

FLOOD RECOVERY NEWSLETTER



Edition 11: 16 March 2023

Community Dinner Boort Park 3 March



Dr Rob Gordon speaking at Boort Park on 3 March 2023

Clinical psychologist Dr Rob Gordon OAM was the guest speaker at a community dinner held at Boort Park attended by 50 residents from across the Loddon Shire.

Rob has dedicated his career since the 1983 Ash Wednesday fires to helping traumatised communities and emergency service workers recover after disaster.

Little was known about the lasting effects of trauma on communities before Rob started this work. He has built a body of knowledge to fill that gap. His person-centred, trauma-informed approach has shaped the way organisations such as the Australian Red Cross, government agencies and other groups work with traumatised communities after disaster and loss.

Rob emphasised the importance of prioritising close relationships and making time for pleasure and leisure - a timely message as our agricultural communities look ahead to sowing and irrigation season.

Rob's presentation was filmed and will be uploaded to the National Centre for Farmer Health website for all to see. Keep an eye on future editions of this newsletter for the link to the video when it becomes available.

A big thank you to Jeanette, Donna and Ian for and their helpers for the incredible meal.

Community Recovery 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

Rural Finance Grants closing soon

Primary producers, small businesses and not-for-profit organisations across Victoria affected by the floods and storms commencing October 2022 can apply for a package of support to help in their recovery effort.

This support is also available to primary producers impacted by the hailstorms late in 2022.

The **Victorian Primary Producer Flood Recovery Grant** of up to \$75,000 is available to support clean-up, relief and recovery. **Closing 4pm, 13 July 2023.**

The **Victorian Rural Landholder Grant** of up to \$25,000 is available to help rural landholders who have an eligible smaller-scale primary production enterprise with clean-up, relief and recovery. **Closing 4pm, 13 July 2023.**

The **Victorian Primary Producer Flood Recovery Transport Support Program** is available to help pay for the transport of emergency fodder or stock drinking water, and moving stock to agistment, sale or slaughter. This program provides a subsidy of up to \$15,000 paid at 50 per cent of the total costs. **Closing 4pm, 13 July 2023.**

Primary producers, small businesses and not-for-profit organisations whose properties have been directly impacted are eligible to apply for a **Victorian Primary Producer Flood Recovery Concessional Loan** of up to \$250,000 to restore or replace damaged assets, and meet general expenses incurred while the clean-up is underway. **Closing 4pm, 13 July 2023.**

Victorian small businesses and not-for-profit organisations who have been directly impacted by the October 2022 floods are eligible to apply for **concessional loans of up to \$250,000** to restore or replace damaged assets, and meet general expenses incurred while the clean-up is underway. **Closing 25 May 2023.**

For more information visit the Rural Finance website: <https://www.ruralfinance.com.au/industry-programs/victorian-primary-producer-flood-recovery-package>

FOR RELIEF & PERSONAL HARDSHIP ASSISTANCE CALL 1800 226 226



There is never any excuse
for Family Violence

Family violence can escalate and increase as an impact of environmental disasters, including floods.

Your Safety is Our Priority

Violence and abuse, in any form, at any time, is unacceptable. Everyone has the right to live a life free from violence and make their own choices.

If you are living in fear, or concerned for your safety or your children, we can help.

If you're concerned about how you are behaving towards your family, we can help.

Our flood recovery team is ready and here to help.

Centre for Non-Violence covers the Loddon region – includes City of Greater Bendigo, Central Goldfields, Mt Alexander, Macedon Ranges, Loddon, and Campaspe shires.

Contact us:

Centre for Non-Violence 1800 884 292 | www.cnv.org.au/we-are-here-to-help

The Orange Door (Loddon Area) 1800 512 359 - for intake and referrals | The 24-hour statewide Safe Steps family violence crisis response line is 1800 015 188 | Men's Referral Service 1300 766 491 | In an emergency, call 000

Recovery events continue to be rolled out

Boort Barefoot Bowls success



On a mild Thursday evening in March, 150 Loddon Shire residents descended on the Boort Bowling Club for a BBQ and a fun night of barefoot bowls.

Supported by funding from the National Centre for Farmer Health's flood recovery grants, everything about the event reflected the strength and resilience of the local community. Having been badly affected by the floods of October 2022, Boort Bowling Club members stepped in and cooked the BBQ, staffed the bar, and prepared the salads. Croquet Club and Tennis Club members pitched in with the catering and serving meals. Donna Doyle, from Boort District Health (BDH), managed the pedal-powered juice machine and checked people's blood pressure as a timely reminder of the importance of looking after personal health in recovery.

Vouchers were purchased from local businesses and presented to the winners on the night. BDH donated a quilt and others supplied gifts for the lucky door prizes.

At the completion of the bowling everybody moved to the clubhouse to bring the evening to a close. It was great to see fishing club members enjoying the night and sharing some fishing tales. The enjoyment and friendship on show made for a great night. A special thanks to the volunteer helpers.

Inglewood - Farmer Get Together



HALT'S Jeremy Forbes

Social connection is an important part of supporting farmer mental health. On 16 March the Loddon Plains Landcare Network Inc. (LPLN) hosted 40 people to a free farming community get-together in the Inglewood Goods Shed.

Made possible by a National Centre for Farmer Health's flood recovery grant the event focused on the importance of positive mental health and wellbeing in the recovery journey.

Unbreakable Farmer Warren Davies and HALT'S Jeremy Forbes shared stories about their personal recovery journey. Cameron Mason provided live music as part of the event.

The Inglewood Lions Club cooked up the best BBQ Jeremy had ever seen. Thanks to LPLN's Landcare Facilitator, Will Sanson, for organizing the event.

Kooyoora State Park reopened

Parks Victoria has announced that the campground, lookout and picnic areas in Kooyoora State Park, which suffered significant flood and storm damage, were reopened Thursday 9 March.

COMMUNITY GRANTS AVAILABLE

Women's Health Loddon Mallee

Flood Recovery Quick Response
Community Grants



Women's Health
LODDON MALLEE

Following the devastation of the 2022 floods, Women's Health Loddon Mallee (WHLM) have talked to flood impacted women across the region, who have indicated that those that have been displaced increasingly need opportunities to reconnect. They have also alerted us that those who run or attend support groups and services have lost key resources that enable them to operate.

WHLM understands that communities are best placed to inform what will be most helpful for their recovery, and have \$100,000 in quick response funding available for community-based activities, events and projects that support the mental health and wellbeing of women and/or girls in flood impacted communities across the Loddon Mallee Region.

Applications close date Friday 31 March 2023.

More information available at <https://whlm.org.au/resources/community-grants/#>

Flood Wellbeing & Resilience Grants



phn
MURRAY
An Australian Government Initiative

Since last year's floods, many people have been dealing with difficult memories and hardship by drawing on their own strengths, as well as the support of others to gradually rebuild their lives and achieve a sense of wellbeing again.

If you are in the recovery process after the 2022 floods, a first round of Australia Government grants for flood wellbeing and resilience has opened, aimed at strengthening social connectedness and assisting communities as they recover.

People, organisations, and community groups are invited to apply for grants up to \$10,000 per application.

For more information about the eligibility criteria and to apply go to:

<https://www.murrayphn.org.au/flood-wellbeing-and-resilience-grants/>

Building Farm Spirit



Are you planning a community event to help the health and wellbeing of farmers and farm families impacted by the floods and flood recovery?

The National Centre for Farmer Health (NCFH) #BuildingFarmSpirit program is partnering with Victoria's community groups, local agriculture industry, not-for-profit organisations, sporting clubs and individuals with grants of \$500 to \$1,500 for activities that provide social connection and mental health promotion for farmers and farming communities.

Social connection is an important part of supporting farmer mental health. You may like to host a barbeque lunch or dinner and get a local speaker who has lived experience to share their story, follow your AGM or regular meeting with a guest speaker, start a walking group, book-club or podcast community or tie an activity to a local festival.

If you have an idea for a community event or program that promotes social connection and wellbeing for farmers and farm families, go to www.farmerhealth.org.au/buildingfarmspirit and register your interest.

In addition, the social media campaign, #BuildingFarmSpirit, enables Victorian farmers and farming families affected by flood, to share stories, ideas and tips with others, without the need to leave the farm during the increased workload of flood recovery.

Flood Recovery Grants



Community Bank Inglewood & Districts

Community Bank Inglewood & Districts is proud to be backing local communities in their flood-recovery efforts by offering special one-off grants of \$500 for events in communities affected by the October floods.

If you're part of a local club or organisation planning an event for a flood-affected community, drop the bank a line. The application process is simple, and they can help talk you through the requirements. Bring some joy to your community!

For more information, email Company Secretary Robyn on companysecretary@idcel.com.au

Health and 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
- 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. Teletypewriter number: 133 677. SMS relay number: 0423 677 767.

Municipal Flood Recovery

On 9 March Mayor Cr Dan Straub chaired the first meeting of the Municipal Flood Recovery Committee in Serpentine. The agencies present reported on the ongoing recovery efforts to date. A key theme emerging from the meeting was the importance of collaboration and communication across all agencies. Actions were identified that the Committee will pursue in coming months, including finalising a Flood Recovery Plan.

FRRR Grant Seeker workshops

Thanks to those who came along to the three grant seeker workshops on 2 March run by FRRR and supported by the Loddon Shire Council's Community Recovery Team.

Lots of great ideas for communities were discussed and if anyone would like some more information on FRRR's grants, they can contact FRRR on (03) 5430 2399.

Beat the bite!

Protect yourself
and your family from
mosquito-borne diseases

For more information visit
www.betterhealth.vic.gov.au



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 Centre
8 Hospital St, Inglewood
P:(03) 5438 3308

Boort and Pyramid Hill Community Health
P:(03) 5451 0200

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

Loddon Shire services

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: www.facebook.com/LoddonShire/