

Mr. S. Lonard  
Victorian Bushfire Appeal Fund  
C/o Department of Health and Human Services  
Level 7, 50 Lonsdale Street  
Melbourne Vic 3001

28 February 2018

Dear Mr Lonard,

**Re: Reports prepared in accordance with the Trust Deed for Marysville and Triangle  
Community Foundation**

On behalf of the Marysville and Triangle Community Foundation (MTCF) I am pleased to provide the following reports to the Department as required in clause 8 of the Trust Deed:

- (1) Report to the Department in accordance with clause 8.4 which includes the template report, the financial statement as required in clause 8.2 and the audit report as required in clause 8.3.
- (2) Information to be publicly available in accordance with 8.5 of the deed.

Clause 8.5(b) of the deed requires information to be *made available to the public either on the website of the Trust or in another form reasonably decided by the Trustee to any person seeking it.*

The audited statement and this report will be placed on the MTCF's website [www.marysvilletrianglefoundation.org.au](http://www.marysvilletrianglefoundation.org.au). Hard copies will be available at our office or by request to the Executive Officer.

During this reporting period, the Marysville and Triangle Community Foundation distributed \$144,435 in grants and projects from the Bushfire Recovery Fund.

The Board of the Marysville and Triangle Community Foundation looks forward to continuing to deliver its vision of building a legacy for a vibrant, healthy and resilient future across the communities of Murrindindi.

If you would like to discuss the reports further, please contact the Executive Officer, Robyn Hill, on 0488 007 688.

Yours sincerely,



Tony Thompson  
Chair



## Marysville and Triangle Community Foundation

Submission of reports as required by the Trust Deed for the Marysville and  
Triangle Community Foundation

28 February 2018

## 8.4 Report to the Department

Incorporating 8.2 Financial statements and 8.3 Audit

## **Report to the Department**

This report has been prepared in accordance with Clause 8.4 of the Trust deed for:  
Marysville and Triangle Community Foundation

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1. *Provide details as to how the income and capital of the trust have been invested and used in the Accounting Period (as defined in the trust deed).*

For the purposes of this report, the Accounting Period is 1<sup>st</sup> July 2016 to 30 June 2017.

During this financial year, the Trust amount has been invested in term deposits to maximise the earning potential of the funds. The term deposit accounts were with the Bendigo Bank and the rates above the advertised market rate were sought and received. These rates compared favourably to the rates offered by the major banks.

The attached financial report prepared by DMK Taxation and Business Solutions provides detailed information about how the funds have been used within this Accounting Period.

During the financial year, the Board received significant interest in its VBAF funded Bushfire Recovery Fund grant program. In accordance with the Trust Deed, the Bushfire Recovery Fund was established to provide assistance to those affected by the 2009 bushfires in Murrindindi Shire for medium to long term recovery projects.

The grant program was advertised broadly throughout local media including the Triangle News, the Alexandra and Eildon Standard, the Yea Chronicle and the Mountain Monthly (in Kinglake), Facebook and through the Foundation's growing list of contacts and networks.

During the reporting period, grant rounds were open from 24 February 2016 to 24 November 2016 and 22 February 2017 to 30 November 2017.

The grant rounds attracted significant interest and \$144,435 was allocated to community driven projects in line with the VBAF funding criteria.

### **Projects funded include:**

- "Rivers and Ranges Community Leadership Program (Murrindindi Shire)", Mitchell Community Resource and Advocacy Group
- "Mental Health and Wellbeing", Alexandra Secondary College
- "Marysville Jazz and Blues Weekend", Marysville Cultural Community Inc.
- "Fire Station Turnout Response Systems", Buxton CFA
- "Marysville Youth Space", Marysville and Triangle Youth Inc.
- "Girlink Transition Program", Alexandra Secondary College
- "Making a Stand for Art", Triangle Arts Group
- "Linking Learning", Marysville Primary School
- "Buxton Memorial Hall Solar Power System", Buxton Progress Association Inc.
- "Bush Telegraph", Toolangi Sculpture Trial Inc.
- "The Connected Garden Project", Yea Community Service Group Inc.
- Project: Community Health Expo, Marysville and Triangle Community Foundation in partnership with Alexandra District Health
- Project: Psychological First Aid, Marysville and Triangle Community Foundation supporting a free community learning opportunity
- Project: Community Fire Season Preparation, Marysville and Triangle Community Foundation in partnership with Buxton CFA, Marysville CFA,

Further information about these grants and projects is available in Attachment 2.

The Foundation was actively involved in planning and coordinating proactive projects listed above, the Community Health Expo and the Community Fire Season Preparation.

The Marysville and Triangle Community Foundation partnered with Alexandra District Health to deliver a Community Health Expo. Community members were invited to attend the expo and receive free health checks, collect information about local health services and hear from experts in various specialist fields. Feedback obtained from the event was very positive.

The Community Fire Season Preparation event was a collaborative event planned and coordinated by the Foundation and local emergency services providers. The objective of the free event was to provide assistance to prepare for the next fire season, including a summary of forecast conditions for the coming summer. The event was also supported by CFA District 12.

Both of these community events were funded through the Trust. They were an essential tool to promote the role of the Foundation in the Murrindindi Shire community and at the same time to promote the availability of grant funding to support community projects.

The Foundation has been proud to be able to support these projects for the benefit of the bushfire affected communities in Murrindindi Shire.

2. *Provide details of the steps that the Trustee has taken to seek applications from individuals, funds, authorities and institutions for payments of income and capital of the Trust Fund in the Accounting Period.*

For the purposes of this report, the Accounting Period is 1<sup>st</sup> July 2016 to 30 June 2017.

The 2016 Bushfire Recovery Fund grant program opened in February 2016 and remained open until November 2016. The program then opened on 22 February 2017 to 30 November 2017. This strategic decision to remain open for the majority of the year was made to allow community groups' time to discuss their project with the Executive Officer and present a fully prepared application rather than expecting volunteer community groups to rush to meet tight timeframes.

The grant program was advertised in the *Triangle News*, the *Alexandra and Eildon Standard*, the *Yea Chronicle* and the *Mountain Monthly* (operating in the Kinglake area). It was also promoted through the Foundation's growing email list and through the Foundation's Facebook page. Grant applications were received from across Murrindindi Shire, including some from the western side of Murrindindi Shire.

Samples of the advertisements and promotion of the Fund are attached, see Attachment 3.

The availability of funds through the Bushfire Recovery Fund was also promoted through newspaper articles promoting projects that were made possible through grants from the Foundation, and through attending community events to promote the work of the Foundation.

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This Report has been prepared by:

Name of Trustee Company: Marysville and Triangle Community Foundation

Contact person: Robyn Hill

Email address: [robyn@marysvilletrianglefoundation.org.au](mailto:robyn@marysvilletrianglefoundation.org.au)

Postal address: PO Box 42, Marysville, Vic 3779

Report date: 28 February 2018

Signature: 

Director's Name: Anthony Thompson

Signature: 

Director's Name: Richard Rogerson

*This form must be signed by two (2) Directors of the Trustee Company.*

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**This report is to be submitted to the Department by 28 February each year until the Distribution Date (as defined in the trust deed).**

**Please ensure that the Financial statement, Audit and public report prepared in accordance with clause 8.2, 8.3 and 8.5 of the of the trust deed are attached to this report.**

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**Completed Reports to be sent to:**

The Victorian Bushfire Appeal Fund c/o the Department of Human Services

Level 7, 50 Lonsdale Street, Melbourne 3001

Email: [Sam.Lonard@dhhs.vic.gov.au](mailto:Sam.Lonard@dhhs.vic.gov.au)

## 8.5 Information to be made publicly available

**Marysville and Triangle Community Foundation Report on Funds dispersed from the Marysville and Triangle Community Foundation Trust**

This Report details payments made from the Marysville and Triangle Community Foundation Trust, for the period from 1 July 2013 to 30 June 2014 and then each period of 12 months ending 30 June each year (Accounting Period).

Total capital of the Trust at the beginning of the Accounting Period (1 July 2016)	\$723,092
Total capital of the Trust at the end of the Accounting Period (30 June 2017)	\$526,472

Details of all payments made from the Marysville and Triangle Community Foundation Trust in the Accounting Period:

The major grant payments are detailed below.

<b>Project</b>	<b>Name of organisation or institution</b>	<b>Amount provided</b>	<b>Date payment provided</b>	<b>Municipal district benefit was provided in</b>
Rivers and Ranges Community Leadership Program	Mitchell Community Resource and Advocacy Group	\$15,000	11-5-2017	Murrindindi Shire
Mental Health and Wellbeing	Alexandra Secondary College	\$12,000	22-7-16	Murrindindi Shire
Marysville Jazz and Blues Weekend	Marysville Cultural Community Inc.	\$4,550	12-7-16	Murrindindi Shire
Fire Station Turnout Response Systems	Buxton CFA	\$12,225	10-8-16	Murrindindi Shire
Marysville Youth Space	Marysville and Triangle Youth Inc.	\$39,000	11-8-16	Murrindindi Shire
Girlink Transition Program	Alexandra Secondary College	\$5,275	19-8-16	Murrindindi Shire
Making a Stand for Art	Triangle Arts Group Inc.	\$5,570	8-9-16	Murrindindi Shire
Linking Learning	Marysville Primary School	\$8,464	15-9-16	Murrindindi Shire
Buxton Memorial Hall Solar Power System	Buxton Progress Association Inc.	\$10,751	28-9-16	Murrindindi Shire
Bush Telegraph	Toolangi Sculpture Trail Inc.	\$12,210	21-12-16	Murrindindi Shire
The Connected Garden Project	Yea Community Service Group Inc.	\$10,261	21-12-16	Murrindindi Shire
Community Health Expo	Alexandra District Health	\$8,267		Murrindindi Shire



Psychological First Aid Training	Various	\$425		Murrindindi Shire
Community Fire Season Preparation	Various	\$436		Murrindindi Shire

Details of all other expenditure made during the Accounting Period:

Details of payment	Amount	Date of payment
<i>Please see attached financial reports.</i>		

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**Attachment 1: Marysville and Triangle Community Foundation financial  
reports 2016/2017**

## **Attachment 2: Grant projects - details**



## Summary of Bushfire Recovery Fund (VBAF) projects funded 2016/2017

### GRANTS

Project Name	Name of organisation or institution	Project Description
Rivers and Ranges Community Leadership Program	Mitchell Community Resource and Advocacy Group	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Community capacity building</li> </ul> <p>The overall aim of the Rivers and Ranges Community Leadership Program (RRCLP) is to increase the capacity and resilience of communities by strengthening local leadership. The funding amount provided assistance to support two individuals from Murrindindi Shire to attend the program. The program builds community capacity by providing opportunities for emerging leaders to build their skills and confidence, to facilitate a network of community leaders, to support emerging leaders and to drive community change. A feasibility study was commissioned by Foundation for Rural and Regional Renewal (FRRR) as part of their bushfire recovery program that concentrating on assisting volunteers during the recovery and rebuild found that in areas affected by the 2009 fires there was increased volunteer fatigue amongst the people who stepped in to leadership roles without having the networks or skills to support them.</p> <p>The project amount covers the second part of the RRCLP grant; the grant period cover three years of the program subject to the satisfactory submission of a report on a yearly basis, to demonstrate that the program is meeting its objectives.</p> <p>In the second year of the program, two representatives from Murrindindi Shire attended and described noticeable changes in their capacity as community leaders as a result of their participation.</p>

		<p>The RRCLP is also supported by Regional Development Victoria, Kinglake Ranges Foundation, Mitchell Community Resource and Advocacy Group and the Foundation for Rural and Regional Renewal.</p>
<p>Mental Health and Wellbeing</p>	<p>Alexandra Secondary College</p>	<p>VBAF Criteria:          ✓ Improving community connectedness and social wellbeing</p> <p>This project supports the students of Alexandra Secondary School through the provision of a counsellor. A counsellor (Social Worker / Psychologist) was recruited at 0.2 EFT and worked with students and their families to improve their mental health and day-to-day functioning. Although it is 7 years since the 2009 bushfires, students and families are still struggling. The school states "We have over 60 students this year who have sought mental health assistance and we have been unable to assist most of them. We have many students with a variety of anxiety issues, at least ten who are self-harming, and many who experience a range of depressive symptoms."</p> <p>After the 2009 bushfires, students were able to access a good range of counselling services in the Alexandra area through Alexandra and District Hospital, Berry Street, Mitchell Community Health, Murrindindi Shire and a range of private psychologists. Most of those services have since been withdrawn, or there is a considerable waiting list to access services.</p> <p>The Murrindindi Youth Network's Resilience Survey data demonstrates that local students who participated had higher than average acute mental health scores.</p> <p>The project payment was split in to two payments, the initial payment of \$10,000 (as reported in last year's financial data) was followed by an additional payment in the 2016/2017 financial year. The primary reason for splitting the payment was that the funds were held in a term deposit and the Foundation wished to maximise the interest earned without early withdrawal. The primary payment allowed Alexandra Secondary College to recruit and pay the counsellor for the initial period, the second payment was made in the subsequent month.</p>
<p>Marysville Jazz and Blues Weekend</p>	<p>Marysville Cultural Community Inc.</p>	<p>VBAF Criteria:          ✓ Deliver community events and arts programs          ✓ Improving community connectedness and social wellbeing</p>

		<p>The Marysville Jazz and Blues Weekend consists of a number of jazz and blues events in Marysville and the surrounding Triangle towns. The event ran from Friday 14 October 2016 to Sunday 16 October 2016. There were a number of free events incorporated in to the program.</p> <p>Community festivals make a significant contribution to mental health and wellbeing at the individual, organisational and community level (VicHealth 2007). The Jazz and Blues Weekend provided an opportunity for social participation and recreation; improved self-esteem and sense of belonging as a result of festival organisation or performance and the development of new skills increasing individual's capacity. The Weekend was organised by a group of dedicated volunteers, and about 50 volunteers were actively involved in assisting throughout the weekend. The workload for the organising committee as immense and this grant enabled the committee to source assistance with the marketing and promotion of the event.</p> <p>The Marysville Jazz and Blues Weekend was the winner of the Murrindindi Shire Community Event of the Year.</p>
<p>Fire Station Turnout Response Systems</p>	<p>Buxton CFA</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> </ul> <p>Buxton CFA submitted their grant application on behalf of their own brigade, as well as Marysville CFA and Narbethong CFA.</p> <p>The project was the supply and installation of Station Turnout Systems for Buxton CFA, Marysville CFA and Narbethong CFA brigades. The Turnout System is a navigational system that assist the brigades to provide an efficient and effective emergency service to local communities by providing accurate route information.</p> <p>All three of these brigades were heavily impacted by the 2009 bushfires and continue to work on rebuilding their membership and capacity to respond to emergencies. The Station Turnout Systems improve the ability of the brigades to "get out of the door" faster and to navigate safely and expediently to incidents. It provides a route map, and a destination map, location of water points and water supplies, and access to information such as weather conditions and Vic Roads data.</p>

Marysville Youth Space	Marysville and Triangle Youth Inc.	<p>The project supports local volunteer firefighters and has improved their capacity to respond to emergencies.</p> <p>VBAF Criteria:          ✓ Improving community connectedness and social wellbeing</p> <p>The Marysville Youth Space was lost in the February 2009 bushfires. The Marysville and Triangle Youth Inc have worked hard to build funds to replace the facility. This grant enabled the Marysville and Triangle Youth Inc. to complete the new Youth Space to lock up stage.</p> <p>The Youth Space provides a place for the children and youth to call their own and to gather, that will instill important life skills including confidence and leadership. It provides a space for them to work on projects and activities that are of interest to them including learning a musical instrument, arts and crafts, cooking and gardening. It provides a facility for other community interest groups to engage with youth and teach important life skills, and is the home of the Marysville Brownie Guides and the Marysville and Triangle Youth Group.</p> <p>The youth group and the girl guides were quickly brought back together after the fires so that they could connect with one another and bring some normality after the fires. This engagement was an important part of individual and community recovery for many of the youth in the Marysville and Triangle towns.</p>
Girlink Transition Program	Alexandra Secondary College	<p>VBAF Criteria:          ✓ Improving community connectedness and social wellbeing          ✓ Community capacity building</p> <p>Girlink is a transition program for Grade 6 girls in the Cathedral Cluster (Alexandra, Marysville, Buxton, Taggerty and Eildon) primary schools - it is a 2 day residential camp facilitated by staff and Year 11 students at Alexandra Secondary College with the aim of building social bonds and resilience before starting high school.</p> <p>"One of the most overwhelming aspects of this disaster is the way in which it destroyed community cohesion, social fabric and in some cases, even family integrity" Understanding the impact of bushfires on children, Perry, B and Dobson, C. 2009</p>



		<p>Alexandra Secondary College reports that recent figures indicate that the rates of referral for youth services in Murrumbidgee are not diminishing, and many of the services engaged in bushfire recovery have been withdrawn from the area.</p> <p>The objective of the transition program was to create new social connections, create a strong sense of belonging; and developing confidence and self-efficacy through challenging themselves and gaining new skills - confident and resilient youth are more engaged and motivated.</p> <p>All Grade 6 girls in the Cluster were eligible to attend and the program is particularly beneficial to the students from the smaller schools. The program was held at Rubicon Outdoor Centre and included a range of activities that stimulated the girls both physically and mentally.</p> <p>Students were surveyed after the camp and 87.5% of participants reported a sense of belonging due to more connections to their peers and peer leaders, 92% of participants reported increased confidence, 75% of participants reported gaining new skills. Alexandra Secondary College reported that "We have quite a clear idea about the far reaching benefits of this program and the evaluation responses confirm that we are meeting our objectives across a very broad area."</p>
<p>Making a Stand for Art</p>	<p>Triangle Arts Group Inc.</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> <li>✓ Community events and arts programs</li> </ul> <p>The Triangle Arts Group collaborated with the Marysville Triangle Community Mens Shed (Mens Shed) to design, create, maintain and store 20 steel art display units to complement the Triangle Arts Group's existing display material for use at the Marysville Art Show and for use by other community groups at other community events.</p> <p>The Triangle Arts Group believes in the healing ability of the Arts for all its communities, of all ages and the Mens Shed was formed after the 2009 Black Saturday bushfires, to provide a place for men to connect with others trying to cope with personal loss and traumatic experiences.</p>

		<p>The project is a great example of collaboration between two community groups that provides benefits to both. Members of both community groups attended a welding workshop to start the project, and a series of workshops followed to complete the stand.</p> <p>The skills development of both community groups has resulted in a great community resource. The stands are available to other community groups to use for a small maintenance consideration.</p> <p>The standards were used at the Marysville Art Show, a key event on the community calendar.</p>
<p>Linking Learning</p>	<p>Marysville Primary School</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> </ul> <p>The Linking Literacy Learning project was an initiative of the Marysville Primary School. The Marysville Primary School and the Marysville and District Kindergarten were both destroyed in the bushfires of 2009. The new Primary School and Kindergarten opened in April 2010 as part of a community hub, including the school, kindergarten and maternal and child health centre. The socio and economic profile of the school has dropped from a 'mid to high' rating in 2009 to a 'low' rating in 2015. In addition, the Australian Early Developmental Index of Child Vulnerability show an increase in child vulnerability since 2009. Literacy has been an area identified as requiring attention within the student body.</p> <p>The project involved the engagement of an expert literacy facilitator to assist with teaching staff's professional development (both school and kindergarten) and the purchase of 25 take home literacy and Jolly Phonics packs. 25 take home back packs include books, reading activities associated with the book (flash cards, finger puppets, laminated writing cards). The resource is available to kindergarten and school students. This process has seen improved engagement with parents and families in the Marysville and Triangle area.</p> <p>The students take home literacy packs on a fortnightly basis. Positive feedback has been received from the families involved in the program. Improved learning outcomes will be measured through the Victorian Early Years Learning and Development Framework and the Victorian Essential Learning Standards.</p>

<p>Buxton memorial Hall Solar Power System</p>	<p>Buxton Progress Association Inc.</p>	<p>VBAF Criteria:  <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> <li>✓ Community events and arts programs</li> </ul> <p>The Buxton Memorial Hall is the centre of the Buxton community, and the geographic centre of the area known as the 'Triangle'. The Hall was used as a meeting place and distribution centre after the 2009 bushfires. The Hall is managed by the Buxton Progress Association Inc. A VBAF grant in 2010 facilitated the complete refurbishment of the Hall, the project was completed in 2013.</p> <p>The Hall is a community facility funded by the local community. It is available to community groups and residents. The purpose of this project was to install a solar power system on the roof of the Hall. This will reduce the operational expenses of the Hall and therefore enable the hall hire rates to be maintained to the community at low levels.</p> <p>The solar system has been installed and is the Hall has itself become more self-sufficient in terms of its running costs. The Buxton Progress Association also believe that a positive example has been set within the community by being able to reduce the carbon footprint of the Hall.</p> </p>
<p>The Bush Telegraph</p>	<p>Toolangi Sculpture Trail Inc.</p>	<p>VBAF Criteria:  <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> <li>✓ Community events and arts programs</li> </ul> <p>This project was to work with Ellimatta Youth Inc (based in Kinglake) to produce a series of short stories on film, including stories about the impact of the 2009 bushfires. Participants received training in film production, and were involved in the collection of stories and production of films. The focus was connecting communities through storytelling and building the capacity of the young people involved. Stories about the devastating fires and the hardships endured also included stories about what the community cares about and its dreams for the future.</p> <p>The project included collaboration with community organisations across Murrindindi Shire including UGFM, Firefoxes, Junior CFA and more. Six Bush Telegraph episodes featuring 20</p> </p>

		<p>story tellers from all works of life were the end result of a series of hands on workshops and field trips across the Shire.</p> <p>Stories of hope and togetherness in the journey of recovery were proudly screened at a special event in Toolangi in July 2017.</p> <p>As a result of this project, more ideas and stories have presented themselves and the groups hope to work on more projects together that will benefit the communities of Murrindindi Shire.</p>
<p>The Connected Garden Project</p>	<p>Yea Community Service Group Inc.</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> <li>✓ Community events and arts programs</li> <li>✓ Reconnecting the community with nature</li> </ul> <p>Many children of families who survived the bushfires have had stress and distraction as an essential part of their formative years. Food security/access is a growing issue in Murrindindi with 12.6% of the Murrindindi population running out of food in the past twelve months and not being able to afford to buy more (this figure has nearly doubled since 2008 at 7.8% and a state average of 5.6%). Recent school surveys show that on a daily basis 36% of primary school students did not consume and fruit and 57% did not consume any vegetables (Alexandra and Yea District Hospitals).</p> <p>With the withdrawal of bushfire recovery support there are social issues that have lost critical support and the school cluster on the western side of Murrindindi Shire no longer meet as a collaborative forum.</p> <p>This project involved collaboration from Yea Community House, Yea and District Children's Centre, Toolangi Primary, Kinglake Primary, Flowerdale Primary, Kinglake Ranges Children's Centre, Yea Primary, Sacred Heart Primary, Middle Kinglake Primary and Kinglake West Primary. Each school has a food garden and a project officer visited the schools supporting food growing and engaging students in a blog sharing their food growing stories, culminating in representatives of each school coming together at a Harvest Picnic to celebrate food growing in a day of healthy food based fun.</p>

		<p>The Harvest Picnic also included community volunteers including students from Yea High School who volunteered to set up, pack up, chopped food for pizzas, ran activities and stalls, watered veg patches, grew zucchinis for the zucchini carving competition, helped draw up management plans and budgets and kept wasps at bay on the day.</p> <p>Two members of the Foundation's Board attended the event and enjoyed watching the community connectedness and opportunity to celebrate the children of the western side of Murrindindi, at first hand.</p>
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## PROJECTS

<b>Project Name</b>	<b>Project Description</b>
Community Health Expo	<p>VBAF Criteria:            ✓ Improving community connectedness and social wellbeing</p> <p>Resilient communities are those that demonstrate a number of key factors, one of which is being healthy and knowledgeable<sup>1</sup>. Evidence shows that healthy, fit and strong individuals are more likely to have a better recovery from natural disasters than those who are not healthy.</p> <p>A free community event, "Community Health Expo", was held on Monday 14 November 2016 at the Marysville Community Centre. Fifty three members of the community attended the event.</p> <p>The objectives for the Community Health Day were:</p> <ol style="list-style-type: none"> <li>1. To provide an opportunity for the community members area to access a free health check service, in their own local area.</li> <li>2. To identify areas where individuals can improve their health by issuing a health passport.</li> <li>3. To promote the benefits of good health and raising the awareness of health issues.</li> </ol>

<sup>1</sup> Community Resilience Framework – Emergency Management Vic <https://www.emv.vic.gov.au/our-work/community-resilience-framework/>

	<p>4. To strive to reduce the incidences of chronic illnesses that are influenced by poor health.</p> <p>5. To review the state of the health of the community of the Triangle area, with the potential to determine gaps in the general health of the community.</p> <p>The Community Health Expo was very well received by the community. The numbers were lower than anticipated however the weather was cold and wet, and the Monday date may have influenced that in terms of people's availability to attend.</p> <p>Event summary:</p> <ul style="list-style-type: none"> <li>• The majority were 45+ yo</li> <li>• The majority heard about the Expo from the Triangle News</li> <li>• 76% of participants have lived in the area for more than 8 years (ie pre Feb 2009)</li> <li>• Of the pre-existing conditions listed in the survey, the most prevalent were high blood pressure, depression and anxiety</li> <li>• Some clinicians recorded more health checks than were listed on the survey tool</li> <li>• As at 22 November 2016, a total of 17 follow up appointments have been made with clinicians who did the health screening – approximately a third of participants</li> <li>• Marysville GP has reported seeing several clients who brought their 'health passport' to follow up on assessments</li> <li>• The people that did attend were very pleased with the event and feedback has been very positive, as evidenced by the general comments in the survey</li> </ul> <p>The concern about mental health was a common theme for the day. The Foundation has previously promoted the opportunity for people to seek help through discussing their concerns with their GP and preparing a Mental Health Plan.</p> <p>The Foundation will continue to work with the community and health services providers to achieve its vision to <i>build a legacy for a vibrant, healthy and resilient future across the communities of Murrumbidgee.</i></p>
<p>Psychological First Aid Training</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> </ul>

	<p>A member of the local community proactively organised a one-day Psychological First Aid course in Marysville, run by the Australian Red Cross.</p> <p>The aim of the course was to give participants an understanding of the principles of psychological first aid and how and when to provide this type of assistance.</p> <p>The full day course covered:</p> <ul style="list-style-type: none"> <li>• understanding the research behind psychological first aid,</li> <li>• psychological first aid action principles,</li> <li>• helping responsibly, and</li> <li>• self-care.</li> </ul> <p>Red Cross obtained funding to cover the cost of the course itself, and the Marysville Triangle Community Foundation funded the venue and catering costs, so there was no charge to participants.</p> <p>The event was well run and community participation was positive. The Executive Officer attended the course.</p>
<p>Community Fire Season Preparation</p>	<p>VBAF Criteria:</p> <ul style="list-style-type: none"> <li>✓ Improving community connectedness and social wellbeing</li> <li>✓ Community capacity building</li> <li>✓ Community events and arts programs</li> </ul> <p>The Triangle Community Bushfire Safety Day was held at Settlers Park on 23 October 2016. The Marysville and Triangle Community Foundation worked with CFA, SES and Forest Fire Management to arrange this community event where members of the community were presented with information about the coming fire season. Murrindindi Shire Council were also represented at the event. Despite the cool conditions, around 50 people attended the free community event.</p> <p>Static displays were arranged by CFA, SES and Forest Fire Management with a range of emergency vehicles on display. Both SES and Forest Fire Management attended with display units and provided information on their roles during bushfires and other emergencies. CFA's Community Education Bus provided an opportunity for people to be informed on the role of CFA during major emergencies and was the venue for the Bushfire Planning Workshop attended by around a dozen local residents. A special visit was made by CFA's Captain Koala who entertained the local children.</p> <p>Costs associated with this event were publicity and some catering.</p>