

# FLOOD RECOVERY UPDATE BULLETIN

9 MAY 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](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

# Wedderburn Rural Resilience Day



Learn about the latest on flood fencing and building your own health and wellbeing resilience at this farmer focussed event

Wedderburn Community Centre  
24 Wilson St, Wedderburn,  
Vic, 3518

10:30am for an 11am start  
Friday 24 May, 2024  
(event ends around 2pm)

Registration essential. For further information/RSVP, contact Loddon Shire Council Community Recovery Officer: 0474 911 783

- WARATAH FLOOD FENCING PRESENTATION
- FREE SIT DOWN HOT LUNCH AND AFTERNOON TEA
- RURAL FINANCIAL COUNSELLING SERVICE SPECIAL PRESENTATION



Australian Government

On Friday 19 April, Inglewood District Health Services held their annual Women of Wedderburn event at the Wedderburn Mechanics Institute with very special guest speaker, Jelena Dokic. Jelena spoke candidly about her experiences as a survivor of domestic abuse and how through therapy, friendships and connecting to her passions, she was able to rebuild her self-worth and sense of purpose. The sell-out event was attended by around 200 Women from across the Loddon Shire and beyond and was supported through funding as part of Loddon Shire Council's Flood Recovery Program which is jointly funded by the Australian and Victorian State Governments.

Congratulations and well done to all on this truly memorable night for the women of Loddon Shire.



SUNDAY 26 MAY 2024

- **21km**  
Inglewood to Bridgewater along the Bullabul Trail
- **10km**  
Loddon Riverside Trail, Bridgewater
- **Fittys 5**  
Loddon Riverside Trail, Bridgewater

Bridgewater Recreation Reserve

For more info & to register:  
[www.activefarmers.com.au](http://www.activefarmers.com.au)

Claire: 0458 373 397

The third Bridgewater Run for Resilience will be supported by Loddon Shire Council Community Recovery Grant.



## 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](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/)



NATIONAL CENTRE FOR  
FARMER  
HEALTH

## Support for Victorian Primary Producers

In Spring and early Summer 2022, high rainfall, storms and floods caused significant losses to the Victorian agricultural sector. Adverse impacts resulted in production losses of almost \$1 billion across 40 local government areas in a range of horticultural, grazing and broad-acre cropping industries, and \$840 million in asset losses.

In response to these events, the National Centre for Farmer Health provided flood recovery support to Victorian farmers in multiple ways:

- The #BuildingFarmSpirit social media campaign included interviews with more than 50 farmers, agricultural advisors and rural health professionals discussing ways of protecting and promoting good mental health and wellbeing during flood recovery. The SM campaign also promoted useful wellbeing resources and funding opportunities.
- Free access to online psychology support delivered by farmer health trained psychologists.
- Webinars for agricultural service providers and advisors on supporting farmer mental health and wellbeing during stressful periods "Helping your clients out of the mud".
- Financial support for more than 60 community events providing social connection and mental health promotion opportunities for farmers, farming families and farming communities.
- Mental health resources and support information. <https://farmerhealth.org.au/support>

Discover the importance of farmer health checks in this latest podcast as part of #buildingfarmspirit campaign from the National Centre for Farmer Health. Visit <https://open.spotify.com/episode/76xnmIJRhXNR2bzIB0IH3Y>



## Ag Vic Forecast video: The Very Fast Break videos

The Very Fast Break is delivered as short YouTube videos summarising oceanic and atmospheric climate drivers and the summarised model predictions for rainfall and temperature for Victoria. Stay tuned for local presentations from Dale Grey.

Watch the latest episode at <https://www.youtube.com/watch?v=j61r50xtths>