

Connecting with South Gippsland Farmers over a Parma

This week, South Gippsland Shire Council with the support from Agriculture Victoria, Dairy Australia, Gipps Dairy and the Unbreakable Farmer, hosted an evening for our local farmers, many of whom were affected by recent storm events. 'Parmer for a South Gippsland Farmer', was an opportunity for our Shire's farming community to come together to make connections, share knowledge and discuss farming issues, whilst enjoying a pub classic meal, a chicken parmigiana.

The event saw over 75 guests in attendance which included agricultural support agencies, Councillors, Council staff and over 50 South Gippsland farmers.

In attendance was Warren Davies from the Unbreakable Farmer, Australia's leading rural agricultural speaker. He shared his own personal story of hardship and resilience, emphasising the importance of community support and of speaking up during difficult times. His inspiring talk provided an honest insight into his struggles with mental health and his farming challenges and provided an opportunity for others to share their own experiences.

Following his formal talk, Warren then mingled with attendees, fostering connections and offering encouragement and support.

The event also received attention on social media, as Warren shared with his followers, his visit to Mirboo North. He highlighted how the aftermath of recent storm events continues to impact our local communities and spoke about the importance of community strength. The "Parma for a South Gippsland Farmer" was an opportunity for our farmers to discuss their recent experiences and the journey they are on to regain a sense of livelihood and normality.

If you or someone you know would benefit from mental health support, please reach out to one of the many support services available, including Lifeline on 131 113 or TIACS on 0488 846 988.

Quote attributable to Clare Williams, Mayor of South Gippsland Shire Council

"In addition to a delicious meal and a chance for our farmers to connect, 'Parma for a South Gippsland Farmer' was an impactful evening designed to support mental well-being with the agricultural community,

creating a safe space where individuals could share their stories and strengthen their resilience.

I would like to thank Warren Davies for taking the time to visit our Region. His speech really highlighted how important it is to prioritise mental health and to reach out for emotional support during trying times.”

PR2911 24/07/2024

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