



Bushfires and Mental Health

Communities and individuals affected by bushfire can experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening. Beyond Blue has developed a list of resources and information around [Bushfires and Mental Health](#). It contains high-quality evidence-based advice on dealing with the emotional impact of bushfires, information about the signs and symptoms of emotional distress, and links to several useful websites.

You'll also find links that will allow you to assess whether you are eligible for financial grants, loans or other forms of assistance from your state and federal governments.

For young children, Children's Health Queensland have produced [these story books](#).

Bushfires and Scams

[Scamwatch](#) is warning all Australians to be on the lookout for fundraising scams. Following every disaster it is natural to want to help and donate as quickly as possible. However, scammers also follow disasters in order to take advantage of the generosity of Australians. Find out more [here](#).

eLibrary ALWAYS OPEN

www.richmondvalley.nsw.gov.au/library



**Visit our website for thousands of free:
eBooks, eAudiobooks, eComics, eMagazines,
Haynes Car Manuals, Films, Newspapers,
Children's Stories, Computer Tutorials, Legal
Information, Driver Knowledge Tests & lots more...**

**AVAILABLE ANYWHERE, ANY TIME
WITH YOUR LIBRARY CARD**

Have you had a look at our eLibrary recently? We've got a great range of resources that are especially handy when you are travelling. We recently received this feedback from a library member who was on board the Diamond Princess Cruise Ship.

"Thank goodness for the library and Borrow Box as I'm currently on the Diamond Princess with day 4 of a 14 day quarantine. With free wifi I'm able to download books from the library and have read a few of those discussed last year. Confined to the cabin and fortunately we have a balcony and whilst cold it is good to sit out and catch some sun and fresh air."



How would you like to learn techniques that will improve your ability to read quickly? Or how about learning to:

- Improve your comprehension
- Improve your information recall
- Speed read while critically thinking
- Improve your focus
- Have greater enjoyment of fiction
- Assimilate non-fiction faster

Casino Library is hosting two workshops this month.

Speed Reading for Teens

Thursday 19 March 4pm – 6pm

Speed Reading for Adults

Thursday 26 March 10am – 12.30pm

Bookings are essential as places are limited!

Please phone staff on 6660 0250.



Put your hands up and
SHARE THE *Dignity*
THIS MARCH

**Access to sanitary items
is a RIGHT, not a privilege.**

Your donations of sanitary products will provide women, girls and transgender people who are in crisis or homeless, with pads and tampons to allow them a sense of dignity at a time when they need it most.

***Donate* HERE**



SHARE THE *Dignity*
Ensuring that everyone is afforded the dignity
in life that many of us take for granted.

All enquiries to: _____

www.sharethedignity.com.au

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**Our
Digital
Perspective**



Enter the next round of our monthly photo competition. March's theme is 'FREE CHOICE.'

Send us your entry by midnight on Tuesday 31 March.

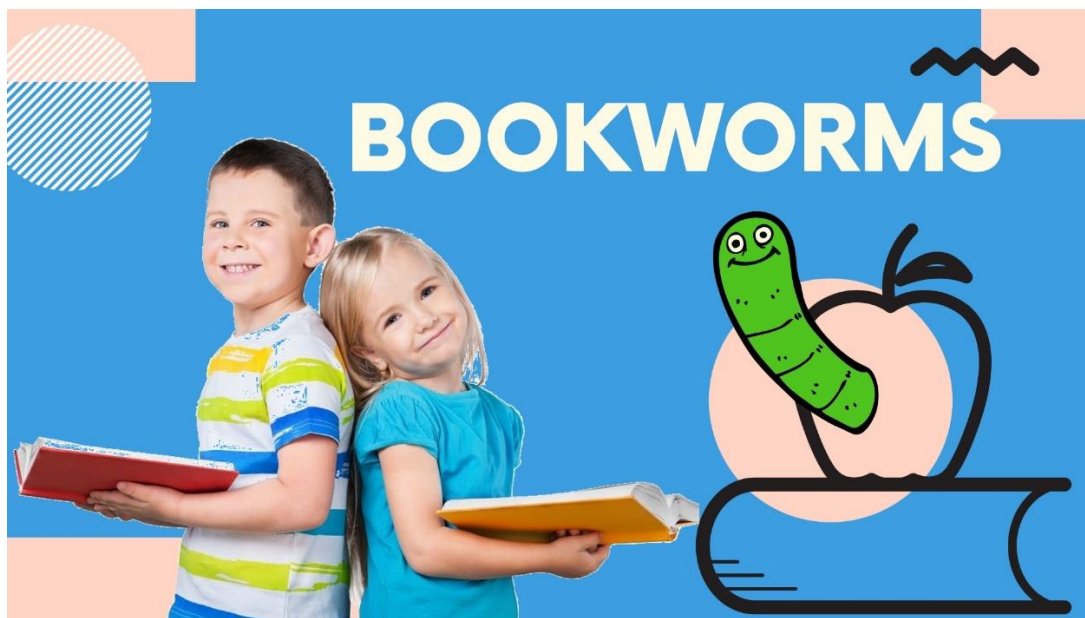
Voting will take place the following week on our Facebook page at facebook.com/rucrlibrary



January Winner
Pam Murray - Kyogle
#ourdigitalperspective #rucrl

What's On

For details of our regular monthly programs, please visit the [What's on](#) page of our website.



Bookworms Storytime

Come along and share the joys of literature and language through stories, poetry, finger plays, songs, action rhymes, games, visual material and craft. Each session is 30-45 minutes.

When: Every 2nd Tuesday and Thursday

Where: Casino Library Children's Area

Who: Pre-school children 3-5 years of age

Time: 10.30am

Bookings: Essential

Cost: Free!

READ ALL ABOUT IT



Head to the [Read all about it](#) webpage for book reviews written by our library staff and to see what's new in our library collection.

NEW TO OUR CAKE TIN COLLECTION



Seed Library

Seed of the
Month

Leek
Carentan

• Jan - March

Large thick white stems 20cm x 5cm,
dark green leaves, very productive.
Old European variety. 95-110 days.

Available at all our seed libraries

KNITTING NEEDLES
AND CROCHET HOOKS
NOW AVAILABLE
FOR LOAN



TECH SAVVY

DO YOU NEED ASSISTANCE WITH
YOUR LAPTOP, TABLET OR
SMARTPHONE? CASINO LIBRARY
OFFERS FREE ONE-ON-ONE HELP.
BOOK YOUR 30 MINUTE SESSION
BY PHONING 6660 0250.



Do you need a copy of your document
certified, or an affidavit or statutory
declaration witnessed?

JP services are available at
Casino, Coraki, Evans Head
and Kyogle libraries.

CASINO LIBRARY FUNCTION ROOM

AVAILABLE TO BOOK DURING LIBRARY HOURS

- Data projector
- Screen
- Electronic whiteboard
- Laptops with Skype
- WiFi

FREE OF CHARGE FOR NON-PROFIT MAKING GROUPS

Profit-making groups are charged \$26/hour or \$80/day.

Phone 6660 0250 for bookings and enquiries.



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social media

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Richmond - Upper Clarence Regional Library

Casino Ph. 6660 0250

Coraki Ph. 6683 2752

Evans Head Ph. 6660 0374

Kyogle Ph. 6632 1134

Mobile Library Ph. 0428 695 213

Email: rucrl@richmondvalley.nsw.gov.au

Web: www.richmondvalley.nsw.gov.au/library

