

# FLOOD RECOVERY UPDATE BULLETIN

14 NOVEMBER 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](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.

## 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

#### 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

## Two years on from the October 2022 flood

We recently passed the second anniversary of the October 2022 flood and as we reflect on the recovery journey it is clear that our community was amazing with its immediate response to the flood.

People pitched in with sandbagging, building temporary levees, moving equipment to high ground, supporting each other and then working hard on clean up and restoration after the flood passed.

Most importantly the Loddon community has continued to look out for each other, embraced flood recovery events, shared information and rebuilt social connections. Our community has shown tremendous resilience during the recovery phase.

All Loddon households will soon receive an information pack in the mail about the resources and support services available to help residents in an emergency. Please take the time to read the content and keep it handy.

## Seniors Gala 2024

On 9 October, 177 seniors turned out for the Loddon Shire Council's 2024 Seniors Gala in the Boort Memorial Hall. The event provided an opportunity for residents

to connect and enjoy great entertainment and a healthy meal. We were delighted to also have the Red Cross present on their world renowned Rediplan and remind attendees of the importance of preparing for any future emergency. It is timely to remind people to think about how they will manage during heat health days and what they might have in place if something impacts on them being able to stay cool on a hot day (such as a power outage).



## Preparing for a future flood

The ABC Emergency website has some great information on preparing for a future flood. Visit:

<https://www.abc.net.au/emergency/prepare-for-flooding/102348888>

## 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



## Dr Rob Gordon returns to Loddon

On 17 October, 23 residents of Korong Vale and surrounds came together for a community dinner at Scully's Pub and to hear from disaster recovery expert and clinical psychologist Dr Rob Gordon.

Speaking about the recovery journey and drawing from both personal experience and professional expertise, Rob helped to explain what to look out for in maintaining positive mental health and wellbeing and gave specific tips on prioritisation of "pleasure and leisure".

Formal proceedings were followed by a presentation by Rhonda McTaggart from the Community Planning Committee on a current community project.



## Recovery Support Program

Recovery support is available if you were impacted by a large-scale emergency, such as a storm, flood or bushfire in Victoria.

After an emergency it can be difficult to know what to do next. We can:

- Assist you to apply for payments and explore financial and material supports.
- Connect with recovery specific supports.
- Navigate insurance claims.
- Link in with business support.
- Support your mental health and wellbeing.
- Learn techniques to help you or your family cope with stress.
- Link with legal supports.
- Connect with clean-up programs.
- Discuss disaster preparedness.

If you were severely impacted by the recent storms, flood, or bushfire, you may be eligible to be referred to a Recovery Support worker. They can provide regular, personalised, one-on-one support, to assist you with managing your recovery.

### Cost

There is no charge for the support provided by this program that is funded by the Commonwealth - State Disaster Recovery Funding Arrangements (DRFA) and the Victorian Government.

Find out about our Recovery Support Program.

Call the Hotline at 1800 560 760.  
Open Mon - Fri, 8am - 5pm

[www.vic.gov.au/recovery-support](http://www.vic.gov.au/recovery-support)

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 [facebook.com/LoddonShire/](https://facebook.com/LoddonShire/)