

## 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!



### Connect

Being with friends, family and others is important for good health and wellbeing.



### 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.



### 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 @SFSCloddon.

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](mailto:s.hawke@ncllen.org.au)



127 King Street, Bendigo VIC 3550  
Telephone: (03) 4444 2414  
[www.blpcp.com.au](http://www.blpcp.com.au)



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

# Important information for Loddon Shire residents

## Coronavirus (COVID-19)



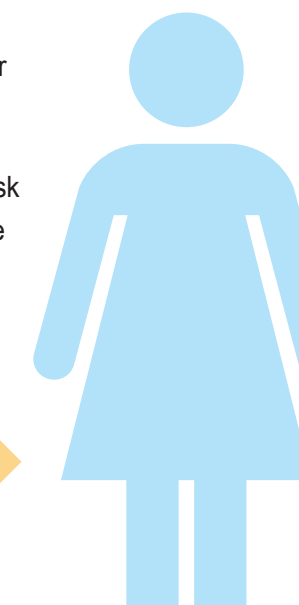
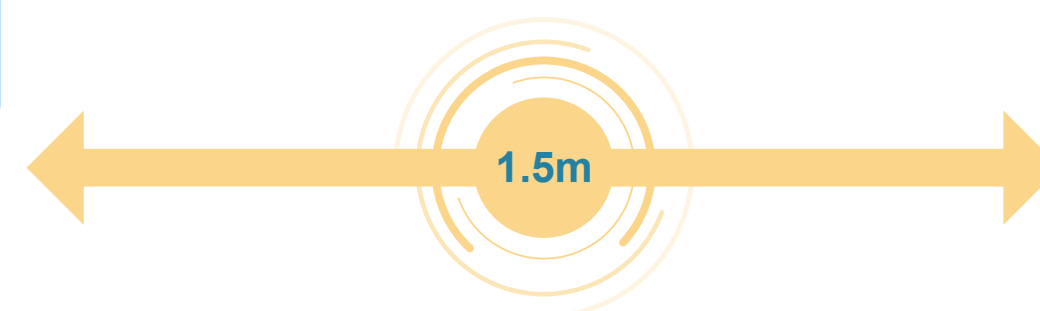
If you have any of the symptoms of coronavirus (COVID-19), however mild, you should seek advice and get tested.

### 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](http://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 Kinary 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 Street, Wedderburn  
P: (03) 5494 3309  
Open: Mon-Fri: 9am to 5.30pm  
Weekends: Closed

**Community health / GPs**  
**Boort Medical Centre**  
2 Coutts 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 Kinary Street, Boort  
P: (03) 5451 5200  
By appointment only  
**Inglewood and District Health Service**  
P: (03) 5431 7000  
By appointment unless otherwise  
advised

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