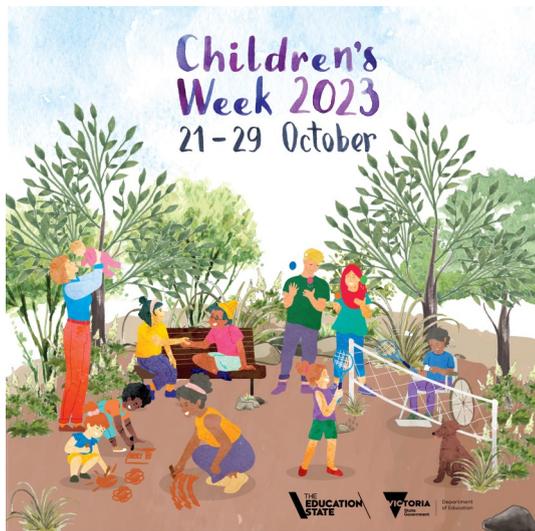


FLOOD RECOVERY NEWSLETTER



Edition 17: 9 June 2023

CHILDREN'S WEEK GRANTS



Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children.

The theme for Children's Week 2023 is "*Children have the right to relax, play and to take part in activities they enjoy*" based on Article 31 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils, not-for-profit organisations, schools and early childhood services organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements.

All Children's Week events are free to families with children aged from birth to 12 years.

Children's Week Grants 2023

Local Government Councils or eligible not-for-profit organisations are invited to apply for a grant of up to \$1,000 to contribute to the cost of hosting a Children's Week activity that celebrates this year's theme.

The grants program aims to:

- provide children and their families an opportunity to participate in a range of community activities
- engage Victorian families to connect and play together
- provide a financial contribution to support eligible organisations to deliver high-quality events that celebrate the national Children's Week theme.

Applications close 16 July 2023

Apply at <https://www.vic.gov.au/childrens-week>

COMMUNITY RECOVERY CONTACTS

Loddon Shire Council's Flood Recovery team would love to hear from you and assist you through your flood recovery. Please get in touch if you would like to chat about flood recovery for you and your community.

Call Mal: 0499 978 145 or Josie: 0474 911 783

CLIMATE OUTLOOK DINNER SERPENTINE, 21 JUNE



Just last week the Bureau of Meteorology shifted its El Niño—Southern Oscillation outlook to **El Niño ALERT**. This means there is approximately a 70% chance of El Niño forming in 2023.

Dale Grey (pictured), is a respected seasonal risk agronomist and communicator with Agriculture Victoria. Dale will present a 2023/24 climate outlook session in Serpentine on Wednesday, 21 June. This will include long-term climate data available for the Loddon and Avoca catchments and the El Niño—Southern Oscillation outlook for 2023.

Wednesday 21 June

Serpentine Football Club Rooms

6 pm for 6.30 start

Meals free, drinks at bar prices.

This is a flood recovery event supported by Loddon Shire Council and is a must attend event for our farmers.

Please rsvp for catering purposes to Mal Brown, Community Recovery Manager, by email to: mbrown@loddon.vic.gov.au

FOR RELIEF & PERSONAL HARDSHIP ASSISTANCE CALL 1800 226 226

Flood Recovery Football/Netball Round - Newbridge 24 June

A designated flood recovery round will be played between Newbridge and Bears Lagoon/ Serpentine on Saturday 24 June at the Newbridge Recreation Reserve with free entry on the day.

Loddon Valley Football Netball League, Newbridge Football Netball Club and Loddon Shire Council have been in talks since early this year on re-opening the reserve for sport as the football club and reserve committee repair damage to courts and infrastructure caused by the flood in October 2022.

Netball medallions will be awarded to Best on Court for U/17s; A Grade; B Grade; C Grade and C Reserve.

Football medallions will be awarded to Best on Ground in both the Reserves and Seniors matches.

Health and wellbeing service providers, including staff from Red Cross, Arc Justice and the Rural Financial Counselling Service, will be present on the day to help anyone looking for support during their flood recovery journey.

The AFL's Come and try 'Footy for Fun' will run from 10.45 am for boys and girls aged 5 to 12 years.

The Anglicare Kit Van will also provide entertainment for kids.

COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football through fun activities.

WHERE:

NEWBRIDGE RECREATION
RESERVE

WHEN:

SATURDAY 24TH JUNE
10:45AM - 11:45AM



REGISTER HERE!

AgriClinic - Professional and specialised health checks for farmers

The AgriSafe™ Clinic is run in partnership between National Centre for Farmer Health and Northern District Community Health (NDCH). The AgriSafe™ Clinic offers farmers and their families the opportunity to meet with a Community Health Nurse (CHN) who specialises in agricultural health.

This consult will provide you with a comprehensive occupational health and wellbeing assessment. This service aims to raise awareness of farmer health, enhance knowledge and prevent serious health conditions to our farmers.

This is open to farmers and their families from all farming industries including dairy, cropping, viticulture, horticulture, aquaculture, livestock production and more.

The Health check includes:

- Blood glucose testing
- Cholesterol testing
- Blood pressure check
- Body mass index calculation
- Respiratory testing
- Hearing screening
- Skin examination
- Vision testing

- Urine testing
- Pesticide exposure testing
- Testing the fit of your mask or respirator
- Occupational risk

Eligibility

All farmers and their families. Anyone working in the farming industry.

Prior to your initial appointment an AgriSafe™ occupational health history survey will need to be completed and returned to NDCH. Once this has been completed you will be contacted and sent details of your upcoming appointment.

How long is the appointment?

The initial consult takes 1.5-2 hours.

How to get an appointment

Call NDCH on 03 - 5451 0200 or email: info@ndch.org.au

Want more information?

Check out the Farmer Health website

<https://farmerhealth.org.au/>

Is there a Cost?

This is a free service.

Business Groups Flood Recovery Grants VICTORIA



Grants for Victorian business organisations to support locally led recovery initiatives in flood-affected areas.

The purpose of this program is to reactivate the small business sector in flood-affected local government areas.

The program is jointly funded by the Australian and Victorian Governments under the Disaster Recovery Funding Arrangements for the Victorian floods which commenced in October 2022 (AGRN 1037).

Grants of \$20,000 and \$50,000 (excl GST) are available.

Grant funds must be solely used to support flood-related recovery activities for members by undertaking activities such as:

- supporting and encouraging flood-impacted businesses to collaborate on business activities
- reactivation and rebuilding of the local economy in flood-affected areas
- enabling flood-impacted businesses to build capacity and resilience
- business skill development, networking, and resource sharing
- upgrading digital channels to better connect with flood-impacted members
- helping members adapt to a flood recovery operating environment
- supporting the advancement of flood-impacted Victorian business communities
- collaboration between tourism organisations or other business groups.

Now open. Closing date: Tuesday 31 October 2023

Unincorporated organisations and organisations with an ABN registered after 1 November 2021 will be required to have a local council enter into the grant agreement on their behalf.

For further assistance please email: businessrecovery@business.vic.gov.au

or contact the Business Victoria hotline on 13 22 95 during office hours.

Women's Health Loddon Mallee Quick response flood recovery grants



Women's Health Loddon Mallee has awarded \$90,000 in Quick response flood recovery grants, across the Loddon Mallee Region. Forty one per cent of all recipient organisations are located in the Loddon Shire.

Congratulations to the following grant recipients:

Dingee Bush Nursing Centre

Women's Pamper Day – Bringing together farming women for hair, nails, dinner and connection to local services.

Loddon Plains Landcare Network Inc.

Women by the Water – Living and learning through connection to nature with craft and planting activities and sharing from local Aboriginal Elders.

Dingee Bush Nursing Centre

Dairy Queens – Nurturing growth and connection for rural women and connection to local services and supports.

Durham Ox Farming Women's Group

Healthy Minds and Bodies – Supporting women to come together for weekly exercise classes.

Boort Resource and Information Centre

Lino Printing Program – Developing skills in creativity as Art therapy for flood impacted women.

Wedderburn Community House

Mad Hatters High Tea Party – Bringing the Loddon community together to have fun and reconnect.

Prospectors Sports Club Inc.

Paint a Picket for Prosperity – Creating safe spaces for women and girls to share their stories and build community connections.

Country Women's Association of Victoria Dingee and District Branch

A Weekend Break Away – For Flooded Farming Women to reconnect, revive & reset.

Health and wellbeing support

- Royal Flying Doctor Service - Flying Doctor Wellbeing Available to those aged 18+. Call (03) 8412 0480.
- Rural Financial Counselling Service - free and confidential financial support - Call 1300 735 578
- Mind Australia-Bendigo: Call 1300 286 463 or visit mindaustralia.org.au
- Orange Door - You have a right to be safe - Call 1800 512 359
- Australian Community Support Organisation (ACSO) - An intake organisation for Alcohol and other Drugs, Mental health, Youth and other clinical services for the Loddon area.
- 1800respect - Confidential information, counselling and support service. Call 1800 737 732
- Nurse on Call: 24 hour caring and professional health advice 1300 60 60 24.
- Lifeline: 24hr crisis support and suicide prevention services: 13 11 14 or lifeline.org.au
- Beyond Blue: Information and support for anxiety and/or depression: 1300 224 636 or beyondblue.com.au
- Kids Help Line: 24hr phone and online counselling service for people aged 5-25: 1800 551 800 or kidshelpline.com.au
- Seniors Rights Victoria - Elder abuse, prevention and support - 1300 368 821
- Emerging Minds: Provides resources for parents, carers, and families about infant and child mental health: emergingminds.com.au
- Translation and Interpreter Services: Provides access to phone and on-site interpreting services. Requests must be submitted at least 48 hours in advance. www.tisnational.gov.au
- National Relay Service: Assistance making a phone call if you are deaf or have a hearing or speech impediment. Speak and listen number: 1300 555 727.

How to cope with the stress of natural disasters



It's common to need support after being in or witnessing an event that may be traumatic, such as bushfires, flooding, cyclones or drought.

It's important to find the right type of support for you, as everyone will be affected differently. There are specific things that are likely to be helpful in the days and weeks following a natural disaster. As time passes in the months after, the types of things that are likely to be helpful will be a bit different.

It can help to talk with a trusted adult about getting the right sort of help if it all feels a bit much. If you are a young person looking for information about mental ill-health go to: www.headspace.org.au

Supporting people impacted by natural disasters – by Dr Rob Gordon. Recording now available



Dr Rob Gordon is a psychologist who is an expert in supporting people who have been impacted by floods, bushfires and other natural disasters or traumatic events. In this video (filmed in Boort in March) he discusses how different rural communities and individual farmers respond to the immediate and ongoing stress and high workload caused by widespread flooding. You can access the video at <https://farmerhealth.org.au/buildingfarmspirit>

Local support services

Community Health / Hospitals

Boort District Health
3 Kiniry St, Boort
P: (03) 5451 5200

Inglewood and District Health Services
3 Hospital St, Inglewood
P: (03) 5431 7000

Northern District Community Health
P: (03) 5451 0200

Boort Medical Centre
2 Coutts St, Boort
P:(03) 5451 5200

Dingee Bush Nursing Centre
21 King St, Dingee
P:(03) 5436 8309

Marong Medical Practice
8 Hospital St, Inglewood
P:(03) 5438 3308

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

Wedderburn Health Clinic
25 Wilson St, Wedderburn
P: (03) 5494 3511

Legal Services

Loddon Campaspe Community Legal Service
P: 1800 450 909

Neighbourhood Houses

Boort Resource and Information Centre (BRIC)
119-121 Godfrey St, Boort
P: (03) 5455 2716

Inglewood Community Neighbourhood House
Cnr Verdon & Market St, Inglewood
P: (03)5455 2716

Pyramid Hill Neighbourhood House
43 Kelly St, Pyramid Hill
P: (03) 5455 7129

Wedderburn Community House
24 Wilson St, Wedderburn
P: (03) 5494 3489

Loddon Shire services

For up-to-date information regarding flood recovery and council services:

- Visit our website at www.loddon.vic.gov.au
- Call our office between 8.15am-4.45pm, Monday-Friday on (03) 5494 1200; or
- Go to our Facebook page: www.facebook.com/LoddonShire/