

# FLOOD RECOVERY NEWSLETTER



Edition 5: 16 December 2022

## National Centre for Farmer Health

### #BuildingFarmSpirit

National Centre for Farmer Health (NCFH) will support the mental health of Victorian farming families affected by recent flooding, as part of its dedicated flood recovery response.

Farmers whose property, infrastructure, livestock or crops were lost or damaged in the flood or extreme weather conditions will receive tailored mental health support through the delivery of initiatives, including:

- A supportive online community through the #BuildingFarmSpirit social media campaign
- Free access to online psychology support, delivered by farmer health trained psychologists
- Support for community events providing social connection and mental health promotion opportunities for farmers, farm workers, farm families and farming communities
- Distribution of mental health resources and support information
- Practical training to support trusted advisors working with farmers experiencing challenging times

For more information, visit <https://farmerhealth.org.au/buildingfarmspirit>

## Community Recovery update

Loddon Shire Council has two new full-time dedicated resources to help the Shire community to recover from the devastating October floods.

Wendy Gladman, Director Community Wellbeing, welcomed Mal Brown as Manager of Community Recovery and Josie McKinnon as Community Recovery Officer.



Mal, from Leichardt, has extensive experience in both community engagement and community flood recovery, particularly the 2011 event. He has worked for the North Central CMA, Agriculture Victoria and has run his own consultancy business.



Josie McKinnon, originally from Pyramid Hill, has enjoyed a long career in events and hospitality management, working, studying and travelling throughout Australia and overseas. Since returning to Victoria in 2020, Josie has completed studies in community planning and development and

taken up various volunteer roles while continuing her work as a hospitality professional. Josie is committed to achieving positive outcomes for her community and looks forward to reconnecting with local communities throughout the Shire.

Both Mal and Josie will work collaboratively with Council staff and partner agencies to promote recovery by providing support and information to assist individuals, families, businesses and community groups in the Loddon Shire.

They will identify priorities for action through the development of a Recovery Plan and advocate for investment and resource allocation to rebuild and, where appropriate, upgrade community infrastructure.

Mal and Josie can be contacted at Council's Wedderburn office on (03) 5494 1200.

## Agriculture Victoria

Are you unsure where to go to navigate your flood recovery journey? Agriculture Victoria's website and Facebook page are full of useful and reliable updates and information. They event host regular webinars on relevant topics for farmers.

Visit the flood recovery website at: <https://agriculture.vic.gov.au/farm-management/emergency-management/floods>

Visit the Facebook page at: <https://www.facebook.com/agriculturevictoria>

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

## Health and wellbeing support

- Nurse on Call: 24hr caring and professional health advice 1300 60 60 24.
- 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. Teletypewriter number: 133 677. SMS relay number: 0423 677 767.
- 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)
- 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)
- Emerging Minds: Provides resources for parents, carer's and families about infant and child mental health: [emergingminds.com.au](http://emergingminds.com.au)

## 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 Centre**  
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

## Animal and insect related hazards

- When returning to a flood-affected area remember that wild animals including rodents, snakes or spiders may be trapped in your home, shed or garden.
- If you have been bitten by a snake, get immediate medical attention by calling 000.
- If you have been bitten by or injured by an animal or insect, seek advice from a doctor.

### Beat the bite

Mosquitos can breed in floodwaters. If you're travelling through or visiting this region make sure you:

- Cover up - wear long, loose-fitting clothing.
- Use mosquito repellents containing picardin or DEET on all exposed skin.
- Limit outdoor activity if lots of mosquitoes are about.
- Use 'knockdown' fly spray, mosquito coils or plug-in repellent where you gather to sit or eat outdoors.
- Don't forget the kids – always check the insect repellent label. On babies, you might need to spray or rub repellent on their clothes instead of their skin. Avoid applying repellent to the hands of babies or young children.

### Japanese encephalitis (JE)

Free vaccinations are now available for people aged 2 months or older who live or routinely work in Loddon Shire, AND

- Spend at least 4 hours per day for unavoidable work, recreation, educational or other essential activities.
- Are living in temporary or flood damaged accommodation
- Are engaged in the prolonged outdoor recovery efforts of stagnant water.

*Please be advised that there is a state-wide shortage of JEV vaccine and you may be placed on a waiting list.*

Appointments to receive the vaccination can be made by contacting one of the following clinics.

- Inglewood Pharmacy – 5438 3021
- Wedderburn Health Clinic – 5494 3511
- Boort Community Pharmacy – 5455 2044
- Boort District Medical Centre – 5451 5220

## 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 at [www.facebook.com/LoddonShire/](http://www.facebook.com/LoddonShire/)