

Community Resilience, Wellbeing and Recovery Project

Help us learn how
**the Wentworth
community**
gets through hard times

If you're involved – formally or informally – in helping your community cope with and recover from hard times, we'd like to hear from you

Project Description:

All communities go through hard times – some more often than others. Australia's rural and regional communities have learned many lessons on how to build resilience so they can maintain quality of life, and recover well from difficult times such as drought, bushfire, and COVID-19.

We are asking people in a number of communities to discuss what works – and what doesn't – to be resilient to hard times. We particularly want to hear about the organisations, people and places (often called 'community assets') that help Wentworth cope, recover and thrive when hard times happen.

More Information:

For more information on the project please contact the lead researcher Dr Lain Dare at lain.dare@canberra.edu.au or on 0448 471 458.

Community Workshop:

This workshop will explore how your community is able to support resilience, recovery and wellbeing, particularly after disasters such as drought, floods, fire or other significant community change.

The workshop will bring together your direct experience and insights to identify:

- what community assets (organisations, people and places) exist within your community
- what is helping or hindering these community assets to support community resilience
- what types of support do your community assets need to continue or expand their activities within the community

Workshop Date: 10.00am -12.30pm
Wednesday, June 23, 2021.

Workshop Location: Wentworth Community Meeting Room, Short Street, Wentworth.

RSVP by Tuesday, 22 June 2021 to Alex Chintock (alex.chintock@canberra.edu.au).

Light refreshments will be provided

This project is proudly supported by the Mental Health Commission of NSW and is being undertaken in partnership with: