

From Council:

# Rochester Recovery Update

## Spring 2024

For all enquiries and requests, contact Council on 1300 666 535.



(l-r) Cr Paul Jarman, Dr. Ken-Tze Koh from the Stanhope Telehealth Medical Centre, Flood Recovery Officers Liz Wells and Marcus Overman.

### Thank You!

October 2024 will mark two years since the flood event that significantly impacted Rochester and many other towns across the Shire of Campaspe. Council would like to acknowledge and thank everyone in Rochester for your hard work, dedication and unwavering community spirit, in supporting one another during this challenging time. While there is still much to be done, together with the community and our government and agency partners, Council will continue to support the people of Rochester through the Recovery Hub, emergency management program and strong advocacy.

### Active August a Great Success

A huge shout out to everyone for making Active August a resounding success! Rochester Community House and Rochester and Elmore District Health Service teamed up, and with support from the Rochester Business Network and Council's Recovery Hub team, arranged a jam-packed program of events. From social tennis, carpet bowls, golf and walking to boxing, Jiu Jitsu and Karate, there was something on offer for all ages and interests.



### Campaspe Health Expo Brings Community Together

Exhibitors and visitors alike had a great time at the Campaspe Health Expo held at the Rochester Town Hall on 28 August. This free event aimed to increase awareness of community services available across the four health domains of personal wellbeing, physical wellbeing, financial wellbeing and home health. A variety of exhibitors showcased their services and Rochester Lions Club catered with souvlakis from their new food trailer. The expo was emceed by renowned mental health advocate Narelle Fraser and included insightful panel discussions on range of topics.







## Three-Day Resilience Event

School students and the wider community are set to benefit from a three-day event aimed at building resilience and positive mental health, and helping people feel happier. To be delivered by The Resilience Project, people will learn about gratitude, empathy and mindfulness, and practical strategies to incorporate these principles into everyday life.

Facilitators from The Resilience Project will work with Rochester Secondary College, Rochester Primary School and other schools across the shire to deliver age-specific sessions. Sessions will also be held for educators so the principles can be incorporated into daily classes.

Organised by the Rochester Community House, the student and community programs are part of a three-year partnership with The Resilience Project, made possible with funding from Campaspe Shire Council, Anglicare Victoria, Community Bank, Elmore, Lockington and Rochester, and Bendigo Bank.

## FREE 'Discovering Resilience' Community Session

Guest speaker, The Resilience Project Partner and former AFL player Martin Heppell, will share simple tools people can easily apply to feel happier and improve wellbeing.

**Date:** Thurs, 12 Sept 2024 from 6.30pm–8.00pm

**Venue:** Campaspe Valley Community Centre, Edward Street, Rochester

**Tickets:** FREE

**Register:** Scan the QR code to register for your free ticket or contact Rochester Community House on 03 5484 3600



## Young People Showcase Ideas for Resilience

About 30 young people from Rochester and surrounds came together in August for a Change Agents Training Day hosted by Campaspe Shire Council and organised in collaboration with Youth Affairs Council Victoria. Training topics included youth advocacy in disaster resilience, media training, youth-led meetings and running effective workshops. At the end of the day, the young people presented their ideas for resilience to the audience, including Campaspe Shire councillors Paul Jarman and Tony Marwood.





## What Are You Going to Do in the First 72 Hours?

### What are you going to do?

You can handle any emergency better if you are prepared!



Council has launched an innovative program aimed at empowering communities to plan, prepare and respond effectively in the first three days after a crisis, whether it be a personal situation or external event.

'The First 72 Hours' Community Resilience Program is set to increase community resilience and mental wellbeing while achieving the seven targets outlined in the Sendai Framework for Disaster Risk Reduction 2015–2030.

The program translates the emergency management pillars of Prevention, Preparedness, Response and Recovery into simple and practical actionable steps.

Going beyond the more common fire and flood situations, the program will equip people with knowledge and skills to think critically, seek the right information, and make decisions to protect their interests and wellbeing.

For more information, visit <https://www.campaspe.vic.gov.au/thefirst72hours>

### Campaspe Municipal Recovery Plan

The Municipal Recovery Committee (MRC), made up of community, government and agency stakeholders, supports communities across Campaspe Shire. The MRC's work is guided by the Campaspe Municipal Recovery Plan which details priority activities under 10 recovery target areas, including:

1. Health and wellbeing (mental and physical)
2. Building social connectedness
3. Improve flood planning
4. Build community preparedness and resilience
5. Tourism recovery
6. Agriculture and business recovery
7. Public and private infrastructure rebuilding
8. Residential housing
9. Building inclusive communities
10. Natural environment recovery

A key priority of **recovery target 8 'Residential Housing'** is getting people back into their homes as soon as possible. To help us understand the current status of housing in Rochester and surrounds, and any ongoing challenges being experienced, all householders are encouraged to complete the enclosed **Rochester Housing Survey**.

### Before, During and After Emergencies

Council's website contains a broad range of information and resources to help residents make decisions and take action during the three phases of an emergency.

- **Before emergencies** – how to plan and prepare before an emergency happens.
- **During emergencies** – how to put your emergency plan into action.
- **After emergencies** – where to get help after an emergency.

To find out more, scan the QR code.





## Help Shape a New Arts Festival

Are you passionate about creativity and community? Then we have an exciting opportunity for you! Council is inviting enthusiastic artists, creatives and other interested community members to express an interest to join a 'Creative Recovery Co-Design Group' and help plan a new arts festival program. Scheduled for May-June 2025, the festival will celebrate the resilience of Campaspe residents and foster community connections through innovative storytelling and local activations. People from across the shire will creatively express their shared experiences.

Members of the co-design groups will participate in meetings and workshops, and also assist in program delivery. Members will be paid a set fee for their time and input.

### Key dates

- Expressions of interest: close on Mon, 23 Sept
- Notification of selection: Mon, 30 Sept
- Initial meetings:  
Rochester Library: 9 & 23 Oct, 5.30-7.30pm  
Echuca Library: 10 & 24 Oct, 5.30-7.30pm

For more information or to express your interest, please contact Kris Tito, Council's Arts and Culture Coordinator on 03 5481 2818 or email [k.tito@campaspe.vic.gov.au](mailto:k.tito@campaspe.vic.gov.au).



Council's Arts and Culture Coordinator Kris Tito (left) and Neva Takele, proud Wollithica woman, and cultural facilitator and artist.

## Recovery Hub Services

The Recovery Hub, located at 48 Mackay Street, Rochester is open Mon-Fri from 8.30am to 5.00pm. After hours appointments are available from 5.00-7.00pm on Thursdays, by appointment only. To speak with the team, visit the hub in person, call 1300 666 535 (press 2) or email [shire@campaspe.vic.gov.au](mailto:shire@campaspe.vic.gov.au).

Services available at the hub include:

- **Campaspe Shire Council:** Mon-Fri, 8.30am-5.00pm
- **Anglicare Victoria:** Mon-Fri 10.00am-4.00pm
- **Anglicare Financial Counselling:** by appointment
- **Mind Australia:** Tues-Thurs, 9.30am-2.30pm or by appointment (until end of Sept)
- **Wellbeing with Bern:** Mon, 10.00am-5.00pm and Thurs, 10.00am-3.00pm (until end of Sept)
- **Hearing Clinic:** monthly by appointment
- **ARC Justice:** monthly or by appointment
- **Partners in Wellbeing Small Business Financial Counselling:** by appointment

## Information for Business

Did you know Campaspe Shire Council's Economic Development team sends out a regular enewsletter full of valuable information and events for businesses? To subscribe or read past issues, scan the QR code.

If you'd like to promote your business event or training opportunity in the enews, contact Council's Economic Development Manager Astrid O'Farrell on 5481 2200 or via email [a.ofarrell@campaspe.vic.gov.au](mailto:a.ofarrell@campaspe.vic.gov.au).



## Council Planning Team Drop-In Session

Council's Planning team will be at the Recovery Hub on **Thurs, 19 Sept** from 2.00-6.00pm to answer your questions about any planning matter. No bookings required.