

Floods News

BULLETIN



Lifestyle & Opportunity

January 2012

ALSO IN THIS ISSUE:

INTERIM HOUSING

Caravans and moveable units are available.

ASSISTANCE AVAILABLE

Rural Finance Corp. Grant Closing date details

+ PLUS:

Recovery Support Program

Farming Expo

Recovery Service contacts

WELCOME TO THE MONTHLY NEWSLETTER.

WE HOPE THAT YOU FIND THIS NEWLETTER INFORMATIVE AND EDUCATIVE AND THAT IT CAN BE USED PRATICALLY IN YOUR RECOVERY FOLLOWING THE FLOOD EVENTS BETWEEN SEPTEMBER 2010 AND FEBRUARY 2011.



ACA

AUSTRALIAN CRICKETERS' ASSOCIATION

Be part of the festivities of Water to Wickets Rochester 2012

A major sporting coup has been announced with the Australian Cricket Association Masters team coming to Rochester in February. The team will visit for 3 days and an action packed agenda is in place to ensure the players experience the local community whilst giving many members of the community the chance to meet and greet our former national champions!

Water to Wickets Twenty 20 Match

When: Sunday, 19 February
Where: Recreation Reserve, Rochester
Time: Gates open 10am, Main match 1pm
Cost: \$10 over 16's, \$20 per family, free to Rochester residents
What: Twenty 20 Cricket Match that will see locals such as Dylan Cutriss, Corey Windridge, Brad Major, Adrian Pappin, Adam Ward, Jake Wright and more line up to play against some of the best that have played for Australia.
Also: Family entertainment, food and drink stalls and even Bay 13!!

Tickets can be purchased by contacting Darren at Sportspower from Friday, 20 January. Free tickets will be distributed to Rochester and district flood affected residents in the lead up to the match.

Like us on Facebook now - <http://www.facebook.com/#!/pages/Rochesters-Water-To-Wickets-Tour-2012/196902000398309>

Shire of Campaspe
Cnr Hare & Heygarth Streets,
Echuca VIC 3564
PO Box 35, Echuca VIC 3564

Tel: 1300 666 535
(03) 5481 2200
Fax: (03) 5481 2290
Email: shire@campaspe.vic.gov.au

www.campaspe.vic.gov.au

TOP 10 SELF CARE STRATEGIES

What are some basic ways to practice greater self-care in your own life?

1. Eat healthy foods
2. Get between 6 – 8 hours of sleep per night
3. Engage in regular physical activity
4. Maintain social content
5. Cultivate hobbies
6. Keep your mind active and sharp.
7. Reframe life circumstances in more positive, yet realistic, ways
8. Regulate your emotions and learn how to process them
9. Practice regular moments of mindful awareness
10. Time out to reflect on how you are living your values

Are you interested in the current Victorian water storage levels?

Visit <http://vro.dpi.vic.gov.au/dpi/vro/vrosite.nsf/pages/water-stereports-storage> for up to date levels across the state of Victoria.

Are you interested in the current CFA township protection plans?

Visit <http://cfaonline.cfa.vic.gov.au/mycfa/Show?pagelid=publicTownshipProtectionPlans> for up to date levels across the state of Victoria.

2012 NATIONAL SOILS FORUM IN BENDIGO

In the Year of the Farmer, more than 300 people are expected to attend the 2012 National Soils Forum at the Quality Resort All Seasons in Bendigo on 8 and 9 March.

The third forum of its kind being hosted by the North Central Catchment Management Authority (CMA) is attracting interest from trade exhibitors, farmers and government agencies nationwide.

Mr Damian Wells, CEO from the North Central CMA, said the forum has gained momentum from similar forums hosted by the North Central CMA over the past two years. "The forum is an integral part of our Farming for Sustainable Soils Program involving over 250 farmers in eight groups across the North Central CMA region.

"The first day will include field tours and finish with a civic reception and gala dinner. Trade show exhibitions from the agriculture sector will be on display over the two days."

Mr Wells said the second day will be an opportunity to hear from highly respected key note speakers including Dr Julian Cribb, journalist, editor, science communicator and author of *The Coming Famine* and debut guest speaker Dr. Peter Carberry, Deputy Director for the CSIRO Sustainable Agriculture Flagship program.

"We encourage anyone interested or wanting to learn more about the challenges and opportunities in the coming agricultural revolution to register their attendance."

The forum is delivered under the North Central CMA's 'Farming for Sustainable Soils' project - an initiative supported by the Commonwealth

For further information regarding the forum including registration details please contact:
Communications Officer, North Central CMA
t: 03 5448 7124
e: info@nccma.vic.gov.au
w: www.nccma.vic.gov.au



CPA Australia has developed a disaster recovery toolkit offering guidance for small-to-medium enterprises (SMEs) that have been affected by a natural disaster, both directly and indirectly.

If you are member affected by a natural disaster, contact CPA Australia on 1300 737 373 for personal assistance.

Fencing Programs for Landholders

Fencing programs are available to repair and protect public environmental assets for flood affected properties along water courses.

North Central Catchment Management Authority
Flood Recovery Employment Program
For further information about this program 5440 1841.

Goulburn Broken Catchment Management Authority
Flood Employment and Restoration Program
For further information on the project 58 201100.

AVAILABLE COUNCIL STAFF

Please remember if you have any thoughts or topics you would like to discuss regarding your towns recovery from the flood disaster please feel free to contact Jordan Tamblyn on 0409942545 or j.tamblyn@campaspe.vic.gov.au

Please remember if you have any thoughts or topics relating to the rural sector and farming please contact Dani Ruedin on 0427117071 or d.ruedin@campaspe.vic.gov.au

FLOOD RECOVERY INFORMATION

www.dhs.vic.gov.au/floods

Is your home flood-damaged? Support and advice is available:

Repairs and rebuilding

For free repair advice and help to find builders, obtain quotes and secure permits, contact the Flood Repair Advisory Service on 1300 165 413 or email fras@dhs.vic.gov.au
For information on mould removal visit www.dhs.vic.gov.au/floods

Finance and Insurance

For assistance with disputes about insurance or financial issues contact the Financial Ombudsman Service on 1800 337 444, visit www.fos.org.au or email fosdisaster@fos.org.au
If you're uncertain about your insured cover, ask your insurers to explain the policy clearly. Insuring your home, possessions or business against future flooding is important.

Interim accommodation

If your home is unliveable while making major repairs or rebuilding, onsite caravans are available at low cost, assistance for bond or rent can be requested and some public housing is still open. Contact your local DHS office for more information.

Flood Support Workers

Can provide assistance with filling out flood related paperwork, referral to personal counselling and finding accommodation. Provision of counselling and social work and information on legal, finance, building and farming. The flood support team can be contacted on **5484 4465**
Monday to Friday 8:30am –5.00pm

RECOVERY SERVICE CONTACT DETAILS

Beyondblue

Phone: **1300 224 636**

An information line that offers expert information on depression, how to recognise it, how to get help, how to help someone else and how to stay well.

Lifeline

Phone: **131 114**

A 24 hour telephone service that offers confidential support and advice to deal with stress and personal challenges.

Mensline

Phone: **1300 789 978**

Telephone support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Mental Health Advice Line

Phone: **1300 280 737**

A 24 hour telephone service to provide expert advice, information and referral on any mental health issue.

Rural Finance

Phone: **(03) 5448 2600**

Clean up and restoration grants and low interest loans for eligible primary producers, small businesses and not for profit organisations who have suffered flood damage.

Rural Financial Counselling Service

Phone: **1800 686 175**

Financial counsellors can visit homes, farms or businesses to talk about options and assistance available and provide independent, free confidential counselling and referral to other services.

Red Cross – personal support outreach

Phone: **1800 232 969**

Australian Red Cross can visit or phone people who have been affected by emergencies, to provide information, emotional support, practical assistance and referral to appropriate support agencies.

Suicide Helpline Victoria

Phone: **1300 651 251**

A 24 hour telephone service that offers anonymous counselling and information to anyone affected by suicide.

Victorian Farmers Federation

Phone: **1300 882 833**

The Victorian Farmers Federation works with local agencies to support landowners and can visit you to talk about your needs and connect you with advice and assistance.

ARTICLES & NEWS

Do you have an event, article or activity you would like to publicise in the Flood Recovery Newsletter? Please forward to Jordan Tamblyn at email: j.tamblyn@campaspe.vic.gov.au or 0409942545