

# FLOOD RECOVERY UPDATE BULLETIN

AUGUST 31 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

## Top doctor to give Loddon community tips

As we approach the one year anniversary of the October 2022 floods, Loddon Shire Council is bringing clinical psychologist Dr Rob Gordon to Dingee to help address concerns about mental health in recovery.

Dr Gordon will speak at a free community dinner on Wednesday 13 September in the Dingee Hotel.

Dr Gordon has been working in the field of disaster recovery since Ash Wednesday in 1983. He has worked with people and communities after the Port Arthur shooting, the Bali Bombing, Black Saturday, the Christchurch Earthquake as well as numerous floods, fires, cyclones and other events throughout Australia and New Zealand.

Dr Gordon said he realised there was a need to work in this space after he first went to the Macedon area with a children's hospital team following the Ash Wednesday fires.

"It became evident that nobody really knew what we should be doing with people after disasters – they don't fit into the categories of people with mental illness or mental health problems, they're normal people who've been hurt," he said.

"They only really just introduced the idea of post-traumatic stress disorder as a possible health problem, but I also saw that it's much wider than just trauma, it's about the whole community disruption and the stresses that go throughout the recovery system."

Dr Gordon saw an opportunity to be involved in pioneering work in this field and set out to train and gain more experience and find out more about the lasting effects of trauma.



### Rob Gordon ... coming to Dingee on 13 September

He built a body of knowledge in this field and developed a person-centred, trauma informed approach which has shaped the way organisations such as the Australian Red Cross, government agencies and other groups work with traumatised communities after disaster and loss.

To register for the dinner contact Josie McKinnon at Loddon Shire Council on mobile 0474 911 783 or via email [jmckinnon@loddon.vic.gov.au](mailto:jmckinnon@loddon.vic.gov.au)

## WHAT'S ON

### 14 September - Inglewood Community R U OK Day BBQ



Make time  
to ask  
RU OK?

Come and enjoy a free BBQ lunch in the Town Hall Gardens from 12 noon. Join the friendly faces of our local services including Inglewood and Districts Health Service, the Inglewood Community

Neighbourhood House and local ward councillor Wendy Murphy representing the Loddon Healthy Minds Network.

### 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. Head to Agriculture Victoria's tent to catch up with Council's flood recovery support team.



### 6-14 Oct - 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)

## 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 Melbourne Cup comes to Boort

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. The quintessentially Australian storylines delight and amuse the under 10 age group and adults alike. Save the date and watch for more information.

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/)