**Reclaiming Farm Household Allowance - Stacey and David’s story transcript**

You shouldn't be too proud to ask for help. It is a lot of work and a lot of risk. And, you know, just having that security is very beneficial for your mental health as well as getting the farm going.

We're on 150 acres here, just outside of the Barossa Valley. We needed to find diverse ways to farm here so we've, ventured into baby leaf greens and micro greens and now pasture raised chickens as well. You can have really good times and really, really quite hard times. I think that's where the Farm Household has really helped out.

David knew about Farm Household Allowance but he didn't think we were needy enough to need it. Since we've had that extra bit of money, it's not a lot, but it has been that help that we need to be able that help that we need to be able to not have to go back to nursing and electrical work.

Mentally you know, that you've got to have money coming in so there's not as much pressure financially to be able to decide whether you need to work on the farm or whether you shouldn't be doing the farm at all.

**Kiran, Farm Household Case Officer:** If customers have been on the payment, for the four years in the first ten year period they can apply for the FHA again on the 1st of July and they can complete a combined claim via Centrelink online account in myGov. Both claims can be assessed at the same time.

It is a business, and a lot of businesses take a lot to get off the ground. And then there's farming businesses. Every season is different and you learn to deal with it over time and reapplying is really beneficial for us because it does mean we can have that security for just that little bit longer. We're so happy that we can reapply. And I think that just that little bit more assistance will be just what we need to get off our feet.