through The Village Table. It was a valuable day of outreach, allowing us to highlight our highly subsidised food offerings and ensure more people in our community know they can access this essential help. International Women's Day saw us blessing each attended woman in Ashford and surrounds with a beautiful gift bag valued at \$60-\$100—thanks to the support of the Share the Dignity Australia and creative support of Craze Dance Inverell. And yesterday, we came together for our heartfelt 1st birthday celebration, surrounded by joy, gratitude, and shared purpose. At many of these gatherings, the atmosphere was made even more special by the uplifting live music generously provided by Liam Maddigan, Jonathan Wills and family, and Andrew Patton and family—a gift that brought people together through melody, celebration, and fellowship.

This milestone is not ours alone—it belongs to you, our volunteers, community partners, and supporters, whose commitment has brought food, comfort, hope, and connection to many.







We are so grateful to the many individuals and groups who have journeyed alongside us, including:

- John Kuhn, Alexander and Michael Kuhn, Leeanne Vickers, Michael Lewis, David and Maria Blue, Julie Gilbey, Melody Rodriguez, Paula Beveridge, Cherrie Beveridge, Gilbert Fitzhannim, Candice Van Wensveen, and our May Ambassador
- Elena Malinen, Colleen Malinen, Raymond Malinen, Kaity Parish with her kids Xavier and Pyper Smith, Cilla Walker, Albey Fitzgerald, Bianca Zappa and family, and Desley Moss from Des's Diner
- Ashford Business Council, Pindari Life, Ashford Central School (Principal Alex Wrobel, teachers, and students), with special thanks to Alison MacKay for her wonderful media support. We also acknowledge the Susannah Simpson and family, who contributed consistently throughout the year in this area. Both Alison and the Simpson family brought their unique strengths to our media efforts, and we applaud their talents and dedication. Thank you!
- Ashford Preschool, whose children brightened the day with AMAZING decorated cupcakes made with love.
- Ashford Lions Club, TNJ Store Ashford, Ashford Tennis Club, Ashford Aboriginal Council, and Ashford Show Society and Chani from Animal Rescue League.
- Ashford Bowling Club, Ashford Service Station, and Sunhaven Hostel
- Wendy-Sue and the Salvation Army Inverell crew, Coles Inverell, Big W Inverell, IGA Inverell, Woolworths Inverell, Lennon's Butchers Inverell, Pioneer Village Inverell and Coles Glen Innes.
- Food Bank Australia, Good360, Second Bite Australia, and all our local farmers, whose generosity with fresh produce and goods has been vital to our success

Your time, talents, prayers, and encouragement have been instrumental. Every smile shared, every box packed, every cupcake baked, every song sung, every fresh item donated, and every moment of kindness has woven a lasting impact into the fabric of our community.

Speaking from my heart, this road—this experience—has not been easy. There are always obstacles. But I've learned to navigate the sails and ride out the storms. I listen for God's voice and do my best to obey His direction. While my ambition often urges me to do more, I've learned to slow down when He says, "Wait." And in that space, I've watched things grow in the most "organic" and beautiful way.

I'm excited to share that we are soon to announce the opening of Ashford's very first Street Library—a quiet dream that I, along with our dedicated team members Jason Luckett and Leeanne Vickers, have been working on for the past six months. More news on that will follow shortly.

And quietly, prayerfully, we are also working on something close to many hearts: creating new opportunities for the children and youth of Ashford and surrounding areas. We hope to offer extracurricular activities and re-establish a Youth Group—something that, before COVID, brought life and connection to so many. It would be a joy to see it restored... and re-storied.

As we move into our second year, we do so with renewed strength, knowing we walk this path together—and never alone. May we continue to be the hands and feet of Jesus in Ashford.

With heartfelt thanks,  
Svetlana and The Village Table – Ashford  
amazing team







## INVERELL CAREERS EXPO

Students from Years 9 to 12 recently attended the Inverell Careers Expo, where they explored a wide variety of career pathways, industries and study options. The event connected students with over 30 exhibitors featuring local employers, universities, vocational education providers, the Australian Defence Force, and services across sectors of health, finance, law, agriculture, hospitality, IT, early childhood and trades. Students had the chance to explore future career options, ask questions, and gain insight into different jobs, qualifications, and workplace expectations. It also provided an excellent opportunity to build connections with local industry.

Thank you to the Inverell Shire Council, exhibitors, and volunteers who made the day such a success and who continue to provide these wonderful opportunities for our students.







## AFTER SCHOOL SEWING

Week 8 has been very busy for our After School Sewing for Charity group, creating amazing work. The group also delivered beautiful hand made quilted knee rugs to all of the residents at Sunhaven. There were smiles all around.







## FILMING DAY WITH THE ASHFORD LOCAL ABORIGINAL LAND COUNCIL

On Wednesday, 18<sup>th</sup> June, students from ACS participated in a cultural project run by the Ashford LALC. During the day, students witnessed a Smoking Ceremony, got to paint the large sand stones at the McRae park with Aboriginal symbols, learned about the Ashford Aboriginal totems, and took part in a documentary filming project about the Aboriginal history of Ashford and its effect on our younger generation.







## ASHFORD CENTRAL SCHOOL P & C ASSOCIATION INC



# PIE DRIVE

Ashford Central School P & C Association Inc are once again holding a pie and lamington drive to raise money to help support the school with ongoing costs of school and sporting equipment, excursions, uniforms, and other expenses that occur throughout the year.

## WHAT'S NEW

This year in addition to the regular flavours in pies, there are new flavours including Cob Loaf and Steak Dianne, just to name a few.

There are also quiches available in family and shop size in three different flavours.

Sausage rolls in plain and cheese & bacon are still available as are the lamingtons.

For those looking for something different there are also muffins, bar cake, sponge cake and scrummy mini cheesecakes.

## PRICE LIST

Family Pies	\$14.00 ea
Shop Pies	\$ 5.50 ea
Sausage Rolls	\$ 5.00 ea
Quiche Family	\$ 11.00 ea
Shop	\$ 5.00 ea
Lamingtons (6)	\$ 9.50 (6)
Muffins (4)	\$12.00 (4)
Mini Cheesecake(4)	\$32.00 (4)
Bar Cake	\$ 8.00 ea
Sponge Roll	\$ 8.00 ea

## STUDENT REWARD

This year there will be a prize for the student or family that takes the most money in orders.

Make sure to write the students name at bottom of the order for it to count towards their total.

The prize will be Pizza, Garlic Bread and 1.25L drink from TnJs Store, ASHFORD.

ORDERS FORMS MUST BE ACCOMPANIED WITH THE CORRECT MONEY  
NO LATER THAN 3.00PM ON FRIDAY 4<sup>TH</sup> JULY.

**ABSOLUTELY NO EXCEPTIONS.**

ITEMS WILL BE READY FOR COLLECTION ON MONDAY 21<sup>ST</sup> JULY AT THE SCHOOL OFFICE.  
IF YOU HAVE ANY FURTHER QUESTIONS PLEASE CONTACT ANNE FOLEY  
ON 67 254 101 DURING SCHOOL HOURS





# ACS PIE DRIVE

Name: \_\_\_\_\_ Phone no. \_\_\_\_\_

FAMILY SIZE PIES \$14.00 each

Please place quantity required in each box.

<input type="text"/> PLAIN MEAT	<input type="text"/> STEAK AND KIDNEY	<input type="text"/> CHUNKY BEEF
<input type="text"/> CHEESE AND BACON	<input type="text"/> MEXICAN	<input type="text"/> CURRY
<input type="text"/> CHICKEN	<input type="text"/> CURRY CHICKEN	<input type="text"/> TOMATO & ONION
<input type="text"/> COB LOAF	<input type="text"/> STEAK DIANNE	<input type="text"/> PEPPER
<input type="text"/> MUSHROOM	<input type="text"/> APPLE PIE	<input type="text"/> APPLE CRUMBLE
<input type="text"/> APPLE/BLUEBERRY PIE		<input type="text"/> APPLE/BLUEBERRY CRUMBLE

TOTAL FAMILY PIES/CRUMBLE REQUIRED:  TOTAL PRICE FAMILY PIES/CRUMBLES: (A)

=====

SHOP SIZE PIES \$5.50 each

Please place quantity required in each box.

<input type="text"/> PLAIN MEAT	<input type="text"/> STEAK AND KIDNEY	<input type="text"/> CHUNKY BEEF
<input type="text"/> CHEESE AND BACON	<input type="text"/> MEXICAN	<input type="text"/> CURRY
<input type="text"/> CHICKEN	<input type="text"/> CURRY CHICKEN	<input type="text"/> TOMATO & ONION
<input type="text"/> COB LOAF	<input type="text"/> STEAK DIANNE	<input type="text"/> PEPPER
<input type="text"/> MUSHROOM	<input type="text"/> APPLE PIE	<input type="text"/> APPLE CRUMBLE
<input type="text"/> APPLE/BLUEBERRY PIE		<input type="text"/> APPLE/BLUEBERRY CRUMBLE

TOTAL SHOP PIES/CRUMBLE REQUIRED:  TOTAL PRICE FAMILY PIES/CRUMBLES: (B)

=====

SAUSAGE ROLLS \$5.00 EACH

Please place quantity required in each box.

<input type="text"/> SAUSAGE ROLL	<input type="text"/> CHEESE AND BACON SAUSAGE ROLL
-----------------------------------	--

TOTAL SAUSAGE ROLLS REQUIRED:  TOTAL PRICE SAUSAGE ROLLS: (C)

=====

FAMILY QUICHE \$11.00 EACH

Please place quantity required in each box.

<input type="text"/> CHEESE/BACON	<input type="text"/> TOMATO/ONION	<input type="text"/> ZUCCHINI/CARROT
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TOTAL FAMILY QUICHE REQUIRED:  TOTAL PRICE FAMILY QUICHE: (D)

=====

Please count my order reward to: (Name of student).....





# ACS PIE DRIVE

SHOP QUICHE \$5.00 EACH

Please place quantity required in each box.

<input type="text"/> CHEESE/BACON	<input type="text"/> TOMATO/ONION	<input type="text"/> ZUCCHINI/CARROT
TOTAL SHOP QUICHE REQUIRED: <input type="text"/>		TOTAL PRICE SHOP QUICHE: (E) <input type="text"/>

=====

LAMINGTONS (6 PACK) \$9.50 PER 6 pack

<input type="text"/> LAMINGTONS (6 PACK)
TOTAL LAMINGTONS (6PACK) REQUIRED: <input type="text"/>
TOTAL PRICE LAMINGTONS: (F) <input type="text"/>

=====

MUFFINS (4 PACK) \$12.00

<input type="text"/> APPLE/CINNAMON	<input type="text"/> BLUEBERRY
<input type="text"/> CHOC CHIP	<input type="text"/> DOUBLE CHOC CHIP
TOTAL MUFFINS (4 PACK) REQUIRED: <input type="text"/>	
TOTAL PRICE MUFFINS: (G) <input type="text"/>	

=====

BAR CAKE \$8.00 EACH

Please place quantity required in each box.

<input type="text"/> RAINBOW	<input type="text"/> STICKY DATE	<input type="text"/> CARROT
TOTAL BAR CAKES REQUIRED: <input type="text"/>		TOTAL PRICE BAR CAKES: (H) <input type="text"/>

=====

SPONGE ROLL \$8.00 EACH

Please place quantity required in each box.

<input type="text"/> BUTTERSCOTCH	<input type="text"/> HONEY	<input type="text"/> CHOCOLATE
TOTAL BAR CAKES REQUIRED: <input type="text"/>		TOTAL PRICE BAR CAKES: (I) <input type="text"/>

=====

MINI CHEESECAKE ( 4 PACK) \$32.00 EACH

Please place quantity required in each box.

<input type="text"/> ROCKY ROAD	<input type="text"/> TIM TAM	<input type="text"/> OREO
<input type="text"/> BISCOFF	<input type="text"/> MIXED 4 PACK OF THE 4 FLAVOURS	
TOTAL BAR CAKES REQUIRED: <input type="text"/>		TOTAL PRICE BAR CAKES: (J) <input type="text"/>

=====

TOTAL AMOUNT TO PAY (A) + (B) + (C) + (D) + (E) + (F) + (G) + (H) + (I) + (J)=

Please count my order reward to: (Name of student).....









## TOP SCHOOL ATTENDERS

Congratulations to the following students for achieving above the state average of 92% attendance.

CONGRATULATIONS!

Alaynah ARCHER	Arya GREEN
Lincoln ARCHER	Allakae-Jet HILLHOUSE
Sam BAKER	Jacob HILLHOUSE
Tiarnie BATTY	Johnathan HILLHOUSE
Duke BEVERIDGE	Leonard IRVING
Theo BOYD	Kytiana IRVING
Stuart BRADLEY	Claye LAVENDER
Tyrus CHARLES	Lucas MACKAY
Kurt CHARLES	Jack MACKAY
Duncan CRAFAR	Lexi MARTINEZ
Lillie-Anne DELL	Jack MURPHY
Izaiah DEVER	Sophie RODDA
Adam DONEY	Xavier ROLLINSON
Mae DONEY	Bonnie SARA
Ethan ELPHICK	Tyler SCHUMANN
Bailey FOELZ	Nina SUNDERLAND
Ella GRABHAM	Madeline THOMAS
Thomas GRABHAM	Harriette THOMAS

## Your Wellbeing Nurse

### You can talk to your wellbeing nurse about:

- health and wellbeing concerns
- healthcare options
- finding health and community services.

Any student enrolled at a school with a wellbeing nurse and their family members can get support from a wellbeing nurse.

### Parents

- Contact the school to ask to see or speak to the wellbeing nurse
- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse.

### Students 14 years and older

- Let a teacher or the school learning and support team know you would like to see the wellbeing nurse
- Approach the wellbeing nurse directly to speak with them privately.

Your wellbeing nurse is at the school on  
25/6

Contact your wellbeing nurse  
Rebecca Collyer  
0457681867

Your wellbeing nurse is a highly skilled registered nurse from NSW Health.

Your wellbeing nurse helps students and their family get health and wellbeing support.



Visit [www.health.nsw.gov.au/whinprogram](http://www.health.nsw.gov.au/whinprogram) or scan the QR code for further information about wellbeing nurses.



Wellbeing and Health In-reach  
Nurse Coordinator program



Raising Healthy Minds

### Do parents have questions about their child's behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help parents raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support children's social and emotional wellbeing from birth to age 12.



Download the app from Google Play or the App Store.



Find out more about Raising Healthy Minds at [raisingchildren.net.au/rhm](http://raisingchildren.net.au/rhm)





## STAR TICKET CANTEEN VOUCHER WINNERS

### CONGRATULATIONS

<b>Kinder</b>	Scarlett Halloran	Noah Ryan
<b>1/2</b>	Ruby Taylor	Allakae-Jet Hillhouse
<b>3/4</b>	Bonnie Sara	Tyler Schumann
<b>5/6</b>	Leighton Stevens	Jacob Hillhouse
<b>Secondary</b>	Bailey Foelz	Charlie Larfield

Star tickets are token rewards that are handed to students displaying positive behaviour in any setting to reinforce expectation. It is the students responsibility for placing the completed star ticket into their allocated star ticket box, which is located in the Ashford Central School Library. Tickets are drawn out of the star ticket box by the teacher at fortnightly assembly.

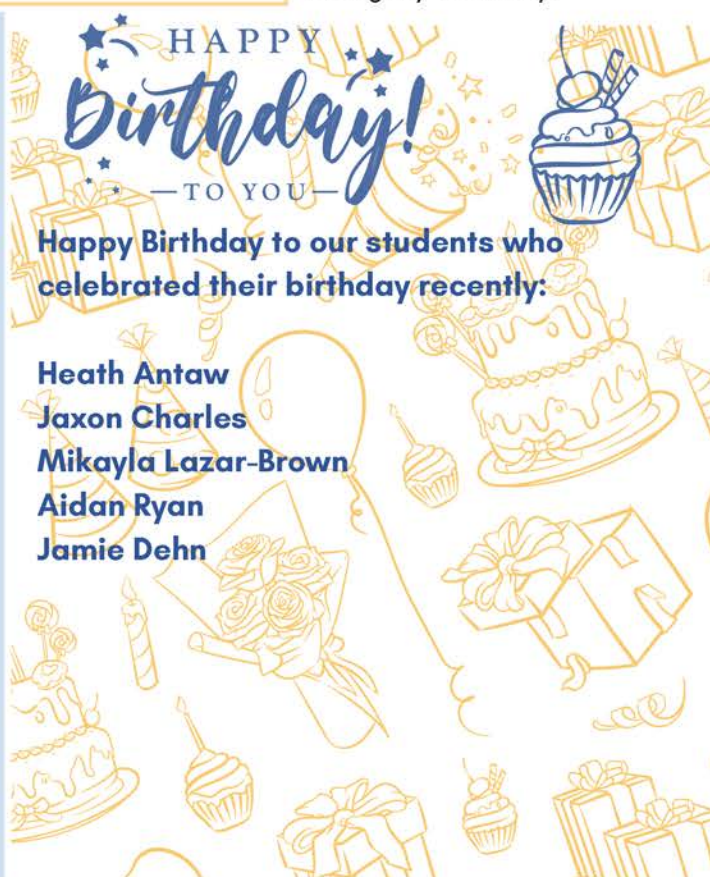
## TOP MERIT AWARD RECIPIENTS

### PRIMARY

Deacon Collison  
Bonnie Sara  
Adam Doney  
Arya Green  
Thomas Grabham  
Mae Doney  
Kyson Short  
Sophie Rodda  
Harriette Thomas  
Izaiah Dever  
Ruby Taylor  
Amelia Murphy  
Heath Antaw  
Wyatt Langbein  
Leighton Stevens  
Hunter Ryan

### SECONDARY

Natasha Burton  
Mia Murphy  
Sophiee Whalley  
Dridan Stanley  
Joy Doney  
Gloria Crafar  
Ryley Ryan  
Charlie Larfield  
Sam Baker  
Kurt Charles  
Annah Smith  
Ford Ngatamariki  
Ellie Foley  
Jaidean Connors  
Makeely Hancock  
Lillie-Anne Dell





The  
Kidman  
Centre



# FREE WORKSHOP CALENDAR 2025

To register for a workshop please make sure to sign up:

[https://tinyurl.com/  
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us  
02 9514 4077

Email us  
[roanna.chan@uts.edu.au](mailto:roanna.chan@uts.edu.au)

The Kidman Centre UTS  
Parkes 10 East  
Prince of Wales Hospital  
High Street  
Randwick Sydney 2031

@thekidmancentreuts

## WORKSHOP 6

### *Tech-Smart Parenting: Creating Healthy Screen Time Habits*

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.

**TUES 16 SEPT 2025 (4–5PM)**

## WORKSHOP 7

### *Supporting Teens with Low Mood and Suicide Risk*

**WHO IS THIS FOR:** Parents and caregivers of teens

**DESCRIPTION:** Learn how to support teens experiencing low mood and navigate conversations around suicide safely. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.

**WED 1 OCT 2025 (6–7PM)**

## WORKSHOP 8

### *Helping Teens with ADHD: Tools to Support Executive Functioning*

**WHO IS THIS FOR:** Parents and caregivers of children and teens with ADHD

**DESCRIPTION:** Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.

**TUES 11 NOV 2025 (6–7PM)**

## WORKSHOP 9

### *Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child*

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.

**TUE 2 DEC 2025 (6–7PM)**



The  
Kidman  
Centre



# FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To register for a workshop please make sure to sign up:

[https://tinyurl.com/  
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us  
02 9514 4077

Email us  
[roanna.chan@uts.edu.au](mailto:roanna.chan@uts.edu.au)

The Kidman Centre UTS  
Parkes 10 East  
Prince of Wales Hospital  
High Street  
Randwick Sydney 2031

@thekidmancentreats

## WORKSHOP 1

### *Raising Resilient Kids: Helping Children Manage Anxiety*

**WHO IS THIS FOR:** Parents and caregivers of children aged 6–12

**DESCRIPTION:** Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

**TUES 27 MAY 2025 (6–7PM)**

## WORKSHOP 2

### *Teen Anxiety (Part 1): Understanding Worry and Thinking Traps*

**WHO IS THIS FOR:** Parents and caregivers of teens aged 12–18

**DESCRIPTION:** Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

**TUES 10 JUNE 2025 (6–7PM)**

## WORKSHOP 3

### *Teen Anxiety (Part 2): Building Confidence with Exposure Strategies*

**WHO IS THIS FOR:** Parents and caregivers of teens aged 12–18

**DESCRIPTION:** Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

**WED 9 JULY 2025 (4–5PM)**

## WORKSHOP 4

### *Making Space for Anxiety: Tools from Acceptance and Commitment Therapy*

**WHO IS THIS FOR:** Parents and caregivers of anxious children or teens

**DESCRIPTION:** This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

**MON 4 AUG 2025 (6–7PM)**

## WORKSHOP 5

### *Body Calm: Relaxation Skills to Support Emotional Distress*

**WHO IS THIS FOR:** Parents and caregivers of children and teens

**DESCRIPTION:** Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

**TUES 26 AUG 2025 (6–7PM)**



# ASHFORD CENTRAL SCHOOL CANTEEN MENU

Term 2, 2025

## SANDWICHES

Cheese or vegemite or jam	\$3
Chicken or ham or egg	\$4
Egg and lettuce	\$5
Chicken, lettuce + mayonaise	\$5
Chicken or ham + salad	\$6
Toasted cheese	\$4
Toasted ham + cheese	\$4
Toasted spaghetti	\$4

## WRAPS

Chicken, lettuce and mayonaise	\$5
Chicken or ham + salad	\$6
Chicken caesar salad	\$6

## HOT FOOD

Cheese Muffin	\$1.50
Muffin pizza	\$2
<b>NEW</b> Honey soy chicken kebab	\$2.50
Fried Rice	\$4
Cheesy pasta	\$4
Ham and cheese pasta	\$5
Cheeseburger - Small	\$4.50
Cheeseburger - Large	\$6
Chicken tender slider	\$4.50
Pumpkin soup	\$4.50
Chicken noodle soup	\$4.50
+ bread & butter (2) with soup	\$2
Spaghetti bolognese	\$5
Taco bowl with corn chips	\$5.50
Chicken korma & rice	\$6.50
Butter chicken & rice	\$6.50
Hamburger	\$7
Lasagne	\$7

## SALADS

Garden Salad	\$4.50
Garden Salad with chicken or ham	\$6.00
Chicken caesar salad + egg	\$6.00

## SNACKS

Apple or Mandarin	\$1
Seasonal Fruit Cup	\$1
Custard	\$1
Yoghurt	\$1
Pikelet and jam	\$1
Fruit Cake	\$1
Brownie	\$1.50

## SPECIALS

<b>NEW</b> Tuesday- curried sausages	\$7
Wednesday - sushi	\$4
Thursday - Hot dog	\$5
Friday - Plain pie	\$6
Sauce - BBQ or Tomato	50c

## DRINKS

200ml 100% Juice Popper	\$2
300ml water	\$1
600ml water	\$2
300ml strawberry milk	\$2
300ml chocolate milk	\$2
Smoothie - berry or mango or banana	\$5

## DRINKS - SECONDARY ONLY

500ml strawberry milk	\$3.50
500ml chocolate milk	\$3.50
500ml vanilla malt milk	\$3.50
500ml mars bar milk	\$3.50
<b>NEW</b> 500ml malteser milk	\$3.50

- EFTPOS AVAILABLE
- ORDER ONLINE VIA SENTRAL APP (OPTIONAL)
- ORDERS MUST BE PLACED BY 9.00 AM EACH DAY





## Service NSW is coming to your community



We're bringing NSW Government services to:  
**Ashford**


**Wednesday, 16 July 2025**  
**10AM - 3PM**

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence applications and renewals
- driver licence, mobility parking and photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.

Call **13 77 88** or visit [service.nsw.gov.au](https://service.nsw.gov.au) to check our latest timetable.

Unexpected events like severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

 **Find us at:**  
School Tennis Courts  
39 Albury Street



## RIDDLE

### *Of the Week*

What do the letter "t" and an island  
have in common?

Answer on the back page

## UPCOMING COMMUNITY EVENTS

### FRI JUN 20

Battle on the Bank

Music and food stalls, FREE event for youth and families - 5:00pm-9:00pm, Campbell Park, Inverell

### TUE JUN 24

Melbourne International Comedy Festival Roadshow  
At the Inverell RSM Club

### TUE JUL 1

LLS Pest Animals talk at the Ashford school hall  
starting 5:00pm. BBQ dinner will be provided

### FRI JUL 4 - FRI JUL 11

NAIDOC WEEK EVENTS - INVERELL and TINGHA:

Friday 4<sup>th</sup> - Inverell Street March and Opening Ceremony

Sunday 6<sup>th</sup> - Inverell Combined Churches Service

Monday 7<sup>th</sup> - Inverell Art Exhibition Opening

Tuesday 8<sup>th</sup> - Tingha Street March and Community Fun day

Wednesday, 9<sup>th</sup> - Danthonia Elders Luncheon

Thursday, 10<sup>th</sup> - Inverell Health Service Flag Raising

Friday, 11<sup>th</sup> - 3 on 3 Basketball Tournament

### SAT JUL 5

Orange Festival 2025

Maitland Street, Bingara

### WED JUL 16

Service NSW visit to Ashford

10:00am-3:00pm

### SAT AUG 16

Annual Bingara Races

Bingara Showground and Racecourse

To have your community event or news listed  
on this page, please contact the school.

 **02 6725 4101**

 [ashford-c.school@det.nsw.edu.au](mailto:ashford-c.school@det.nsw.edu.au)



# INVERELL & TINGHA NAIDOC EVENT CALENDAR 2025

**FRIDAY 4<sup>TH</sup> JULY**

**INVERELL STREET MARCH AND OPENING CEREMONY**  
Assemble at Armajun Aboriginal Health Service, 3 Rivers Street. Proceed to Victoria Park for Opening Ceremony and refreshments **FROM 10:00AM**

**SUNDAY 6<sup>TH</sup> JULY**

**INVERELL COMBINED CHURCHES SERVICE**  
This event will be held at Waratah Park, Inverell **FROM 10:00AM**

**MONDAY 7<sup>TH</sup> JULY**

**INVERELL ART EXHIBITION OPENING**  
Inverell Art Gallery, Evans Street for Exhibition Opening and Morning Tea **FROM 10:00AM**

**TUESDAY 8<sup>TH</sup> JULY**

**TINGHA STREET MARCH AND COMMUNITY FUN DAY**  
Assemble at Tingha Armajun Access Point, Cnr Ruby and Amethyst Street. Proceed to Anaiwan LALC for Smoking Ceremony and Welcome. Community Fun Day to follow at Tingha Town Centre **FROM 10:00AM TO 2:00PM**

**WEDNESDAY 9<sup>TH</sup> JULY**

**DANTHONIA ELDERS LUNCHEON**  
All Welcome to attend! Limited transport available. For transport please phone Armajun Aboriginal Health Service on 6721 9777 **FROM 11:30AM FOR 12:00PM START**

**THURSDAY 10<sup>TH</sup> JULY**

**INVERELL HEALTH SERVICE FLAG RAISING**  
Inverell Hospital Lawn, Moore Street Inverell **FROM 10:30AM**

**FRIDAY 11<sup>TH</sup> JULY**

**3 ON 3 BASKETBALL TOURNAMENT**  
Inverell Skate Park, Old Bundarra Road. Please collect nomination forms from SportsPower Inverell. 14yrs + Registration closes 27<sup>th</sup> June **FROM 2:00PM**

**6-13 JULY 2025**



Inverell & Tingha NAIDOC For Updates



## COLOURED BALL COMP NORTH WEST REGIONAL LEAGUE



**RED BALL COMP**  
Players aged 8 and under



**ORANGE BALL COMP**  
Players aged 9 and under



**GREEN BALL COMP**  
Players aged up to 12

### North West Regional Coloured Ball League

Join the North West Regional Coloured Ball League! All North West clubs and coaches with a Tennis Australia Hot Shots program are invited to join this exciting event, culminating in a regional competition in Tamworth during Term 4. Each club will host qualifying events with red, orange, and green ball divisions, focusing on fun and fostering a love for tennis. Our goal is to create a positive, pressure-free atmosphere where juniors can play with their friends, enjoy music and their first competitive experience. This league is designed for players with a UTR between 0 - 2.

**Date:** 6TH JULY 2025

**Time:** 8AM START

**Venue:** INVERELL TENNIS CLUB

**Contact:** GREG VEN DER WOUDE - 0455 023 612

INVERELL YOUTH THINK TANK TEAM'S

## BATTLE ON THE BANK

FRIDAY 20<sup>TH</sup> JUNE 5.00PM - 9.00PM, CAMPBELL PARK, INVERELL

**CLAIM THE DATE**

& REGISTER AT

**FOOD TRUCKS**

**CASH PRIZES**

FOR **BANDS & SOLOISTS** aged 12 - 24

Apply to enter at:



**AN ALCOHOL-FREE & DRUG-FREE COMMUNITY EVENT**

FEATURING SPECIAL GUESTS:

**TERRA FIRMA**

**FREE**



Enquiries: yttt@ladybugprojects.com.au





Available 24/7 across the country



Confidential & anonymous



Aboriginal & Torres Strait Islander Crisis Supporters



Accessible by any phone in Australia



Culturally Safe Space



First national support line for Aboriginal & Torres Strait Islander people in crisis

**CONTACT US**

For all general enquiries, please email [enquiries@13yarn.org.au](mailto:enquiries@13yarn.org.au)

For all media enquiries, please email [media@13yarn.org.au](mailto:media@13yarn.org.au)

**13 YARN**  
"Our Story, Our Healing"

Feeling worried or no good?

We will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

**13 92 76**

This initiative is funded by the Australian Government, Department of Health

13 YARN (First Spirit) Australia  
Aboriginal and Torres Strait Islander people in need of support and assistance

This service has been developed in collaboration with Gaiya Dhaw





**INVERELL COMMUNITY SUPPORT**  
your link to the community



Meals on Wheels Inverell

**TRANSPORT 6722 5853**

**MEAL ORDERS 6722 1951**

**SOCIAL GROUP 6722 5888**

**Servicing Ashford and Neighbouring Communities**

- Transport to Medical Appointments
- Shopping trips to Inverell
- Tuesday Craft & Social Activities
- Meals on Wheels



**The Ashford office is open on Tuesdays 9am - 2pm**

We rely on Volunteers and therefore can only provide transport based on driver availabilities.

# SBAT OPPORTUNITY

## LAWRENCE & HANSON AND MRAEL

- Complete a traineeship whilst at school.
- Achieve an industry recognised qualification in Certificate III in Business, Certificate III in Retail or Certificate II in Supply Chain Operations as well as your HSC.
- Thinking about a trade? You could use your connections gained through this SBAT to begin an apprenticeship.
- Combines paid work, training and school.



INTERESTED - SPEAK TO YOUR CAREERS ADVISER TO ORGANISE WORK EXPERIENCE




**BIRANG ENTERPRISE DEVELOPMENT COMPANY LTD**

## DRIVER LICENCE ACCESS PROGRAM

# GLEN INNES






Scan QR Code to get a head start on your Licensing Journey



Need assistance through the licensing Process? Birrang will be back in your community delivering our **FREE Driver Licence Access Program** Mondays to Fridays.\*

### Registration Information

**Date:** Thursday 22<sup>nd</sup> May - 9am to 1pm

**Address:** 180 Lang Street

**Contact:** Alison Brown - 0461 512 178



\*Eligibility Conditions Apply





# orange festival

*Bingara, Now and Then*

**SATURDAY 5 JULY 2025**

**10am | Street Parade 2pm**

MEMPHIS MOOVERS | SWING KATZ | VINTAGE CAR DISPLAY | MARKET STALLS

*Rodeo* | CHILDREN'S ENTERTAINMENT | FOOD TRUCKS

TOURS OF THE ROXY THEATRE AND *Happy Days Theme*





 **AT THE ASHFORD RURAL TRANSACTION CENTRE**

Organised by Ashford Rural Transaction Centre

**EVERYONE  
WELCOME****WEDNESDAY 2.30- 4.30PM****OPENING HOURS**

The Villiage Table is open at the Ashford Rural Transaction Centre every Wednesday between 2.30pm and 4.30pm.

**LOW COST GROCERIES**

With the ever increasing cost of living, why not give your household budget a helping hand and utilise some of the low cost groceries available every week.

**FREE FRESH FOODS**

In addition, a selection of fresh food such as fruit, vegetables, breads and baked treats are available each Wednesday. Whilst the selection of fresh foods varies from week to week, there is always a good variety. Fresh foods are free if you purchase a low cost grocery item, or available for a gold coin donation otherwise. You can fill a bag for \$5!

**HOMEMADE PRE-COOKED MEALS**

The Villiage Table also cooks meals using fresh produce. Enjoy a night off cooking and support this community service by purchasing a ready-made home cooked meal.

**SUPPORT  
LOCAL**



 AT THE ASHFORD RURAL TRANSACTION CENTRE



# LOW COST GROCERIES

EVERYONE  
WELCOME

This is just a sample  
of the many products  
available in store.

**WEDNESDAY 2.30- 4.30PM**



**Coconut  
Milk**  
150g  
**\$1**



**Corn  
Flakes**  
890g  
**\$4.50**



**Biscuit Varieties**  
Chocolate or  
Custard Creams  
**\$1.50**



**Uncle  
Tobys  
Cheerios**  
450g  
**\$1**



**Vetta Pasta Varieties**  
Spaghetti or  
Macaroni  
**90c**



**Tea**  
Black, Peppermint  
or Lemongrass  
**\$2**



**Potatoes**  
Brushed  
**Gold Coin Donation  
or FREE with any  
grocery purchase**



**Leggo's Sauces**  
Various Flavours  
**\$1.50**



**Chicken  
Tonight**  
Butter Chicken or  
Honey Mustard  
Chicken  
485g  
**\$1.50**





**Ashford  
TENNIS  
CLUB**



## MEMBERSHIP

\$50 Adults - \$20 School Children

## SOCIAL TENNIS

\$5 Key Deposit

(Refundable on Key Return)

\$5 Adults - \$3 Kids

Social tennis starting soon

## HIRE OF COURTS

Contact Maree for arrangements.

President:	Gilbert Fitzhannim	0428 195 501
Vice President:	Mark Thorn	
Secretary:	Maree Akhurst	0438 294 646
Treasurer:	Leza Luckett	0458 404 765

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**Anyone wishing to book Ashford  
Showgrounds for an event or simply wanting  
to contact The Showground Land Managers  
Trust, please contact the Secretary.**

Secretary/Treasurer: Trevor Tindall  
Ashford Show Grounds Statutory Land Manager  
1276 Wallangra Road, Ashford NSW 2361  
Email: rusty-tin@bigpond.com  
Mobile: 0448 811 813

If the secretary can not be reached , please try  
David Thompson (President) on 0488 507 824.



**Ashford  
Servo**

**OPEN 7.00AM - 7.00PM  
7 DAYS**

Hot Food ~ Coffee ~ Groceries  
Meat & Veges ~ Lotto ~ Bait  
Phone Credit ~ Bottle Shop

**NUMEROUS SPECIALS ON  
SNACKS AND DRINKS**

CALL 02 6725 4070  
FOR FOOD ORDERS OR ENQUIRIES

27 DUFF STREET, ASHFORD



## Matthew & Sons Drilling Services

Matt has been drilling water bores since he was 10 years old. With 40 years experience and a NSW class 6 licence, he can handle most water bore drilling jobs.

We have 3 drill rigs and are experienced in rotary air, rotary mud, casing advance, cable tool (percussion) for gravels and artesian.

Located in Graman and Inverell

**Call or text Matt 0418 362 968**

**Email:**  
matt@matthewandsons.com.au

**Website:**  
matthewandsons.com.au

ABN: 28 157 677 391





## Campbell & Freebairn PHARMACY

ALBURY STREET, ASHFORD  
PHONE 02 6725 4013

ALL HEALTH CARE NEEDS  
DISTANCE DISPENSING SERVICE  
BABY CARE & NUTRITION  
WOUND CARE SUNGLASSES  
HEALTH AND BEAUTY PRODUCTS

## ASHFORD COMMUNITY CHURCH



Presbyterian Parish Office 02 6721 0511

Anglican Office Inverell 02 6722 3179

### CHURCH SERVICES:

ALTERNATE SUNDAYS AT 9AM AT THE  
PRESBYTERIAN OR ANGLICAN CHURCH

Service held bi-monthly in the Sunhaven  
Activity Room



*Jesus is moving. Jesus is present. Jesus is Lord.*

## ST PATRICKS CATHOLIC CHURCH

### MASS TIMES:

EVERY 3RD SATURDAY  
3:00PM

### ENQUIRIES:

SACRED HEART PARISH

INVERELL 6722 1103

FR PAUL CHANDLER ADM

LOCAL CONTACT:

CATHY FOELZ 0427 879 595



## ASHFORD POLICE

ASHFORD POLICE STATION PH 6721 8320  
INVERELL POLICE STATION (24 HRS) PH 67220599  
EMERGENCY 000 POLICE ASSISTANCE LINE 131 444

## ACCESSING MEDICAL SERVICES IN ASHFORD

### ASHFORD DOCTOR Dr Abbas Hussein

Saturday Only

8.00AM : Blood Tests

8.30am - 3.00pm :

Appointments

Phone (SAT): 02 6726 2000

To make appointments please  
phone Campbell and Freebairn  
Ashford on 02 6725 4013.

### CHEMIST Campbell & Freebairn Ashford

Open Monday to Friday  
9am - 5pm

Closed for lunch between  
12.30pm and 1.00pm daily.

Drop prescriptions in by  
11.30am for afternoon  
collection after 2.30pm.

### HELPFUL PHONE NUMBERS Community Health Centre Ashford 02 6726 2030

**Texas Doctor: Dr Abbas Hussein**  
07 4653 1363

**HACC - Ashford Home & Community Care**  
02 6725 4479

### BLOOD TESTS

Blood tests are conducted every 2nd  
Thursday at Community Health.  
Phone 02 6726 2030



*Duncan Coote*  
**PAINTER & DECORATOR**  
**BUILDING MAINTENANCE**



*Repaint Specialist*

▪ Wall Papering ▪ Renovations  
▪ Commercial ▪ Residential ▪ Insurance

**Ph: 0428 437 848**

Lic No: 158982C NSW Lic No 1104272 QLD  
ABN: 69 041 866 798



**ASHFORD  
MEMORIAL  
BOWLING CLUB**

CATERING ON THURSDAY,  
FRIDAY AND SATURDAY NIGHTS

**FRIDAY NIGHTS | DINNER**

5.30PM - 8.00PM

**SATURDAY | LUNCH & DINNER**

12.00PM - 2.00PM AND 5.00PM - 8.00PM

**SUNDAY | LUNCH**

12.00PM - 2.00PM

**EFTPOS AVAILABLE**

BOOKINGS FOR LARGE GROUPS DESIRABLE

**PHONE**

**6725 4441 OR 6725 4202**

WWW.ASHFORDBOWLING.CLUB  
OFFICE@ASHFORDBOWLINGCLUB



*Stuart's*

**FIREWOOD**

**7 X 4 BOX TRAILER  
SPLIT IRONBARK  
STACKED LOAD**

*Includes a free bag of pine kindling*



**PHONE  
0400 141 548  
FOR ENQUIRIES**

**\$150  
PER LOAD**

**DELIVERED TO ASHFORD**

**ALANA'S TRASH  
& TREASURE  
ASHFORD**



All money raised will be distributed  
back into the community.

Donations of household and various  
items welcomed.

**OPEN TUESDAY & THURSDAY**

**10.30AM - 3.30PM**

**SATURDAY**

**10.30AM - 1.00PM**

Enquiries: 0423 348 419

Looking forward to your support in the future!





## WINTER DINNER IDEAS

### CASSEROLE

#### TUNA AND TOMATO PASTA CASSEROLE

##### Ingredient list:

- 4 tablespoons unsalted butter
- 1 (28-ounce) can tomatoes, whole or crushed
- Salt
- 1 pound pasta shells
- 1/2 cup ricotta cheese
- 1 (6-ounce) can tuna packed in olive oil
- 1/4 cup fresh basil, chopped or torn
- Generous 1/2 cup grated Parmesan cheese

##### Method:

- Melt the butter in a medium pot on medium heat and add the can of tomatoes, including the juice. If you are using whole canned tomatoes (or fresh ones) crush them with your (clean) fingers as you put them in the pot. Simmer gently, partially covered, for 30 minutes.
- While the sauce is cooking, heat a large pot of well salted water to a strong boil. Add the shell pasta to the boiling water and cook at a vigorous boil, uncovered, until al dente, cooked through but still a bit firm to the bite, which is usually whatever the time specified on the pasta package minus about 2 minutes. Drain and set aside.
- Pour off the excess oil from the tuna can and stir the tuna into the tomato sauce. Add the ricotta cheese, and add salt to taste. Turn off the heat. Mix the sauce with the pasta in a large bowl. Mix in the basil.
- Pour the pasta into a 2 to 3-quart casserole dish and top with the parmesan cheese. Put under a hot broiler for 4-6 minutes, until the cheese is melted and lightly browned. Serve hot.





If you or someone else needs  
immediate help – call 000

### Additional Support Services

**Life Line** – 13 11 14  
24/7 confidential crisis support

**NSW Mental Health Line** – 1800 011 511  
24/7 telephone assessment & referral

**Beyond Blue** 1300 224 636  
24/7 mental health counselling, support and referral

**Alcohol & Drug Information Service**  
1800 250 015 (24/7)  
Information, support referral & counselling on drugs and alcohol

**Kids Helpline** (24hrs)  
Young people 5-25 years old

**Suicide Call Back Service** 1300 659 467  
24/7 telephone support & counselling for anyone affected by suicide

**Men's Helpline** 1300 789 978  
24/7 information & referral service for men with family and relationship concerns



**Health**  
Hunter New England  
Local Health District

## Referral

### It's Easy....

#### You just phone or email yourself

(If you are phoning for someone else, just check it is O.K first)

**0477 322 851**

Monday to Friday 8.00am – 4.30pm

(After hour calls welcomed – just leave a message and Farmgate staff will return your call the **next working day**)

#### Email

[HNELHD-FarmgateSupport@health.nsw.gov.au](mailto:HNELHD-FarmgateSupport@health.nsw.gov.au)

Your local Farmgate support worker:

## Farmgate Support Program



**Free**  
**We Travel To You**  
**Confidential**

### Who Can Get Help



Anyone experiencing stress from drought, fires, floods, COVID or other hardships

Farmers and farming families

Front line service/business providers

Local Businesses

Contract/seasonal workers

The **Farmgate Support Program** provides **free** emotional and mental health support to people living and working in rural & remote communities



The Farmgate team offer short term conversation or formal counselling

Practical help in finding alternative support for your current needs and circumstances

### We Will Travel To You



Visits can be arranged on your farm, home or place of business OR any other place of convenience like your favourite coffee shop

