

## Rural Women are Inspiring!

**GLENRAC Inc**



### 2021 Rural Women's Day event delivers again for connecting, learning and sharing.

#### The issue

The effects of prolonged drought are not confined to the brown, dusty pastures and emptying dams - they are also felt in increased farm expenses alongside dwindling farm profits, reduced spending at local businesses, psychological stress and social isolation.

Before the drought-ending rain arrived, this community also experienced first-hand the devastating impacts of the 2019-2020 Black Summer bushfire period in the surrounding villages and localities.

Rural women - both farming and non-farming - often carry a significant burden in challenging times because of their multi-faceted roles within families, communities and businesses.

#### The solution

GLENRAC has held Rural Women's Day Events since 2013, attracting women from across our district to gather, learn, share and connect.

Each year we seek guest speakers to inform and inspire those attending to connect with like-minded women, widen their social circles and support networks, access the available mental and physical health service providers and support or even create small businesses.

On a cool New England day in October 2021, 61 rural women gathered at the sheltered, outdoor setting within the Glen Innes Showground to enjoy delicious food, catch up with old (or make new) friends and hear interesting presentations by health and legal professionals, as well as from a passionate young businesswoman.

Representatives from local support groups included Healthwise, Salvation Army and the CWA. Local small businesses also held displays and, despite the restrictions of COVID-19 health and safety procedures and the limitations of the cool climate environment of Glen Innes, the day was a heart and soul-warming event.

#### The impact

What better way to describe the impact than to share just a few of the many positive feedback messages from the women attending?

"Excellent speakers with a good variety of topics for rural women. Amazing to bring rural people together, when geographically we can be isolated from one another"

"Absolutely fantastic, informative, fun & friendly. It covered a huge range of topics which were very useful. Catering was delicious and am looking forward to the next event."

"So great to hear from Women in our Rural Communities doing amazing things with their lives! Valuable to share the day with other Rural Women"



#### Key facts

- 61 rural women gathered in Glen Innes to learn, share and connect.
- Speakers included health and legal professionals and a passionate young businesswoman.

#### Project Partners



This initiative is made possible by the NSW Landcare Enabling Program, a collaboration between Local Land Services and Landcare NSW supported by the NSW Government.