

# FLOOD RECOVERY

## UPDATE BULLETIN SEPTEMBER 28 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 Kinary 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

## Lexus Melbourne Cup Tour coming to the Boort Show

The Victoria Racing Club and the 2023 Lexus Melbourne Cup Tour have teamed up with Loddon Shire Council and the Boort Agricultural and Pastoral Society to create an unforgettable experience. This exceptional collaboration brings the highly coveted Lexus Melbourne Cup trophy to Boort for an exclusive showcase that you won't want to miss. Be at the Boort Show on Saturday 14 October to be a part of this once in a lifetime experience! Come along and get your photo taken with the Cup.



Local health and wellbeing supports, including Cindy Gould from Inglewood and Districts Health Service and Tenar Dwyer from the Inglewood Community Neighbourhood House, were on hand sharing information and as always, the Loddon Healthy Minds Network Smoothie bike was a huge hit, whipping up fresh and healthy smoothies for enthusiastic riders!

The Inglewood Lion's Club put on a fantastic meal and guests were also treated to R U OK? Cupcakes – a sweet reminder to keep checking in and remain connected to the community and the supports available.

The Loddon Shire Council would like to give special thanks to all those who participated for helping to make this such a fun and friendly day for the whole community.

### Dr Rob Gordon well received in Dingee

On Wednesday 13 September, Dr Rob Gordon returned to Loddon for a second presentation. A crowd of around 40 people joined Rob at the Dingee Hotel for a great night of sharing stories and learning about how to better maintain resilience in challenging times.

Rob spoke about the difficulty many of us have 'downing tools' and taking time out to connect with loved ones and the importance of prioritising "pleasure and leisure" to maintain wellbeing.

For anyone keen to hear Rob's messages, a recording of one of his Loddon presentations is available on the National Centre for Farmer Health's #Buildingfarmspirit page at: <https://bitly.ws/VhNk>

### Successful R U OK? Day event in Inglewood

On Thursday 14 September, a friendly crowd gathered on the sunny lawns of the Inglewood Town Hall to mark R U OK? Day with fellow community members, including local ward councillor Wendy Murphy.



Friendly crowd gathers in Inglewood on R U OK? Day.

### WHAT'S ON



#### 6-14 October - Whole Loddon Love

Whole Loddon Love is a series of contemporary music gigs taking place in 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)

#### Tues 10 October - Seniors Week Gala Concert

12 pm - 3.30 pm Boort Memorial Hall. Luncheon provided. Cost: FREE

Featuring Rockabilly's finest 'Lonnie Lee' in Concert.

Bookings essential: to book a seat please call Loddon Shire Council on 5494 1200

Limited transport also available. RSVP by Monday 2 October.

### GRANTS

#### Community Recovery Grants

Loddon Shire Council has opened Community Recovery Grants up to \$5,000 for communities to hold activities and events which create opportunities for connection, resilience, capacity building and positive wellbeing and help keep our communities strong. Grants are available to not-for-profit community groups or groups that are auspiced by an incorporated not-for-profit group. Community groups must be located within the Loddon Shire and serve residents of the Loddon Shire. Projects must link to flood recovery and have clear outcomes for communities across Loddon Shire that were impacted by the October 2022 floods. Applications close at midnight on Sunday 22 October 2023. To apply go to <https://loddon.smartygrants.com.au/>

### 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

#### Sun 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. The quintessentially Australian storylines delight and amuse the under 10 age group and adults alike. This event is for Loddon Shire residents only. Save the date and watch for more information.



#### FRRR Prepare & Recover Grants

The Strengthening Rural Communities Prepare & Recover program supports communities in remote, rural and regional communities across Australia to implement initiatives that prevent and prepare for future climate related impacts, or recover from existing disasters in the medium to long-term timeframe, generally one to ten years after the disaster. Grants up to \$25,000 are available for a broad range of initiatives to strengthen the capacity and capability of local people, organisations, networks, and systems that help communities to be informed, skilled, connected and resourced for the future. Applications close 5pm 4 December 2023.

For guidelines and to apply visit <https://bitly.ws/VaLM>

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/)