

Another Successful Parma for a Farmer

On Wednesday (27 May), South Gippsland Shire Council hosted its third annual Parma for a Farmer event at the Welshpool Hotel.

The evening provided a valuable opportunity for local farmers to step away from their day-to-day work, connect with one another, and share stories over a classic chicken parmigiana. With more than 60 farmers in attendance, the event was filled with laughter and camaraderie, thanks in part to special guest comedian Tom Siegert, also known as *The Suburban Footballer*.

Council acknowledges and thanks the National Centre for Farmer Health for their support of the event, which was funded through the Look Over The Farm Gate Program.

Agriculture remains South Gippsland's largest industry, with farmers playing a vital role in supporting not only the local economy but also Australia's food security. However, the demands of farming, coupled with ongoing challenges such as rising fuel costs, can contribute to increased stress and isolation within the farming community.

Events like Parma for a Farmer aim to provide a much-needed opportunity for farmers to take a break, connect with others, and enjoy a relaxed and supportive environment.

Quote attributable to Mayor Cr Nathan Hersey:

"The Parma for a Farmer event returned for a third year, as a way of bringing locals together and providing space and time to hear about the importance of caring for our mental health."

"I understand the isolation that can sometimes be experienced when working on the farm or working alone in a small business. It's really important that our farming community has opportunities like this to step off the farm, connect with like-minded individuals and simply relax over a good meal, have a chat and a laugh."