

# Counsellors helping the rural community

By Ray Frawley

COMMUNICATION breakdowns between family members is one of the problem areas that has come to the attention of two rural community counsellors who are working in the Hepburn Shire.

"Communication is one of the big issues," said rural counsellor Kevin Luttrell.

Another major issue is stress management.

Mr Luttrell and his colleague Rebecca Wood are professionally-trained family-generalist counsellors who work not only in Hepburn Shire but also the municipalities of Ballarat, Moorabool and Golden Plains.

The program is offered by the Victorian Government agency Child and Family Services to help people with their emotional difficulties as a result of the drought.

The program aims to help people function more effectively.

The free and confidential service began in January and funding has been extended to enable it to continue until June next year.

The counsellors are willing to meet people in their homes, in the office or at some other mutually convenient location.

They are also willing to address community groups including churches, service clubs,

schools and farming organisations.

The service can help people work positively with:

- Feelings of isolation;
- Feelings of being overwhelmed;
- Loss and grief;
- Depression, anxiety and stress;
- Self-esteem;
- Family relationship issues; and
- Support for adolescents.

Mr Luttrell and Ms Wood can put people in touch with financial counsellors if that is deemed appropriate.

● Call 5337 3333 for more information or to make a booking.



**HELP AT HAND:** Rural counsellors Kevin Luttrell and Rebecca Wood visit the Ballarat saleyards. Picture: Ray Frawley 120907dRF5a

## Property site gets revamp



THE Advocate is relaunching its revamped property section this month under well-known property brand Domain.

The move comes after a merger between media companies Rural Press and Fairfax.

It will see all properties currently listed on propertyguide.com.au moved to domain.com.au

The Advocate manager Aaron Van Kessel said the Domain brand was well respected in the market place, and would increase exposure for both vendors and buyers.

"The Domain brand in regional markets will further compliment the strong regional print audience," he said.

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"It will also provide unique opportunities for agents and their clients to combine their print and online advertising."

Real estate agents who advertise in The Advocate will now receive a bundled print and online offer including a subscription to domain.com.au, allowing them to list sales and rental listings on the site.

## Christine praises team efforts for award win

FAR from the world of corporate banking and London, Daylesford's Christine Lewis has made a new life for herself.

Ms Lewis started 65 Main, a bed and breakfast accommodation provider, about five years ago and doesn't regret a single decision.

"I left London after being in the world of corporate banking for 10 years and decided I wanted to live in a big house and breath the freshest air possible," she said.

"This was my vision, to have a business without a lot of staff.

"Because I had travelled extensively I had a good idea about what I wanted."

65 Main was recently named the most improved bed and breakfast accommodation provider in Victoria at the Hotel Motel Accommodation Association Awards.

Ms Lewis said the award was not just recognition of her own work, but the work of others who helped her in improving the business.

"The improvements have been a joint effort with other people," she said.



**CELEBRATION:** 65 Main bed and breakfast owner Christine Lewis, left, and Helen Polendakis from Kozmic cleaning services and property management celebrate the award win. 120907dNW5b

"We did a makeover with art work, we have a great cleaning team, we have also put in decking and ensuites into all the rooms.

"It's just been a dream to live in this township where there is a lot of people passionate about what they do. Whether its baking or

massaging or pursuing their arty pursuits, it's a very special town."

The awards were presented at Melbourne's Telstra Dome in front of about 300 people.

## Workshop delves into the Abstract

EVER wondered what makes an interesting, compelling or evocative abstract photo?

Into the Abstract will be held on Sunday and will examine abstract photography principles, and explore aspects of subject, colour, composition, repetition, format, tension, exposure and originality.

The workshop will be held at Daylesford Learning Centre in Camp St between 11am and 4pm, for \$40.

For bookings, call 5348 3569.

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## A touch of masterclass

LOCAL highly skilled artists will be able to come together later this month in an art masterclass.

Daylesford artist Basil Eliades will lead the masterclass after receiving a grant through the Federal Government's regional arts fund last week.

The free masterclass will be available for proficient to professional painters, for visual arts, paintings and sculptures.

He said it was another way of allowing those people to network and an opportunity to get into a more professional skill base.

The one-week masterclass will be held from September 24 to 28 at the East St Studios. Details: 0418 406 278.

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