

# Rural Recovery Update

## Rural Support (Bay of Plenty)

The Bay of Plenty Rural Support Trust assists farming families in times of need. The Trust is independent and confidential, and you can ask for advice to help understand your options. Contact RST on 0800 787 254 or visit [www.rural-support.org.nz](http://www.rural-support.org.nz)

- Stress and worry are **normal** responses to an **abnormal** event
- Identify your priorities for today – knocking off tasks one at a time
- You are not alone – there are people and organisations who are here to help
- Talk to trusted advisers
- Look after yourself, your family and neighbours
- Eat well, exercise, get some sleep, get off the farm
- Talk to your GP about managing stress, or in an emergency call 111



## Meet RST Support Worker Ben Smith



With 15 years of farming in Northland, and having seen 11 floods in that time, Ben Smith is more than familiar with the difficulties local farmers are currently facing. Ben is working as part of the Rural Support Trust and can assist with everything from milking, calving, feeding and machinery work – get in touch with Jodie on 07 306 2026 to find out more.

Donations are gratefully accepted and will be used to support your rural community. Rural Support Trust account number is 06-0489-0160308-00



*The RST Team - Support Worker Ben Smith, Rural Recovery Coordinator Patrick Andrew, Administrator Jodie Craig and Rural Wellness Coordinator Igor Gerritsen (absent – six incredibly active facilitators) – would like to thank new sponsors Ridgeline and Alltech for their generous support.*



## Need help to finalise your residential insurance claim?

The Recovery Office has negotiated additional, free, legal support for people with concerns about settling their home insurance claims.

Specialists from the Christchurch-based Residential Advisory Service will be in Edgecumbe on 24/25 October, with future dates planned. Skype meetings can also be arranged in urgent cases. To make an appointment call in to Te Tari Āwhina – Community Hub at Edgecumbe Library or ring on 07 304 8656.

## Leptospirosis in domestic animals

There has been an increase in leptospirosis bacteria in domestic animals and livestock in the Bay of Plenty, which is not uncommon in areas that have been flooded, and have damp soil or stagnant water.

Leptospirosis can be easily caught from affected animals. It is carried in animal urine and can cause kidney disease in people with possible long lasting effects such as chronic fatigue.

Protect yourself, your family, and staff by vaccinating your animals, controlling rodents, practicing good personal hygiene (hand washing after touching animals, their feed, bedding, and pooled water, and cover wounds); use protective equipment (gloves and boots); and visit a GP early, especially if you have flu like symptoms.

Vaccination of your animals is critical to breaking the cycle of infection. Pigs, dogs, alpacas, sheep, and cattle are a few of the common animals that can be vaccinated against leptospirosis. Call your vet for an appointment.

For further information on leptospirosis talk to your vet or search safer farms <http://saferfarms.org.nz/guides/prevention-and-control-of-leptospirosis/>

A RURAL SUPPORT TRUST FUNDRAISER

## Don't miss this inspirational evening with Doug Avery

*Doug Avery now shares his powerful story of how he weathered years of drought and desperation to turn his farm – and his life – around.*

Friday, 3 November 2017  
7pm-9pm, Whakatāne War Memorial Hall, Little Theatre, Short St, Whakatāne.

Ticket \$10 from Whakatāne Paper Plus, 07 308 6799 (Includes light supper, tea & coffee)



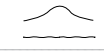

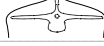





## Inland Revenue Info Session – 9 November

Inland Revenue staff will be at Te Tari Āwhina – Community Hub at Edgecumbe Library on 9 November to provide advice and help people to understand how recent events may impact on their tax obligations. You can drop-in between 4 -7pm, or make a specific appointment time. Call 07 304 8656 to make an appointment.









## Body Condition Scores

Your body condition score and farm feed situation may warrant a check-up, given lower pasture growth rates and the possibility of later sown summer crops. Consider all your options, such as once-a-day milking and culling plans. Remember to involve your wider farm team or your mentor, farm consultant, and other rural professionals in these decisions. Feed planning tools can be found here – or give your local CO a call. <http://bit.ly/feedtools>

**Top** – a healthy condition score 5, **Bottom** – a 2.5. Any cow with less than 3 needs your **IMMEDIATE attention**.

BACKBONE	Ridge easily visible but rounded and smooth.	
LONG RIB	Not visible but rounded to the touch.	
SHORT RIB	Rounded, individual ribs not visible but can be felt.	
HIP	Rounded. Curved in profile.	
PINS	Rounded.	
TAILHEAD	Tail rounded. Depression under tail filled. Even, no sharp edges.	
RUMP	Flat even cover.	
THIGH	Smooth and flat.	



BACKBONE	Very prominent, with visible notches that can easily be counted.	
LONG RIB	The long ribs may be visible as far down as the top of the udder.	
SHORT RIB	Clearly visible and easily counted. The short ribs will have very sharp edges.	
HIP	Deep depressions on the side of the hip bone.	
PINS	Very clear, three pronged tap formation.	
TAILHEAD	Very prominent and angular, with a very deep "V" shape.	
RUMP	Severely depressed (hollow).	
THIGH	No visible fat and very little muscle.	



## GoodYarn

ENABLING FARMING COMMUNITIES  
TO TALK ABOUT MENTAL HEALTH

Working together in the rural community, we are all looking out for the wellbeing of others.

Goodyarn Workshop are a proven tool to help.

**This is a hands-on workshop about Rural wellbeing.**

How do you recognise when someone around you is not doing so well?  
How do you wade into a conversation and get this person some help?

We have 3 more workshops available before the end of the year. Please register or invite someone you know who would benefit from this.

**Tue 24 October**, 11am–2pm @ Whakatane District Council

**Tue 31 October**, 11am–2pm @ Fonterra Meeting rooms in Edgecumbe

**Thur 16 November**, 11am–2pm @ Fonterra Meeting rooms in Edgecumbe

**Attendance is free**, but we do need registration please on 0800 787 254 or email: [BOPRST2017@gmail.com](mailto:BOPRST2017@gmail.com)

## Kiwifruit Growers



Any kiwifruit growers who require support in relation to the effects of recent adverse weather should contact the NZKGI office (0800 232 505 or [info@NZKGI.org.nz](mailto:info@NZKGI.org.nz)).

Subscribe to the NZKGI Weekly Update to receive current industry information. To register, email [info@nzkgi.org.nz](mailto:info@nzkgi.org.nz)

## Red Cross supports recovery

Has the flood event made it harder to get to doctor's visits and other engagements? Do you need a lift to appointments?

NZ Red Cross is providing a free door-to-door transport service between Kawerau, Edgecumbe and Whakatāne.

The Eastern Bay of Plenty Community Transport Service will be available weekdays, from 9am to 3.30pm. To make a booking, call 07 923 4057.

## Where to go for help – you are not alone

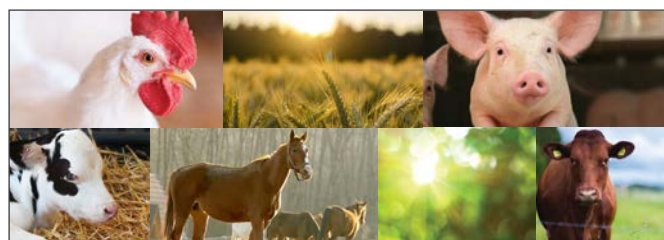
If you or someone you know, needs support or advice, or have feelings of anxiety, stress, prolonged fear, hopelessness or anger and need to talk to someone, you can phone Healthline on 0800 611 116.

Other places you could go to for support include:

- A GP or local community health centre
- Eastern Bay Primary Health Alliance Mental Health Service 07 307 0188
- DHB Mental Health & Addiction Services – adult, 0800 774 545, child and youth – 0800 486 947
- Rural Support Trust 0800 787 254
- Recovery Navigator Service 07 306 0500
- Ngāti Awa Social & Health Services 07 306 0096
- Tu Wharetoa Ki Kawerau Health & Social Services 07 323 8025
- Te Puna Ora O Mataatua 0800 628 228
- Tūhoe Hauora 07 312 9874

## Dairy NZ – Coming up:

- Monthly discussion groups in the Te Puke, Galatea, Whakatāne, Waimana and Ōpōtiki areas – check the DairyNZ website for dates and details. Or let us know if you'd like to receive the monthly email with details on the next month's groups and a summary from the previous ones. Email [Alice.Dott@dairynz.co.nz](mailto:Alice.Dott@dairynz.co.nz)
- BOP Focus on Dairying DairyBase and Farm Systems Event 28 November 2017 <http://bit.ly/DairyBaseEvent4UNov2017>
- Also watch out for the Bay of Plenty MilkSmart event in the Central Plateau in February. Check the DairyNZ event pages regularly! Or give us a call 027 492 2907



Your animals are your business. Protecting them is ours.

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For further information, visit [www.whakatane.govt.nz/recovery-project](http://www.whakatane.govt.nz/recovery-project)