



IMPROVING EDUCATIONAL ACCESS A BENEFIT OF HUNTER MINING

In the grand bargain between a community and a mining company at the heart of the social licence to operate, a key element is the social and economic benefits that flow to the local community as a result of the development.

This reflects the provisions of section 79C(1)(b) of the Environmental Planning and Assessment Act 1979 NSW, which requires that a consent authority consider, when determining whether to grant consent to a development application for a mine, "social and economic impacts in the locality".

Those benefits can accrue directly and indirectly. One of the challenges for the local community is capturing

and maximising those social and economic benefits.

The Upper Hunter Education Fund Inc has financially supported more than 120 young people in tertiary education and is a good example of the social and economic benefits that can flow from coal mines in the Hunter to the local community.

Since 2008, the Fund has given out

more than \$200,000 in direct financial support to assist young people through tertiary education in the Upper Hunter region.

The selection criteria are primarily needs-based, but successful candidates must also convince the selection committee that they are serious about their education and are likely to succeed.

Education provides both individual benefits and broader advantages to the community and economy, which is also where those who benefit reside and ultimately work.

It is widely recognised that there is a direct link between education and productivity, and the observation that broader economic benefits flow on from greater productivity.

These benefits, both for the individuals

receiving support and the community benefitting from the locality's economy, persist inter-generationally.

The Upper Hunter Education Fund is made possible by the generous support of a number of mining companies operating in the Hunter, including Coal & Allied Community Development Fund, Anglo American's Drayton Coal Mine, Spur Hill Coal, Glencore's Mangoola Coal Mine, and Allan and Lyn Davies, as well as Sparke Helmore Lawyers.

Applications for support are open to anyone living in the Muswellbrook or Upper Hunter shires (excluding Merriwa).

Visit www.upperhuntereducation.com.au to access the application form and to find out more.

Article courtesy of Andrew White, Partner, Sparke Helmore Lawyers.

Tiredness the tip of the iceberg

Sometimes it all just seems too much. It's hard to motivate yourself to get to work, particularly staring down the face of a 12 hour shift, in the cold and even in the dark.

You can feel unmotivated and down. Shift work really takes it out of you and a long night ahead can seem impossible. Sound familiar?

In the mining industry it's a balance between being fit and focused enough to be safe in the workplace, particularly for operators, and in the words of a well-known sports brand, just doing it.

The main factors leading to a lack of motivation and low energy are a lack of sleep, illness and also negative thinking that comes with a flat mood.

Thoughts of not being able to manage breeds more negative thoughts until you no longer believe you can do it.

Of course, these play into each other. When you're tired, it's more difficult to bat away unhelpful thinking, and in fact, there tends to be more negative thinking once this starts as these thoughts can swarm together like flies around a honey pot.

Here's the first thing to know about how you're thinking during this slump: your thoughts aren't always the truth. That's because your mind, when it gets tired and negative, behaves like a cranky child and only sees what it thinks it wants to see.

Don't listen too much to the thoughts, but do listen to the needs. Give yourself rest when you're tired and make fixing

your sleep a top priority.

Go to bed earlier, say no to things that compete with sleep, turn off all screens, let yourself unwind, meditate, make sure there's no TV or other lights on, don't drink too much coffee and alcohol and get some good quality sleep.

Paradoxically, it also helps to get active. Still take care of your sleep, but because much of your mining work is sedentary, it's often better to get your body moving - go for a walk or do something active with friends or the kids.

It's human to go through ups and downs, to not always be on a high of energy.

If it continues for too long, say weeks, without reprieve, it might be a good idea to speak to your doctor or your EAP psychologist for ideas on improving your sleep and looking at whether something else is going on.

Article courtesy of Tarnya Davis, clinical and forensic psychologist, Newpsych Psychologists. Her book is available, 'All Things Considered' from www.newpsych.com.au

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