

**INFORMATION** | Phone 1800 240 667 to find out about current incidents, fire restrictions and DSE prescribed burns.

## Developer provides boost for Doreen CFA equipment



Mark Roberts with Jarran Rapsey and Grant Bass from Mitchells Run Estate. Picture: TRAVIS McCUE N11WP501

# Cash for fireys

**CFA | Elizabeth Allen**

IT'S a big donation, but the thanks received from the Doreen CFA was even greater.

Mitchells Run Estate developer Mitchell Doreen Projects has donated \$25,000 to the Doreen CFA, going above and beyond a prom-

ise to match the \$1300 donated by residents to buy firefighting equipment.

Doreen CFA captain Mark Roberts said the donations would be used to buy equipment such as chainsaws, generators, lighting gear, tarps and ropes. Plans for community support

resources, building upgrades and an application for a new vehicle from the CFA's state division may also be in the works and Mr Roberts thanked those who donated.

"It can mean the members can spend more of our volunteered time training," he said.

## Town talks ahead of fire season

THE CFA will host a series of community meetings for Whittlesea residents in coming months in preparation for the coming fire season.

The meetings, part of the CFA's community bushfire awareness program, are designed to inform residents of the dangers of bushfires and what steps should be taken on a high fire-risk day. They will also highlight fire

risk areas and provide an overview of expected conditions for this summer.

Region 14 manager of community safety David Allen said the aim was to reach residents in the high-risk areas and ensure they had ample information from which to make an informed decision in the event of fire.

The meetings will be on **Tuesday, October 16:**

Whittlesea Community Activity Centre, Laurel St, Whittlesea township, from 6pm; **Friday, October 16:** Riverside Community Centre, 8 Doreen Rogan Way, South Morang, from 6pm; and, **Monday, October 19:** Epping Memorial Hall, High St, Epping, from 6pm.

For other meetings throughout the municipality, phone 8746 1400 or go to [cfa.vic.gov.au](http://cfa.vic.gov.au).

## If all else fails, get in touch

IF you're concerned that a friend, family member or you cannot cope with the trauma of Black Saturday, you aren't alone.

The Australian Psychological Society is concerned too.

Dr Susie Burke, a senior researcher, is one of many people reaching out with the message that help is available.

In the aftermath of the bushfires, Dr Burke said many people may have experienced emotional, physical or behavioural changes such as anger, guilt, anxiety, tension, loss of appetite or withdrawal.

"Over time a lot of those initial reactions subside and we expect that the majority of people will recover," Dr Burke said.

"It's when it's ongoing and people aren't improving that we start to worry," Dr Burke said.

Having strong social support networks such as friends, family and workmates are some of the things Dr Burke believes can help.

"That's something the whole community can notice and act on," Dr Burke said.

Those who felt they or a loved one were not recovering from trauma could find some additional support by contacting their GP or community health service.

They can also access the Bushfire Psychological Counselling Voucher Program.

The society offers help to those seeking referral to a psychologist.

**For more information, phone 1800 333 497. Resources for people affected by the bushfires are also available at [psychology.org.au](http://psychology.org.au). Bushfire Psychological Counselling Voucher Program: phone 1800 180 213 or go to [dhs.vic.gov.au/bushfireappeal](http://dhs.vic.gov.au/bushfireappeal).**

### HELPLINES

Nurse On Call Bushfire Health and Counseling Line: 1300 606 024.

Lifeline: 131 114.

Mensline: 1300 789 978.

Parentline: 132 289.

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