

# FLOOD RECOVERY NEWSLETTER



Edition 16: 26 May 2023

## FARM HOUSEHOLD ALLOWANCE

### Getting back on your feet

The Farm Household Allowance (FHA) is an Australian Government support package for farming families doing it tough. Since 2014, FHA has helped more than 17,500 farmers and their partners to improve their situation.

### Help for financial hardship

Financial hardship can happen to anyone at any time. It doesn't matter what caused it – illness, unexpected weather conditions, a change in global market conditions or anything in between – support is available.

Farmers often say they didn't apply for FHA because they thought others were in a worse position. While FHA will provide you with breathing space through income support, the money will also benefit your local community when it is spent. This helps your family and other small businesses.

If you are unsure – don't self-assess. Please make time to speak with Services Australia.

You can also contact the Rural Financial Counselling Service who can help work out if FHA is right for you.

Everyone who is eligible will get paid.

### Help for you and your family

There are five key elements of the FHA program that give farming families practical support:

1. A fortnightly income support payment to pay for household expenses.
2. \$10,000 activity supplement to help develop skills, access training and/or pay for advice to increase financial self-reliance.
3. Up to \$1,500 for a professional financial assessment of your business to help identify opportunities for changes.
4. A Health Care Card and other allowances, to assist with costs of living.
5. Tailored and practical support from your personal contact at Services Australia, to help you achieve your goals.

### Applying for FHA

To apply for FHA, you must be a farmer or a partner of a farmer. Call the Farmer Assistance hotline on 132 316 to discuss eligibility and ways to apply. The hotline is open 8am - 5pm Monday to Friday. For more information go to: [www.servicesaustralia.gov.au/farm-household-allowance](http://www.servicesaustralia.gov.au/farm-household-allowance)

## 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**

## Flood Recovery Football/Netball Round - Newbridge 24 June



Sport will return to Newbridge Recreation Reserve on Saturday 24 June when the Maroons will play their first home games of netball and football against Bears Lagoon/Serpentine.

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.

The 24 June games will be designated a flood recovery round with free entry on the day.

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 the National Centre for Farmer Health 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 (See Page 2 of this newsletter for registration details). The Anglicare Kit Van will also provide entertainment for kids.

**FOR RELIEF & PERSONAL HARDSHIP ASSISTANCE CALL 1800 226 226**

# 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!**

## There is never any excuse for Family Violence



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

## 2023/24 CLIMATE OUTLOOK

WITH DALE GREY, RESPECTED SEASONAL RISK AGRONOMIST AND COMMUNICATOR WITH AGRICULTURE VICTORIA



WEDNESDAY 14 JUNE 2023

6PM FOR 6.30 START

WEDDERBURN HOTEL

MEALS FREE, DRINKS AT BAR PRICES

A must attend event for Loddon Shire farmers  
A flood recovery event supported by Loddon Shire Council



## 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](mailto: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.

## 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](http://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](http://lifeline.org.au)
- Beyond Blue: Information and support for anxiety and/or depression: 1300 224 636 or [beyondblue.com.au](http://beyondblue.com.au)
- Kids Help Line: 24hr phone and online counselling service for people aged 5-25: 1800 551 800 or [kidshelpline.com.au](http://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](http://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](http://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](http://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](http://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/](http://www.facebook.com/LoddonShire/)