

Managing the busy season ahead

With reminders starting to appear that the festive season is just around the corner, this time of year can begin to start feeling a little overwhelming. It's an exciting time, but also a busy and high-pressure time for our rural communities.

With weaning, first drafts, getting summer crops in, mating, managing finances, family commitments and still a great deal of work going into repairing land and farms post cyclone, it's timely to remember that effective stress management is a really good tool to navigate through it.

There's a wealth of knowledge available on how to alleviate

the impacts of stress, and I wanted to share the Mental Health Foundation of New Zealand's three R's:

Refuel - Whakatipu: Prioritise self-care to refuel your physical and emotional well-being.

Resolve - Whakatika: Pinpoint the stressors and actively seek out solutions to address the root causes of your stress.

Relax - Whakatā: Engage in relaxation techniques to trigger your body's natural response for restoration and rest.

For more information or advice you can always reach out to Rural



Don Cameron

Support Trust on 0800 824 757, or you can free call or text 1737 to talk to a trained counsellor for support, advice and ideas.

With that in mind, it's great to see how much support is still available to our people, our Tararua farming businesses and our rural communities.

Financially the Mayoral Relief Fund remains open for applications from cyclone impacted individuals and groups or businesses, and many farmers and growers are now hearing back about their submissions to the \$1 million Tararua on Track Fund.

For our rural communities, the \$250,000 Ministry for Primary Industries supported Community Emergency Hub project is in full swing with needs assessments being reviewed and funding needs prioritised.

On farm, there is still support and works happening through Enhanced Taskforce Green, and the upcoming Tararua Rural Support Trust's Cyclone Recovery Expo on Thursday November 30th at the Dannevirke A&P Showgrounds will be a chance for farmers to get off farm, check in with rural providers and pick up a load of free fencing materials.

While you're at the Expo come

and catch up with our Tararua Cyclone Recovery Team, they'll be onsite asking for feedback on the district's recovery so far, and they're keen for farmers to come and mark their farms on a huge map, to give a visual representation of cyclone affected farms in our area.

These initiatives were all created or enacted to help our district recover, and I'm glad that our affected people and communities are using these programs, funds and events to assist in their own personal cyclone recovery.

Thanks and be careful out there!
Don Cameron

Roading impact in brief



513 Total high and medium complexity faults



82 high complexity faults



431 medium complexity faults

- Scope development stage: 25
- Detailed design stage: 14
- Approval stage: 1
- Construction stage: 10
- Review: 89
- Complete: 16
- On hold: 2

Tararua Rural Support Trust Cyclone Recovery Expo

A few hours off farm, checking in with rural providers and a trailer load of fencing materials are just some of the excellent reasons for cyclone impacted farmers to register for Tararua Rural Support Trust's, Cyclone Recovery Expo at the Dannevirke A&P Showgrounds, on Thursday November 30th from 9am.

Using community donations to East Coast Rural Support Trust, Tararua Rural Support Trust Coordinator Jane Tylee and her team wanted to ensure Tararua farmers are able to receive the support they need to help lighten the load just a little bit, in difficult times.

"We are hopeful that as many of our cyclone impacted Tararua farmers as possible will register for the Expo, take a few hours off farm to make sure they are getting the help they need, connect with other famers in a similar position, and of course, pick up a load of free fencing materials and goodie bag," says Tylee.

Registrations of interest are critical for the logistics of the day and also to give farmers some flexibility in their arrival times. "Farmers need to register their interest online and nominate a

time between 9am and 1pm that suits them to arrive, we will do our very best to accommodate those requests, we know it's a busy time of year" notes Tylee. Registrations will close on Monday November 20th.

The day will be more than just supporting farmers with free fencing materials. Once loaded farmers will enjoy free food and a cuppa as they wander through the Expo and catch up with the Rural Support Trust team, rural professionals, agricultural industry experts, health and well-being providers and more.

Farmers will also each take home a goodie bag, full of treats and pick me ups and everyone that registers will go in the draw to win a Weber Q Family BBQ thanks to Tararua Rural Support Trust.

Registrations will close on Monday 20th November. Trailers and tie downs are also essential. For any queries farmers can email Nicky Allomes at Tararua Rural Support Trust on nicky.allomes@ruralsupport.org.nz

Scan the QR code to register now.

BROUGHT TO YOU BY
TARARUA RURAL SUPPORT TRUST

RuralSupport
CYCLONE RECOVERY
EXPO

THURSDAY 30TH NOVEMBER
9AM START
DANNEVIRKE A&P SHOWGROUNDS

TARARUA CYCLONE IMPACTED FARMERS – REGISTER YOUR INTEREST NOW FOR A FREE LOAD OF FENCING MATERIALS!

Free fencing materials

Goodie bags

Register to go in the draw for a Weber Family Q BBQ

Lunch Shout

REGISTRATIONS ARE ESSENTIAL.

HEAD ONLINE TO:
[HTTPS://BIT.LY/40JFKU](https://bit.ly/40JFKU)

OR SCAN THE QR CODE.

REGISTRATIONS CLOSE 20TH NOVEMBER

Open and ready for visitors

'Open for business' is the message tourism operators in cyclone affected areas of the Tararua want to share with locals and visitors to the district.

Herbertville and Ākitio campgrounds and the Wimbledon Tavern are just a few of the tourism providers who faced damage and disruption after Cyclone Gabrielle. The message now is to support providers and remind friends and family of the wonderful reasons to visit Tararua.

Whether it be walking the long stretches of stunning and rugged coastline at Herbertville, or fishing and swimming at Akitio Beach. Spending a night or two at a beachside campground, or perhaps at one of Tararua's many holiday homes. A country pub lunch at Pongaroa or Wimbledon, a wander to the Waihi Falls or a round of golf at one of our rural courses. There are so many reasons to take a trip through rural Tararua.

To support this campaign from now through to February the Cyclone Recovery Team will be

highlighting some of Tararua's tourism gems through the Tararua District Council Facebook page and beyond, letting visitors and locals know that our operators are very much ready to welcome them back post cyclone.

Visit www.tararua.com for more information on visiting the Tararua.



Herbertville Beach - Cape Turnagain

Tararua on Track Fund

Funding decisions have now been finalised for the \$1 million Ministry for Primary Industries supported Tararua on Track Fund for cyclone affected farmers and growers.

The \$1 million fund received 126 applications and approximately \$5.3 million in financial assistance was requested.

The full \$1 million has now been allocated and the panel is in the process of contacting all applicants. The fund paid out on both uninsured, critical repairs that have been completed since Cyclone Gabrielle, and works that are able to be completed by the deadline of 31 December 2023.

Mayor Tracey Collis hopes

the fund can relieve some of the financial pressure cyclone impacted farmers and growers are still facing. "We know this fund hasn't been able to cover all uninsured critical damage in the district, but we hope it has gone some way to take a little of the pressure off our farmers and growers, and enable more works to be completed."

