

# THE LONG YARD

## CREATE OR REINVIGORATE YOUR BUSINESS WORKSHOPS

Are you a small business operator or possibly looking to open or buy a business? If so, the **Create or Reinvigorate** Workshops could be for you! The workshops can help you clarify the strengths of your business, recognise what your business has to offer & give you a better understanding as to why your customers shop with you. You will also identify the steps you can take to grow or diversify your business into new products and/or markets. The workshops will be held in 4 locations across the Central West so see below for more information.



## FARM HOUSEHOLD ALLOWANCE TIPS

The Department of Human Services offers a range of payments and services to support people living in rural areas. Farm Household Allowance is available to help eligible farmers and their families who are experiencing financial hardship.

Eligible farmers & their partners can receive the allowance for up to three years, to give them time to get back on their feet & take steps to improve their circumstances. Drought Co-ordinator Vanessa Fuller said the Farm Household Allowance includes a fortnightly payment to help with day-to-day household needs and a Health Care Card for the Farm Household Allowance customer & their family.



"The payment is available Australia-wide & has a higher assets threshold than other income support payments, so more farm families can access assistance when they need it, Vanessa said.

"If you're living on the land and experiencing financial hardship, my advice is not to self-assess. The best way to find out if you're eligible for Farm Household Allowance is to lodge a claim."

Logging into Centrelink online services through myGov is the easiest way to claim, and you can save yourself a trip into town. Visit my.gov.au.

Another option is to mail a completed paper claim form to us, or drop it off at a service centre.

Customers can print these forms from our website or get them from a service centre. Customers who need extra assistance can call the Farmer Assistance Hotline on 132 316, or speak with someone at their nearest Department of Human Services service centre.

Vanessa said once a claim has been granted customers receive ongoing support from a dedicated Farm Household Case officer who will work with farmers to develop a plan to improve their circumstances. This often also opens the door to other support and resources

"Customers start with a Farm Financial Assessment, which looks at their finances & their farm's financial position. Farm Household Case Officers work with the farmer to develop a Financial Improvement Agreement which also opens the door to other support, resources & if applicable training.

"There have been some great outcomes as a result of the Farm Household Allowance with farmers taking up training opportunities, developing farm business plans or succession plans while they get their farms back in business."

More information on Farm Household Allowance eligibility, payment rates & claiming options can be found at [humanservices.gov.au/farmhouseholdallowance](http://humanservices.gov.au/farmhouseholdallowance)

### Getting your application sorted

Would you like assistance with applying for the FHA payment? Help is available for completing forms & getting your application submitted plus we assist you through the process from start to finish. This is a free & confidential service so contact Suncare anytime for further enquiries.

## Create or Reinvigorate Your Business Workshops

Focusing on strategies for Business Owners to gain a better understanding of their business strengths & to further develop your business potential.

Winton - Neighbourhood Centre **Monday 22 February**  
Longreach - Jumbuck Motel: **Tuesday 23 February**  
Barcaldine - Town Hall: **Wednesday 24 February**  
Blackall - Living Arts Centre: **Thursday 25 February**

All venues - 6pm to 9pm

Places are limited - please RSVP to:  
**Russel Lowry**  
Department of State Development  
Telephone: 4924 2921  
Email: [russell.lowry@dsd.qld.gov.au](mailto:russell.lowry@dsd.qld.gov.au)



## Out & About with Suncare

As the drought persists across Western Queensland, the Drought Relief Program has been working hard to inject funding into vital community events & activities:

- LSODE Awards Night
- Longreach Christmas Street Party
- Yaraka Christmas Tree
- Longreach Gymkhana
- LSODE Winton Swim Camp

To enquire about support for your upcoming event, just give us a call.

## [www.mindspot.org.au](http://www.mindspot.org.au)

The MindSpot Clinic is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. They provide online Screening Assessments and Treatment Courses, or can help you find local services that can help.

MindSpot is made up of a team of over 30 Psychologists, Clinical Psychologists, Psychiatrists and Mental Health Professionals who are passionate about providing a free and effective service to people all over Australia. They have a dedicated IT team to ensure that this happens as securely and efficiently as possible. MindSpot is based at Macquarie University, Sydney, and is funded by the Australian government.



### You are not alone:

Over 3 million Australians experience significant symptoms of anxiety and depression every year. MindSpot has provided services to people aged 18-94 from every state and territory in Australia.

### We are here to help:

MindSpot has been designed to provide free and easily accessible help to people who need some skills to manage symptoms of anxiety and depression better.

### There are other people who can help:

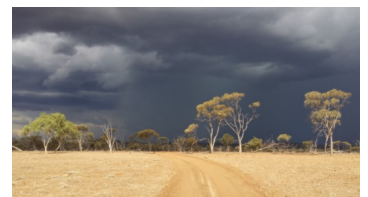
If MindSpot treatment is not right for you we will direct you somewhere more suitable.

### Online courses require a small commitment.

The treatment courses take approximately 8 weeks. They have helped others in the past:

Over 10,000 people have been through MindSpot courses.

Information sourced from: [www.mindspot.org.au](http://www.mindspot.org.au)



## February / March 2016 Events

RFDS Field Day - Lake Dunn Aramac	13 February 2016
Tradies Dinner - Longreach Bowls Club	20 February 2016
Corfield Pastoral Profit Workshop	29 February 2016
Stonehenge Pastoral Profit Workshop	1 March 2016
Agforce Wild Dog Trapping Workshops	
Tambo	4 March 2016
Jericho	5 March 2016
Ilfracombe	7 March 2016

**MORE INFO**  
[www.agforce.org.au](http://www.agforce.org.au)

The Drought Relief Program is part of the Australian Government's drought assistance package



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