

# Council happenings . . .

with Mayor  
Glenn Wall

## **Menshed Dungog**

Last week I had the privilege of being invited to the Dungog Menshed Annual General Meeting.

I would extend sincere congratulations to the organisation with regards to their achievements over the past 12 months. The work they have undertaken on the facility and the machinery they have been able to procure is a credit to all the members.

Menshed's programs include identifying problems with men's health, preventing isolation, loneliness and depression that are looming as major health issues for men. Mensheds also play a significant and practical role in addressing these and other men's issues.

Mensheds can also help connect men with their communities and mainstream society and at the same time act as a catalyst in stimulating our community's economic activities.

I would urge anyone interested in joining this dedicated and enthusiastic group, to contact President Charles Watson or Assistant Secretary Belinda Munro (Care Coordinator - Dungog & District Neighbourcare Inc.) on 4992 3348.

I would also extend to Hunter Water Corporation, the communities sincere gratitude in allowing this dedicated group of people to have tenure of the old Water Board depot.

## **City Rail Timetable**

City Rail will be introducing a new timetable effective from October 11.

From a Dungog commuters perspective, the changes are not detrimental to the existing service, with the most prominent change being the 19.01 (7.01 pm) Dungog service no longer runs and is replaced by the service at 19.40 (7.40pm).

Any rail commuters that wish to view the timetable changes please visit [www.cityrail.info/timetables/2009](http://www.cityrail.info/timetables/2009)

## **Grants Available for Rural Ageing**

An annual small grants program is offering grants of up to \$10,000 to help with caring for the aged in rural Australia.

Projects should help redress disadvantage caused by remoteness.

The Foundation for Rural and Regional Renewal (FRRR) manages the grants with support from two major philanthropic trusts: J.O & J.R. Wicking and Charles and Sylvia Viertel.

Eligibility criteria includes; Incorporated not-for-profit organisations; the majority of the beneficiaries of grants should be in financial hardship; the beneficiaries of grants should be aged people; and especially people suffering with Alzheimer's disease and Communities with a population of less than 10,000.

Projects that may be funded include; projects and activities that directly benefit the ageing population in their community and projects that help redress disadvantage caused by remoteness. Grants may range from \$100 up to \$10,000.

The program may identify priority areas for support. A project and financial report is required on completion of the project. A progress report may be requested at times.

Requests from individuals or families will not be considered. Applications can be made to FRRR by post only and should include documentation about incorporation, tax status, financial statements and ABN.

Closing date for applications is August 24.

For further information freecall 1800 170 020 or to obtain an application form visit [www.frrr.org.au/programs](http://www.frrr.org.au/programs)

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