

# FLOOD RECOVERY UPDATE BULLETIN

AUGUST 17 2023



## 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 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

## David Younger talks flood recovery at Bridgewater

Melbourne-based natural disaster recovery and preparedness consultant David Younger presented to Loddon Shire residents at a dinner in Bridgewater on Friday 4 August.

Loddon Shire Council's Community Recovery team organised the dinner at the Bridgewater Hotel to provide flood-impacted residents with the opportunity to hear David's tips for recovery. The event was part of Council's community recovery program, jointly funded by the Australian and Victorian Governments.

David has been supporting communities throughout Australia since the 2009 Black Saturday fires.

He is also a clinical psychologist and has seen firsthand there can be opportunities for recovery and growth within adversity.

"While most people do recover successfully from a natural disaster, it can sometimes be a far more challenging and complex journey than expected," David said during his discussion at the Bridgewater dinner.

"For some, certain aspects of life are unfortunately never the same."

With over a decade's experience, David helps communities recognise that hidden within adversity are opportunities for adaptation, recovery and growth.

In speaking at the dinner, David said the first element of a natural disaster, such as a flood event, is the disruption.

"This results in uncertainty and heightened stress. We go into adrenaline mode, which can ultimately lead to exhaustion. To build back up your energy levels can often take up to six months.

"The second element is a sense of loss," David added.

"There is of course the physical impact – water through your house – but also the financial impact. Loss varies from person to person and it



Colleen Condliffe, Mayor Dan Straub and David Younger at the Bridgewater dinner.

is often hard for people to open up about it. The recovery process requires that we look after our own health and wellbeing and that of our community. Staying connected is one of the most important aspects of the recovery journey.

"It often takes a long time to accept what you have been through and to recognise the impact of the event on your mental health. It is important to seek help and make use of the health and wellbeing support services that are available.

"As we approach the one-year anniversary of the latest flood event think about the need to conserve energy – some of you still have a marathon to run."

For health and wellbeing support services available in the Loddon Shire, see Council's Flood Recovery Bulletin in the Loddon Herald each fortnight.

## WHAT'S ON

### 13 September - Dinner with Rob Gordon, Dingee Hotel

As we approach the one year anniversary of the October 2022 floods, join us for dinner with clinical psychologist Dr Rob Gordon OAM who has dedicated his career since the terrible Ash Wednesday fires of 1983 to helping traumatised communities and emergency service workers recover after disaster. (See advertisement Page 11 for details)

### 3-5 October Elmore Field Days

The Elmore Field Days is an annual three day premier agricultural event. With more than 700 exhibitors you will have everything from tools and hardware through to pools and tractors, kids' activities, machinery, plants, arts and crafts, steel yards, fashion, cattle crushes and anything in between. You can also catch up with Council's flood recovery support team at the field days.

### 6 -14 October - Whole Loddon Love



Whole Loddon Love – Whole Loddon Love is a series of contemporary music gigs taking place in community halls + pubs along the Loddon River, areas severely affected by flooding in 2022. Tickets free for locals & kids, and only \$15 for others! Money raised will go to local community groups and flood recovery.

Fri 6 Oct Victoria Hotel, Pyramid Hill (evening)

Sat 7 Oct Railway Hotel, Boort (evening)

Sun 8 Oct Newbridge Hotel, Newbridge (afternoon)

Sat 14 Oct Bridgewater Hotel, Bridgewater (evening)

Book at [www.wholeloddonlove.com](http://www.wholeloddonlove.com)

Stay up-to-date at [www.facebook.com/wholeloddonlove](http://www.facebook.com/wholeloddonlove)

## 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



Mayor, Cr Dan Straub, pictured with the 2023 Melbourne Cup

### Sat 14 October - The 2023 Melbourne Cup

(valued at \$600,000) will be at the Boort Agricultural Show on Saturday 14 October. Come along and get your photo taken with the Cup.

### 7-8 October - Loddon Valley Arts Trail



The Loddon Valley Arts Trail will showcase the creative talents of our region, while also creating opportunities for artists to promote their work and connect with art lovers and adventurers from all around.

Stay up-to-date at:

[www.facebook.com/LoddonValleyArtsTrail/](http://www.facebook.com/LoddonValleyArtsTrail/)

### 12 November - George the Farmer in Serpentine

George the farmer inspires kids to learn creatively about agriculture and where their food and fibre comes from. Join George the farmer for a live performance in the Serpentine Memorial Hall on Sunday 12 November. Save the date and watch for more information. Suitable for children aged Foundation - Year 4.

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/](http://facebook.com/LoddonShire/)