

FLOOD RECOVERY

UPDATE BULLETIN 14 MARCH 2024



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



The Loddon Shire Council is pleased to be partnering with Make a Change Australia, bringing their Expand Your Impact program to the Loddon Shire.

It's FREE from March to June 2024 and all Loddon residents, businesses and organisations are invited to take part.

Expand Your Impact is a collaborative initiative designed to encourage locals to think a little differently and grow success in any area of life. Participation can be via subscribing to receive resources; attending online workshops; joining a supportive network, or all the above.

"This program provides useful approaches to develop projects and ideas, and move forward personal, team or organisation goals," says Karen Corr from Make a Change.

"People participate for many reasons including: reassessing what's most important, creating new approaches to adapt to change, involving more people in projects and implementing local initiatives more effectively."

Wendy Gladman, Council's Director Community Wellbeing, is particularly interested in Expand Your Impact for the Loddon Shire communities.

Ms Gladman says, "Loddon has strongly connected communities who rally in the face of adversity and look out for each other. We are so lucky to have such strong community

members who are passionate about caring for their communities and improving where they live. Council is pleased to partner with Jumpleads NFP and other participating councils in the Expand Your Impact Program and provide this opportunity for our residents to reach their own personal goals and achieve great things for their local communities."

Expand Your Impact explores six key areas useful for making change happen:

- Vision: Discovering and rediscovering 'what lights YOU UP?'
- Projects: Giving thoughts and ideas the structure to MAKE THEM HAPPEN
- Story: Creating YOUR compelling narrative, to ENGAGE OTHERS
- Audience: Identifying your audience and activating participation to ACHIEVE your goals
- Team: Building networks, growing communities and enlisting SUPPORT
- People: Working together effectively for GREATER OUTCOMES

FREE from March to June 2024, Loddon residents can get involved in the following ways:

Stay in the loop and receive resources

Sign up now and keep up-to-date with the latest on this project. Receive a free 6-part email pack, providing inspiration, new ideas and food for thought. Relevant for learning new ways to implement ideas <https://bit.ly/eyi2024>

Attend online workshops

Come along to FREE online workshops delivered as three interactive sessions, over three consecutive weeks. An opportunity to develop projects and ideas in a supportive format.

Workshops start April 2024. Places limited – Register NOW:

<https://events.humanitix.com/host/eyi-2024>

More ways to connect

Join the Make a Change Facebook Group to connect with like-minded people. This is a place for anyone who wants to make a change. It's for sharing knowledge, ideas, inspiration, and support, assisting all to keep going!

www.facebook.com/groups/makeachangeaus
"Expand Your Impact is a chance to take some time out for yourself, learn, reflect, build skills, make projects happen and connect with like-minded people in the community" says Ms Gladman.

"I invite all Loddon residents to take up this terrific opportunity and fast track your goals to make an impact whether for yourself personally, your business or your entire community."

For more information on the project visit <https://makeachange.org.au/expand-your-impact/>



Soils, Decision Making, and What's Next?

Farmers are being faced with a series of challenges never seen before, which is why making the right decisions about soil is more important than ever.

Navigating those choices and finding the opportunities within them is the focus of a FREE forum at the Pyramid Hill Bowling Club from 11am to 2.30pm on Thursday 21 March.

Hear from Think Agri's Kate Burke, local farmers Jo and Greg Bear, and learn more about the region's new Soil Health Guide and how it can help you.

Rebecca Mitchell, Agriculture Victoria, will take a deeper look at the new soil health guide, what it covers and how it can help improve your soil management.

This project is delivered by the North Central Catchment Management Authority and Agriculture Victoria, through funding from the Australian Government's National Landcare Program Smart Farms Small Grants.

For bookings go to <https://shorturl.at/cfiW0>

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/