

FLOOD RECOVERY

UPDATE BULLETIN 28 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 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

Flood survey – invitation to share your experience

Researchers at Natural Hazards Research Australia - Australia's research centre for natural hazards resilience and disaster risk reduction – want to hear from Loddon residents who were affected by flooding in the October 2022 event.

The research is exploring community experiences of the 2022-23 floods in South Australia, Victoria and south-western New South Wales; floods that involved sudden-onset flooding (Victoria) and longer lead time riverine flooding (Victoria and South Australia).

While the recent floods in December 2023 to January 2024 are not the focus of the study, if you were affected by these floods a few questions will be asked. For more information and to complete the survey visit <https://shorturl.at/ehGR4>

Climate resilience inquiry invites community input

The Legislative Council Environment and Planning Committee is seeking submissions to its inquiry into climate resilience in Victoria.

The inquiry is seeking to understand and address the main risks posed to Victoria's built environment and infrastructure by climate change. The Committee will explore the implications of these risks to Victorians and evaluate the preparedness of the Victorian Government to mitigate and adapt to these challenges.

Submissions to the inquiry close 1 May. For more information, including the full terms of reference and details on how to make a submission go to the Committee's website:

<https://www.parliament.vic.gov.au/climateresilience>

The Committee is due to report to the parliament by 30 June 2025.

Loddon catchment flood warning system review

On Friday 8 March, Emergency Services Minister Jaclyn Symes announced funding for three North Central Catchment Management Authority projects worth more than \$448,000. One of the projects is a review of the flood warning systems available to communities in the Loddon catchment.

Warnings before the October 2022 flood were inaccurate for Newbridge residents who were told to prepare for moderate flooding only for a major flood warning to be issued at 5am on 14 October.

For more information visit <https://shorturl.at/uVXZ2>

Women Rising: Empowering Flood Recovery Report

On Tuesday 19 March, Women's Health Loddon Mallee (WHLM) launched its 'Women Rising Empowering Flood Recovery' Report in Cohuna. The report brings together the findings from a series of focus groups held in 2023 with women across flood impacted areas of the Loddon Mallee region.

By hearing first-hand from local women, WHLM has been able to build a stronger understanding of the gendered impacts of natural disasters to be able to effectively advocate for the needs of women and girls in disaster planning and response efforts across the region. The result will be stronger and more inclusive communities in and after disasters. To read the report visit <https://whlm.org.au/women-rising/>

Dr Rob Gordon returned to Loddon

Renowned disaster expert and psychologist Dr Rob Gordon returned to Loddon recently, presenting three

recovery sessions in Wedderburn. Rob presented to a community dinner at the Wedderburn Hotel sharing his insights for people recovering after recent disruptions due to flooding and storm events. Attendees enjoyed a free meal as well as the opportunity to connect socially with one another while learning from Rob's sage advice and observations.

All of the attendees reported that the event gave them an opportunity to reflect on their own wellbeing, further demonstrating the value and benefit of activities to support community recovery.

While in Wedderburn, Rob also presented two workshop sessions to 30 agency staff whose organisations are engaged in flood recovery. The workshops gave recovery workers a chance to share their experiences and discuss tactics and ideas for navigating some of the challenges of working in recovery while often also being impacted personally.



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/