

Five Ways to Wellbeing

'5 Ways to Wellbeing' focuses on 5 simple ways to improve your wellbeing. A "healthy mind is just as important as a healthy body". Everyone can 'try the 5' at home, work or during study. It costs nothing and it's easier than you think!



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Connect Being with friends, family and others is important for good health and wellbeing.
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Be Active Being active can increase your good moods. It will also keep you at a healthier weight, increase your muscle mass and increase your brain cells. As well as this it will improve your looks and prevent or delay the onset of many illnesses.
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Keep Learning Learning new things can be fun, boost our self confidence and self-esteem. It also helps us to find meaning and purpose in life and connects us with others.
- 
Be Aware Take time to stop and be aware of what's around you. Pay attention to the moment you are in and your thoughts and feelings.
- 
Help Others Most people would agree that helping others is a good thing to do. Research shows it can also improve your wellbeing.

Being in contact with others during coronavirus (COVID-19)

Are you feeling lonely or missing people contact?

You are not alone. Many of us find it hard having to keep our physical distance from others. Add to this work-related restrictions and it's easy to feel lonely and disconnected. If you already felt lonely or isolated before COVID-19, it's been even harder to get help.

There are a lot of groups that can help you.

One call to the COVID-19 hotline on 1800 675 398 will put you in touch with a caring Red Cross volunteer. They will talk with you about your needs and the help that could make you feel more connected. They can also provide a friendly ear if you are worried or anxious. If you would like, they can put you in touch with a community connector in your area. Your local 'community connector' will call you to organise supports available in your area.

Strong Families Strong Children (SFSC) Loddon

Loddon Shire has a Strong Families Strong Children (SFSC) program. This program aims to help get all children 0-8 years in the Loddon Shire ready for school.



During COVID-19 SFSC has been working directly with families and service providers. They can give you resources via phone, email, online or through their Facebook page @SFSC_Loddon.

If you need support or help contact Susie Hawke our Early Years Facilitator. Call Susie on 0418 811 414 or send her an email: s.hawke@ncllen.org.au

Primary Care Partnership
127 King Street, Bendigo VIC 3550
Telephone: (03) 4444 2414
www.blpcp.com.au

LODDON SHIRE
PO Box 21 Wedderburn VIC 3518
Telephone: (03) 5494 1200
Local Free Call: 1300 365 200
www.loddon.vic.gov.au

Important information for Loddon Shire residents

Coronavirus (COVID-19)



If you have any of the symptoms of coronavirus (COVID-19), however mild, you should seek advice and get tested.

Symptoms include:

- fever
- chills
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste

To keep yourself, your friends and family safe you should:

- keep your distance – stay 1.5 metres away from others
- practise good hygiene, including washing your hands
- stay at home, especially if you are unwell
- if you do need to leave home wear a face mask
- if you can work from home, you must continue working from home



Find out more from VicGovDHHS: www.dhhs.vic.gov.au/coronavirus

How to wash your hands

1. Water on 
 2. Wet hands 
 3. Soap on hands 
 4. Rub hands together with soap, count to 20 
 5. Rinse hands in water 
 6. Dry hands with single use paper towel 
 7. Use that towel to turn off tap 
- Finished. Your hands are now safe 

Loddon Shire Community Services/ Emergency Assistance/ Business Support
 P: (03) 5494 1200
 W: www.loddon.vic.gov.au
 Open: Mon-Fri: 8.15am to 4.45pm
 Weekends: Closed



Hospitals



Boort District Health
 3 Kiniry Street, Boort
 P: (03) 5451 5200
 E: admin@bdh.vic.gov.au

Inglewood and District Health Service
 3 Hospital Street, Inglewood
 P: (03) 5431 7000
 E: admin@idhs.vic.gov.au

Police



Emergency call 000
 Non-emergency call 131 444

Boort Police Station
 8 Station Street, Boort
 P: (03) 5455 2000

Bridgewater Police Station
 1 Park Street, Bridgewater
 P: (03) 5437 3232

Inglewood Police Station
 98 Grant Street, Inglewood
 P: (03) 5438 3200

Pyramid Hill Police Station
 9 Victoria Street, Pyramid Hill
 P: (03) 5455 7000

Serpentine Police Station
 2 Tresise Street, Serpentine
 P: (03) 5437 8318

Tarnagulla Police Station
 68 Commercial Road, Tarnagulla
 P: (03) 5438 7333

Wedderburn Police Station
 90 High Street, Wedderburn
 P: (03) 5494 3300

Free legal advice



Loddon Campaspe Community Legal service
 Free Call: 1800 450 909
 Open: Mon-Fri: 9am to 5pm

Pharmacies



Boort Community Pharmacy
 108-112 Godfrey Street, Boort
 P: (03) 5455 2044
 Open: Mon-Fri: 9am to 5.30pm
 Saturday 9am to 12pm

Inglewood Pharmacy
 30-36 Brooke Street, Inglewood
 P: (03) 5438 3021
 Open: Mon-Fri: 9am to 5.30pm
 Saturday: 9am to 1pm

Pyramid Hill Pharmacy
 15 Kelly Street, Pyramid Hill
 P: (03) 5455 7016

Wedderburn Pharmacy
 71 High Steet, Wedderburn
 P: (03) 5494 3309
 Open: Mon-Fri: 9am to 5.30pm
 Weekends: Closed

Community health / GPs



Boort Medical Centre
 2 Couatts Street, Boort
 P: (03) 5451 5200
 Open: Mon-Fri: 9am to 5.30pm
 Weekends: Closed

Dingee Bush Nursing Centre
 21 King Street, Dingee
 P: (03) 5436 8309
 Open: Mon-Fri: 9am to 5.30pm
 Weekends: Closed

Marong Medical Centre (Inglewood)
 8 Hospital Street, Inglewood
 P: (03) 5438 3308
 Open: Mon-Fri: 9am to 5.30pm
 Weekends: Closed

Boort and Pyramid Hill Community Health Services
 P: (03) 5451 0200

Northern District Community Health (Pyramid Hill)
 12 Victoria Street, Pyramid Hill
 P: (03) 5455 7065
 Open: Mon-Fri: 9am to 5pm
 Weekends: Closed

Wedderburn Health Clinic
 25 Wilson Street, Wedderburn
 P: (03) 5494 3511
 Open: Mon-Fri: 9am to 5.30pm
 Weekends: Closed

Mental health



Bendigo Health Mental Health Triage
 100 Barnard Street, Bendigo
 P: 1300 363 788
 Open: 24 hours/day

Northern District Community Health
 P: (03) 5451 0200

LifeLine
 P: 13 11 14
 W: www.lifelinecvm.org.au
 Open: 24 hours/day

Loddon Healthy Minds Network
 W: www.loddonhealthyminds.com.au

ACSO – Regional Victorian Mental Health Intake Line
 P: 1300 022 760
 W: www.acso.org.au/aod-mh-support
 Open: Mon-Fri: 9am to 5pm

Domestic/ Family violence



1800 Respect
 P: 1800 737 732
 W: www.1800respect.org.au/
 Open: 24 hours/day

Centre for Non-Violence (CNV)
 P: 1800 884 292
 W: www.cnv.org.au/
 Open: Mon-Fri: 9am to 5pm

Safe Steps Family Violence Response Centre
 P: 1800 015 188
 Open: 24 hours/day

Centre Against Sexual Assault Central Victoria
 P: 1800 806 292
 W: casacv.org.au/
 Open: 24 hours/day

Women's health



Women's Health Loddon Mallee
 47 Myers Street, Bendigo
 P: (03) 5443 0233
 Open: Mon-Fri: 9am to 5pm
 Weekends: Closed

Family services



ChildFIRST Bendigo Catholic Care Family Services
 P: 1800 260 338 or (03) 5440 1147
 W: www.anglicarevic.org.au/what-we-do/supporting-families/child-first/

Tenancy advice & advocacy



Housing Justice
 Free Call: 1800 450 990
 Open: Mon-Fri: 9am to 5pm

Aboriginal services



Bendigo & District Aboriginal Co-operative
 119 Prouses Road, North Bendigo
 P: (03) 5442 4947
 W: www.bdac.com.au/

Alcohol & other drugs



Northern District Community Health
 P: (03) 5451 0200

Direct Line
 P: 1800 888 236
 W: www.directline.org.au/
 Open: 24 hours/day

QUIT Victoria (Smoking)
 P: 13 78 48
 W: www.quit.org.au/
 Open: 24 hours/day

Food support



East Loddon Food Share Program Inc
Servicing wider Loddon region including Boort and Pyramid Hill
 789 Dingee Road, Dingee
 P: 0438 028 656

Food Bank Wedderburn Neighbourhood House
 24 Wilson Street, Wedderburn
 P: (03) 5494 3489

Meals on Wheels (Loddon Shire Council)
 P: (03) 5494 1200
 W: www.loddon.vic.gov.au

Supermarkets



Boort Supermarket
 96 Godfrey Street, Boort
 P: (03) 5455 2418

Champions IGA Inglewood
 36 Brooke Street, Inglewood
 P: (03) 5431 7300

Randalls Foodworks
 15 Kerr Street, Wedderburn
 P: (03) 5494 3100

Pyramid Hill Supermarket
 2 Kelly Street, Pyramid Hill

Financial services



CentreLink - Services Australia (COVID19)
 P: 13 24 68
 W: www.servicesaustralia.gov.au

National Debt HelpLine
 P: 1800 007 007
 W: ndh.org.au/
 Open: 24 hours/day

Rural Financial Counselling Service For Farmers & Small Business Owners
 P: 1300 769 489
 E: info@sunrcs.com.au

Neighbourhood houses



Boort Resource & Information Centre (BRIC)
 119-121 Godfrey Street, Boort
 P: (03) 5455 2716
 E: bric.boort@bigpond.com

Inglewood Community Neighbourhood House
 Cnr Verdon & Market Streets, Inglewood
 P: (03) 5438 3562
 E: info@icnh.org.au

Pyramid Hill Neighbourhood House
 43 Kelly Street, Pyramid Hill
 P: (03) 5455 7129
 E: phnh@bigpond.com

Wedderburn Community House
 24 Wilson Street, Wedderburn
 P: (03) 5494 3489
 E: admin@wedderburnch.org.au

Youth



Headspace
 78-80 Pall Mall, Bendigo
 P: (03) 5406 1400
 W: www.headspace.org.au

YSAS
 39 Garsed Street, Bendigo
 P: 1800 458 685
 W: ysas.org.au/ysas-bendigo
 Open: Mon-Fri: 9am to 8pm

North Central Local Learning & Employment Network
 P: (03) 5491 1144

Coronavirus screening for testing



Bendigo Health
 100 Barnard Street, Bendigo
 P: (03) 5454 6000
 W: www.bendigohealth.org.au

Bendigo & District Aboriginal Co-operative
 119 Prouses Road, North Bendigo
 P: (03) 5442 4947
 By appointment only

Bendigo Respiratory Clinic
 126 Spring Gully Road, Spring Gully
 P: 1800 573 196
 By appointment only

Northern District Community Health
 P: (03) 5451 0200
 By appointment only.
 Kerang 5 days/week. Pop-up clinics in Pyramid Hill.

Boort District Health
 3 Kiniry Street, Boort
 P: (03) 5451 5200
 By appointment only

Inglewood and District Health Service
 P: (03) 5431 7000
 By appointment unless otherwise advertised

Putting on and taking off a face mask



1. Wash hands, count to 20



2. Bring mask to face



3. Pull strings behind ears



4. Mask must cover nose and mouth



5. Mask must fit under chin



6. Finished – do not touch mask while on



1. Wash hands, count to 20



2. Use strings to pull off mask



3. If mask is one-use, put in bin



4. If mask is cloth, put in wash



5. Wash hands, count to 20. Finished