

FLOOD RECOVERY NEWSLETTER



Edition 9: 17 February 2023

Royal Flying Doctor Service



Royal Flying Doctor Service

RFDS – Flying Doctor Wellbeing

This free service is available to those aged 18+, who live or work near a service site and who are experiencing:

- worry, sadness, stress or low mood
- relationship or family difficulties
- financial stress
- lack of confidence
- grief or loss
- concern for a family member or friend

Flying Doctor Wellbeing appointments can last up to one hour. At the first appointment, clients will meet their clinician, who may ask lots of questions. While this may be difficult, this ensures our clinicians understand their client's concerns and tailor future appointments to best support them. No GP referral is required.

Eligible community members can contact RFDS directly or ask their trusted health professional to put them in touch.

The Flying Doctor Wellbeing service is available at **Boort District Health**, 31 Kiniry St, Boort from 8.30 am to 5pm on weekdays. Appointments are delivered face-to-face or via telehealth.

To make an appointment, phone (03) 8412 0480.

A thought from a Recovery Leader

"Following a disaster, outside help arrives to 'save' people.

This is not what recovery is about. Recovery is about helping people affected by a disaster to regain the confidence to make decisions about their lives – to lead their own recovery."

Simon Eccleshall, Red Cross, Geneva

Source: Leading a Disaster Recovery - A companion through the chaos. Authors: Elizabeth McNaughton, Jolie Wills, David Lallemand

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

Grants available to build 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?

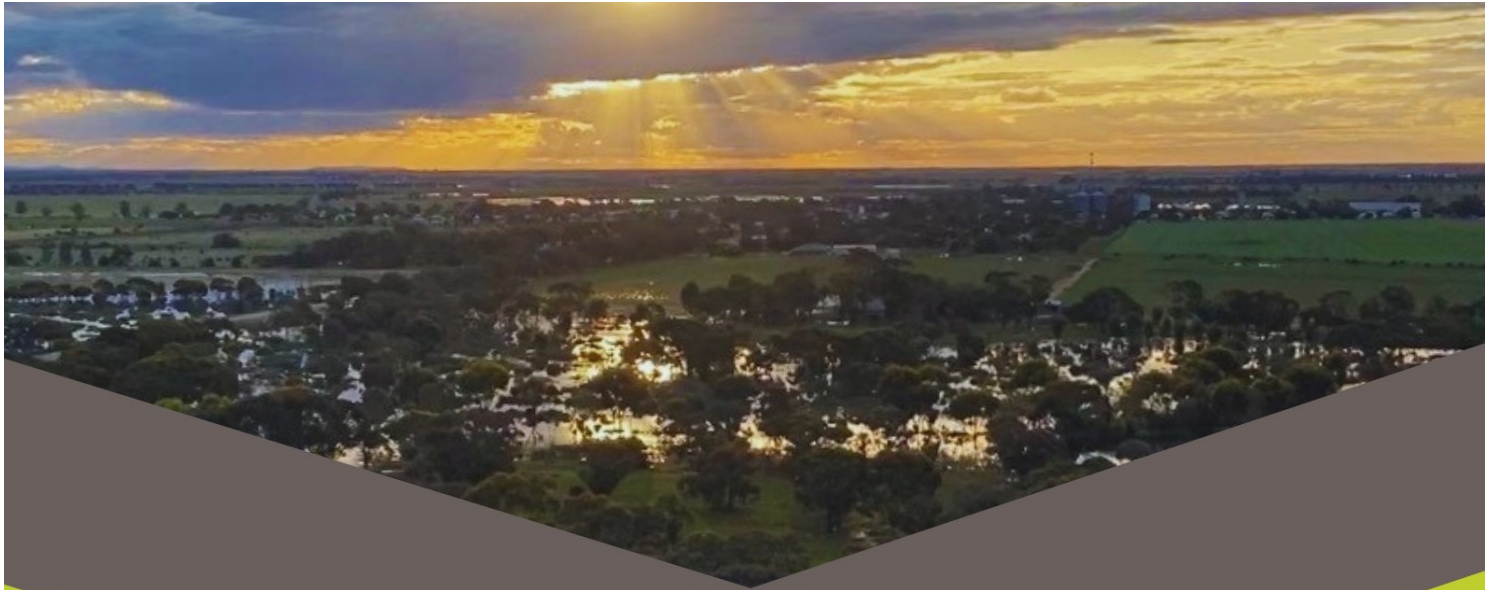
The National Centre for Farmer Health (NCFH) #BuildingFarmSpirit program is partnering with Victoria's community groups, local agriculture industry, not-for-profit organisations, sporting clubs and individuals with grants of \$500 to \$1,500 for activities that provide social connection and mental health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

FOR RELIEF & PERSONAL HARDSHIP ASSISTANCE CALL 1800 226 226



Community Dinner

WITH SPECIAL GUEST SPEAKER
DR ROB GORDON

THIS EVENT IS SOMETHING YOU DO NOT WANT TO MISS. SINCE ASH WEDNESDAY, DR ROB GORDON HAS BEEN WORKING EXTENSIVELY IN THE FIELD OF DISASTER RECOVERY. HE HAS WORKED WITH PEOPLE AND COMMUNITIES AFTER FLOODS, CYCLONES, FIRES AND OTHER EVENTS THROUGHOUT AUSTRALIA, PROVIDING SUPPORT AND INSIGHT INTO THE DIFFERENT WAYS WE MAY FIND OURSELVES THINKING AND FEELING AS WE NAVIGATE OUR POST-FLOOD RECOVERY.

PLUS PRESENTATIONS FROM
SALLY CUNNINGHAM, NATIONAL CENTRE FOR FARMER
HEALTH
AND RURAL FINANCIAL COUNSELLING SERVICE



Friday 3 March, 2023 – Boort Park

5.30 for 6pm start

THIS IS A FREE EVENT. REGISTRATION ESSENTIAL. FOR MORE DETAILS, SCAN THE QR CODE
OR GET IN TOUCH:

JOSIE MCKINNON, COMMUNITY RECOVERY OFFICER, LODDON SHIRE COUNCIL: 0474 911 783

Disasters and violence against women

In disasters and their aftermath, women are affected differently and in many cases more severely than men. Overseas research has confirmed that increased violence against women is a characteristic of the post-disaster period.

Table 1: Different forms of domestic violence¹

FORM OF ABUSE	CHARACTERISTICS OF BEHAVIOUR
Physical abuse	Threatening or physically assaults, including punching, choking, hitting, pushing and shoving, throwing objects, smashing objects, damaging property, assaulting children and injuring pets
Sexual abuse	Any unwanted sexual contact, including rape
Psychological abuse	Emotional and verbal abuse such as humiliation, threats, insults, swearing, harassment or constant criticism and put downs
Social abuse	Isolating partner from friends and/or family, denying partner access to the telephone, controlling, monitoring and restricting partner's movements when going out
Economic abuse	Exerting control over household or family income by preventing the other person's access to finances and financial independence
Spiritual abuse	Denying or manipulating religious beliefs of practices to force victims into subordinate roles or to justify other forms of abuse

Family violence support

Family violence can happen to anyone.

Dial 000 if you are in immediate danger.

You can contact these services if you or someone you know needs help or support:

Safe steps – 1800 015 188 (24 hours a day, 7 days a week)

For women and children who are victims of family violence

1800 Respect – 1800 737 732 (24 hours a day, 7 days a week)

For people experiencing or at risk of experiencing sexual assault, domestic or family violence.

Orange Door - Call 1800 512 359

Access services for adults, children and young people who are experiencing family violence.

Men's Referral Service – 1300 766 491 (8am to 9pm, Monday to Friday; 9am to 5pm, Saturday and Sunday)

It takes a lot of strength to acknowledge that things may not be right. This service specialises in effective evidence-informed engagement with men. The staff will work to develop safe and effective interventions for men who turn to violence.

Sexual Assault Crisis Line – 1800 806 292 (24 hours a day, 7 days a week) - For victims of sexual assault

Child Protection – 13 12 78 (5pm to 9am, Monday to Friday, and 24 hours on weekends and public holidays)

For children and young people whose safety is at risk.

Child protection website (DHHS):

<https://services.dffh.vic.gov.au/child-protection>

¹ <http://www.aic.gov.au/publications/current%20series/rip/1-10/07.html>

DFFH Flood Re-establishment Assistance

You can get financial help to return home if you cannot live in your home because it is damaged or destroyed; or you cannot access your home for more than 7 days because of flooding. This is called 'Re-establishment Assistance'. It is only available for your principal place of residence.

Re-establishment Assistance can help to pay for:

- clean-up
- emergency accommodation
- repairs
- rebuilding your home
- replacing some damaged contents.

This help is means tested. You can only get it if you:

do not have building (home) insurance or contents insurance AND are experiencing financial hardship.

Call the Emergency Recovery Hotline on 1800 560 760 to register your details for Re-establishment Assistance.

Hard waste collection - March 2023

Loddon Shire Council will conduct its annual kerbside hard waste collection of metals, e-waste, furniture and white goods. Residents within participating township boundaries may place items up to a total of one cubic metre out on the nature strip on **Sunday 5 March 2023** (not before or after).

Council staff will collect these items starting Monday 6 March 2023.

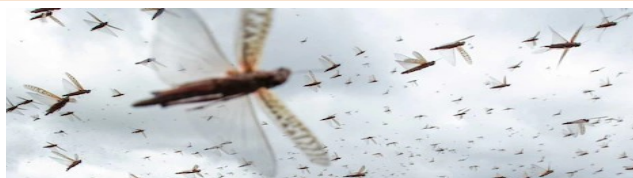
For participating towns and more information see:

<https://www.loddon.vic.gov.au/For-residents/Your-home/Garbage-and-recycling/Hard-waste-collection>

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.

Locusts



Locust hoppers have been sighted at Durham Ox, east of Boort in the Loddon Shire.

Covering an area of approximately 3-4 hectares, the locusts are banding together and on the move, leaving dry paddocks in search of green feed. This is a localised population and not considered a plague.

Local land managers should take action now – find management options for your situation via agriculture.vic.gov.au/locusts.

Please report Australian plague locusts sightings and activity via <https://forms.bio.vic.gov.au/locusts> or call Agriculture Victoria on 136 186.

Mosquito borne disease update

The Department of Health continues to monitor the mosquito situation across the region with high levels of Murray Valley Encephalitis detected in mosquitoes but no human cases. Currently there are two cases of Japanese Encephalitis in humans. If you're travelling through or visiting this region make sure you:

- Cover up - wear long, loose-fitting clothing.
- Use mosquito repellents containing picardin or DEET on all exposed skin.
- Limit outdoor activity if lots of mosquitoes are about.
- Use 'knockdown' fly spray, mosquito coils or plug-in repellent where you gather to sit or eat outdoors.
- Don't forget the kids – always check the insect repellent label. On babies, you might need to spray or rub repellent on their clothes instead of their skin. Avoid applying repellent to the hands of babies or young children.

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 Couatts 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 at www.facebook.com/LoddonShire/