

From Council:

Community Recovery Update

Summer 2024 – 2025

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

Campaspe Shire Council wishes everyone a merry Christmas, and a safe and happy festive season!



Christmas In Campaspe



Council has installed Christmas decorations across the shire for the enjoyment of residents and visitors, young and old. Three illumination stations – the Gold Bauble in Echuca, the Big Teddy Bear in Rochester and the Big Santa in Kyabram – are, once again, set to be popular places for photo opportunities and enjoying the spirit of Christmas with family and friends.

There's a range of other festive activities happening across the shire, including Santa's Cave and Yarn Bombing in Kyabram, Christmas Storytime in Gunbower, Reindeers in Rushworth, Christmas Scavenger Hunt in Rochester and lots more. Community groups are also hosting a range of festive celebrations. For more information about Christmas activations and events, visit www.campaspe.vic.gov.au/Recreation-events/Events/Events-directory.

Changes To Operating Hours

Council services

Please note the following operating hours during the Christmas/New Year period:

- The **Recovery Hub** will close at 3pm on Tues, 24 Dec and reopen at 8.30am on Thurs, 2 Jan.
- **Customer service centres** will close at 3pm on Tues, 24 Dec and reopen at 8.30am on Thurs, 2 Jan.
- **Echuca Library** will close at 3pm on Tues, 24 Dec and reopen at 10am on Thurs, 2 Jan.
- **Kyabram, Rochester, Tongala and Rushworth libraries** will close at 3pm Tues, 24 Dec and reopen at 8.30am Thurs, 2 Jan.
- All **online library** services and after-hours return chutes will still be available.
- **Resource recovery centres** will be closed on Christmas Day, Boxing Day and New Year's Day.
- **Maternal and Child Health (MCH)** service will operate for first home visits and essential appointments only. Contact the

MCH booking line on 1300 644 964 to discuss your options.

- **On-call ranger** services will operate for emergencies only.
- For **urgent requests**, please call 1300 666 535 and follow the prompts.

Kerbside collections

Kerbside waste collections are likely to be one hour earlier on some days, so please be prepared. Collection dates across the municipality will change as follows:

Usual collection day	Changed to
Wednesday, 25 December	Thursday, 26 December
Thursday, 26 December	Friday, 27 December
Friday, 27 December	Saturday, 28 December

Collections will return to normal from Monday, 30 December and will not be impacted on New Year's Day (1 January 2025).



The Recovery Hub is located at 48 Mackay Street, Rochester. Drop in and see us, or call 1300 666 535 and press 2 or email shire@campaspe.vic.gov.au.



Rochester Flood Study

Survey work for the Rochester Flood Study is currently underway across the Campaspe River flood plain. By now, affected property occupiers should have received a letter advising of the survey work and seeking their assistance in granting access to their property. Residents may receive a visit by surveyors from Price Merrett who will measure floor heights of buildings. If flood level marks are present, residents are asked to show them to the surveyors so the marks can be recorded.

Within Rochester township, the surveyors will do a visual inspection of building exteriors.



They will not need to enter any buildings as floor heights will be measured at external doorways.

Data collected from the survey work will be important in determining

mitigation measures to help protect the community from future flood events. Residents can stay up-to-date on the flood study by signing up at www.campaspe.vic.gov.au/rochesterfloodstudy.

Community Flood Recovery and Resilience Grants

Council, in partnership with the federal and state governments, has launched a new Community Flood Recovery and Resilience Grants program. The initiative aims to support individuals, families and community organisations affected by the October 2022 flood event, through grants of up to \$10,000 to eligible not-for-profit community organisations. Activities, projects and/or events that provide flood-impacted community members with the information, support and services needed for recovery, will be given priority. These may include:

- providing onsite and outreach recovery services
- recovery capability-building initiatives, such as events and education programs
- running events and services that bring the community together
- supporting Aboriginal communities impacted by the flood.

Up to five applications can be submitted by any one eligible organisation. All funded activities, including expenditure, must be completed by 30 April 2025.

Key dates

The program will continue until all funds are committed or 31 January 2025, whichever is earliest.

Grants open

1 November 2024

Grants close

31 January 2025

Grants assessed

May take up to 4 weeks

Projects completed and acquitted

By 30 April 2025



(l-r) Council's Lachlan Cozens and Kerrie Hawkes launch the grants program on Radio EMFM.

Community organisations are encouraged to speak with Council's Recovery Team before lodging an application to ensure any proposed events or programs are eligible. For full guidelines and to apply, please visit Council's website at www.campaspe.vic.gov.au/grants. To contact the Recovery Team, call 1300 666 535 and press 2.



Rochester Housing Survey Update



Rochester Housing Survey A Flood Recovery Advocacy Initiative

Introduction

October 2024 will mark two years since the flood event that significantly impacted Rochester and many other towns across Campaspe Shire. While much progress has been made, many people from Rochester and surrounds are still not in their own home and/or continue to navigate a range of challenges associated with rebuilding or repairing their homes and properties.

The purpose of this survey is to understand the status of housing in Rochester, and identify any ongoing challenges being experienced. This information will inform future advocacy activities and local initiatives to address these concerns, and support the vibrancy and long-term prosperity of Rochester.

More than 350 households from Rochester and surrounds completed the Rochester Housing Survey, enclosed with the Spring edition of *Community Recovery Update*. We're currently analysing the responses to the survey, including the many comments and suggestions to address current housing concerns and challenges, and a range of other topics.

Thank you to everyone who took the time to complete the survey. The information will inform Council's future advocacy activities and local initiatives to address local concerns, and support the vibrancy and long-term prosperity of Rochester. We will share the results of the survey in coming weeks.

Victorian Government's Connecting Community to Builders Program

The Connecting Community to Builders Program connects flood-impacted people with registered and available tradespeople who can assist in repairing or rebuilding their home. **Registrations are open until 30 June 2025.**

To find out more or register for the program, visit <https://www.planning.vic.gov.au/guides-and-resources/guides/all-guides/connecting-community-to-builders-program> or email rebuilding@transport.vic.gov.au.

Assistance For Flood-Affected Homeowners

If you're a homeowner impacted by the October 2022 floods, you may be eligible for a rebate of up to \$3000 towards the repair or rebuilding of your home, as part of the Victorian Government's Planning and Building Assistance Rebate Scheme. **Applications are open until 31 May 2025.**

Some examples of what will be funded include:

- preparation of a concept plan
- architectural plans
- preparation of a planning permit application report
- technical reports (bushfire

planning, flood or hazard assessments)

- land surveys
- title documents
- geotechnical assessments
- engineering reports or equivalent
- arborist reports
- planning consultant fees
- building permit fees

Some examples of what is not eligible for funding:

- work not associated with your repair or rebuilding of the house (such as fences, swimming pools, sheds)

- purchase of land and conveyancing services
- building or repair work

For more information and to lodge an application form, please visit

<https://www.windermere.org.au/services/financial-assistance-to-repair-and-rebuild-victorian-homes-impacted-by-the-october-2022-floods/>

Preparing For Summer Emergencies

With the warmer weather of Summer, we all need to take steps to prepare ourselves and our families for potential emergencies that come with the season, particularly storms and bushfires. Here are some tips to help you and your family stay safe and ready this Summer.

- 1. Stay informed:** Keep up-to-date with weather forecasts and warnings. Sign up for emergency alerts and follow local news channels for the latest information.
- 2. Create an emergency plan:** Develop a plan that includes evacuation routes, meeting points and emergency contacts. Make sure everyone in your household knows the plan and practises it regularly. Visit the Recovery Hub in Rochester, Council's website or a customer service centre for your copy of the First 72 Hours Plan.
- 3. Prepare an emergency kit:** Your kit should include essentials such as water, non-perishable food, medications, first aid supplies, flashlights, batteries and important documents. Don't forget to include items for your pets.
- 4. Secure your property:** Trim trees and bushes around your home to reduce the risk of fire spreading. Clear gutters and drains to prevent water buildup during storms. Ensure your roof, windows and doors are in good condition to withstand strong winds.
- 5. Know your community's resources:** Familiarise yourself with local emergency services and shelters. Know where to go and who to contact in case of an emergency.
- 6. Stay connected:** Keep your mobile phone charged and have a backup power source. Stay in touch with neighbours and check on each other, especially those who may need extra assistance.

For more practical tips and information, visit www.campaspe.vic.gov.au/our-services/fire-flood-and-emergencies/before-emergencies/are-you-prepared

The First 72 Hours



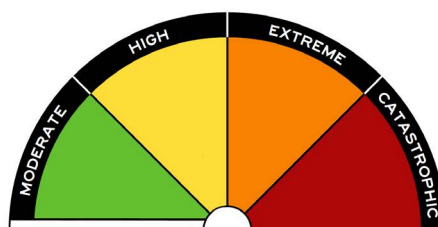
Council's 'The First 72 Hours' Community Resilience Program is designed to help people and communities plan, prepare and respond effectively in the first three days after a crisis, whether it be a personal situation or external event. The program translates the emergency management pillars of Prevention, 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>.

What are you going to do?

You can handle any emergency better if you are prepared!



Fire Danger Period



MODERATE

Plan and prepare

HIGH

Be ready to act

EXTREME

Take action now to protect life and property

CATASTROPHIC

For your survival, leave bushfire risk areas

The Fire Danger Period in Campaspe began on Monday, 4 November 2024 and will end on Thursday, 1 May 2025. Burning off is prohibited on all properties, regardless of size, during this period. A permit may be granted only in exceptional circumstances. Find out more at <https://www.cfa.vic.gov.au/warnings-restrictions/fire-bans-ratings-and-restrictions/can-i-or-cant-i>.

Keeping mentally well

If you live in the Campaspe and Murray area these services can help
[see reverse for services and resources available]



Feeling anxious, overwhelmed, worried or stressed



Be active



Check out your local Neighbourhood house for programs and supports



Get creative in the kitchen with healthy meals and snacks



Talk to family and friends or support services



Do something you enjoy or try something new



Take a break from screens - try meditation or getting outdoors to unwind



Look online for advice on staying mentally well



Still not feeling better and need more help



Talk to your doctor about how you are feeling



Call or go online for support/counselling. Available 24/7



Ask your school who is the wellbeing person/team for students to talk to



Speak to someone who has been through something similar (peer support)



Talk to a local counsellor/psychologist



Ask your workplace about Employee Assistance Program (EAP)



Feeling that you are at immediate risk of harm



Reach out to someone you trust to assist you to get help



Call mental health triage for hospital support (Enhanced Crisis Assessment Team) **1300 363 788** (VIC) or Accessline **1800 800 944** (NSW)



Call Lifeline **13 11 14**, available 24/7



Call **000** for immediate danger or concern



What can I do to help others



Connect with friends and family and ask how they are coping



Take the time to listen



Find out what to do if friends or family need help

Advice on staying mentally well

A customisable self-help tool for your mental health

myCompass: mycompass.org.au



Interactive self-help book with training modules

Moodgym: moodgym.com.au

Mental fitness challenges designed to improve the wellbeing of young people 13-16 years old

Bite Back: biteback.org.au

Talk to your local doctor

Your doctor can develop a mental health plan with you:



- Develop strategies to improve and maintain your mental health
- Referral to mental health experts, like a psychologist
- Develop a mental health care plan

Local counsellors/psychologists

Echuca Regional Health Wellbeing and Primary Mental Health 5485 5800



Greater Bendigo-Loddon-Campaspe Mental Health and Wellbeing Local 5412 6600 (26 years and above)

headspace Echuca 5485 5048 (12-25 years)

Kyabram & District Health Services 5857 0200

Loddon Children's Health and Wellbeing Local
1800 433 977 (0-11 years)

Njernda Aboriginal Corporation Wellbeing Unit
5480 6252

Rochester & Elmore District Health Service 5484 4465

Deniliquin Specialist Community Mental Health Drug and Alcohol Service 5882 2700 (NSW)

MyStep to Mental Wellbeing 1800 931 603 (NSW)

How to help friends/family

How to start a conversation with someone you are worried about

R U OK?: ruok.org.au

Conversations Matter: conversationsmatter.org.au



Supporting someone with mental illness

Mental Health First Aid Training: mhfa.com.au
(standard, youth, teen, older person, Aboriginal)

Supporting someone who might be thinking of suicide

LivingWorks: livingworks.com.au

Applied Suicide Intervention Skills (ASIST) training

Counselling/Support line



Crisis support, suicide prevention and mental health

Lifeline: 13 11 14 or text 0477 13 11 14

Mental health guidance and advice

Head to Health: headtohelp.org.au, 1800 595 212

Mental Health Line: 1800 011 511 (NSW)

Immediate help for depression and anxiety

Beyond Blue: 1300 224 636

Counselling for young people aged 5-25

Kids Helpline: 1800 55 1800

Online support and counselling for young people aged 12 - 25 and their families and friends

eheadspace: headspace.org.au/eheadspace/

Counselling for men with emotional health and relationship concerns

MensLine Australia: 1300 78 99 78

LGBTIQA+ peer support and referral (3pm to midnight)

QLife: 1800 184 527

Professional phone and online counselling if you or someone you know is feeling suicidal

Suicide Call Back Service: 1300 659 467

Aboriginal and Torres Strait Islander crisis line

13 YARN: 13 92 76, Brother to Brother: 1800 435 799 (for men)

Other services



People bereaved or impacted by suicide

Standby Support After Suicide: 1300 727 247
standbysupport.com.au

Alcohol and other drugs counselling and referral

Australian Community Support Organisation (ACSO):
1300 022 760 (9am-5pm weekdays) acso.org.au
DirectLine: 1800 888 236

Family violence and sexual assault counselling

The Orange Door Loddon: 1800 290 943,
orangedoor.vic.gov.au
Centre Against Sexual Assault: 5441 0430, casacv.org.au

Homelessness service

Haven Home Safe: 1300 428 364 (9am-5pm) or
1800 825 955 after-hours, havenhomesafe.org.au
Anglicare Victoria: 5482 0900, anglicarevic.org.au
Njernda Aboriginal Corporation Family Services:
5480 6252, njernda.com.au

Rural counselling

Financial: 1300 834 775, rfcscvicne.org.au
Rural Aid: 1300 327 624, ruralaid.org.au
Farming Community Counselling: 0436 811 692 (NSW)

Community inclusion

Community Inclusion Group: 5485 5800
Echuca Moama Pride: info@empi.org.au

For more information **Betterhealth.vic.gov.au** (VIC)
Health.nsw.gov.au/mentalhealth (NSW)