

# Banks Creek Retreat Incorporated

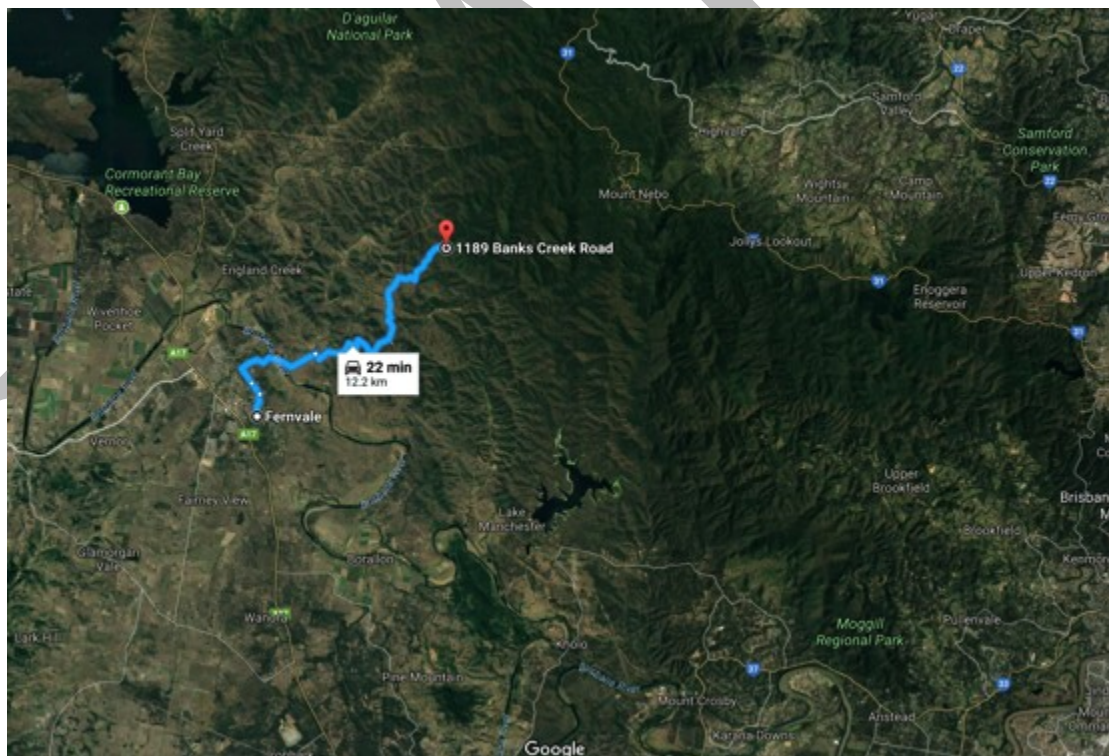
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## *A private retreat for our Emergency Service and ADF family.*

Banks Creek Retreat (BCR) is a private parcel of land owned by Nicole and Grant. Nicole has served in the Queensland Police Service for 11 years and Grant is a former Queensland Police Officer who now works in Corrective Services.

Their vision is to provide a place of relaxation and recovery for emergency services and ADF personal (current and former). The facility will have restricted access to police, fire service, ambulance, paramedic, corrections, SES and defence families. Other groups can be considered on a case-by-case assessment.

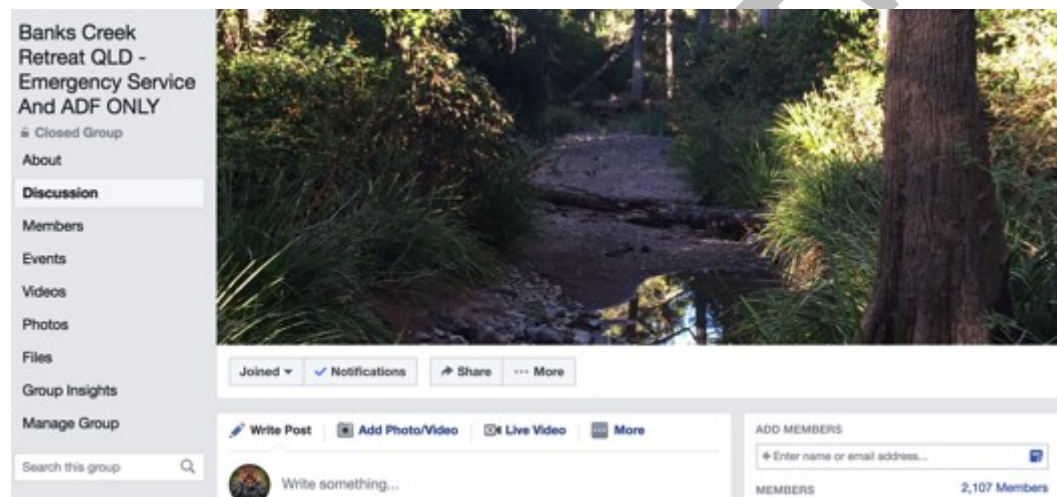
In June 2017, Grant and Nicole purchased 100 Acres of bushland located 12 km from Fernvale, Queensland that borders the D'Aguilar State Forest and is situated at the base of Mount Nebo.



Since the purchase of the property Grant and Nicole have spent significant time cleaning up the property with their own funds and connecting with other Emergency Services and ADF brothers and sisters through their Facebook page – [Banks Creek Retreat – Emergency Services and ADF ONLY](#). There are currently around 2200 members (March 2018) and the population continues to grow through word-of-mouth.

If you are a former or current serving member of the Emergency Services (Police, Fire Rural Fire, Ambulance, Paramedic, Corrective Services, SES or the Australian Defence Force) please feel free to request membership to their Facebook page. At present, this is where all updates relating to the project will be posted. An external website will be considered in the future.

To become a member of the Facebook site, you MUST be retired from or currently working in the Emergency Services or ADF (including family). You will not be allowed to use this facility unless you are service related. Exceptions can be made for membership, if it assists the community.



Currently the property has a 1.5 Acre fenced region Grant and Nicole fondly label "The Compound" which they have been using as a caretakers office to coordinate executive meetings and networking activities. When purchased this section was a dumping ground for machinery and abandoned vehicles. This area has been the location of numerous working bees and is now predominantly cleared of rubbish.

An area of approximate 2.5 Acres outside "The Compound" has also been reclaimed from invasive Lantana and is the planned future site for day trips and camping. This will be offered to all Emergency Service and ADF brothers and sisters as a private retreat away from the general public.



Future development for this area is planned over the coming years. It is hoped, with the support of the Emergency Service and ADF community we can raise funds to build:

- **2018-19:** A communal outdoor kitchen, showers and toilet facilities and fire-pit. This is the number one priority for 2018/19.
- **2018-19:** BBQ facilities and small shelters for campsites.
- **Long-term:** A hall for external organisations to run programs of benefit to members (Mindfulness, resilience, yoga, meetings, etc.)
- **Long-term:** Private villas for longer term stays.

The purpose is to provide a community of support and assistance to emergency services and ADF personnel (current and former) who have experienced ASD, PTSD, Depression, stress and burn out, utilising evidence based approaches with innovate elements.

In the short term, eligible people will be able to utilise the property for private camping, day-trips and gatherings. The property can only support small numbers at present. There are no toilet facilities as yet (this is a priority, along with the outdoor kitchen) and will rely on fund raising to get these built. At present there is no cost associated with this, however donations to the Incorporation will always be welcome (see below for further details). Please be aware that you will need to contact Nicole or Grant directly if you wish to use their property.

Banks Creek Retreat is intended to be a location to assist in the prevention of PTSD and associated mental health trauma (stress, burnout, etc) as well as a location to assist in the recovery from the same. It is not intended to be a location to treat those requiring professional assistance.

Their long-term goal is to provide residential stays where members can be referred to psychologists and complimentary therapies if needed. Grant and Nicole are not medical professionals, but have a strong desire to help their ES and ADF family to build a supportive community away from the general public.



In late 2017, Grant and Nicole met with, and developed a strong connection with Stand Tall 4 PTS, and organisation dedicated to raising awareness about Post Traumatic Stress. This was a big step forward and provided much welcomed guidance and advice.



*Grant and Nicole meet with Tony and Sally from Stand Tall 4 PTS*

## Banks Creek Retreat Incorporated

In February 2018, Banks Creek Retreat became a not-for-profit Incorporation and our executive was born.

- **President:** [Karen Harmon AM](#)
- **Treasurer:** Grant Neilson
- **Secretary:** Nicole Seden
- **Executive Member:** [Tony Dell \(Stand Tall for PTS\)](#)
- Further executive members to be advised

Banks Creek Retreat Incorporated are currently seeking further expertise in financial management, corporate law and project development.

The objects of the incorporation are:

**To provide benevolent relief and assistance to current and former Emergency Services, Defence Force and Correction personnel who suffer from mental and social difficulties by:**

- (i) **Advancing recovery and support by providing a supportive environment;**
- (ii) **Co-ordinating and providing tailored assistance to support such persons and their families; and**
- (iii) **Engaging and developing support networks**

The incorporation will be seeking to become a registered charity.

There are loads of relationships being built in the background and Nicole and Grant have met with and received support from many different organisations.

## How can you help?

Grant and Nicole are seeking assistance to build this retreat and would appreciate assistance from anyone able to provide the following:

- **Planning and council applications** – Assistance with planning the site to be eco-friendly with minimal environmental impact. Assistance with council approvals for an eco-friendly tourist park and associated approvals.
- **Financial assistance** – Donations will be greatly received to assist with council applications, building materials and labour to help develop the property into a camping and day use facility.
- **Land development** – Donate land-clearing equipment and time to improve the retreat area of invasive weed species and underbrush to open up the designated area
- **Fencing and security** – Creating a secure area by building appropriate fencing around the retreat area. Local wood is available for split post fencing.

- **Construction** – A large outdoor kitchen facility, toilet and shower facilities and (further down the track) private villa accommodation for a more comfortable stay.
- **Water storage** – There is no town water, so water tanks and collection roofs need to be installed. Donations of water tanks and plumbing materials would be appreciated.
- **Fire Management and safety** – Firebreak construction, fire safety equipment and fire management advice.
- **Off-grid power management** – No power is connected to the site. Donations of solar panels, battery storage and electrical expertise is welcome.
- Storage/shipping containers would be useful to help manage and secure building materials as the project develops.
- **Webpage development** – Design and manage the webpage for the incorporation

Grant and Nicole have the land, the good will, and the passion to drive this project, but it will cost money, labour and time. They are hoping to get much of the work done through assistance from you - through working bees, donated materials, shared labour and connections with people who can influence the powers that be.

### **Crowd Funding Campaign (To be established)**

At some stage in the future we will be running a crowd funding campaign to finance this project. So, the bigger our community is, the more we'll be able to provide.

We know that working in Emergency Services and ADF jobs affect our lives significantly. The job stays with us for life.

We know the Black Dog and PTSD are part of our lives and our ultimate vision is to create a supportive space for us to help our brothers and sisters fighting against this internal struggle. Help us to help our own!

### **Direct Donations (Details to be added)**

If you wish to donate directly to Banks Creek Retreat Incorporation you can do so to the following account:

<b>Bank:</b>	QBANK
<b>Account Name:</b>	Banks Creek Retreat Incorporation
<b>BSB:</b>	***_***
<b>Account:</b>	*****

At present, Banks Creek Retreat has Incorporation status and is eligible to become a charity. Donations are currently not tax-deductible, but once relevant paperwork is completed, this should be sorted.

## Contact Details

If you wish to contact Banks Creek Retreat Incorporation to find out further information or offer assistance with resources or funding please contact:

- Grant: 0401 182 744
- Nicole: 0401 922 061
- Email: [bankscreekretreat@gmail.com](mailto:bankscreekretreat@gmail.com) or
- Message Message Grant or Nicole from the Facebook Page

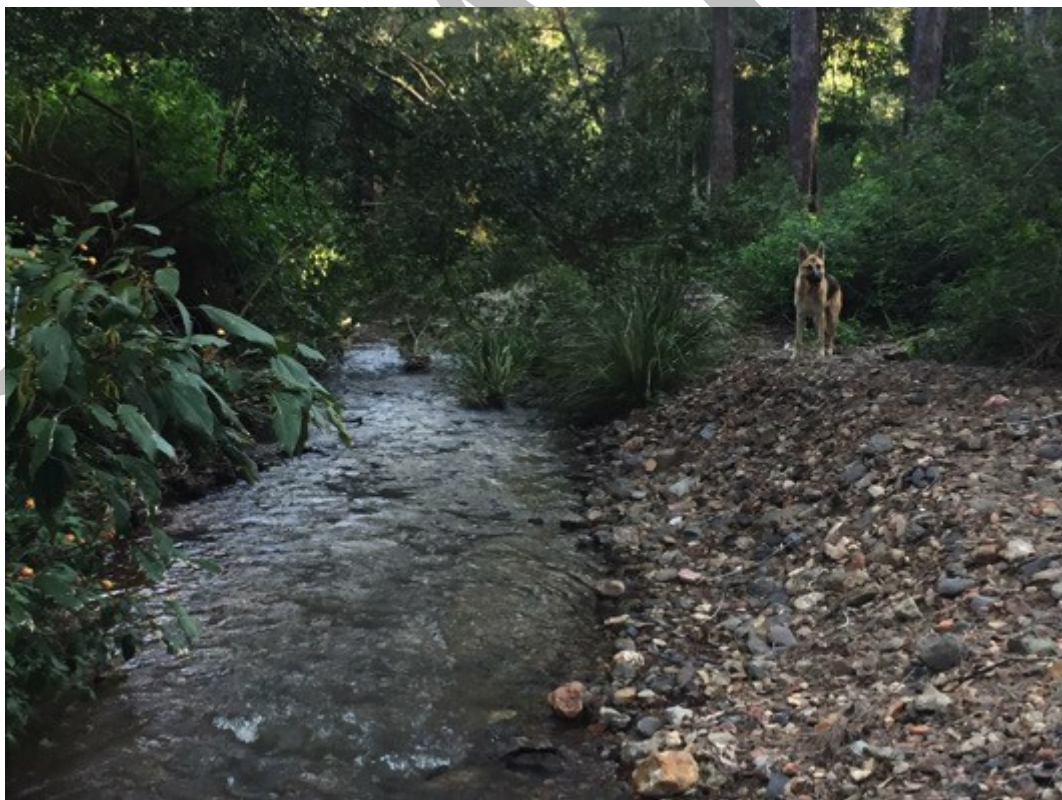
Please leave a message if you are unable to reach them as they both still work full time in the lovely world of shift-work. Also be aware that standard text-messages may not reach Grant and Nicole's phones while they are on the property as there is very little phone coverage.

Calling via mobile, emailing and Facebook messaging are the preferred method of contact.













## Directions

Directions: From Fernvale (Brisbane Valley Hwy)

1. Turn onto Banks Creek Rd (at Post Office)
2. Follow bitumen road until you reach Savages Crossing
3. Over Savages Crossing you will travel onto a dirt road leading up to a T-intersection
4. Turn right at the blue BCR marker.



5. Follow dirt road to cattle grid at top of hill looking over a valley. (2nd BCR marker on a tree here). Ignore the "Trespassers will be prosecuted" sign.





6. Keep driving until you see the next BCR marker and keep right.
7. Look for the driveway on the left with the “thin blue line” tyres and Banks Creek Retreat sign.
8. You have reached your peaceful destination.



## ***STANDING ORDERS FOR BANKS CREEK RETREAT***

***Rank does not exist at Banks Creek Retreat***

***What happens at Banks Creek Retreat... Stays at Banks Creek Retreat***

***Banks Creek Retreat is a safe and supportive community.***

***Your privacy is paramount.***

***We do not allow members to discuss whom they meet here or take photos of other members unless those members give permission. We will never disclose personal details of our members.***