

FLOOD RECOVERY

UPDATE BULLETIN 18 JANUARY 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 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

December 2023/January 2024 severe weather and floods

Some important information

- With the recent floods, it is understandable if you are feeling concerned and experiencing a mix of strong emotions or physical reactions right now.
- For those who have faced flooding before, this might be a particularly challenging time that is stirring up memories and feelings of sadness, fear, and grief.
- It's important to remember that recovery is a personal journey, and everyone experiences things differently. For some people, recovery is ongoing.
- Remember, experiencing these emotions is a normal response to such events, but these concerns may lead to other issues if they are not managed.
- If you find yourself experiencing strong emotions, remember that talking about your worries and feelings as well as remaining connected to others can make them more manageable. It is important to identify what actions can be taken to address the source of your concerns. Be aware of the signs that you might need some extra support and get help if you need it. Find out more here: <https://www.betterhealth.vic.gov.au/servicesandsupport/trauma-recovery-services>
- Seeking help is a sign of strength and often the first step in recovery.

Remember, you are not alone in this. If you are feeling overwhelmed or concerned about your mental health, or that of

GRANTS

Strengthening Rural Communities - Small & Vital; Prepare and Recover; Rebuilding Regional Communities

The Foundation for Rural and Regional Renewal (FRRR) has three grant schemes currently open. The Strengthening Rural Communities Small & Vital stream gives small remote, rural and regional communities across Australia the opportunity to access funds for a broad range of initiatives that directly and clearly benefit local communities. Grants up to \$10,000 are available for a broad range of grassroots, community-led

initiatives that directly and clearly benefit local communities that strengthen local people, places and climate solutions, with a preference for smaller communities (populations under 15,000). Applications close 5pm VIC time (AEDT) 26 February 2024. Funding announced late April 2024. For more information on all three grants visit <https://frrr.org.au/funding/place/src-small-vital/>

Tiny Towns Funds

The Tiny Towns Fund supports local communities to deliver quality tourism and community facility projects, such as splash parks and bike trails, playgrounds, community

hall and library upgrades, public art and more. Victorian towns with a population of up to 5,000 people are eligible to apply. Applications for grants between \$5,000 and \$50,000 from Regional Development Victoria are now open for community and not-for-profit groups. Applications close 5pm, Sunday 25 February 2024. Applicants will be required to make a co-contribution towards the proposed project budget in line with the requirements outlined in the Program Guidelines. To find out more, or to apply, visit <https://www.rdv.vic.gov.au/grants-and.../tiny-towns-fund>

WHAT'S ON

1 February - Community Dinner with David Younger in Pyramid Hill

Melbourne-based natural disaster recovery and preparedness consultant David Younger will present to Loddon Shire residents at a free community dinner in the Victoria Hotel, Pyramid Hill on Thursday 1 February 2024. (For details see advertisement on Page 3 of today's Loddon Herald).

Support for farmers impacted by flooding

Agriculture Victoria is available to help farmers in flood-affected areas to address urgent animal welfare concerns or to report any agricultural losses.

Agriculture Victoria provides support to impacted primary producers through its Agriculture Recovery Team.

Contact the team on 0427 694 185 or by email recovery@agriculture.vic.gov.au



See www.loddonhealthyminds.com.au for more information

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/