



# Drought handbook

## Support in the Central Tablelands



Local Land  
Services

Phone 1300 795 299

[www.centraltablelands.ils.nsw.gov.au](http://www.centraltablelands.ils.nsw.gov.au)

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© State of New South Wales through Local Land Services 2018. The information contained in this publication is based on knowledge and understanding at the time of writing (May 2018). However, because of advances in knowledge, users are reminded of the need to ensure that the information upon which they rely is up to date and to check the currency of the information with the appropriate officer of Local Land Services or the user's independent adviser.



**Local Land  
Services**

# Drought support in the Central Tablelands

## **Pip Job**

### **State Drought Coordinator**

Pip Job will be the touch point between Government, Industry and Community, overseeing the extension of Government support measures into NSW.

Pip will work with the affected communities to provide critical public information, identify emerging risks and coordinate the Government's drought response.

Email: [drought.coordinator@dpi.nsw.gov.au](mailto:drought.coordinator@dpi.nsw.gov.au)



## **Ian Rogan**

### **Central Tablelands Local Land Services Chair**

"While we all know dry times come and go, nothing can fully prepare you for drought.

We have faced some challenging times on the Central Tablelands over the past year or so we experienced a hard winter in 2017 and high temperatures and low rainfall over summer and autumn - the positive being that we have enjoyed excellent markets in many industries, particularly beef, lamb and wool, which are key commodities across our region. This has offset Mother Nature's challenges to an extent, but as conditions have continued to deteriorate the reality of drought is setting in.

Central Tablelands Local Land Services staff have been assisting landholders in managing livestock and pastures as the season has worsened. They will continue to work alongside farmers to cope through these tough conditions and as a fellow landholder and small business operator in your region, I urge you to not go through this alone. Whether you've got a simple question about feed rations, a query about sowing or maintaining pastures, or a complex animal health issue, they can help - and if they can't, they will point you in the right direction.

This handbook includes some advice and personal thoughts from Local Land Services staff, useful links to online resources, and other support available to landholders across the Central Tablelands. Keep it at home or in the ute, and please reach out if you need advice or assistance."



A handwritten signature in black ink that reads "Ian Rogan".

# Supplementary feeding - doing the maths

"I've been in the industry for over two decades, and there isn't a tougher job than advising producers during drought. It can be an emotional time, and hand feeding stock adds a lot of hours to the day.

Many experienced farmers have feed budgeting in place heading in to dry times. Quantity of feed is obviously paramount at all times (particularly for pregnant or lactating livestock) but quality becomes even more important during drought. One thing I suggest producers to prioritise is to get a feed test. Don't assume the quality of the fodder – it's much easier to make an informed decision if you have the numbers in front of you.

How you feed during drought is also a crucial choice. Do you have the space and the infrastructure to feed in a confined lot? If you do, I suggest seeking advice on what you need based on the amount of stock, such as troughs and feeders. My main tip is to not skimp – you are better to have too many feeders and watering space than not enough. If you're unsure, we can advise you on what the requirements would be for the number of stock you're feeding.

And lastly, as with any new feedstuff, introduce it slowly. Don't introduce new grain or pellets to sheep or cattle when they're hungry, fill them up first with something else and as a rule of thumb, wean them on to it for 10 to 12 days.

Livestock management isn't always easy even at the best of times. In times of drought, when the pressure is on, don't hesitate to seek independent advice or contact your Local Land Services livestock expert. Even if it is just to bounce ideas off each other, having the conversation with someone off farm can make a big difference in caring for livestock."

**Brett Littler - Senior Land Services Officer (Livestock)**  
0427 007 398 | [brett.littler@lls.nsw.gov.au](mailto:brett.littler@lls.nsw.gov.au)

Refer to the Sheep feed options: Minimum weight (kg) per day:

- Lactating ewes need at least 20% hay to maintain milk production
- Rapidly growing sheep and lambs, ewes in late pregnancy and lactation have higher requirements for energy and protein. A protein supplement will be required in some situations for growth and maintenance
- It would be best if lambs are fed for production.
- Before introducing grain introduce hay first to minimise acidosis

*See right: Sheep feed options - minimum weight (kg) per day 'as fed'*



Refer to the Cattle feed options: Minimum weight (kg) per day:

- Lactating cows need at least 20% hay to maintain milk production
- Young cattle need a minimum level of 9% protein for growth
- It would be best if young cattle are fed for production.
- Before introducing grain introduce hay first to minimise acidosis

*See right: Cattle feed options - minimum weight (kg) per day 'as fed'*



## Sheep

Stock Type	Grain only (12ME)	Hay only (8.5ME)	50:50 Grain : Hay	80:20 Grain : Hay	Silage (35% dry matter 9ME)	Expected weight gain/day
Weaner (20kg)	0.62	1.08	0.80	0.68	2.54	0.1kg
Weaner (30kg)	0.76	1.32	0.98	0.84	3.09	0.1kg
Adult dry stock (50kg)	0.65	0.99	0.79	0.7	2.37	Nil
Ewes, last 6 weeks of pregnancy (50kg)	1.1	1.68	1.33	1.18	4.02	Nil
Ewe and lamb to one month (50kg)	Not suitable	2.46	1.96	1.74	5.91	Nil
Ewe and lamb to 2-3 months (50kg)	Not suitable	1.77	1.41	1.25	4.26	Nil

## Cattle

Stock Type	Grain only (12ME)	Hay only (8.5ME)	50:50 Grain : Hay	80:20 Grain : Hay	Silage (35% dry matter 9ME)	Expected weight gain/day
Weaner (250kg)	3.5	5.5	4.5	4	14	0.25kg
Yearling (330kg)	4.4	7	5.5	4.8	16.8	0.25kg
Adult dry stock (500kg)	5	7.8	6.2	5.5	18.6	Nil
Breeder, late pregnancy (500kg)	6.1	9.3	7.4	6.6	22.4	Nil
Breeders, lactating (500kg)	Not suitable	12.5	9.9	8.8	29.8	Nil

# Supplementary feeding - tips and links

## Quick guide: Working out the feed quality of hay

- Break open a bale or dig into the bale, get a good sample and scratch 'n' sniff. Hay of a sweet and pleasant smell will tend to have higher quality than hay with little or no smell. Hay with a dirt type smell is general of very poor quality
- Good quality hay should be green rather than yellow or brown. Keep in mind that some hays, particularly some varieties of clover, can cure to quite a dark colour
- Hay should have a high leaf content for higher quality. Leaf is more digestible than stem and stalk ("stemmy" hay is likely to be low in digestibility). Hays with large amounts of seed heads shows that it has been cut quite late and will be of lower quality
- A sample of the hay when taken in both hands should be easy to break apart (this is a sign of good quality hay), it should not hurt your hands when you squeeze it, if it does it has been cut too late and will be of low nutrient content. Check your hay sample for awns. This can sometimes be an issue when feeding to stock and makes these hays unsuitable for processing and inclusion in feed mixes
- There should be no visible mould (white or dark, matted patches in the hay) or other foreign material like dirt or sand. When opening hay look for dust as this can be an issue when feeding and is not desirable for confined feeding situations
- Be aware of weed seed. Find out where your hay has come from if bringing it in. Most times it is extremely hard to find some weed seeds in hay. Try to feed your hay in only a few locations and locations where you have easy access and visit frequently so that you are able to control any new and unusual plants
- After all this appearance is a poor indicator of nutritive value. Even grass hays that appear very similar can vary in protein content by two to three times. You can do a feed test on the hay to ensure you are meeting your livestock's nutritive needs. The quality of your hay will have a significant impact on the grains and supplements you choose to feed

**Brett Littler - Senior Land Services Officer (Livestock)**  
0427 007 398 | [brett.littler@lls.nsw.gov.au](mailto:brett.littler@lls.nsw.gov.au)

The amount and type of feeding required will depend on the quality of the feed (energy and protein levels), the size, type, condition, stage of pregnancy or lactation of livestock, what facilities or equipment are available, past feeding history of livestock and the degree that livestock have been affected by drought.



## Useful links

The DPI Feed Cost Calculator calculates and prepares protein, energy and other components for different mixes of livestock feeds.

[www.dpi.nsw.gov.au/animals-and-livestock/nutrition/costs-and-nutritive-value/feed-cost-calculator](http://www.dpi.nsw.gov.au/animals-and-livestock/nutrition/costs-and-nutritive-value/feed-cost-calculator)

The DPI Drought Feed Calculator is a mobile app to help farmers make decisions and save money by determining the minimum feed requirement for different livestock, and compare the value of different feeds or a mixed ration. The app covers 71 different feeds and calculates:

The amount of feed needed per head, the cost per head, the cost for a period, the amount of feed needed for a mob/herd, and the total cost for a mob/herd.

[www.dpi.nsw.gov.au/content/agriculture/emergency/drought/drought-feed-calculator-app](http://www.dpi.nsw.gov.au/content/agriculture/emergency/drought/drought-feed-calculator-app)

**Tip: When feeding grain it is important to feed limestone at 1 ½ per cent and salt at ½ per cent.**

Feed nutrition

[www.dpi.nsw.gov.au/animals-and-livestock/beef-cattle/feed](http://www.dpi.nsw.gov.au/animals-and-livestock/beef-cattle/feed)

Full hand feeding of beef cattle – quantities

[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0019/96202/full-hand-feeding-of-beef-cattle-quantities.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0019/96202/full-hand-feeding-of-beef-cattle-quantities.pdf)

Supplementary feeding of cattle

[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0011/96167/supplementary-feeding-of-cattle.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0011/96167/supplementary-feeding-of-cattle.pdf)

Sheep, feeding and nutrition

[www.dpi.nsw.gov.au/animals-and-livestock/sheep/feed-nutrition](http://www.dpi.nsw.gov.au/animals-and-livestock/sheep/feed-nutrition)

Full hand feeding of sheep - quantities

[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0016/104641/full-hand-feeding-of-sheep-quantities.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0016/104641/full-hand-feeding-of-sheep-quantities.pdf)

Supplementation guide for sheep – Central and Southern NSW

[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0007/110113/supplementation-guide-for-sheep.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0007/110113/supplementation-guide-for-sheep.pdf)

For NSW feed testing services

[www.dpi.nsw.gov.au/about-us/services/laboratory-services/feed-quality-service](http://www.dpi.nsw.gov.au/about-us/services/laboratory-services/feed-quality-service)



# Animal health - key considerations

"As veterinarians, we are on the frontline during drought. The onus is on the producer to ensure their stock are managed appropriately during dry times, but we know this can mean big decisions when times are tough.

Livestock should be sold or agisted before they are suffering from poor nutrition. Some red flags are the livestock standing with their heads lowered to the ground, their backbone is prominent, or their ribs are pointy to touch. It's important to keep a close eye on this so they can be transported before they are too weak. Pregnancy testing is a vital consideration. Feeding and managing unproductive livestock through drought can apply extra pressure. It's well worth knowing what animals are most productive, so if you have to offload, you can make an informed decision.

As you can imagine, it's difficult to put veterinary advice in a nutshell. We are here to help producers across the Central Tablelands in good times and in bad, and unfortunately during drought we often see a rise in cases of poor animal welfare. Everyone's situation is different, so the best advice I can give is to contact your Local Land Services district veterinarian, or your private veterinarian. Remember, you aren't alone in drought, and we've likely seen a similar issue on another farm and can advise accordingly."

**Amy Masters - District Veterinarian**  
0428 710 002 | [amy.masters@lls.nsw.gov.au](mailto:amy.masters@lls.nsw.gov.au)



**"The onus is on the producer to ensure their stock are managed appropriately during dry times, but we know this can mean big decisions when times are tough."**

- Amy Masters, District Veterinarian

**Contact a Local Land Services veterinarian:**

**Amy Masters**

Orange  
0428 710 002  
amy.masters@lls.nsw.gov.au

**Lucienne Downs**

Orange  
0417 043 966  
lucienne.downs@lls.nsw.gov.au

**Kate Peffer**

Molong  
0409 496 908  
kate.peffer@lls.nsw.gov.au

**Will Andrew**

Mudgee  
0417 803 685  
will.andrew@lls.nsw.gov.au

**Drought feeding - things to think about**

- Develop a farm plan that enables early decision making in the event of drought – e.g. pregnancy testing/scanning, what stock will be sold off as the season progresses assuming no rain, what feed options you have, what infrastructure you have to enable feeding
- Offload unproductive stock (e.g. cows that have pregnancy tested not in calf, ewes that have scanned empty)
- Preserve core breeding flock/herd i.e. retain genetics for long term benefit after the drought has broken
- Acidosis is the biggest killer of sheep being confined and fed concentrates. It is important to introduce grain gradually over a few weeks. Be careful transitioning from one grain to another (e.g. barley to wheat where you are increasing the starch content). Also take care when transitioning from one batch of feed to another (even if they are the same product) as variations do occur. Shandying the old and new feeds can help reduce acidosis risk as can the addition of rumen buffers to the ration
- Remember that grain is generally low in calcium and high in phosphorus so we need to provide supplementary calcium in the ration (usually in the form of stock lime). This is particularly important for late pregnant/lactating ewes and young growing stock to avoid hypocalcaemia
- Vitamins A and E can become deficient in stock where there has been no access to green feed for over 6 months
- Ensure stock are protected from pulpy kidney/enterotoxaemia before concentrate feeding commences. This can be achieved by administering a 5in1/6in1 vaccine to sheep and a 5in1/7in1 vaccine to cattle.
- Remember that confining stock to a feedlot situation could increase the prevalence of infectious/contagious diseases due to a higher stocking density and more frequent contact at feeding/watering points (e.g. pink eye, pneumonia, parasites)

# Animal health - transport and water

## Transporting stock in drought

If animals are being transported either to sale or agistment, their health must be assessed before they undertake a journey.

The *Is it fit to load?* guide published by Meat & Livestock Australia outlined six key criteria to help you decide if an animal is fit to be loaded for transport by road or rail to any destination within Australia. An animal is not fit for the journey if it:

- is not strong enough to undertake the journey
- cannot walk normally, bearing weight on all legs
- is severely emaciated or visibly dehydrated

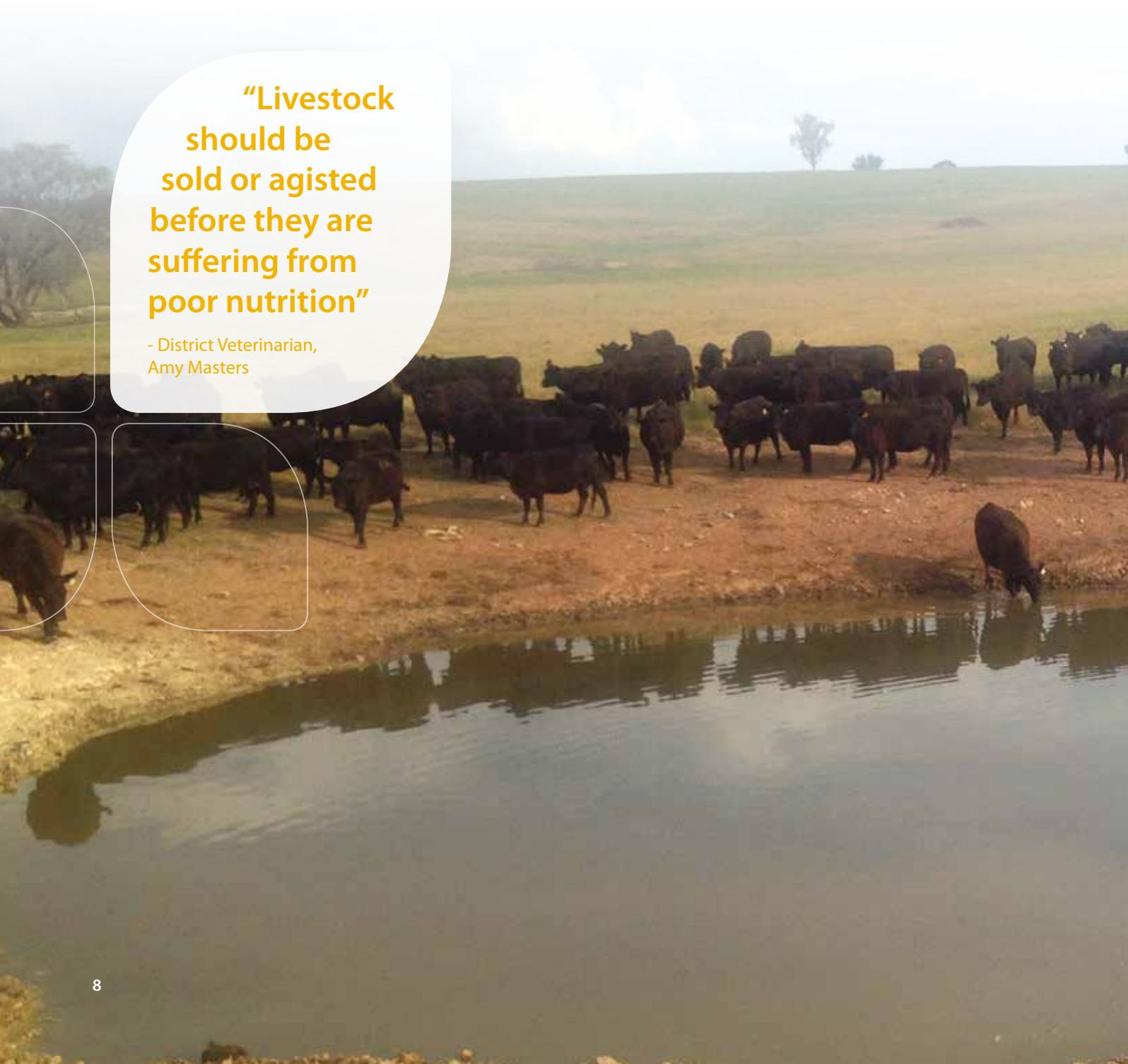
- is suffering from severe visible distress or injury
- is in a condition that could cause it increased pain or distress during transport
- is blind in both eyes
- is in late pregnancy\*

You can view the guide at [www.mla.com.au](http://www.mla.com.au)

Additional material about land transport can be found at the Livestock Transport Standards website.

**“Livestock should be sold or agisted before they are suffering from poor nutrition”**

- District Veterinarian,  
Amy Masters



## Useful links

Water requirements for cattle and sheep

[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0009/96273/Water-requirements-for-sheep-and-cattle.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0009/96273/Water-requirements-for-sheep-and-cattle.pdf)

Stock water – a limited resource

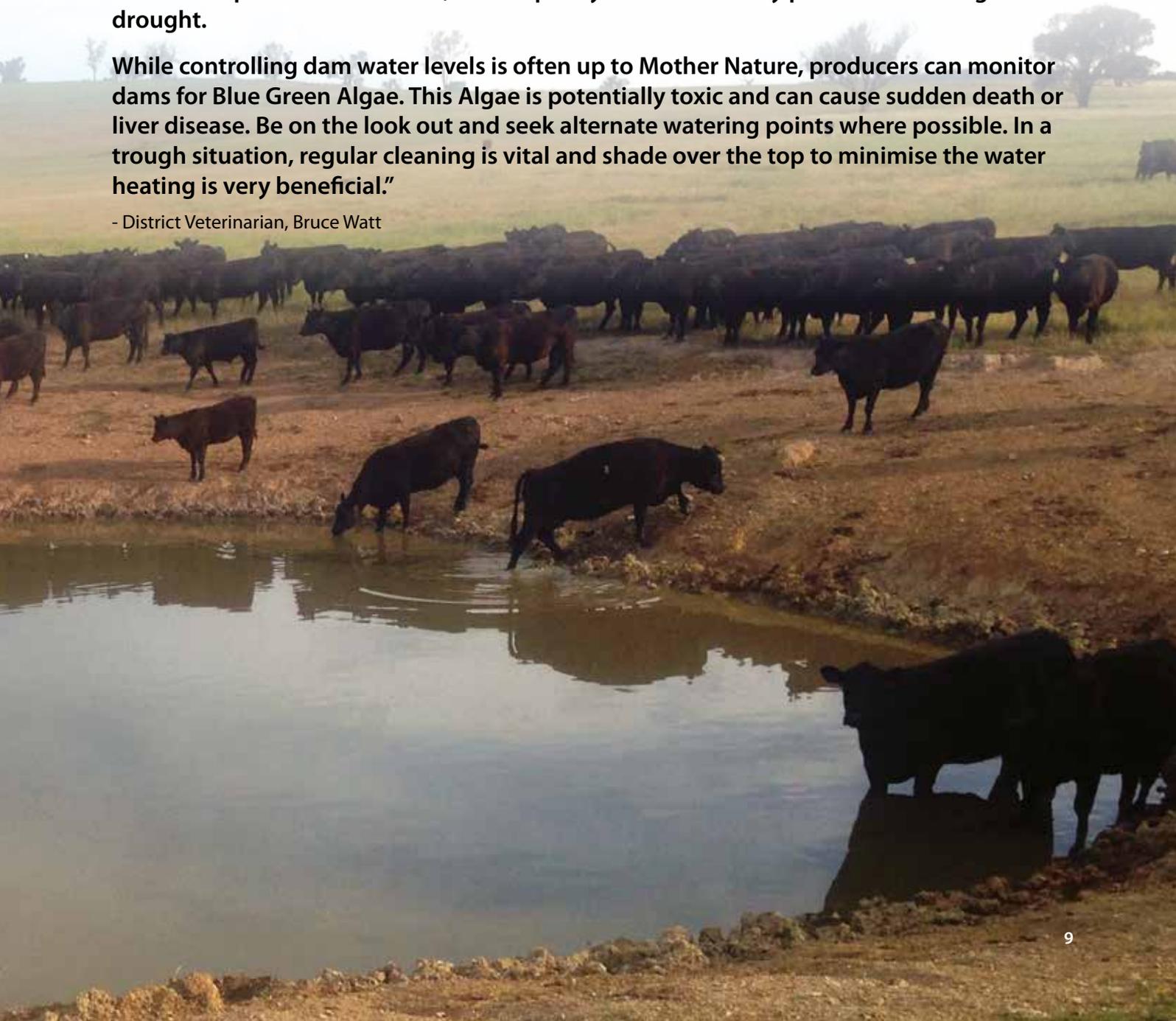
[www.dpi.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0006/91617/Stock-water-a-limited-resource.pdf](http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0006/91617/Stock-water-a-limited-resource.pdf)

Stock Type	Consumption per head per day (L)
Weaner Sheep	Up to 4
Adult Dry Sheep	Up to 6
Ewes with lambs	Up to 10
Lactating cows	Up to 100
Weaner cattle	Up to 50
Yearling cattle	Up to 80
Horses	Up to 50

**“Young animals in particular can be really put off by poor water quality, and in turn reduce both their water and feed consumption. Although water might not put on weight, it can very quickly stop livestock from gaining weight. This can lead to ongoing health and performance issues, so the quality of water is really paramount during drought.**

**While controlling dam water levels is often up to Mother Nature, producers can monitor dams for Blue Green Algae. This Algae is potentially toxic and can cause sudden death or liver disease. Be on the look out and seek alternate watering points where possible. In a trough situation, regular cleaning is vital and shade over the top to minimise the water heating is very beneficial.”**

- District Veterinarian, Bruce Watt



# Pastures and groundcover

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“Looking after your pastures, soils and ground cover can be difficult in dry times. Ideally, we protect our pastures so they can respond when moisture increases. Some of our introduced sown perennial pastures will often have cost a large amount of time, resources, preparation and expense to sow. Likewise, replacing useful native perennials pastures can be expensive and impractical. Strategies which protect our pastures during this time can help. These include allowing plants to rest from grazing, making decisions on groundcover management and acceptable benchmarks, and using other management techniques such as sacrifice paddocks.

Plants have various mechanisms for survival during dry periods. Survival is also determined by maintaining the most appropriate pasture species that are well-managed and are adapted to the local soil, climate and livestock system.

The ability to grow and produce valuable feed depends somewhat on pasture species and the residual herbage mass. For example, rainfall and increasing soil moisture in late winter - spring will encourage the temperate grasses. The risk is that the useful pasture species have been eaten out, died/thinned out or are slow to respond. So, the potential for weed invasion increases.”

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**Clare Edwards – Senior Land Services Officer  
(Pastures)**  
0428 435 615 | [clare.edwards@lls.nsw.gov.au](mailto:clare.edwards@lls.nsw.gov.au)



**Contact a Local Land Services Senior Land Services Officer (Pastures):**

**Clare Edwards**

Mudgee  
0428 435 615  
clare.edwards@lls.nsw.gov.au

**Phil Cranney**

Orange  
0458 745 478  
phil.cranney@lls.nsw.gov.au

**“Poisonous plants that have existed in a paddock for years without any obvious issues may become a problem during drought. Usually these plants are unattractive to animals but the shortage of feed and hunger forces them to search for additional feed and a green pick. Plants such as rock fern, cathead or heliotrope cause issues such as photosensitization, polioencephalomalacia or pyrrolizidine toxicity. If suspected plant poisoning occurs change paddocks immediately and look for evidence of these plants being grazed. If you need help identifying plants, contact a pasture expert or your independent advisor.”**

**- Phil Cranney, Senior Land Services Officer (Pastures)**

# Available assistance

Drought has a major impact on farms, farming families and communities. It is important for landholders to connect with services and support agencies that can help them manage their property, livestock and most importantly their own health and wellbeing and financials during tough times. Good management and planning can help reduce the impact of drought.

Drought support has changed in NSW. Landholders are encouraged to visit Droughthub - this website is a one-stop online destination on all services and support available to prepare for and manage drought conditions.

Visit - [www.dpi.nsw.gov.au/climate-and-emergencies/droughthub](http://www.dpi.nsw.gov.au/climate-and-emergencies/droughthub)

## NSW Drought Transport Fund

The NSW Drought Transport Fund was announced in April 2018. Low interest loans of up to \$20,000 to cover 100 percent of costs (GST exclusive) to transport stock, fodder, or water to/from drought affected properties are available. The first two years of a seven year loan are interest and repayment free.

The NSW Drought Transport Fund will complement existing transport subsidies for the cost of transporting donated fodder within NSW and transporting stock off a property for animal welfare purposes.

## Drought Concessional Loan

Loans for up to 50 per cent of a farm business's final debt position to a maximum of \$1 million are available.

Drought Assistance Concessional Loans can be used for:

- Debt restructuring: Applicants can use concessional loans to restructure existing eligible debt. This includes being able to restructure existing Commonwealth concessional loans.
- Operating expenses: Applicants can use funds for operating expenses that are necessary to continue the normal operations of the farm business.
- Drought recovery activities: Applicants can use loan funds to contribute to the cost of drought recovery activities and associated expenses including planting and/or restocking.
- Drought preparedness activities: Applicants can use loan funds to assist with the cost of activities to prepare for future droughts
- Any combination of the above

## Rural Assistance Authority

Phone: 1800 678 593

The NSW Rural Assistance Authority provides assistance to rural producers and small business in regional NSW through programs that encourage self-reliance and adaptation to change.



## Transport Subsidy for Animal Welfare

A subsidy on the transport of stock to sale or slaughter (not available for stock moving to agistment) is permanently available to primary producers where:

- animals are at significant risk in terms of animal welfare;
- there is little or no feed and/or water available. This includes both pasture and stored fodder;
- animals leave the farming enterprise permanently; and
- the enterprise demonstrates a significant financial need.

*The guidelines and application can be found at [www.raa.nsw.gov.au/assistance/rebate-on-road-transport](http://www.raa.nsw.gov.au/assistance/rebate-on-road-transport)*

## The following measures are also available to assist rural producers:

- Farm Innovation Fund loans to primary producers for drought and disaster preparedness works and other productivity improvements.
- Farm Business Skills Professional Development Program for primary producers in NSW.
- Farm Debt Mediation including Farm-initiated mediation
- Consideration for deferral of NSW RAA loan repayments

## Commonwealth Farm Household Allowance

The Farm Household Allowance is a payment for farming families in financial hardship that lasts for three years. It can help with your household bills and financial circumstances.

Eligibility basics:

- a farmer who spends a major part of their time and capital working on the farm, or the partner of a farmer who does
- is not over the income and assets test limits
- meets mutual obligation requirements

*Visit - [www.humanservices.gov.au/individuals/services/centrelink/farm-household-allowance](http://www.humanservices.gov.au/individuals/services/centrelink/farm-household-allowance)*

**Farmers Hotline: 13 23 16**



# Business support

## Rural Resilience Program

The DPI Rural Resilience team works proactively in partnership with farming communities and service providers across NSW to strengthen networks, exchange information and deliver relevant initiatives that build personal and business resilience skills and knowledge, enabling people to move forward in a positive direction.

“My role as a Rural Support Worker is to listen, learn and link farmers with others in farming communities and connect them to the range of support services available. Being off the land, I understand the stresses and pressures facing farming families. It’s dry and it doesn’t take long for businesses to feel that pinch. I know personally that my family (near Nyngan) have had to open grain pits at home to start feeding our ewes which are lambing. They have also had to reconsider their winter crop planning. These are not easy decisions to make, and that’s where I come in. I can provide some strategies, tools, contacts and ideas to farmers in the Central Tablelands to help alleviate those stresses and improve their resilience in the future.

I deliver workshops and events across the region that build business skills, leadership and personal wellbeing, but I can also connect with you one on one. A big part of what I do is supporting farmers and their families through adverse events and in the recovery phase, and drought is one of these times.”

**James Cleaver - Rural Support Worker, Department of Primary Industries**

**0408 687 165 | [james.cleaver@dpi.nsw.gov.au](mailto:james.cleaver@dpi.nsw.gov.au)**

# Financial help

## Rural Financial Counselling Service NSW Central Region

The Rural Financial Counselling Service can provide you with professional assistance to better manage your bank and finance relationships and navigate natural disaster risks such as drought, flood and fire.

Rural Financial Counselling Service NSW Central Region (RFCSCR) is well resourced with professionally trained financial counsellors who work in a proactive way with eligible clients to ensure they have a business plan and risk profile in place to manage challenges presented in day to day and longer-term farming or unexpected significant events. This service is free and confidential, and accessible in the Central Tablelands. Eligible client groups include farmers, fishing enterprises, forestry growers and harvesters, and small, related businesses.

### Contact a Rural Financial Counsellor in the Central Tablelands:

To speak to your local Rural Financial Counsellor call 1800 940 404

#### Liz Brown

Servicing Mudgee and surrounds  
liz.brown@rfcscr.com.au

#### Andrew Turnbull

Servicing Orange, Molong, Bathurst, Lithgow and surrounds  
andrew.turnbull@rfcscr.com.au

#### Peni Usumaki

Servicing Cowra and surrounds  
peni.usumaki@rfcscr.com.au



“Most farmers prepare for tough seasons to an extent, but the financial strain can sometimes become overwhelming. The services we provide are free, and we are able to help you identify your financial options and develop an action plan for your business. We can assist in negotiating with your lenders, refer you to accountants and advisers, and help you access assistance during drought.”

- Liz Brown, Rural Financial Counsellor



Andrew Turnbull



Peni Usumaki

# Your health

## Rural Adversity Mental Health Program

RAMHP has 14 Coordinators based across NSW who are able to provide specialist knowledge and support for people experiencing mental health concerns living in the rural communities they cover. The RAMHP Project Team is based at the Centre for Rural and Remote Mental Health (CRRMH) located in Orange NSW.

“Like physical health, we also need to take care of our mental health so that we can make timely and appropriate decisions. In times of drought, many farmers are under a lot of pressure. They often put the health of their families and their animals first, and it’s easy to forget to look after yourself too.

Each year, one in five of us will experience a mental health problem. They are very common but they’re also very treatable. There is a lot of support across the Central Tablelands region, and I can point you in the right direction. I know it is not always easy to have the conversation, but I have had it with many farmers before and it is the first step to feeling better, and feeling more in control.

A few things you can put in place today include eating well, sleeping well and exercising regularly. Even if it is just a short walk in the fresh air each morning, this

will really help clear your mind for the day. Managing stress can be very difficult especially during drought, so implementing some of these tips daily – and avoiding excess alcohol intake and other drugs – are some quick things that can help to an extent.

At the end of the day though, if you’re feeling down more than you’re feeling well, help is not far away. I am based in the small town of Canowindra and know the Central Tablelands region well. There are many people who can help, so please get in touch.”

**Dianne Gill – Rural Adversity Mental Health Consultant, Canowindra**

**0427 460 430 | [dianne.gill@health.nsw.gov.au](mailto:dianne.gill@health.nsw.gov.au) | [www.wnslhd.nsw.gov.au](http://www.wnslhd.nsw.gov.au)**

To download resources by the Rural Adversity Mental Health Program or to find your closest co-ordinator visit [www.ramhp.com.au](http://www.ramhp.com.au)

**“I know it is not always easy to have the conversation, but I have had it with many farmers before and it is the first step to feeling better, and feeling more in control.”**

- Dianne Gill, RAMHP

**Mental Health Support Services:** Being in drought can be a highly stressful and emotional situation. It can be hard to prioritise your own wellbeing, as you manage competing demands on the farm and at home. Talking to someone could help ease some of your concerns. Please consider talking to your GP, or utilise one of these free services, who will be able to provide you with strategies to help you cope.

If you’re concerned about your own or someone else’s mental health, you can call:

**NSW Mental Health Line | 1800 011 511 for advice**

**Rural Adversity Mental Health Program (RAMHP) | (02) 6363 8444 (Orange NSW) or [www.ramhp.com.au](http://www.ramhp.com.au)**

**Lifeline | 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)**

**Beyond Blue | 1300 224 636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)**

**National Centre for Farmer Health | [www.farmerhealth.org.au](http://www.farmerhealth.org.au)**

# Central Tablelands Local Land Services

We have a number of specialist staff based across the region who are able to provide advice or assistance on the management of livestock, pastures or fodder.

## Ag Advisory Staff:

### Senior Land Services Officer (Livestock)

Brett Littler  
0427 007 398  
brett.littler@lls.nsw.gov.au

### Senior Land Services Officer (Pastures)

Clare Edwards  
0428 435 615  
clare.edwards@lls.nsw.gov.au

### Senior Land Services Officer (Pastures)

Phil Cranney  
0458 745 478  
phil.cranney@lls.nsw.gov.au

### Senior Land Services Officer (Horticulture)

Karen O'Malley  
0428 103 665  
karen.omalley@lls.nsw.gov.au

## District Vets:

### Bruce Watt

0428 935 559  
bruce.watt@lls.nsw.gov.au

### Amy Masters

0428 710 002  
amy.masters@lls.nsw.gov.au

### Lucienne Downs

0417 043 966  
lucienne.downs@lls.nsw.gov.au

### Kate Peffer

0409 496 908  
kate.peffer@lls.nsw.gov.au

### Will Andrew

0417 803 685  
will.andrew@lls.nsw.gov.au

## Contact us:

### Bathurst

66 Corporation Avenue, (PO Box 20) Bathurst NSW 2795  
Ph: 02 6333 2300

### Cowra

30 Lynch Street (PO Box 510) Cowra NSW 2794  
Ph: 02 6341 9300

### Lithgow

3 Ordnance Avenue (PO Box 3109 Bowenfels NSW 2790)  
Lithgow NSW 2790  
Ph: 02 6350 3110

### Molong

36 Bank Street, (PO Box 15) Molong NSW 2866  
Ph: 02 6366 8505

### Mudgee

112 Market Street (PO Box 31) Mudgee NSW 2850  
Ph: 02 6378 1700

### Orange

Orange Agricultural Institute  
PO Box 6006  
1447 Forest Road Orange NSW 2800



**Call 1300 795 299 to contact Central Tablelands Local Land Services**

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