

FLOOD RECOVERY UPDATE BULLETIN

12 OCTOBER 2023



HEALTH & 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.

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 Couatts 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

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

October is Mental Health Awareness Month

On behalf of Loddon Shire Council I would like to welcome you to this edition of Council's Flood Recovery Bulletin. Tomorrow is exactly one year to the day when Laanecoorie Reservoir spilled and the Loddon River valley flooded our shire from Newbridge to Appin South, and Pyramid Hill across to Boort and beyond.

Our community has shown tremendous resilience during the recovery phase and I commend everyone who pitched in with sandbagging, building temporary levees, moving equipment to high ground and cleaning up those businesses and facilities that could not be spared from the

floodwaters. Most importantly I want to congratulate the Loddon community on how you have looked out for each other and remained connected after such a difficult time. October being Mental Health Awareness Month is a timely reminder to look after your own mental health and avail yourself of the wonderful health and wellbeing support services that we are so fortunate to have throughout the Shire.

May this year's harvest help get all our farmers back on their feet.

Cr Dan Straub
Mayor



Farmers' Wellbeing Toolkit

During this Mental Health Awareness Month, we recognise that our farming community faces unique challenges that can contribute to heightened stress and mental health issues.

That National Centre for Farmer Health provides a range of resources and supports. Check out their 'Farmers Wellbeing Toolkit' for physical and mental health resources created to support farmers at <https://shorturl.at/psuF8>

Support for Businesses

Many businesses and communities are still dealing with longer-term impacts of the 2022 floods. New and ongoing supports available for businesses include:

Business Groups Flood Recovery Grants program

This grants program is still available to business groups – including chambers of commerce, trader groups, industry associations and more – and offers funding to deliver locally-led recovery initiatives to support their flood-affected small businesses to restart and recover.

Applications close Tuesday 31 October 2023.

For information or to apply visit <https://shorturl.at/dqMV3>

Business Recovery Advisory Service

This service is now available to flood-impacted businesses, offering extended case management and support to help small businesses in their long-term recovery. Business Recovery Advisers will assist businesses to re-build, re-activate and focus on sustainable growth during and beyond recovery.

Mental Health and Wellbeing Support

Sole traders, business owners and their employees can continue to call the Partners in Wellbeing Helpline on 1300 375 330 for free, confidential advice 7 days a week. Trained financial counsellors, business advisers and wellbeing coaches are available to provide confidential one-on-one support.

WHAT'S ON

Sat 14 October - Lexus Melbourne Cup Tour at the Boort Show.

Come along and get your photo taken with the 2023 Cup.

Sat 14 October - Whole Loddon Love Bridgewater Hotel (evening)

Whole Loddon Love is a series of contemporary music gigs taking place in areas severely affected by flooding in 2022. Tickets free for locals & kids, and only \$15 for others! Money raised will go to local community groups and flood recovery. Book at www.wholeloddonlove.com

Sun 12 November - George the Farmer in Serpentine

George the Farmer inspires kids to learn creatively about agriculture and where their food and fibre comes from. Join George the Farmer for a live performance in the Serpentine Memorial Hall. The quintessentially Australian storylines delight and amuse the under 10 age group and adults alike. This event is for Loddon Shire residents only. Registrations are now open at:

<https://forms.office.com/r/us1DYa21n4>



GRANTS

Community Recovery Grants

Loddon Shire Council has opened Community Recovery Grants up to \$5,000 for communities to hold activities and events which create opportunities for connection, resilience, capacity building and positive wellbeing and help keep our communities strong. Grants are available to not-for-profit community groups or groups that are auspiced by an incorporated not-for-profit group. Community groups must be located within the Loddon Shire and serve residents of the Loddon Shire. Projects must link to flood recovery and have clear outcomes for communities across Loddon Shire that were impacted by the October 2022 floods. Applications close at midnight on Sunday 22 October 2023. To apply go to <https://loddon.smartygrants.com.au/>

FRRR Prepare & Recover Grants

The Strengthening Rural Communities Prepare & Recover program supports communities in remote, rural and regional communities across Australia to implement initiatives that prevent and prepare for future climate related impacts, or recover from existing disasters in the medium to long-term timeframe, generally one to ten years after the disaster. Grants up to \$25,000 are available for a broad range of initiatives to strengthen the capacity and capability of local people, organisations, networks, and systems that help communities to be informed, skilled, connected and resourced for the future. Applications close 5pm 4 December 2023.

For guidelines and to apply visit <https://bitly.ws/VaLM>

LODDON SHIRE SERVICES AND 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

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 facebook.com/LoddonShire/