

AROUND THE Paddock

DAIRY FARMER DINNER

WITH WARREN DAVIES

Background

The October-December 2022 floods impacted 44 per cent of the Gannawarra Shire with extensive flooding across rural areas and farming districts. Gannawarra is heavily reliant on the Murray and Goulburn River systems for irrigated agriculture, particularly dairying, which is the region's largest industry. As part of the recovery from the floods, a need was identified to offer dairy farmers the opportunity to come together to connect and support mental health and wellbeing. Warren Davies otherwise known as The Unbreakable Farmer was selected as an appropriate presenter, due to his background as a former dairy farmer from the Kyabram area. The Around the Paddock event, held at Jen's on George, Cohuna on 7 February 2024, was made possible through partnerships and funding support from Agriculture Victoria, Murray Dairy/Dairy Australia, Northern District Community Health, Foundation for Rural and Regional Renewal, Murray Primary Health Network, and Victorian and Commonwealth Governments under the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA) as part of the Gannawarra Community Flood Recovery Program. The event also served as a launch of Agriculture Victoria's After the Floods podcast series.

Event Aims

- To bring Gannawarra dairy farmers together to connect in a relaxed social setting.
- Provide an opportunity for attendees to reflect on their own well being and mental health.
- Facilitate connections among farmers, fostering a sense of community and enabling networking and mutual support.
- Support a local hospitality business and local musician.



What did the event deliver?

- 55 attended the event
- Warren Davies, The Unbreakable Farmer shared his story and messages to support mental health and wellbeing
- Agriculture Victoria promoted their podcast series "After the Flood"
- Rosi Bear, Agri Safe nurse encouraged attendees to engage her health services
- 25 attendees completed the post event survey
- Jen's On George catered for the 2 course buffet dinner
- 6 attendees won raffle prizes ranging from a voucher for an Akubra, 4 local businesses and an afternoon tea for a local community group
- Live entertainment was provided by Elise Drake.



This activity is supported by funding from Murray PHN through the Australian Government's PHN Program



AROUND THE Paddock

DAIRY FARMER DINNER

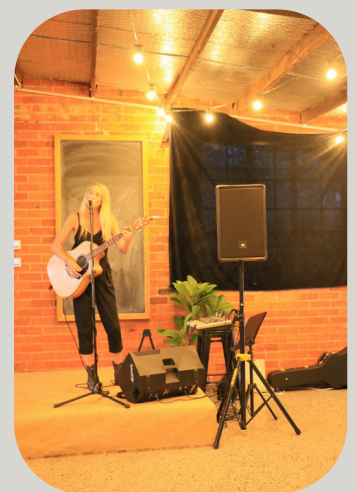
WITH WARREN DAVIES

What did the event achieve?

- 90% of surveyed attendees had an opportunity to connect positively with others.
- 100% of surveyed attendees reflected on their own wellbeing and mental health during the evening.
- 88% of surveyed participants would recommend evenings such as this one to my family, friends and colleagues in the future.
- 90% of surveys found Warren Davies an engaging and informative speaker.
- An economic benefit for a local hospitality business and local musician.

Feedback

- It was a great event - great food, speaker and company thank you.
- It was a fabulous night, so much so it would be great to see younger people attending because so much of what Warren discussed is invaluable for young people who are struggling right now.
- Massive congratulations to the organisers. It went like clockwork and was a magic night. Best wishes to you all.
- Great night to connect with similar dairy farmers.
- Great event- well run and very thought provoking and great to network with local authorities and fellow farmers.
- Thank you for a great night of yum food great company and an excellent speaker.
- Engaging and realistic. We have all been there to some degree. Thank you.
- Food was delicious, venue perfect, excellent attendance by local farming community and agencies and Warren was a very engaging and relatable speaker.



This activity is supported by funding from Murray PHN through the Australian Government's PHN Program

