

Bright & Beautiful at GLENRAC's Rural Women's Day 2021

GLENRAC Inc



The issue

The physical, emotional and financial stressors of life on the land can be a challenge for rural women at the best of times, and during 2019-2020, these were significantly exacerbated by extreme drought and bushfire across the Glen Innes region. Opportunities for women to come together to connect, share and learn were extremely limited during this time and social connections were strained.

The solution

On the 15th October 2021, GLENRAC hosted a Rural Women's Day gathering at Glen Dawn Woolshed which was attended by 60 women from across the region. Held in conjunction with International Rural Women's Day, the theme of the day celebrated growing women's health, wealth and wellness. The aim of the day was to help rural women build confidence and develop new skills in all aspects of their lives, as well as providing opportunity to catch up with old and new friends and provide peer support to many who were continuing to deal with the impacts of drought and bushfire recovery. Leading industry experts presented on the day, including financial advisor Ben Law (a.k.a. QLD Country Life's Financial Bloke), Mental health coordinator, Letitia Cross from RAMHP, exercise physiologist Ellen Adams from Moveology New England & health nurse Chris Connor from Healthwise.

The impact

The day was an overwhelming success, with the women enjoying the opportunity to join together after periods of extreme isolation. Local caterer Rashelle Bischoff from the Sage and Clover created a beautiful spread on the day which all attendees enjoyed. The day provided an important opportunity for women to build new skills and confidence in areas of health and wellbeing, peer networking & financial freedom; ideas that could then be taken home and applied to their family life.

Key facts

- 60 rural women attended GLENRAC's 2021 Rural Women's Day at Glen Dawn Woolshed
- Women developed confidence and skills in areas of health and wellbeing, social connection and financial independence
- The day provided an important opportunity for attendees to catch up with friends, new and old, and provide peer support to many who were continuing to deal with the impacts of drought and bushfire recovery



Project Partners

