

FLOOD RECOVERY

UPDATE BULLETIN 21 DECEMBER 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

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

From the Mayor

I'm pleased to introduce this final Flood Recovery Bulletin for 2023 to our residents and encourage you to heed the messages in the Mindful Guide to looking after yourself this holiday season.

We also have some activities for the kids to help reinforce the importance of staying safe, particularly on the farm, over the holidays.

If you are still on your recovery

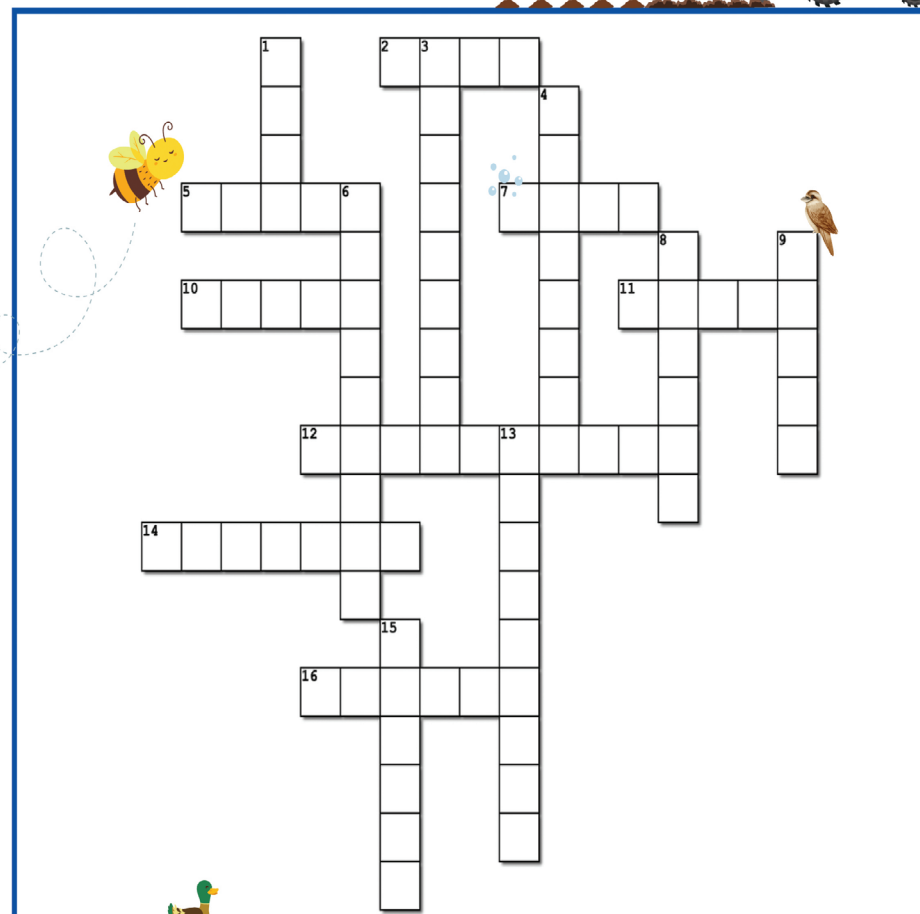
journey from the October 2022 floods please avail yourself of the support that is available from the Floods Recovery Support Program.

Finally, I wish everyone across the Loddon Shire a Merry Christmas and a happy New Year. I look forward to working with our community, Council and Loddon Shire staff in 2024.

Cr Gavan Holt
Mayor



Farm Safety Crossword



Across

- To protect your _____ always wear sturdy shoes or boots when working on the farm.
- When around vehicles or machinery, make sure to be near and seen or holding _____ with an adult at all times.
- One of the most important things to do when working and handling animals is to _____ your hands.
- It's harvest time, there is lots of moving machinery, make sure you never run or play near equipment like silos or _____ bins.
- Never swim or play in bodies of _____ on the farm.
- Always wear ear _____ when working with loud equipment on the farm, like tractors or chainsaws.
- When using farm equipment, always wear safety _____ to protect your eyes.
- Always wear a _____ when riding a horse or motorbike on the farm.

Down

- When farm machinery is being moved, always make sure you are able to be _____ by the driver
- It's important to never play or climb on farm _____.
- When checking on livestock or driving around the farm in a side by side or ute, always make sure you are wearing your _____
- When having fun outside under the sun, always remember to grab your hat and put _____ on.
- Before I venture outside I must tell a _____ where I am going.
- Imagine that you are out on the farm with a parent helping out, you begin to feel a little tired. It is important to take a _____
- When helping out on the tools or machinery, always make sure they are in good working _____ before using them.
- When working with animals, always approach them calmly and _____ to avoid startling them

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/

Flood Recovery Support Program

Have you experienced property damage, trauma, or loss as a result of the 2022 Victorian floods?

The Recovery Support Program is still providing support for people affected by the 2022 Victorian floods. Recovery Support Workers are a single point of contact for those who need it.

Support provided may include:

- A discussion about your needs and what next steps might be appropriate.
- Referrals to external agencies for mental health and wellbeing needs.
- Information and resources to connect you to local services to assist in the recovery process.
- Advocacy and assistance with completing applications/paperwork required for financial or insurance claim processes and grants.
- Assistance with access to available material support options.
- Advocate on your behalf regarding recovery challenges.
- Outreach visits by an allocated Recovery Support Worker if this is helpful to your situation.

The Recovery Support service may be able to provide you with a small amount of financial support to respond to immediate financial need.

Who's it for? Individuals and families who live in Victoria who were impacted by the 2022 flood events.

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

To access this program or find out more: Phone 03 8793 4206 Email recoverysupport@windermere.org.au

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How to help yourself or someone you know this holiday season

The holiday period is upon us once more. It is a time to connect with family and friends and while this may be an enjoyable time for some it may also leave us with feelings of sadness or loneliness. We may have feelings of excitement and joy, but these may be mixed with conflicting feelings of pressure and stress.

Self-care, mindfulness and creating your own rituals are important at this time of year. We encourage you to make space for yourself this holiday season. Here are steps to looking after yourself that may help:

Keep it simple

- Do something you enjoy
- Do less and enjoy more
- It's okay to say "no" when you need to
- Make the most of the holidays by saying "yes" to activities and people you truly want to spend time with.

*A Mindful Guide to looking after yourself this holiday season**



Self-care

- Self-care will look different for everyone and can include taking time to go for a walk, swim, play with a pet, listen to your favourite music, read a book, create a regular sleep routine and set aside time for yourself.
- Be kind and compassionate to yourself too.

Revise your plan

- Plan ahead by talking to those affected and remember, there is no rule book.
- Be flexible to schedules.
- Create new traditions that feel right for you and your family and friends
- Have an exit strategy
- Christmas catch-ups can be a mixed bag of joy and stress. Protect yourself against the stress by having a strategy. Plan how you will respond to sensitive issues and how you can exist if you want to.

Be present

- Tune into your five senses, be aware of what

you see, hear, taste, smell and touch.

- Choose activities you find relaxing, unplug from electronic devices, go outdoors, take a walk or share delicious food with your family or friends.
- Make Christmas about being present instead of the presents this year!

Share memories

- Sharing memories of the past with stories, photos, videos, songs and special recipes.
- Coming together and sharing our memories with others strengthens our connections.
- Share your memories and continue to create new memories for the future.

Reach out

- Remember to support others who may be experiencing a tough time.
- Checking in, can be as simple as asking how they're going and letting them know that you are there for them.
- Stay in touch and if you are concerned, share emotional and mental health supports
- Mental health support is available. For information see the contacts in this Bulletin.

*Content adapted from mackillopseasons.org.au



Find the right gear for the job!

Get ready to match the right safety gear to different farming scenarios! Learn about the importance of using the right gear to stay safe on the farm. Match each picture card to the right scenario card to complete the game. Have fun and stay safe!

