

Message from Chamber

A Busy Year of Advocacy, Collaboration and Regional Growth

The North East Tasmania Chamber of Commerce has had a busy year, continuing to advocate for our region, address key challenges facing local businesses and support initiatives that strengthen our communities.

Supporting Our Businesses and Communities

We have continued to advocate for improved access to childcare and explored the impact of housing shortages on local businesses, particularly the challenges of attracting and retaining staff. These issues remain important priorities for the region’s long-term economic sustainability.

Driving Regional Growth

The Chamber has supported projects and initiatives that help keep our towns vibrant, sustainable and attractive places to live, work and visit. We were also fortunate to secure a grant to support our ongoing work in strengthening the region and its business community. We are active in exploring investment possibilities for the region including recently securing a grant from State Government to develop an Investment Prospectus. This will enable government and other departments access to current information about the region so they can advocate on our behalf.

Advocating for Better Road Infrastructure

We continue to work with the State Government and road users on the future of the Sideling Range upgrade, including a detailed assessment of the Corkery’s Road option. Improving this vital transport link is an important step towards supporting industry, freight efficiency and the region’s future economic growth.

Growing Tourism Across the North East

We are collaborating with key stakeholders and Visit Northern Tasmania to develop a strategic marketing plan that showcases the North East’s unique landscapes, experiences and quality food. Our shared aim is to encourage visitors to stay longer, explore more of the region and support local businesses along the way. There is a wonderful opportunity

for all in Tourism to catch up before the busy season with the Chamber hosting a free event on the 22nd of October at Annabels in Scottsdale. Please come along and connect.

Shop Local, Support Local

Our annual Lucky Shopper Promotion will begin shortly, encouraging Dorset retailers to promote their businesses and reminding the community of the importance of shopping locally. The Chamber has proudly supported this initiative for many years, and we encourage both businesses and shoppers to get involved. Every local purchase helps strengthen our business community.

Connecting Our Business Community

As the year draws to a close, we look forward to hosting our next Chamber Out and About event at Bridport Bay Inn in early December. This will be another opportunity to bring members, special guests and the wider business community together, build connections and celebrate the people and businesses that make our region special.

The Chamber remains committed to advocating for our region, creating opportunities for collaboration and supporting initiatives that drive sustainable growth across the North East.

Thank you to our members, partners and supporters for your continued involvement. Together, we can help build a stronger future for our region.

Fiona Auton
NETCC Chair

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Tasmanian Labor

Dorset Council – transitions and fresh perspectives



As we move into the next quarter, Council remains focused on delivering good governance, responsible decision making, and practical outcomes that support the long-term success of our community and local economy.

Like many organisations, Council has experienced a period of change following the resignation of our General Manager. While leadership transitions can be challenging, they also present opportunities to review priorities, bring fresh perspectives, and continue building a strong and effective organisation. Council’s commitment to transparent governance and the delivery of quality services to the community remains unchanged throughout this process.

Recently, Council released its updated rates and charges. These changes further align rates and service charges with the true cost of delivering essential infrastructure and services across our municipality. While increases are never welcomed lightly, responsible financial management is critical to ensuring we can continue maintaining roads, public spaces, community facilities, and the services our residents and businesses rely

upon. Sound financial decisions today will help secure sustainable outcomes for the future.

It has also been encouraging to see the strong attendance at local events throughout winter and into early spring. These events have generated a real sense of energy and community spirit, bringing residents and visitors together while supporting local businesses. Their success highlights the importance of investing in activities that strengthen community connections, promote our region, and contribute to the local economy.

As we head into the visitor season, there is a renewed sense of optimism across the municipality. Increased visitation provides a welcome boost to our economy and reinforces the value of the experiences, hospitality, and community spirit that make our region such an attractive destination. The strong attendance at recent events is a positive sign for local businesses

as we approach one of the busiest periods of the year.

Thank you to all businesses, volunteers, event organisers, and community members who continue to contribute to making our municipality a vibrant and welcoming place to live, work, and visit.

Rhys Beattie
Mayor
Dorset Council

UPCOMING TRAINING IN DORSET

OCT + NOV
VARIOUS DATES
Forestry pre-employment program
■ Fees apply

OCT 16
First Aid courses
Scottsdale TTC
■ Fees apply

OCT + NOV
Barista training
EOIs open for monthly trainings in Dorset
■ Fees apply

OCT 26
First Aid courses
Scottsdale RSL
■ Fees apply

NOV 26
First Aid courses
Scottsdale RSL
■ Fees apply

Find out more!



Training provider:

■ Arbore

■ TAGE Training

■ The Hospitality People

■ ProMED Tasmania



dorsetec.org.au/calendar

REGISTER TODAY

All details were correct at time of publishing but are subject to change.



Find us on Facebook!

North East Tas Chamber of Commerce

What Is Resilience, and Why Does It Matter?

Change is an unavoidable part of life. Sometimes we undergo a positive change from something we have initiated ourselves, but what about when it's sudden or unwanted? When we're faced with a new situation, our brain tries to predict what might happen next as a way to keep us safe. During change, transitions, and disruptions, it's hard to make these predictions, and this can cause stress and anxiety. Even subtle changes can impact our sense of control and familiarity, and even positive changes can cause negative feelings of dread or anxiety.

Resilience is the ability to adapt to change, recover from setbacks, and continue moving forward despite uncertainty. Resilience involves developing flexibility, emotional awareness, and effective coping strategies.

We often enjoy change when it feels within our control, such as redecorating a room in your home or starting a new crafty hobby. Unexpected or unwanted change, however, can feel destabilising. Building resilience helps us respond to both types of change with greater balance and self-compassion. While change can sometimes not be within our control, how we respond to change usually is.

Here are some practices and ways of thinking about change that can help build resilience and deal with the anxiety you may be feeling during transitions.



Prioritise Self-Care – Self-care is really important during times of transition. Small and consistent acts of care for ourselves help regulate the nervous system and build emotional capacity. These are simple self-care ideas you can try out anytime:

- Try out a guided yoga or Pilates session on YouTube
- Go for a walk outside

- Practice a musical instrument or sing along to your favourite songs

- Tend to your garden or indoor plants

- Sketch out some ideas in a notebook or fill out a colouring book

Notice your thought patterns – During change, our minds often jump to the worst-case scenarios. While this is a natural survival response, it can increase our anxiety. Try pausing and taking note of your thoughts without automatically believing them. Techniques such as mindfulness, slow breathing, and cognitive reframing can help you regain a sense of control and perspective in these moments.

Stay in the present – Change often causes us to think about the “what ifs”; “what if I’d done things differently,” or “what if it all goes wrong?” These questions can be quite distressing or overwhelming, so it is important to focus on what is happening now rather than all the possibilities of the future or any regrets you may have. Practising present-moment awareness means turning your attention to the here and now without judgment. Focusing on what is happening right now can calm the nervous system and reduce emotional stress.

Acknowledge that things are changing, accept and reframe. Sometimes changes are beyond our control, and are not always positive. In these instances, we can get so caught up in fighting the change that we put off actually dealing with it. Denial can protect us in many ways. However, sometimes facing the issue and saying to yourself, “Things are changing, and it is okay” can bring more peace of mind than resisting. Change is unavoidable, and accepting and reframing how we see change can improve our peace of mind. Change can often be scary, but it can give us the opportunity to grow in many ways, and overcome things we didn’t think we were capable of. Altering our perspective on the change can be difficult at first, but it is important to acknowledge that there are things out of our control, and to be aware of when we are resisting change to the detriment of our mental health.

Ask yourself how much you can control – When dealing with these substantial changes, it’s important to figure out how much control over the situation you really have. Rather than expending energy on what cannot be prevented or altered, focus on your role

and what you can impact. Understanding what is actually in your power during the transition can help put things in perspective. Focus on small, manageable actions that support your wellbeing.



Keep up your regular schedule as much as possible – Even as you’re navigating change, try to keep some elements of your routine consistent. Familiar activities can provide a sense of normalcy and stability. They can remind you that not everything about your life is different now; you are still you. You can also switch off a bit during these activities, giving you a break from having to think about how to adapt. Whether it's a morning walk, a nightly reading habit, or regular catch ups with friends, these constants can be comforting when other aspects of your life have changed significantly.

Write down the positives that have come from this change – Maybe due to this change in your life, you have met new people. Maybe you have started practicing healthier habits. Maybe you have become more assertive or more certain of what you want out of life. Change presents us with the opportunity to grow, and it's important to acknowledge how things have become better as a result. Many people report increased resilience, clarity, and confidence after navigating significant life transitions. Change can often involve hardship or loss. Acknowledging the positives does not minimise this, but does help restructure how you see the what happened during the change, and how you see yourself and your future.

Talk it out – Finally, if you are still truly struggling with the changes you are facing, seek help. Confiding in family or friends can help during trying times. If change is significantly affecting your mood, sleep, relationships, or ability to function, professional support can help. You can also access our EAP for free, short-term, confidential counselling and wellbeing services.

Supplied courtesy of Ellen



Lucky Shopper Promotion 2026

With Christmas just around the corner, a sense of festive excitement is beginning to build, and thanks to the generosity of our coordinator and dedicated helpers, the much-loved Lucky Shopper Promotion is set to return this October. Retailers and organisations across the Dorset Business District are warmly invited to take part in this annual promotion, offering special discounts and deals to customers while helping to spark local engagement and strengthen community spirit. It's a wonderful opportunity to boost visibility, encourage more people to shop locally in the lead-up to the holiday season.

The Chamber promotes participating businesses through radio advertising, helping to raise awareness of the promotion. In addition, businesses will have the opportunity to be featured in a full-page advertisement in the North Eastern Advertiser, which lists all participating outlets so customers can easily identify where to shop.

A promotional poster will be displayed as a mark of recognition,

and customers will be able to enter, either by scanning a QR code (where available) or by completing an entry ticket available in-store. Each individual purchase qualifies as an entry, with all submissions going into a draw featuring up to seven hamper prizes. Throughout December, a window display showcasing these hampers will be on view at D & Me Fashion. Participating retailers and organisations contribute generously by donating gifts and vouchers to build the prize hampers, helping to create appealing rewards while also expressing appreciation and gratitude to customers for their continued support of local shopping.

The promotion will begin late October/early November, with tickets and QR code collection up to the 11th of December. The prize draw will then take place on Monday, 14th of December.

Adding to the festive excitement, this year's Late Night Shopping event is scheduled for Friday, 4th of December, offering even more opportunities for local residents to



• Mary Partridge, NETCC Lucky Shopper Co-ordinator, holding up a Lucky Shopper promotion poster.

take part in the promotion while supporting our fantastic outlets across the Dorset District.

We hope everyone enjoys the shopping experience and wish all the very best of luck.

4 steps of an RUOK? Conversation **RUOK?**

1 Ask RUOK? **2 Listen** **3 Encourage action** **4 Check in**

"In the time it takes to have a cuppa, you could start a conversation that could change a life."
— Gavin Larkin

Lifeline 13 11 14 lifeline.org.au
Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au

For more support service contacts, visit ruok.org.au

Boost your workforce's digital confidence with Digital Uplift

Tasmanian businesses looking to strengthen the digital confidence of their workforce are encouraged to explore Digital Uplift, a free program delivered by Regional Development Australia Tasmania in partnership with Telstra. The program helps Tasmanians build practical digital skills for work, learning and everyday life.

Free workshops are delivered through community locations across the state including Neighbourhood Houses, Regional Jobs Hubs, Libraries and Councils, covering topics such as:

- getting online and using digital devices with confidence
- accessing government and essential services online
- staying safe online, including scam awareness and cybersecurity
- multi-factor authentication and account security
- using everyday digital tools for work and daily life
- strengthening financial capability online

To find out more about Digital Uplift, visit: www.rdatasmania.org.au/digital-uplift

To get in touch, email digitaluplift@rdatasmania.org.au



A Little Bit of the Bay Inn.

There are pubs you visit for a meal, pubs you visit for a beer, and then there are pubs that become part of the fabric of a town. People announce wild theories over a packet of salt and vinegar chips, old stories get told again (and again), and somehow everyone knows someone who knows someone else.

But that's what we love about the Bridport Bay Inn - that it's so classically small-town Tasmanian. The beating heart of Bridport is our community, and we're incredibly proud to be part of it. We want the Bay Inn to be more than somewhere that's just for eating and drinking. It's a place to catch up, celebrate, have a laugh, hear some live music, support

a fundraiser, or become part of the occasion.

Some things need to be booked in advance, some you can simply wander into, but all of them are about bringing people together and giving everyone another cheeky reason to come through our doors.

And then there's our food! From local favourites to woodfired pizzas, the general idea is to leave you uncomfortably full. We're also working on a new menu, with some fresh ideas coming over the next couple of months (once we've debated every last item within an inch of its life.)

We're not particularly good at sitting still, so there's always another

project, idea or improvement on the go. Fresh licks of paint, upgraded motel rooms and a new restaurant floor have all made their way onto the completed list. The trouble with finishing projects is that it leaves room for someone to suggest the next one!

At the end of the day, it's the people, memories and stories held within the walls that make a pub; that make our pub. We're lucky to be part of a community that gives us plenty of all three.

Bridport Bay Inn
105 Main St, Bridport 7262
Phone (03) 6356 1238
bridportbayinn.com.au



Useful Contacts

All Emergency Services

Fire	000
Police	000
Ambulance	000

NESM Hospital 6778 8522

Ochre Medical 6352 2522

Tas Police (Non-urgent)
131 444

Parks & Wildlife Scottsdale
Field Centre 6352 6421

Service Tas 1300 135 513

TasNetworks
Power Outage 132 004

TCCI 1300 559 112

North-Eastern
Advertiser 6352 2642

To find a Justice of the Peace in your area, go to:
<https://www.justice.tas.gov.au/commissioners-for-declarations-and-justices-of-the-peace/justice-of-the-peace/find>

Join Us – become a NETCC member!

Annual memberships are still available for anyone wishing to join our Chamber. Benefits include: access to TCCI resources and training; free workshops and events hosted by Chamber; NETCC directory listing; and monthly meetings and events

with invited special guests.

All are great opportunities to network and be involved in your local business community.

Contact secretary@netcc.org.au for a member form or apply/renew online at: netcc.org.au/become-a-member

ID Care – Online Tax Related Scams

It's not uncommon to see an increase in tax related scams during the Australian tax season. Criminals take advantage of this period, knowing that more people will be anticipating a message from myGov or the Australian Taxation Office (ATO).

MyGov and ATO impersonation scams are most commonly delivered through email and SMS phishing messages. These scams replicate similar messaging to legitimate myGov and ATO communications and are designed to entice recipients to engage with the message and provide login details and other valuable credentials.

As expected, tax file numbers (TFN) and myGov login details are two of the most compromised credentials in these scams, with Medicare card details and driver licence information also often requested. Criminals use these credentials to gain access to myGov accounts, where they will then amend bank account details and lodge false claims.

IDCARE tips:

Be cautious of links requesting personal information.



Do your own research when provided with contact details to ensure you are engaging the legitimate organisation. Ensure you are using the official government site and/or apps to login.

Be cautious of urgent language, or messaging indicating you need to take immediate action, this is often a common scam tactic.

If you think you have been targeted by this scam, report the incident to the legitimate organisation and contact IDCARE if you have concerns about your personal information or identity documents.

Sourced from ID Care

Call 1800 595 160 www.idcare.org

Chamber Meetings

NETCC Meetings are held the first Monday of the month (except long weekends).

Next General Meetings:

Nov 9, Dec 7 – EOY function TBC

See netcc.org.au for more details



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