

FLOOD RECOVERY NEWSLETTER



Edition 15: 12 May 2023



Boort area in flood October 2022. (Photo courtesy Boort farmer Tyler Nelson)

CALL FOR SUBMISSIONS TO THE 2022 FLOOD EVENT

The Victorian Parliamentary Environment and Planning Committee is currently overseeing the Inquiry into the 2022 Flood Event in Victoria.

Submissions close on **Monday 5 June 2023**, and can be made by individuals or organisations, and be as short or long as you like.

Further details, including the Terms of Reference, are available on the Parliament of Victoria website at:

<https://new.parliament.vic.gov.au/floodinginquiry>

The Committee is scheduled to hold public hearings in the following flood affected areas, and you can register your interest in appearing when making your submission.

23 August	Rochester
24 August	Echuca
13 September	Shepparton
14 September	Seymour
11-12 October	Melbourne

Recommendations from this inquiry will help shape Victoria's response to floods in the future.

For more information contact the Committee Secretariat on 8682 2869.

Flood Recovery Football/Netball Round confirmed for 24 June

A flood recovery football/netball round in the Loddon Valley Football Netball League will take place at the Newbridge Recreation Reserve when Newbridge hosts Bears Lagoon/Serpentine on Saturday 24 June 2023. Watch for all the details in Edition 16 of this newsletter.

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

ARC JUSTICE IN BRIDGEWATER

ARC Justice staff now have a regular presence at the train station in Bridgewater-on-Loddon, fortnightly on a Tuesday alongside Bendigo Foodshare. ARC Justice has an established community legal centre at 54 Mitchell St in Bendigo. P: 5444 4364 E: reception@arcjustice.org.au

SERVICES AUSTRALIA

The Australian Government's department 'Services Australia' has two flood related payments:

1) Disaster recovery payment:

- you were seriously injured
- you're the immediate family member of an Australian citizen or resident who died or is missing
- the flood caused major damage to your home or a major asset at your home.

You have until **16 June 2023** to make a claim for Australian Government Disaster Recovery Payment.

2) Disaster recovery allowance:

- you were 16 or older at the time of the floods.
- you are an Australian resident or hold an eligible visa
- you work or live in an affected Local Government Area
- you lost income as a direct result of the floods.
- earn less than the average Australian weekly income in the weeks after you had this income loss.

You have until **28 May 2023** to make a claim for Disaster Recovery Allowance.

For more information or to make a claim go to:

<https://www.servicesaustralia.gov.au/victorian-floods-october-2022?context=60042>

Do you have an Insurance complaint?

If you need to make an insurance claim, and the insurance provider is not assisting in line with your policy you can complain to the Ombudsman Australian Financial Complaints Authority (AFCA) <https://www.afca.org.au/>

FOR RELIEF & PERSONAL HARDSHIP ASSISTANCE CALL 1800 226 226



There is never any excuse
for Family Violence

Family violence can escalate and increase as an impact of environmental disasters, including floods.

Your Safety is Our Priority

Violence and abuse, in any form, at any time, is unacceptable. Everyone has the right to live a life free from violence and make their own choices.

If you are living in fear, or concerned for your safety or your children, we can help.

If you're concerned about how you are behaving towards your family, we can help.

Our flood recovery team is ready and here to help.

Centre for Non-Violence covers the Loddon region – includes City of Greater Bendigo, Central Goldfields, Mt Alexander, Macedon Ranges, Loddon, and Campaspe shires.

Contact us:

Centre for Non-Violence 1800 884 292 | www.cnv.org.au/we-are-here-to-help

The Orange Door (Loddon Area) 1800 512 359 - for intake and referrals | The 24-hour statewide Safe Steps family violence crisis response line is 1800 015 188 | Men's Referral Service 1300 766 491 | In an emergency, call 000



2023 Loddon Healthy Minds Network Art Competition

Continuing to raise awareness of mental health within the Loddon community; the Loddon Healthy Minds Art Competition is on again in 2023!!



This year the 2023 themes are

Open Section & Year 9 to Year 12:

Theme 1: Mental Health No More Stigma.

or

Theme 2: Be Kind To Your Mind.

Grade 5 to Year 8:

Theme 1: Be kind to your mind.

or

Theme 2: Just don't give up.

Grade 3 to 4 supplied A4 colouring poster:

What makes you happy?

Grade Prep to 2 supplied A4 colouring poster:

Believe in you.

These art themes challenge entrants to explore why mental health is important to everyone, and looking at their own mental health.

For information or to enter go to:

<https://www.loddonhealthyminds.com.au/events/2023-annual-loddon-healthy-minds-network-art-competition>



Summerwave on Tour Loddon dates

12 May Wedderburn College 5-9 pm

13 May Boort Tennis Club 6-10 pm

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



REGISTER HERE!

Helping farmers out of the mud webinar now online



Do you recognise the signs exhibited by people suffering from stress and fatigue? How do you respond? Are you aware of the appropriate assistance and helpful resources available to help them through the tough times?

These were just some of points covered by the successful webinars produced and delivered by the National Centre for Farmer Health (NCFH) to help agricultural advisors and service providers working with farm families immediately after the floods and the ongoing months of flood recovery.

A recording of this informative webinar, which attracted more than 80 participants, is now available to all at www.farmerhealth.org.au/buildingfarmspirit

NCFH flood recovery response project officer, Sally Cunningham, said while the floods may seem like so long ago, it is only now that the stress and fatigue of it all will start to take a hold on farmers, farm families and farm workers.

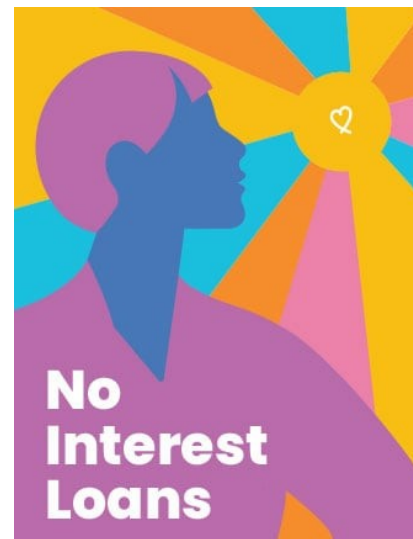
“Service providers and trusted agricultural advisors play a really important role in assisting farmers through the flood recovery journey,” Ms Cunningham said.

“This webinar helped them to recognise and respond to farmer stress, highlighted appropriate assistance and resources available and then reflect on how to protect themselves from risks to their own mental health.”

Ms Cunningham said the National Centre for Farmer Health has posted a video of the popular webinar on its website to meet the demand for this information coming from the wider community across Australia.

“While targeted to agricultural advisors, it will help people to recognise and respond to farmers exhibiting significant signs of stress, learn where to refer farmers for appropriate assistance and helpful resources, and show how to look after yourself when supporting others.”

NO INTEREST LOANS



No Interest Loans (NILs) are a smart loan option to help you manage your money. Borrow up to \$2,000 for essential goods and services with no fees, no interest, and no charges, EVER.

Loans are available up to \$2,000 for essential goods and services including:

- Household Essentials
- Health and Wellbeing
- Education and Employment
- Housing
- Vehicle and Transport

Neighbourhood Houses Victoria is proud to be partnering with Good Shepherd and their No Interest Loan program.

No Interest Loans (NILs) provide individuals and families on low incomes or who have been impacted by domestic and family violence with access to safe, fair, affordable credit with no fees and charges applied.

Washing machine broke down? Unexpected car repairs? Need a new laptop for work or school? Moving and need support with bond or rent in advance? Re-establishing after fleeing domestic violence?

Unexpected expenses are bound to pop up from time to time. NILs can help you manage your money and you only pay back what you borrow, nothing more.

For information call the Good Shepherd's:
P: (03) 9606 0117 or Text: 0467 400 693 or visit:
<https://www.nhvic.org.au/nils>

UTILITY RELIEF GRANT SCHEME

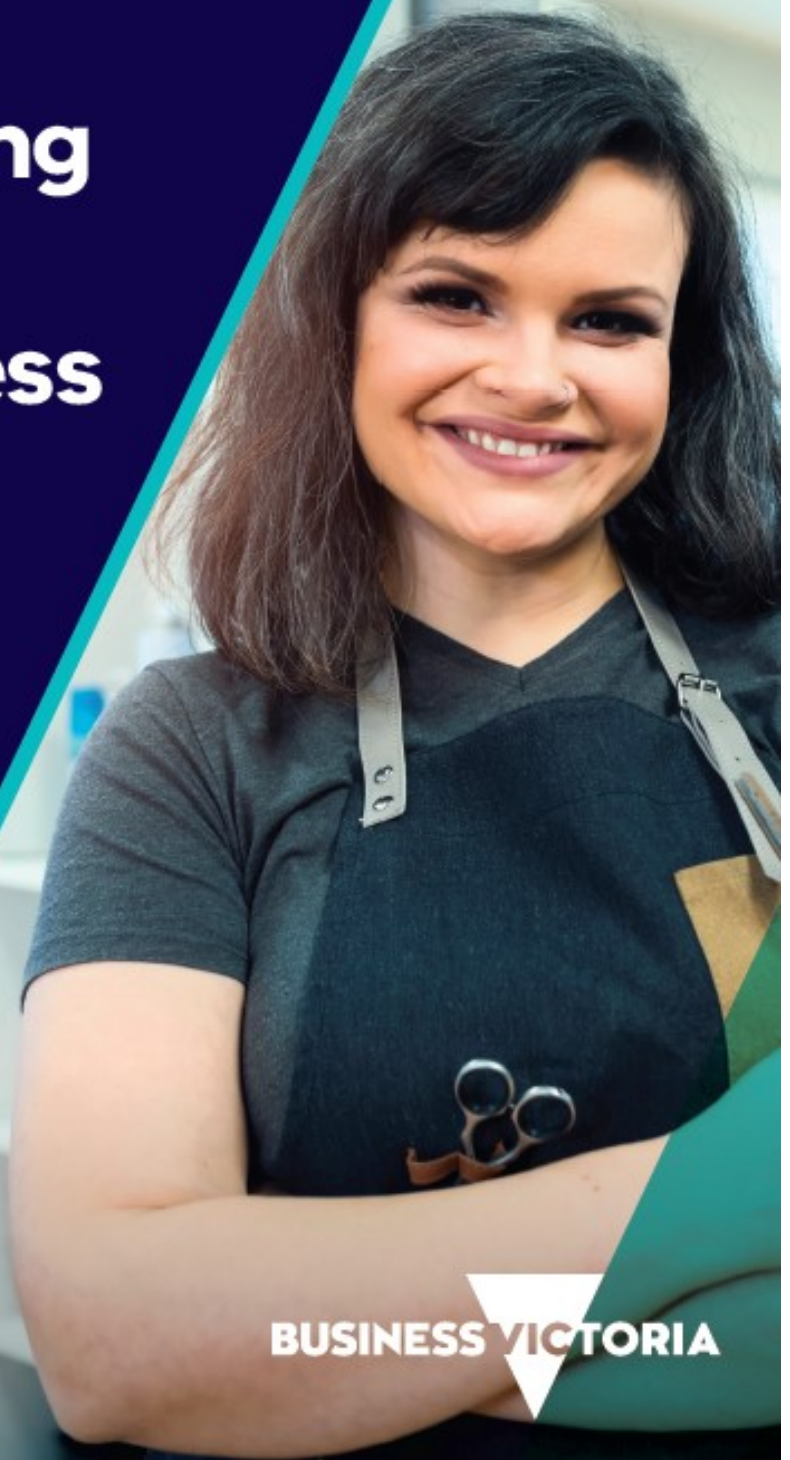
Relief grants for paying overdue energy or water bills are available to low-income Victorians experiencing unexpected hardship.

For more information on the utility relief grant scheme go to:
<https://services.dffh.vic.gov.au/utility-relief-grant-scheme>

Free wellbeing support for small business owners and employees

Call the Partners in Wellbeing Helpline and talk to one of our trained wellbeing coaches, financial counsellors or business advisors.

Helpline consultations are free, confidential and provided on a one-on-one basis.



BUSINESS VICTORIA

**PARTNERS IN
WELLBEING HELPLINE
1300 375 330**

9am-10pm Mon-Fri
9am-5pm Sat/Sun

business.vic.gov.au/wellbeing

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

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.

Consumer Affairs Advice

Fake tradies frequently turn up after disasters. They are dodgy tradesmen who offer to do maintenance work for up-front cash, then disappear after doing poor quality work or no work at all. If you take up such offers, you run the risk of substandard work and further costs.

Charity and fundraising scams can also be common after a disaster. Be wary of giving money to an unfamiliar charity or in response to an unsolicited email.

If you need help with repairs or re-building, contact your insurer first to check your policy and find out if you are covered. Before you employ a tradesperson to do repair work, check their credentials, get quotes and do not pay up front.

For further information and support, visit consumer.vic.gov.au/floods or call 1800 803 800.

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/