

# Community Reference Group

## Meeting #6

19 Feb 2026

Lindenow South Recreation Reserve, Lindenow South



# Meeting #6 Agenda

Agenda Item	Start	Duration	Finish	Lead
Welcome & Introductions	11:30	0:03	11:33	John (Chair)
Apologies	11:33	0:02	11:35	John (Chair)
Approval of Previous CRG Minutes (Meeting #5)	11:35	0:08	11:43	All
Pecuniary Interest Declaration	11:43	0:02	11:45	All
Project Update	11:45	0:25	12:10	Michelle
EES Studies Update	12:10	0:30	12:40	Allison
Mine Schedule	12:40	0:40	13:20	Stefan
LUNCH	13:20	0:30	13:50	All
Stakeholder Engagement Update & Formation of Community Working Groups	13:50	0:30	14:20	Mick
Mental Health & Wellbeing Local Briefing	14:20	0:45	15:05	Local Briefing
Q&A	15:05	0:40	15:45	All
Confidential Items	15:45	0:05	15:50	All
Meeting Wrap Up & Next Steps	15:50	0:10	16:00	John

# Welcome & Introductions



John Mitchell  
CRG Chairperson

Gippsland Critical Minerals acknowledges the Gunaikurnai People as the Traditional Custodians of Country that encompasses the proposed Fingerboards Project area.

We pay our respects to their Elders past and present and recognise their enduring connection to the land, waters, culture, and community.

# Today's Presenters

## Project Update



**Michelle Wood**  
CEO

## Mine Schedule



**Stefan Wolmarans**  
Project Director - Technical

## EES Studies Update



**Allison Heskey**  
Project Manager

## Stakeholder Engagement Update & Formation of Working Groups



**Mick Harrington**  
East Gippsland Community & Stakeholder Lead

## Mental Health & Wellbeing Local Brief



**Susie Bady**  
Community Engagement Officer

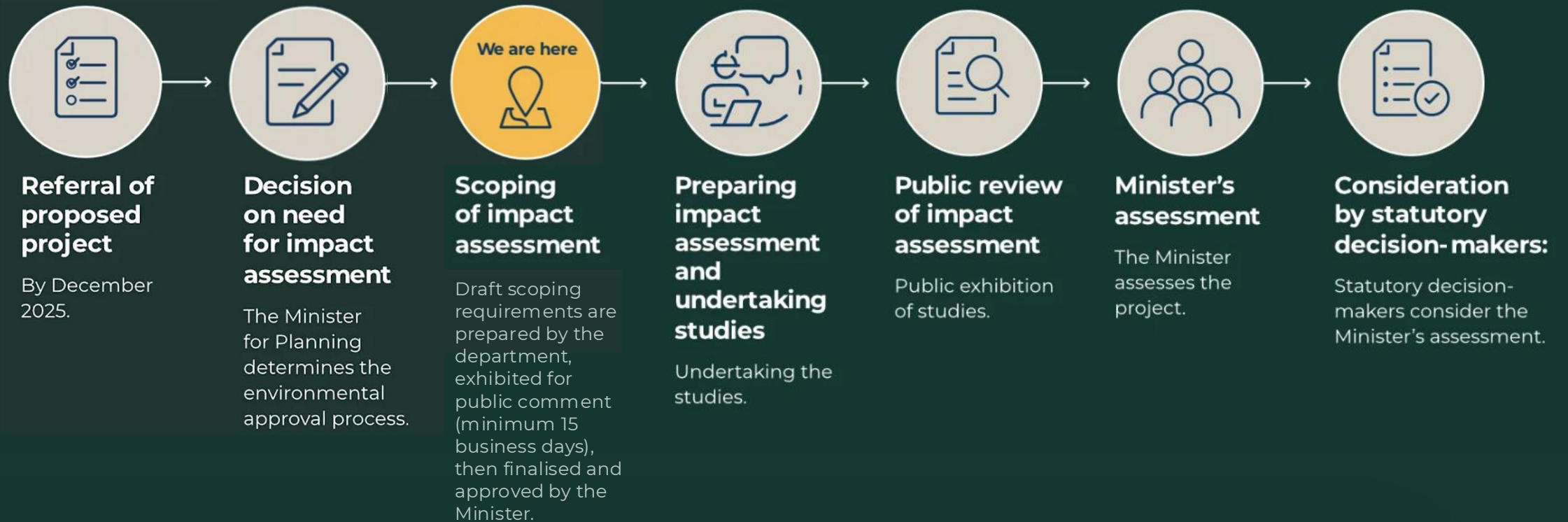
# Project Update



Michelle Wood  
GCM CEO

# Current Project Status

## Steps in the Environmental Assessment Process



# Quarter 1 2026 – Key Project Updates

- **Environmental Effects Statement (EES) self-referral** accepted on 8 January.
- **Minister’s decision on EES self-referral** – determined that the redesigned Fingerboards Project will undergo a full Environmental Effects Statement (EES).
- **Mining Rehabilitation and Demonstration Pit** approved and preparing to commence – targeting March 2026, major contracts awarded
- **East Gippsland First policy** finalised and being implemented
- **Community Benefits Workshops** commencing
- **Community Scholarship** announced with the Gippsland Community Leadership Program, covering tuition, accommodation, meals and travel



# Environmental & Technical Studies – Status

Study	Status	Key Activities
<b>Ecology, Flora and Fauna</b>	■ In progress	Spring surveys completed; summer surveys underway to inform biodiversity impact assessment
<b>Cultural Heritage</b>	■ In progress	Demonstration pit CHMP completed; specialist engaged for overall project CHMP and impact assessment
<b>Visual and Landscape</b>	■ In progress	Background reviews completed; site visit completed; viewshed analysis commenced
<b>Economic Development</b>	■ In progress	Consultant engaged for economic assessment; report underway
<b>Social Impact</b>	■ In progress	Impact assessment commenced
<b>Agriculture and Horticulture</b>	■ In progress	Community interviews commenced – including local landowners, horticultural enterprises, and agricultural industry bodies and representatives
<b>Soils</b>	■ In progress	Specialist engaged for soils impact assessment
<b>Rehabilitation</b>	■ In progress	MRDP approved; rehabilitation trials targeted for commencement in early March 2026
<b>Noise</b>	■ In progress	Modelling study underway contributing to design optimization
<b>Air Quality</b>	■ In progress	Modelling study underway contributing to design optimization
<b>Surface Water</b>	■ In progress	Background reviews completed; site visit completed; modelling commencing
<b>Groundwater</b>	■ In progress	Perched groundwater investigation underway, localized and regional modelling next steps
<b>Radiation</b>	■ In progress	Impact assessment commenced

# Environmental & Technical Studies – Status

In addition to the environmental and technical studies currently underway, the following studies are scheduled to commence in 2026.

Study	Status	Timing
<b>Land Use and Planning</b>	■ Commencing	Scheduled from first quarter 2026
<b>Traffic and Transport</b>	■ Commencing	Scheduled from first quarter 2026
<b>Human Health</b>	■ Commencing	Scheduled from second quarter 2026
<b>Geotechnical Conditions</b>	■ Commencing	Geotechnical stability assessment scheduled from Feb 2026

# Baseline Monitoring Studies – Status

Baseline monitoring is fully operational and will continue through 2026, providing critical inputs to technical assessments and impact studies. Additional monitoring to support the MRDP has also commenced.

Study	Status	Key Activities
<b>Weather</b>	■ Operational / ongoing	Two weather stations operational; ongoing climate data collection; live data upload planned for early 2026
<b>Air Quality &amp; Dust</b>	■ Operational / ongoing	Monitoring program is fully operational, with regular serviceability checks scheduled
<b>Surface Water</b>	■ Operational / ongoing	Ongoing program includes periodic and event-based monitoring of flow and water quality, with upstream and downstream monitoring undertaken in receiving waters including the Mitchell River and Perry River. Quarterly stream sampling completed in December.
<b>Groundwater</b>	■ Operational / ongoing	Groundwater baseline monitoring is ongoing and includes continuous and periodic monitoring, with quarterly bore sampling completed in December
<b>Noise &amp; Vibration</b>	■ Operational / ongoing	Noise specialists placed noise monitoring stations at several representative locations around the Project area for unattended background noise monitoring, undertaking attended noise monitoring at several locations
<b>Radiation</b>	■ Operational / ongoing	Background radiation monitoring fully operational; additional stations installed near MRDP

# EES Studies Update



Allison Heskey  
Project Manager

## Next steps:

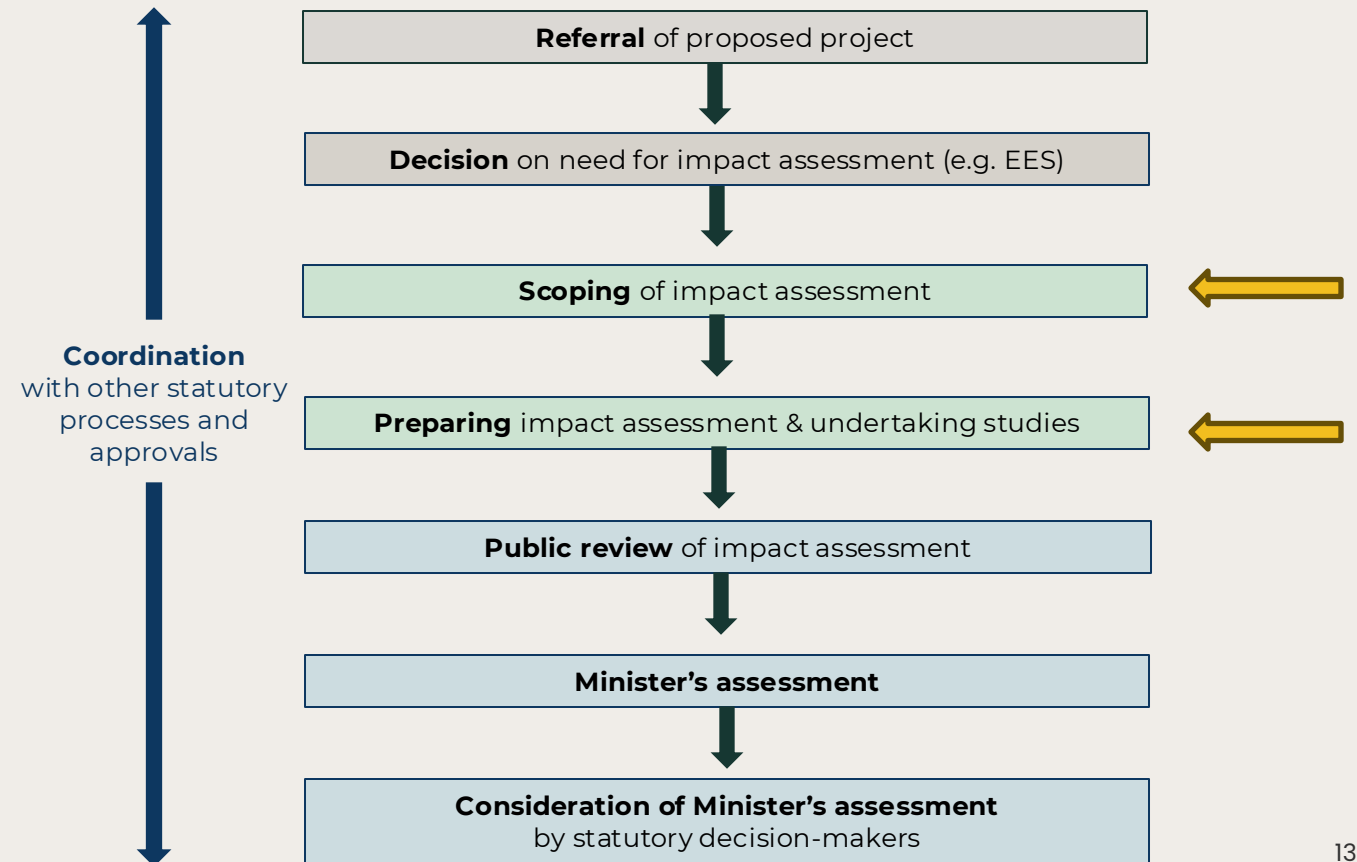
- **Scoping:**

- preparing draft scope (essentially a terms of reference for the assessment)
- Will include public and agency comment
- Final scope published

- **Preparing**

- Impact assessments to meet scope

## Overview of processes under the Environmental Effects Act:



# Ecology, Flora and Fauna

- GHD consultant has Summer surveys underway
  - fauna and habitat surveys
  - reptile checks – tile refuges
  - frog surveys – spotlighting, call-playback and searches
  - flora surveys
  - mapping areas of native vegetation
  - collating tree information
  - visiting nearby reference sites and populations to confirm survey timings
- Preliminary discussions with Department of Energy, Environment and Climate Action (DEECA)
  - project familiarisation
  - survey scoping and methods for particular species
  - approach to indirect impacts and inaccessible areas
  - does not replace formal processes under EES pathway



Geranium solanderi var solanderi

# Aboriginal Cultural Heritage

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- Demonstration pit Cultural Heritage Management Plan approved by the Registered Aboriginal Party (RAP) Gunaikurnai Land and Waters Aboriginal Corporation (GLaWAC)
  - induction by GLaWAC
  - strict requirements on work area management
  - contingency for unexpected finds
- Overall Project Cultural Heritage Specialist Jem Archaeology is kicking off
  - commencing engagement with GLaWAC and First Peoples - State Relations
  - reviewing previous Cultural Heritage work and assessments

# Visual and Landscape

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- Consultant Hansen visited the project area and surrounds in late 2025 to gain an understanding of the local and surrounding areas key landscape features, visual amenity and sensitive receptors including residences, roads and recreational areas
- A 'viewshed' is a key concept in this study, defined as the view of an area from a specific vantage point (*Oxford Dictionary*)
- Modelling identifies viewsheds from surrounding areas, enabling an understanding of the visibility of various components of the Project in the landscape
- Currently preliminary modelling is helping the design team to optimise the location and height of temporary stockpiles

- KordaMentha is progressing well with its study into the economic effects of the Project on the surrounding region, Victoria and Australia
- Utilising government-recognised modelling approach computable general equilibrium (CGE)
- The analysis estimates potential effects (positive or negative) on different industries and regions, which can help inform strategies that GCM can implement to maximise benefits and manage potential pressures
- This study is not a cost-benefit analysis, this is a different assessment that will occur later in the EES process

- Consultant Public Place has visited the local area and attended a number of drop-in sessions
- Work on the impact assessment is commencing, with planning for further visits to the area to meet with individuals and groups

## Noise and Air

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- Consultant AECOM's noise and air teams are undertaking preliminary modelling to understand potential effects of Project design and progression
- This work is providing valuable input to iterative design optimisation
- The teams have also reviewed and participated in the background monitoring program, with the air team ensuring air modelling is fit-for-purpose, and the noise team visiting site for background noise monitoring at key locations in the Project and surrounding area

# Surface Water

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- Surface Water consultant Water Technologies team have visited the site and are contributing to the water monitoring design to ensure the best data is available from both the immediate Project area and surrounding waterways upstream and downstream
- The data will be utilised in modelling that incorporates both historical and future climate change scenarios,
- The team is engaging with Catchment Management Authorities to align on climate settings and expectations

# Groundwater

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- A range of groundwater studies is in final planning, to follow on from key inputs as the Project design work comes together
- Studies will take in the immediate Project area, shallow water / groundwater interactions, and the wider region

# Agriculture and Horticulture

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- The AgriQulture team has visited the area several times over the last few months, with the latest visit this week
- Visits include with local farmers and enterprises to directly gain a sense of agricultural and horticultural land, operations and local conditions
- They also help with understanding of concerns, ideas and opportunities that local industry associates with the Project
- All feedback from visits is de-identified and collated to ensure confidentiality

# Soils, Rehabilitation and Geotechnical

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- Soils consultant SLR's soils study is preparing to kick off, with on-site sampling works in the demonstration pit a key early activity
- Rehabilitation trial designs for the demonstration pit are also in final preparations, with the soils and rehabilitation teams coordinating to ensure all the key aspects are sampled and measured as on-ground works commence
- Geotechnical stability assessments will also be a key feature in the demonstration pit monitoring schedule

# Radiation

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- Radiation consultant DBH Radiation is preparing for the impact assessment study, which will incorporate key outcomes from other studies such as air quality
- The team has also been busy with preparations for the demonstration pit, setting up background monitoring stations and delivering Radiation Awareness training to site personnel

# Land Use and Planning, Traffic and Transport

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- These studies will commence in coming months as the design work comes together

# Human Health

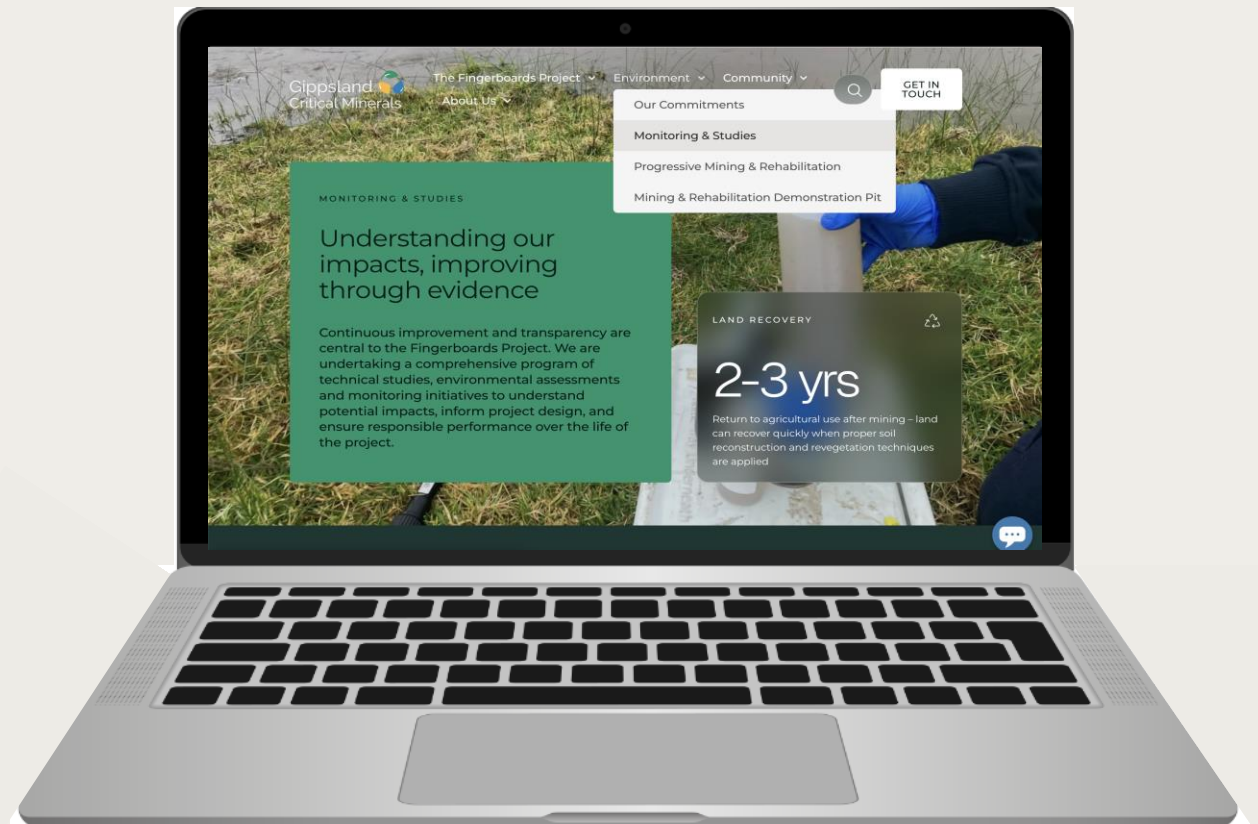
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- The Human Health assessment will be one of the final studies to commence
- It will draw from the outcomes of other studies currently underway including air, noise, radiation, social, and landscape and visual

# EES Studies Update

Further details of studies underway can be found on the GCM website

[Monitoring & Studies | Environment | GCM](#)



# Mine Schedule



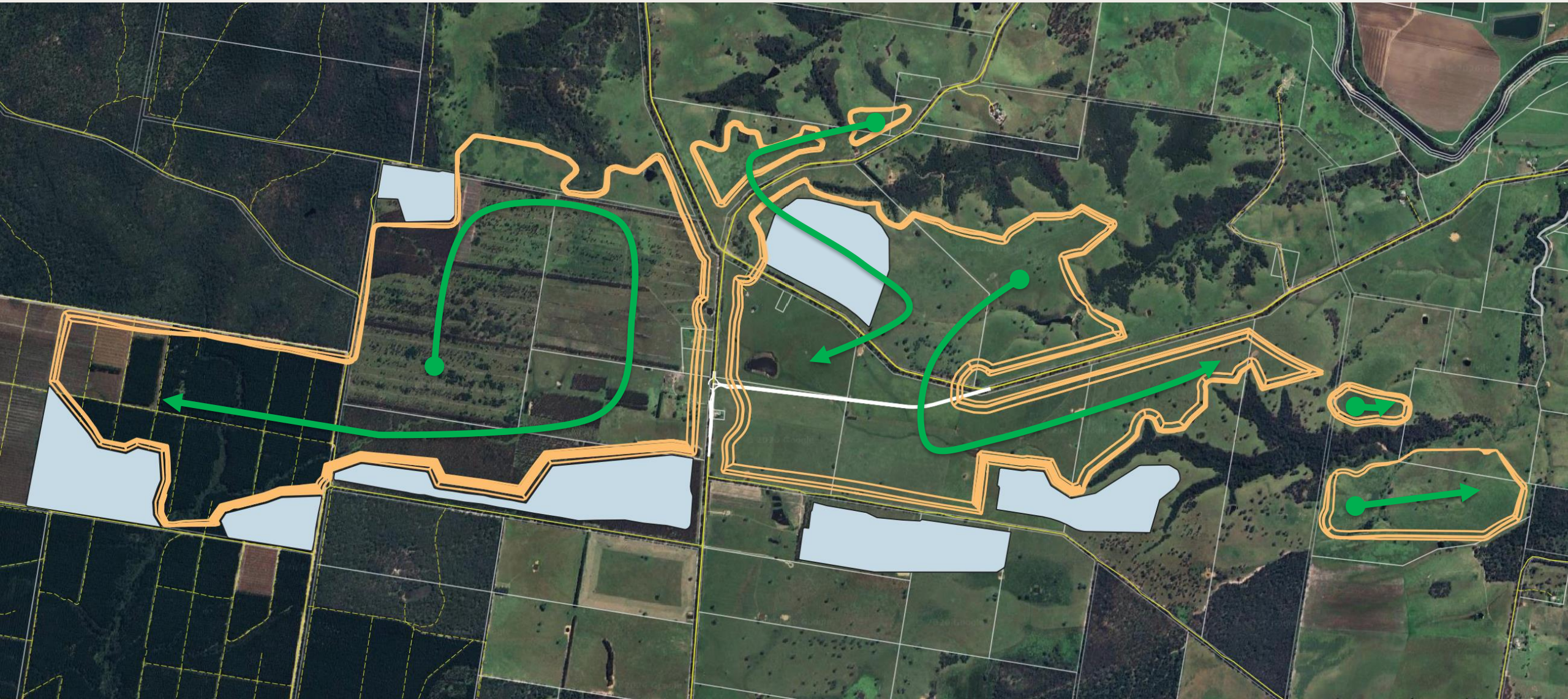
Stefan Wolmarans  
Project Director – Technical

# Base Case Schedule

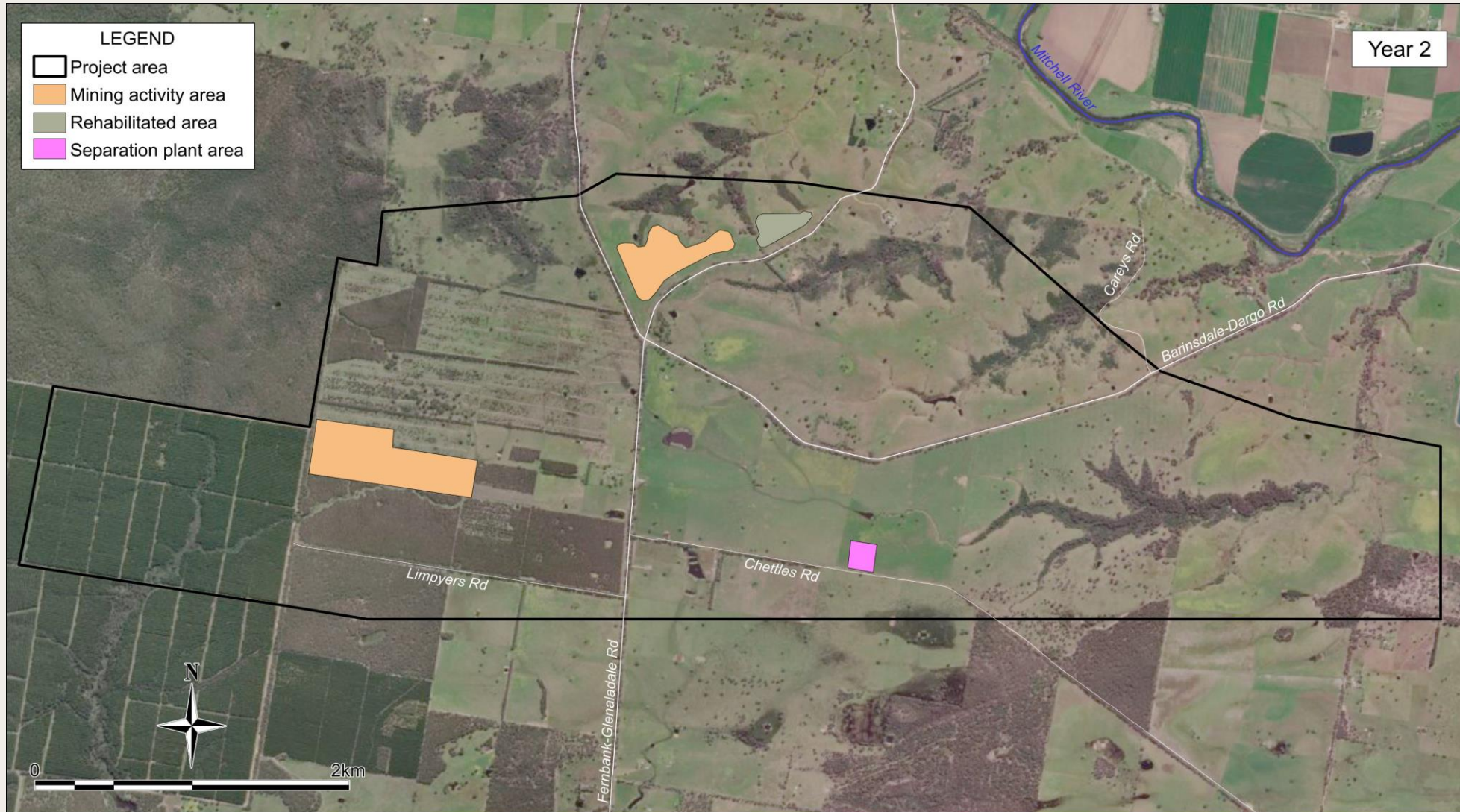
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- Developed to serve as the base case to commence design refinement and testing
- Informed by preliminary environmental modelling and tailings, stockpile and drainage designs
- Iterative process follows to optimise schedule and associated designs

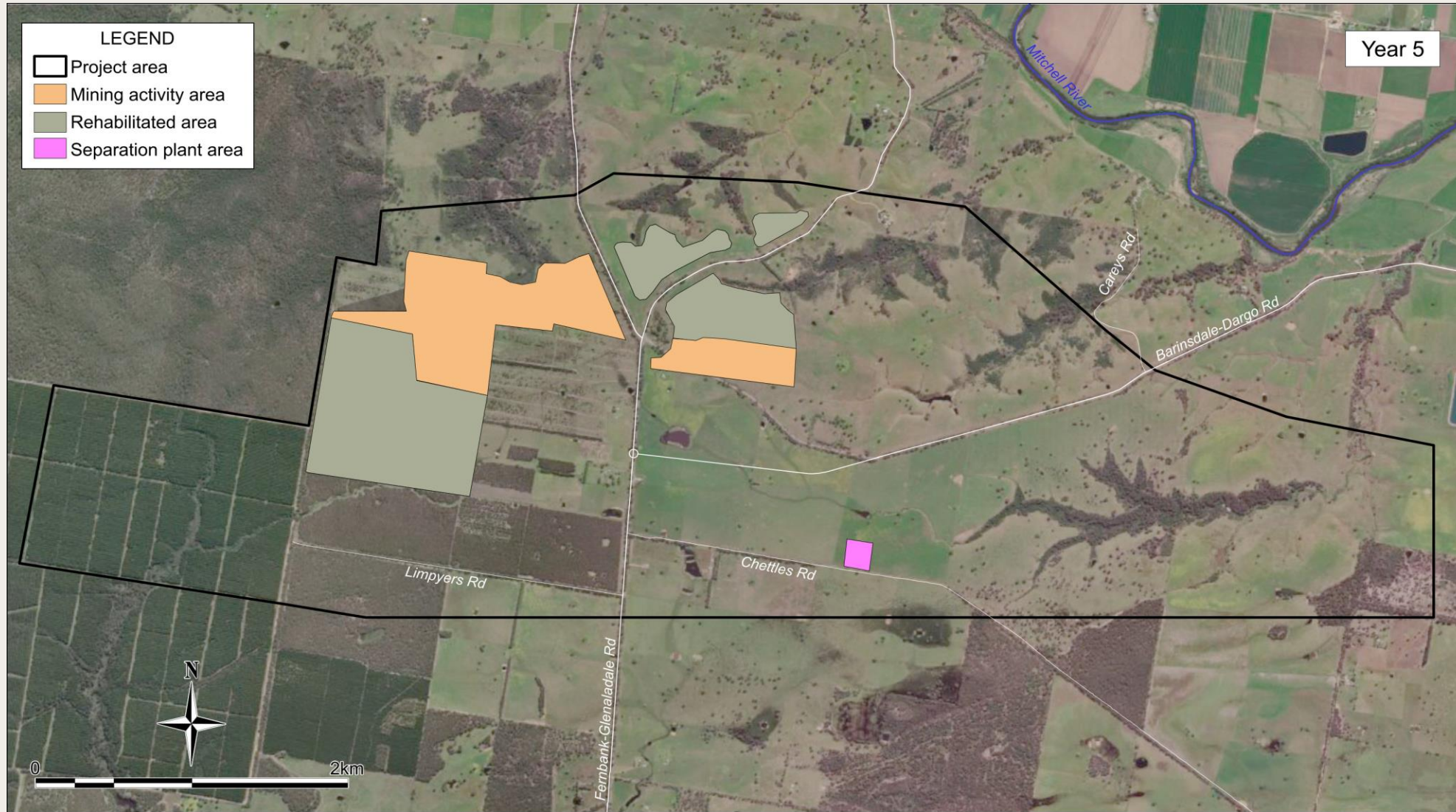
# Mine Schedule - Overview



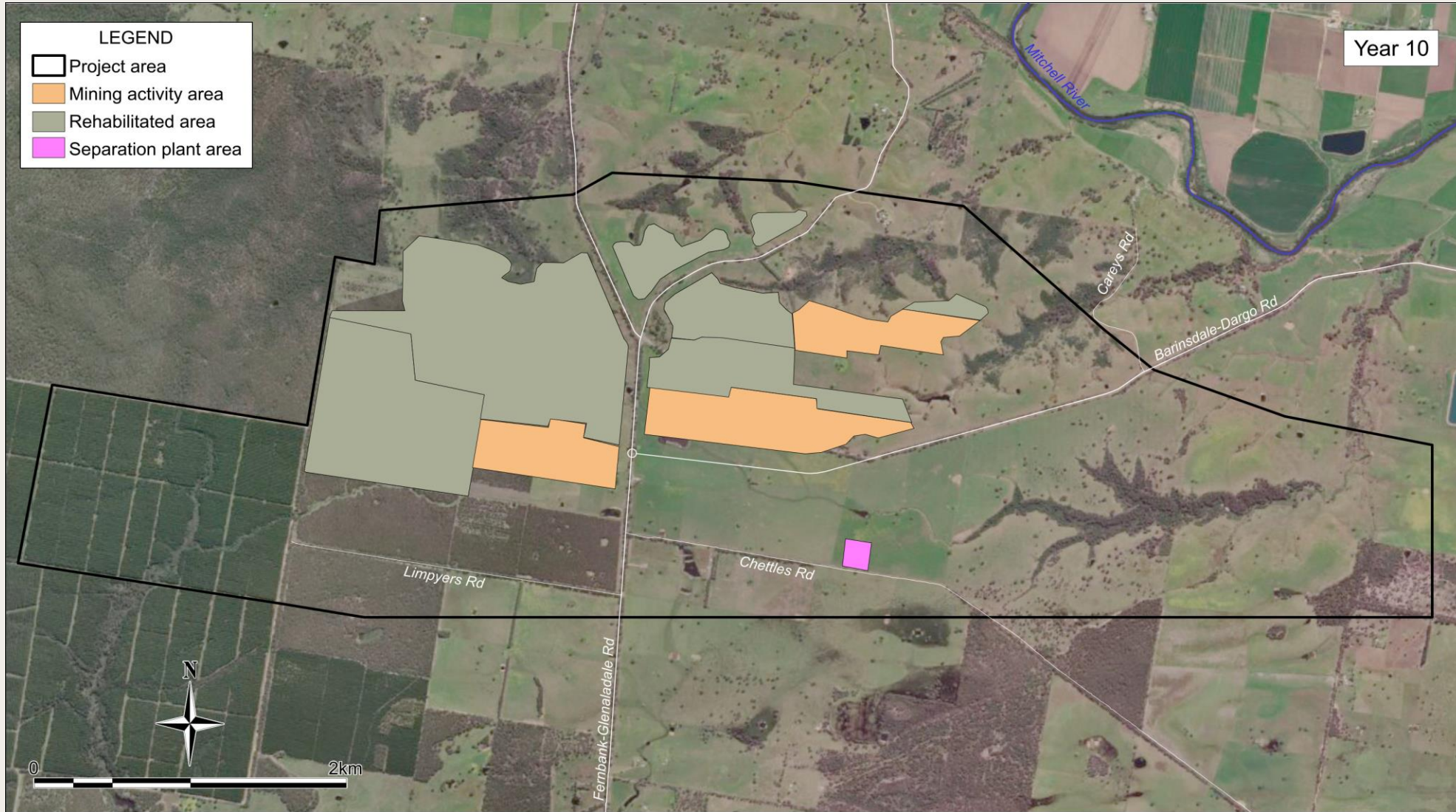
# Mine Schedule - Year 2



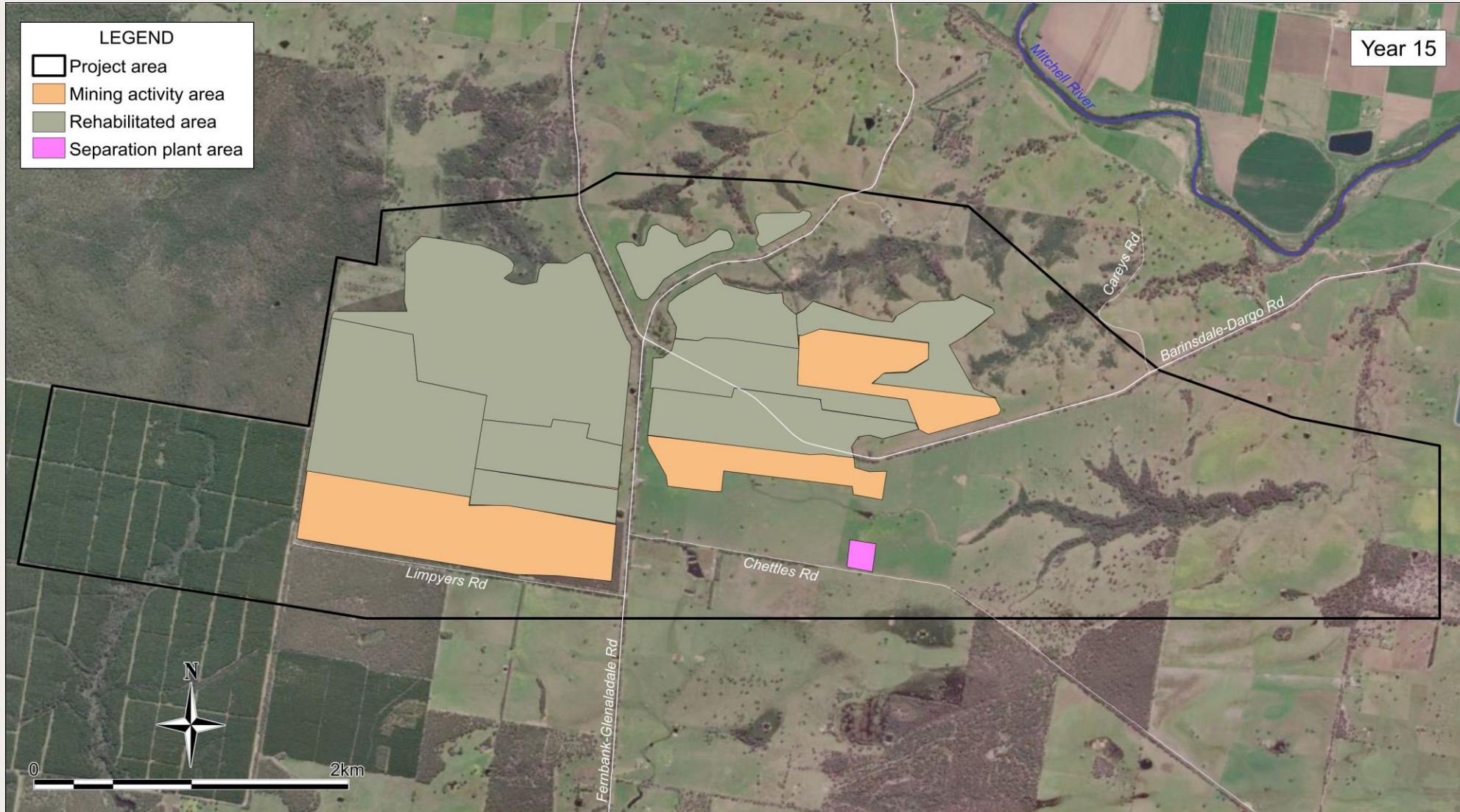
# Mine Schedule – Year 5



# Mine Schedule - Year 10



# Mine Schedule – Year 15



# Work Progress

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- Pit designs completed
- Initial mine schedule completed and iterative design review nearing completion
- Tailings in-pit cell designs completed and in scheduling review
- Preliminary noise and dust mitigation measures identified and in scheduling review
- Preliminary mine drainage designs developed and in scheduling review
- Overburden stockpiles defined and will be finalised after scheduling review completed
- Final equipment schedules and material movement will be reported from the final mine schedule

# Stakeholder Engagement Update & Formation of Community Working Groups



Mick Harrington  
East Gippsland Community & Stakeholder Lead

# What I'm Hearing & Seeing

## Since we last met

- Lindenow South Drop-in session – January 21
- Stratford High Traffic Visit – January 29
- Webinar (Online) - February 5
- Lindenow South Drop-in session – February 11
- Agriculture/Horticulture Consultant Visit – February 17



# What I'm Hearing & Seeing

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## Key concerns raised

- Water – Sources/Sustainability/Ag Water impacts (raised in every engagement session)
- Potential impacts to shallow aquifer bores
- Mature Tree removal
- Property Value Impacts (Mine Adjacent)
- General scepticism of large mining companies
- Rehabilitation and ability to reform contours synonymous with the local landscape

## Areas of opportunity

- Local Employment (raised by 7/10 participants)
- Economic Diversification
- Horticulture/Irrigated Pasture/Fodder expansion post mine life
- Retaining young people and families in the region
- Flow on of community benefits/grants to local community groups
- Freight Rail
- Young Farmers Program

# What I'm Hearing & Seeing

## Coming Up

- Heyfield Timber Festival - February 21
- Sale High Traffic Visit – March 18
- Bairnsdale High Traffic Visit – March 27
- Webinar – April 2
- East Gippsland Field Days – April 10/11
- Fernbank Drop-in session – April 15
- Lindenow South Drop-in session – April 16
- Demonstration Visits as required



# What I'm Hearing & Seeing

## Engaging in new ways

- Aside from new High Traffic Visits we are planning new ways to engage the community including;
- School Visits - School visits to local secondary schools and TAFE campuses across East Gippsland will provide students with a plain-language overview of the project, the critical minerals industry, and potential career and employment pathways
- Critical Minerals at work Interactive Pop-Up: Display to show the community items that commonly contain zircon and rare earths
- Community BBQ and Yarn — Host a free community BBQ at local venues, no agenda, no presentations — just show up, eat together, and have genuine conversations.
- Letterbox Drop with a Personal Note — A handwritten-style personal letter from Mick delivered to surrounding areas with a simple QR code linking to the website (radius to be determined)
- Community Noticeboard Cards — Small, well-designed cards placed on community noticeboards.



# WORKING GROUPS "AT WORK"

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**Working groups will be formed with the Co-Design principle at their heart:**  
Giving the community a role in shaping the Fingerboards Project.

GCM will convene **4 Benefit Sharing Working Groups and 2 Community Reference Group (CRG) Sub-Groups**

**Working Group 1:** Cultural Heritage Protection and First Nations Empowerment

**Working Group 2:** Local Jobs & Capacity Building

**Working Group 3:** Infrastructure & Legacy Assets

**Working Group 4:** Community Vibrancy & Liveability

**CRG Sub-Group 1:** Community Engagement & Communications

**CRG Sub-Group 2:** Environmental & Technical

# Cultural Heritage Protection and First Nations Empowerment

## Working in Partnership with Gunaikurnai Traditional Owners

### A Focused Partnership Approach

While it is an important benefit sharing pillar as outlined in the Gippsland Critical Minerals Early Benefit Sharing Plan, Rather than a public working group, this important step is a direct collaboration between Michelle Wood (GCM CEO) and GLaWAC, inviting Gunaikurnai Traditional Owners to co-design benefits that deliver genuine value for First Nations communities of East Gippsland.

This partnership model ensures Traditional Owner leadership in advancing Whole of Country Plan objectives.

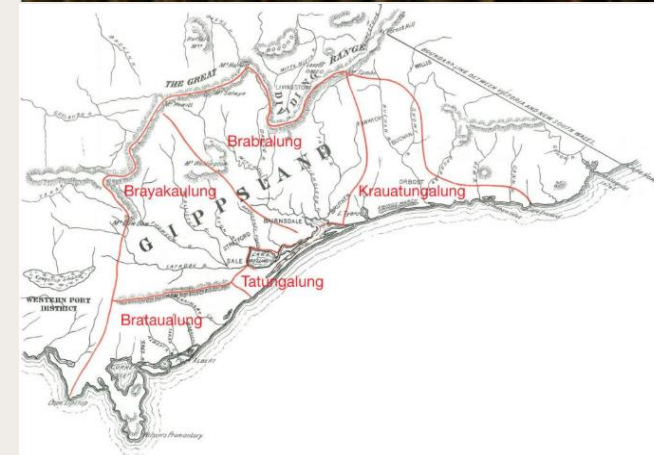
### Whole of Country Plan Objectives:

- Respect as Traditional Owners of Country
- A strong, healthy, happy mob
- Healthy country
- Protecting and practising culture
- The right to use, manage and control resources
- Economic independence
- A strong focus on learning

### Key Organisation: GLaWAC

Other indigenous organisations may be included by consultation – including GEGAC, Ramahyuck District Aboriginal Corporation, Moogji Aboriginal Council East Gippsland Inc and others.

**Timeline:** Not defined – formed through ongoing discussions between GCM and GLaWAC



## Working Group 2

# Local Jobs and Capacity Building Working Group

## Maximising Regional Benefits Across All Project Phases

This working group focuses on delivering sustained economic opportunities for East Gippsland Shire, Wellington Shire, and the broader Gippsland region. It will bring CRG members, Community Members and members of other stakeholder groups together.

### Key Objectives:

- Maximise local economic participation during construction, operation, and closure phases
- Prioritise local procurement of goods and services across all project phases
- Build a skilled workforce reflective of local community aspirations
- Address patterns of inequity and support underrepresented communities

### Potential Stakeholders :

- Bairnsdale Chamber of Commerce • Gippsland Agricultural Group Inc • Committee for Gippsland
- Committee for Wellington • East Gippsland Marketing Inc • Gippsland Sheep and Wool Growers
- Industry Capability Network

**Workforce & Training:** • Federation University • Gippsland TAFE • Bairnsdale Secondary College • Nagle College • Gippsland Grammar • Unions (AWU, CFMEU, ETU etc)

### Timeline:

- Terms of Reference and Project Plan developed Quarter 1 2026
- Working Group convened Quarter 2 2026
- Deliver recommendations to CRG by Quarter 4 2026



# Infrastructure and Legacy Assets Working Group

## Building Beyond the Mine's Operational Life

This working group focuses on creating enduring regional value that serves East Gippsland long after mining operations conclude.

## Supporting Regional Objectives

- Build climate and community resilience
- Support and celebrate local culture and connections
- Contribute to long-term local and regional prosperity

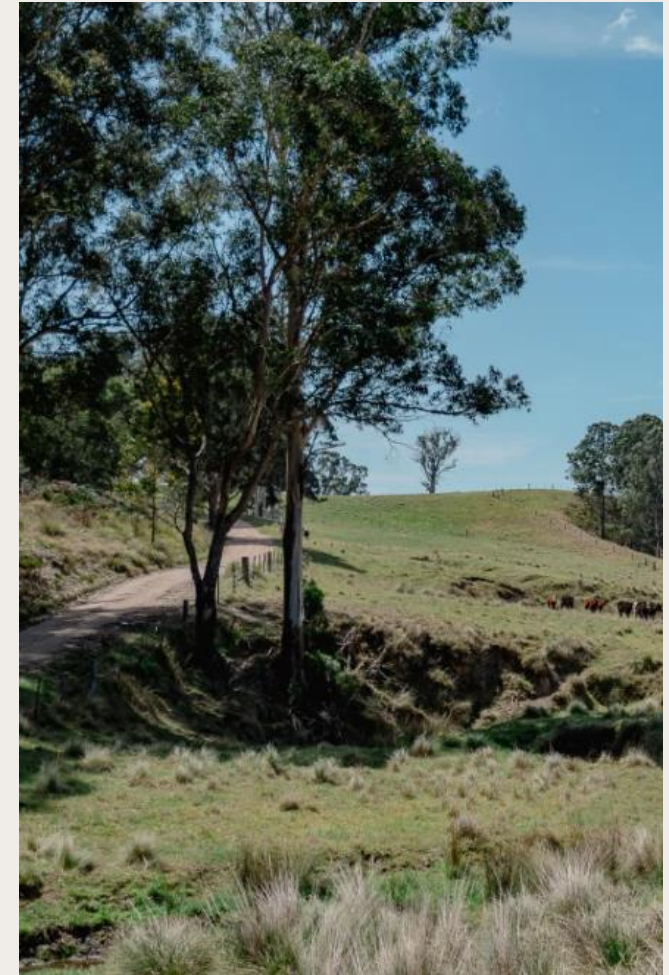
## Infrastructure & Capacity Building

- Deliver infrastructure for public and industry use
- Support community resilience through lasting assets
- Build regional capacity that extends beyond project timeframes

**Focus:** Creating tangible, enduring benefits that continue to serve the East Gippsland community for generations

## Timeline:

- Terms of Reference and Project Plan developed Quarter 1 2026
- Working Group convened Quarter 2 2026
- Deliver recommendations to CRG by Quarter 4 2026



# Community Vibrancy and Liveability

## Working Group

### Delivering Lasting Value to East Gippsland Communities

This working group focuses on creating benefits through grants, sponsorships, partnerships and initiatives that leave an enduring positive legacy for community liveability, vibrancy, heritage and environment. Like the previous working group, it will bring CRG members, Community Members and members of other stakeholder groups together.

### Key Principles:

#### Proximity & Priority

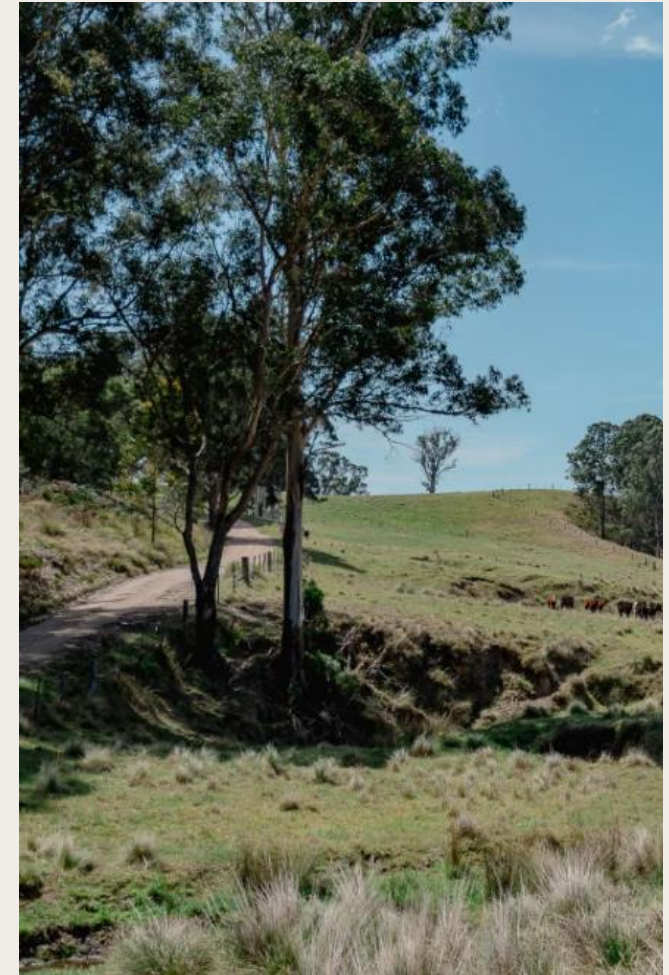
- Focus benefits on communities closest to the project
- Address local priorities, needs and patterns of inequality
- Respond to community-identified opportunities

#### Partnership Approach

- Support existing community organisations, programmes and initiatives
- Build on established efforts rather than duplicating services
- Strengthen what already works in the community

### Timeline:

- Terms of Reference and Project Plan DEVELOPED.
- Working Group to convene Quarter 2 2026
- Deliver recommendations to CRG by Quarter 4 2026



# Community Engagement and Communications

## Formation & Purpose

The Engagement & Communications Sub-Group was established for CRG members wanting to ensure community engagement meets expectations and communications genuinely serve the wider community.

## Why This Sub-Group Was Established:

- Create pathways to gain a deeper understanding of community expectations around community engagement.
- Review and refine communications to further assist the wider community
- Create space for deeper discussion on engagement strategy and effectiveness

## Key Functions:

- Review engagement methods and their effectiveness
- Assess communications for clarity, accessibility and community value
- Observe notable interactions between the project team and stakeholder groups.
- Provide input on how different perspectives are heard and responded to

## Timeline:

- Terms of Reference and Project Plan to be developed in Quarter 1 2026.
- Group to convene Quarter 2 2026
- Deliver recommendations to CRG by Quarter 4 2026



# Technical and Environmental

## Formation & Purpose

The Environment/Technical Sub-Groups emerged from the Community Reference Groups desire to create dedicated space for members wanting more detailed engagement on specific topics.

## Why this group was established:

- Enable deeper exploration of environmental and technical information
- Provide focused time for topics the main CRG cannot fully address in meetings
- Respond to member requests for more detailed technical engagement
- Create a pathway for specific questions and concerns to be thoroughly answered

**Focus Areas:** •Water • Biodiversity • Rehabilitation • Restoration Projects • Mine Design  
(Among others)

**How It Works:** Sub-group discussions and insights feed back into the main CRG, ensuring detailed technical information reaches the broader group in a digestible format whilst allowing interested members to engage at the level of detail they desire.

## Timeline:

- Terms of Reference and Project Plan to be developed in Quarter 1 2026.
- Group to convene Quarter 2 2026
- Deliver recommendations to CRG by Quarter 4 2026



# Working Group Interest

## CRG Sub-groups

### Community Engagement & Communications

Carolyn Cameron  
Joshua Nelson  
Trevor Hancock  
Vesna Rendulic

### Environmental & Technical

Alf Chown  
Andrew Sheridan  
Carolyn Cameron  
Joshua Nelson  
Peter Reefman  
Rohan Reynolds

#### Environmental & Technical Studies

Alf Chown  
Andrew Sheridan  
Carolyn Cameron  
Joshua Nelson  
Peter Reefman

#### Mine Design & Rehabilitation (inc final land use, land care)

Andrew Sheridan  
Joshua Nelson  
Peter Reefman

#### Water Supply, Management, & Irrigator Interface

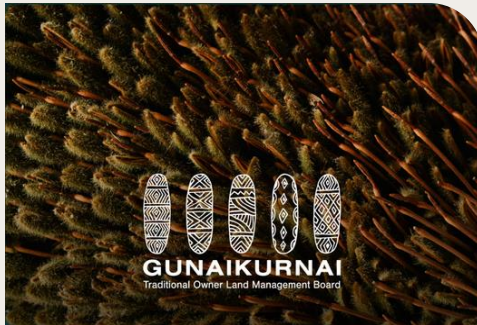
Alf Chown  
Carolyn Cameron  
Joshua Nelson  
Peter Reefman  
Rohan Reynolds

# Working Group Interest

## Benefit Sharing – Please confirm if you still wish to participate

PILLAR 1

Cultural Heritage  
Protection and First  
Nations Empowerment



Carolyn Cameron  
Rohan Reynolds  
Trevor Hancock

PILLAR 2

Local Workforce/Supply  
Capacity & Industry  
Partnerships



Alf Chown  
Geoff Wells  
Joshua Nelson  
Rohan Reynolds  
Trevor Hancock  
Vesna Rendulic

PILLAR 3

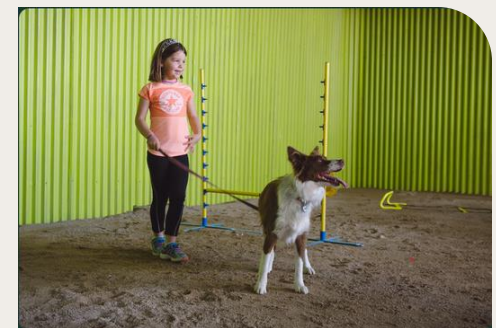
Investment in Local  
Infrastructure & Legacy  
Assets



Alf Chown  
Carolyn Cameron  
Joshua Nelson  
Rohan Reynolds  
Trevor Hancock  
Vesna Rendulic

PILLAR 4

Community Vibrancy  
and Liveability



Carolyn Cameron  
Trevor Hancock  
Vesna Rendulic

# Formation of Working Groups

## 5 Working Groups influenced by CRG

- CRG Sub Group 1: Community Engagement & Communications
- Sub Group 2: Environmental & Technical
- Benefit Sharing Pillar 2 - Local Workforce/Supply Capacity and Industry Partnerships
- Benefit Sharing Pillar 3 - Investment in Local Infrastructure & Legacy Assets
- Benefit Sharing Pillar 4 - Community Vibrancy & Liveability

## Information

- Each Working Group is;
  - Made up of an 8-10 person panel comprising CRG members, community members and Local Government or Statutory Authority Reps
  - Non-remunerated
  - CRG members selected and ratified by CRG, other members selected by GCM and ratified by CRG.
  - Oversight by Mick Harrington (GCM); Indigenous Pillar via direct GLaWAC consultation
  - Provides recommendations to GCM for consideration and implementation

## Next Steps

- GCM to draft remaining WG Scope and Terms of Reference;
- Pillar 4 complete (Document can be viewed at today's meeting)
- Other Working Groups/CRG Sub Groups scope and Terms of Reference to be completed Qtr 1 2026
- Call for Expressions of Interest early Quarter 2 2026 via public advertisement as TOR and Scope are finalised

# Agriculture and Horticulture Consulting

## Most recent visit February 17 – AgriQulture Consulting

- Proactive Reach-out to local sector representatives including those who have expressed views surrounding all perspectives from strongly against to strongly supportive (remain willing to setup additional times if needed)
- Spoke to additional local Ag/Hort Representatives to feed into impact study

### **Concerns raised were wide ranging and included;**

- Potential staffing/contracting issues associated with competing with a mining company
- Potential Water Quality Impacts
- Potential changes to perception of the Lindenow Valley as a growing region
- Potential Impacts to Shallow Aquifer Bores

**Note:** Agriculture/Horticulture Study – not finalised , more visits to the region in March and April, commitment remains to pass along finalised report to CRG

# Agriculture and Horticulture Consulting

## Most recent visit February 17 – AgriQulture Consulting

### Opportunities raised included:

- Water Infrastructure (Dams and Pipelines) could provide increased irrigation areas after mine life for potential irrigated pasture/fodder/horticulture production
- Training opportunities that other sectors can also utilise

**Note:** Agriculture/Horticulture Study – not finalised , more visits to the region in March and April, commitment remains to pass along finalised report to CRG

# Key Actions raised at the last CRG

## Key points raised by CRG in last meeting

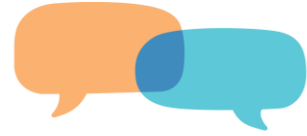
- Flocculants FAQ's - emailed to CRG and made public @ Gippslandcriticalminerals.com
- Retention License Clarification - emailed to CRG
- Agriculture/Horticulture Study – Study not finalised, commitment given to pass along to CRG
- Mick to Talk Directly to residents within 2km of the Project Area – Process started not complete
- Visit to other Mineral Sands Projects – Planning is underway to take a group to a Victorian-Based Mineral Sands Project and a small cohort to an NT Project (potentially)
- GCM to develop policies and strategies on how to proactively manage mental health in the community – draft policy complete and under review
- Working Groups and CRG subgroups to proceed – Pillar 4 Plan Complete, others to finished Qtr 1 2026

# Mental Health & Wellbeing Local Briefing



## Mental Health & Wellbeing Local

*Supporting the mental health and wellbeing of Victorian communities, providing a convenient access point for support.*



**mental health &  
wellbeing local**

Free support in your community

# Coping with Change and Stress

**wellways**

Latrobe  
Regional  
Health 

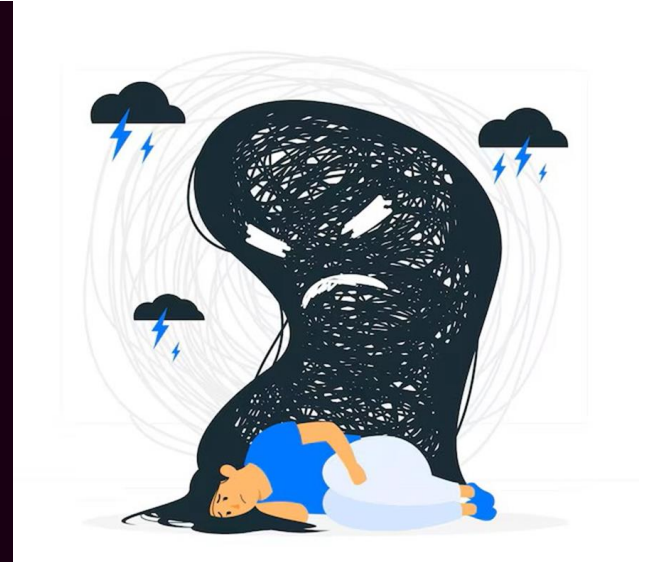
 GIPPSLAND LAKES  
COMPLETE  
Health

## Acknowledgement of Country



East Gippsland Mental Health and Wellbeing Local respectfully acknowledges the traditional custodians of the lands and waters of Gunnai-Kurnai, Bidwell-Maap, Yuin, Dhudheroa, Jaithmathnung, and Ngarigo-Monero country.

# What could you possibly have to worry about?



# Feelings are not illnesses (even when they're hard)



Unreasonable or excessive

Persistent over time

Interfering with daily functioning

## Grief

Deep and poignant distress caused by, or as if by, bereavement

## Worry

To think about problems or unpleasant things that might happen

## Fear

An unpleasant emotion or thought in response to something dangerous, painful, or bad that is happening or might happen

## Depression

Low mood or loss of pleasure or interest in activities over a long period of time

## Anxiety

Fear and worry that is intense and excessive and persists over time

## Trauma

The emotional response to having your coping systems overwhelmed by distressing events or situations



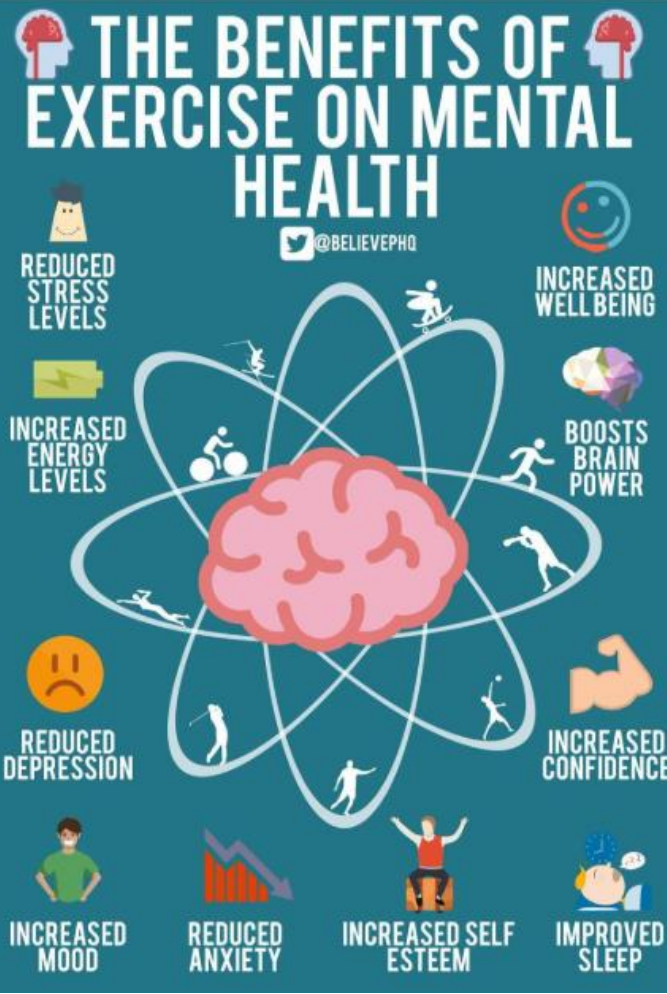
# The Basics: Diet, Exercise, Sleep, and control your media consumption



## How to eat well for your mental health



- Eat regularly**  
Avoid dropped blood sugar levels, which can make you feel tired and bad-tempered.
- Stay hydrated**  
Even mild dehydration can affect your mood, energy and concentration.
- Eat a balanced diet**  
With healthy fats, protein, whole grains, fruits and vegetables.
- Look after gut health**  
Your gut can reflect your feelings, so try to eat healthy foods for your gut.



## SLEEP HYGIENE

Good sleep habits, or "sleep hygiene", can help you get a good night's sleep.

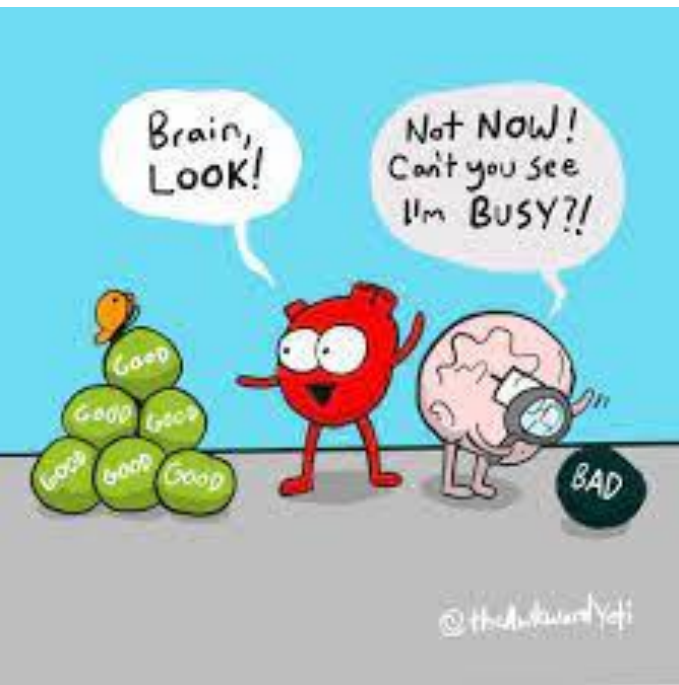
- ✓ Do wake up at the same time 7 days per week
- ✗ Don't drink caffeine within 6 hours of sleep
- ✓ Do develop a "wind down" routine before sleep
- ✗ Don't use your bed for daytime activities (studying, gaming, etc.)
- ✓ Do create a calm, quiet and dark sleep environment
- ✗ Don't take naps longer than 20 minutes

## 7 MUST-DO'S for a healthy media diet

- Set timers when engaging with news media, people with contrasting opinions or heavy news
- Keep your phone off the nightstand so you don't use it in the morning or before you sleep
- Lower your phone's brightness and consider turning it to grey-scale
- Don't follow negative people online or people who trigger you in negative ways
- Avoid TV's or media players in your bedroom and reserve it just for sleeping
- Set app timers or delete apps you know you have an unhealthy relationship with
- Spend equal face-to-face time with the people you talk with on your phone if possible.



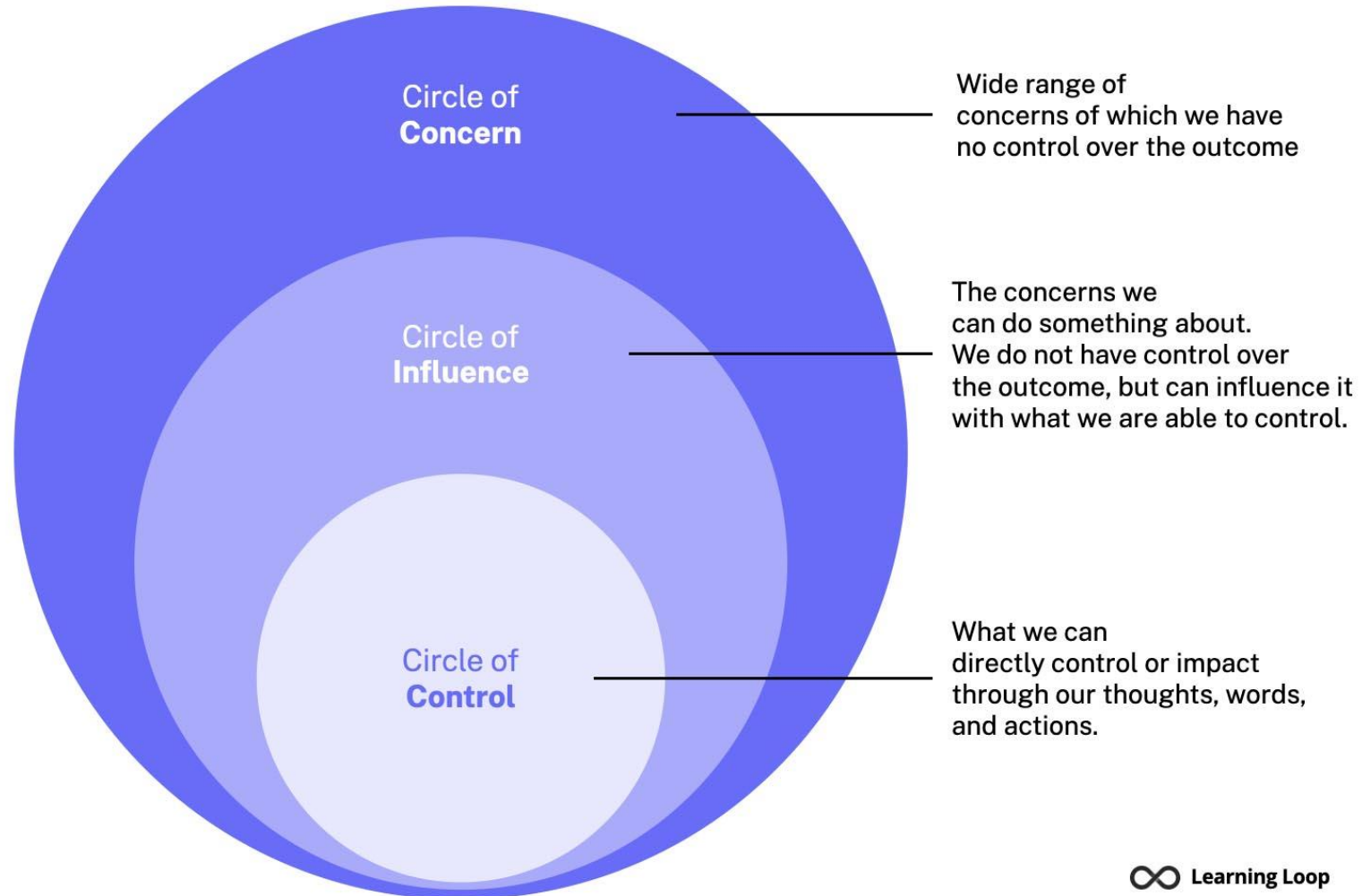
## ***Be Mindful of your Negativity Bias!!***



- Check your self-talk – would you let anyone talk to your best friend like that?
- Reframing – there has been progress!
- Notice when you're ruminating, and build a new pathway – move, or drink water, or pick up an instrument or your knitting

***Look for the glimmers – write them down and breathe them in***

# What can I do about the things I'm worried about?

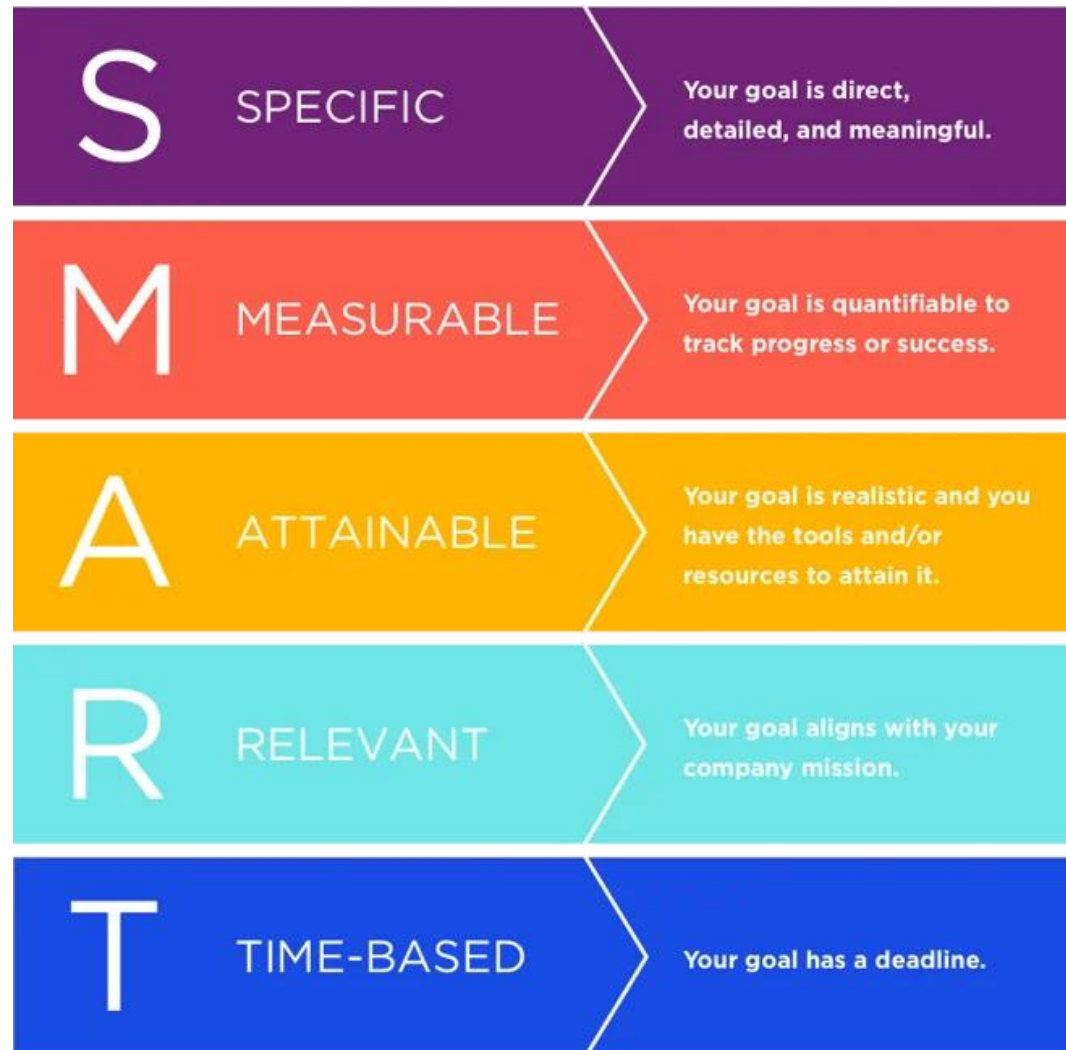


# What is important to me?



Abundance	Challenge	Excitement	Inclusion	Nature	Resilience	Tolerance
Acceptance	Choice	Expertise	Independence	Nurture	Resourcefulness	Togetherness
Achievement	Collaboration	Expressiveness	Influence	Optimism	Respect	Tradition
Adventure	Commitment	Fairness	Individuality	Open-minded	Responsibility	Travel
Advocacy	Communication	Faith	Innovation	Order	Risk	Trust
Affection	Community	Family	Initiative	Originality	Romance	Truth
Altruism	Compassion	Flexibility	Inspiration	Passion	Safety	Understanding
Ambition	Connection	Friendship	Intelligence	Peace	Security	Unity
Appreciation	Contribution	Freedom	Integrity	Perfection	Self Control	Uniqueness
Arts	Creativity	Fun	Intuition	Perseverance	Self Expression	Usefulness
Authenticity	Curiosity	Generosity	Joy	Play	Service	Variety
Autonomy	Daring	Grace	Justice	Pleasure	Sharing	Versatility
Balance	Decisiveness	Gratitude	Kindness	Power	Simplicity	Vision
Be the Best	Dedication	Growth	Knowledge	Pride	Solitude	Warmth
Beauty	Diversity	Happiness	Leadership	Proactive	Spirituality	Wealth
Belonging	Efficiency	Health	Learning	Productivity	Stability	Well-Being
Boldness	Equality	Helping Others	Love	Punctuality	Success	Wisdom
Brilliance	Equity	Honesty	Loyalty	Recognition	Support	Zeal
Calmness	Empathy	Hope	Meaning	Reflection	Teamwork	Zest
Caring	Enthusiasm	Humor	Mindfulness	Relationships	Thankfulness	
Celebration	Excellence	Imagination	Motivation	Religion	Time	

# How can I move forward when I'm stuck?



# What might help me feel better?



<b>C</b> <b>Connectedness</b>	<b>H</b> <b>Hope</b>	<b>I</b> <b>Identity</b>	<b>M</b> <b>Meaning</b>	<b>E</b> <b>Empowerment</b>
<ul style="list-style-type: none"><li>• Peer support</li><li>• Social groups</li><li>• Relationships</li><li>• Support from others</li><li>• Community</li><li>• Feeling connected to someone, or something</li></ul>	<ul style="list-style-type: none"><li>• Belief in recovery</li><li>• Motivation</li><li>• Inspirational relationships</li><li>• Positive thinking</li><li>• Valuing effort</li><li>• Having aspirations</li><li>• Hope for the future</li></ul>	<ul style="list-style-type: none"><li>• Rebuilding a positive sense of identity and self-esteem</li><li>• Challenging stigmas</li><li>• Having an identity outside of diagnosis or symptomology</li></ul>	<ul style="list-style-type: none"><li>• Living a good quality life of purpose (as defined by the individual)</li><li>• Finding meaning in experiences</li><li>• Purposeful life / social roles</li><li>• Spirituality</li></ul>	<ul style="list-style-type: none"><li>• Becoming an expert in ones own self-care</li><li>• Personal responsibility</li><li>• Focusing upon strengths</li><li>• Advocacy</li><li>• Having choices</li><li>• Doing what you want to do</li><li>• Accepting help</li></ul>
<p><i>May include connection to: Self, family, friends, places, nature, culture, hobbies, activities, interests and beliefs</i></p>		<p><i>Identity markers may include: beliefs, occupation, hobbies, connections, purpose, relationships, experiences or cultural background</i></p>		



# What is the Local?

The local is the front door for adults in East Gippsland accessing mental health and wellbeing, treatment, care, and support, closer to home.

We are a walk-in service with no fees and no referral required. We are open at 24 Service St, Bairnsdale and will also be opening in Orbost. We provide support across East Gippsland.





## Who do we support?

- Age 26+ (no upper limit)
- Experiencing mental illness or psychological distress, substance use, or addiction
- Anywhere in East Gippsland

### **No Wrong Door**

The Local won't turn away anyone seeking support. If we can't help, we'll find someone who can.



## Lived Experience

Every participant in Local services will have a Peer Navigator with Lived Experience as a consistent point of contact throughout their Service Journey.

## Support from someone who's been there.

Peer Navigators draw on their own life-changing experience, service use, and their journey of recovery and healing, to support participants. They understand the critical need for connection and utilize this experience to inspire others to find hope.



# What support will we offer?



## Wellbeing Navigator Peers

Our lived experience team offers

- Goal setting support
- 1:1 Recovery Coaching
- Service System Navigation
- Intentional Peer Support



## In-house Clinical Support

Brief interventions, assessments, and recommendations

- Psychology
- Occupational Therapy
- Social Work
- Dual Diagnosis Nursing



## Capacity Building

The Local will provide training and education to interested community members and groups to build the community's capacity to identify and respond to psychological distress.



**mental health &  
wellbeing connect**  
Free for family, carers and supporters

## Carer's Supports

We can support participants whose caring role is one of the stressors contributing to their psychological distress.

The Mental Health and Wellbeing Connect Service supports carers (of all ages) of people with mental health or substance use issues, or who are neurodivergent.

[gippslandconnect@wellways.org](mailto:gippslandconnect@wellways.org)

**1300 000 717**

## Consortium Partners



Wellways connects people, strengthens families and transforms communities for individuals of all ages experiencing disabilities or challenges to their social and emotional wellbeing.



LRH is recognized as the regional provider of specialist health services in Gippsland. LRH offers inpatient care to people experiencing acute mental illness and community mental health service extending across East Gippsland.



GLCH delivers an extensive range of accessible health services and health promotion activities to the people of East Gippsland. GLCH's focus is on improving the health of individuals and the health of the community we live in.



1300 000  
352

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Community  
Engagement  
Officer

# Q&A

# Meeting Wrap Up & Next Steps



John Mitchell  
CRG Chairperson