

South Burnett 'Women in Dairy' discussion group



The South Burnett 'Women in Dairy' discussion group held their first meeting in late October 2018. The group formed in response to the current seasonal conditions and the added pressures facing dairy farming families across the region. The group was able to take advantage of the offer of discussion group funding through Subtropical Dairy.

In previous high stress events, local discussion groups have proven highly valuable to regional farmers in maintaining support, connections and 'sharing the load'. 'Women in Dairy' groups provide a safe, relaxed environment for women in the industry to 'vent' and discuss the impacts of the current seasonal conditions and industry challenges.

The South Burnett 'Women in Dairy' group have decided on meeting every six weeks in a central location and have already held their second meeting. The group drew on the expertise in their membership and asked a local dairy farmer, Jan Lucas, to guide them through a Tai Chi and meditation session, with the second meeting focused on stress management and relaxation options. Interestingly,

when facilitated through a brief session on what 'stresses' them and what they do to 'destress', getting out, chatting and interacting with other women was top of their list.

Future activities suggested for the group are an update on freeze-branding techniques and first aid training. ■■

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Subtropical Dairy and Dairy Australia still have funding available for regional discussion group activities. Please contact your local Extension Co-ordinator or Belinda Haddow 0423 00 3638 for more information on how easy it is to get started.