

From Council:

Community Recovery Update

Autumn 2024

For all enquiries and requests, contact Council's Recovery Team on 1300 666 535, and press option 2.



Welcome to the autumn instalment of the Community Recovery Update. This edition features:

- Changes to the emergency management section of Council's website
- Flood recovery phone guide
- Advice on mosquitos and mould post flood
- Extended hours at the Recovery Hub
- Municipal Recovery Committee update
- Stay cool when the heat is on
- Staying informed
- Know the fire danger ratings

For any questions or enquiries, visit Council's website or call the Recovery Hub on 1300 666 535 and press option 2.

Changes to Website Content

Over the last few months, the emergency management section of Council's website has seen some big changes. The page has been renamed to **Fire, flood and emergencies** and details the stages of an emergency, including **before, during** and **after emergencies**.

There's also dedicated pages for floods and storms, fire and heat and pandemic and other emergencies.

We encourage you to take a look at the current resources available and how to be best prepared moving forward.



Stay Cool when Heat is on

This summer, we've seen many hot days through the season. It's important to know how to stay safe in heatwaves. Heat was the second leading underlying cause of death among "natural forces" in 2002-2021 in Australia. Here are our top tips to help you and others keep cool and stay safe this summer.

Stay hydrated – drink plenty of water every day and stay hydrated with frequent sips.

Hot cars kill – never leave kids, adults or pets in cars. The temperature inside a parked car can double within minutes.

Keep cool – draw your blinds, use a fan, take cool showers and dress in light, loose clothing made from natural fabrics. Seek shade or air-conditioned havens like local libraries, shopping centres and community centres.

Plan ahead – schedule activities in the coolest part of the day. If you can, stay indoors between 10am and 4pm.

Check in with others – look out for anyone vulnerable – your neighbour living alone, an elderly friend or family member, people with a medical condition and your pets.

Look after wildlife – our furry and feathered friends need out help to stay cool and hydrated. Leave water in protected places on your property. Keep an eye out for animals with heat stress and alert Wildlife Victoria on 03 8400 7300.

Extended Hours

The Rochester Recovery Hub is trialling extended hours on a Thursday to facilitate after hours meetings for residents who cannot visit during the day.

The Hub is open from 8.30am until 7pm on a Thursday for people to access services.

The Recovery Hub in Rochester is the primary location for people to access services and support they need to recover from recent weather events.

Come down to the hub on a Thursday after hours to find out more about the services available to the community.

For more information, visit www.campaspe.vic.gov.au/recoveryhub.



Mosquitos and Mould Advice

Rochester residents should be vigilant against mosquito-borne diseases and mould, as flooding in early January and warm weather creates an ideal breeding environment for both.

Council's Public Health team has been administering mosquito treatments post flood across the municipality as required.

Mosquitos breed in stagnant water and can carry diseases which can be passed onto people through bites. Diseases include:

- Ross River virus
- Barmah Forest virus
- Murray Valley encephalitis
- Japanese encephalitis, and
- Kunjin Virus

Some tips to prevent getting bitten and breeding sites on your property include:

- Tip water out of pots, plant-saucers, play equipment and other containers in your yard.
- Remove any debris in the yard that collects water, including old tyres, cans and palm fronds.
- Remove pools of standing water by clearing debris or digging small channels to assist drainage.
- Check for damaged fly screens on windows, doors and vents. If required, repair or install new screens. Mosquito-zappers or coils will also deter mosquitos around the home.



Residents should also be wary of mould developing in their homes. Mould grows in damp, poorly ventilated and humid conditions.

Some actions residents can take to reduce mould in the home include:

- Fixing any leaks in plumbing, roofs and other building faults.
- Ensuring gutters are cleared and well maintained.
- Reduce condensation by using exhaust fans, or opening windows in the bathroom and kitchen when using these areas.
- Wipe excess water caused by condensation on windows or showers.
- Air the home regularly by opening windows and doors on warmer days.
- Use reverse cycle air conditioning and mechanical dehumidification if available.
- Vent clothes dryer to the outside and clean lint filters regularly. Ensure sufficient exhaust openings to the outside of the home if you use evaporative cooling. Evaporative coolers increase the moisture content in indoor air, follow the instruction manual to ensure sufficient airflow in the home.
- Service/maintain heating, ventilation and cooling systems.
- Use a vacuum cleaner with high efficiency particulate air filter (HEPA).
- Avoid placing your mattresses on the floor or surfaces without adequate ventilation.
- Vacuum and/or turn mattresses if it can be done safely.
- Increase air circulation around furniture and move furniture away from walls.

If you suspect mould contamination in your home but can't find its origin, residents can engage an occupational hygienist or environmental health and safety professional to conduct testing for a fee.

For more information on mosquito-borne diseases, prevention and mould post flood, please visit www.betterhealth.vic.gov.au.



Stay Informed

Make sure you know how to stay informed should an emergency occur.

Download the VicEmergency app from the App Store or Google Play to receive warnings and information on fire, flood, storms and other emergencies. You can also follow VicEmergency on Facebook and X (formerly Twitter).

Monitor official local emergency broadcaster 91.1 or 97.7 ABC local radio for warnings. Use the frequency finder to find the station if you need.

Know the Fire Danger Ratings

New Fire Danger Ratings were introduced in 2022 across Australia, so whether you are at home or travelling, you will see the same rating system. The ratings tell you how dangerous a fire could be if one started.

There are four levels of fire danger in the new system:

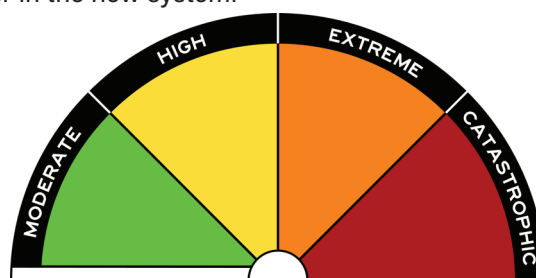
Moderate – plan and prepare.

High – be ready to act.

Extreme – take action now to protect life and property.

Catastrophic – for your survival, leave bushfire risk areas.

Visit www.cfa.vic.gov.au/afdrs



Municipal Recovery Committee

The Municipal Recovery Committee continues to meet. Committee members will come together once a month to plan recovery efforts, advocate and engage on behalf of the community regarding issues from the October 2022 floods.

The committee acts as the link between local and regional government departments, agencies, communities and Councils.

The committee will provide a mechanism for community and interest groups within Rochester who were affected by the October 2022 floods direct access to the recovery process.

The most recent meeting was held on Monday, 19 February. A new draft recovery plan to continue our flood recovery journey following the October 2022 floods was discussed. The plan focuses on:

- Mental health and wellbeing
- Building social connectedness
- Improving flood planning
- Building community preparedness and resilience
- Tourism recovery
- Agriculture and business recovery
- Public and private infrastructure rebuilding
- Building inclusive communities
- Natural environment resilience (and waste support)

The committee will be seeking feedback from community in the coming months to further develop and shape the action plan.

Flood Recovery Phone Guide

Keep the below telephone numbers handy for future reference. Please note that some services and/or phone numbers may not be staffed during the Christmas/new year break.

Flood Recovery	
Small business support Free, confidential, one on one support to improve financial, business and emotional wellbeing www.partnersinwellbeing.org.au/small-business-support	1300 375 330

Flood Assistance	
Flood Recovery Hotline (Victoria) • clean-up services • finding a place to stay • financial support • mental health and wellbeing support The hotline is open from 8.30am - 5pm, Monday to Friday	1800 560 760
AgBiz Assist Service for small business and primary producers	1300 834 775

Emergency Food & Relief - Material Aid	
Kyabram Community Learning Centre	5852 0000
St Vincent de Paul • Rochester • Echuca • Kyabram • Rushworth	5484 3584 5480 7621 5853 2473 0417 597 468
Salvation Army • Rochester • Echuca • Kyabram	5484 1364 5482 6722 5853 2684
Njernda Family Services	5480 6252
Rochester Community House	5484 3600
Kyabram Community & Learning Centre	5852 0000
Girgarre Community Cottage	5854 6482
Tongala Community Activities Centre	5859 1268
Rushworth Community House	5856 1295
Echuca Neighbourhood House	5482 6914
Crossenvale Neighbourhood House	5480 3583
Carers Support Services Bendigo Health	1800 068 978

Mental Health Support	
Reach out to someone you trust to assist you to get help	
Ring Mental Health triage for hospital crisis and suicide support	1300 363 788 1800 800 744 (NSW)
Ring LifeLine or Suiceline	13 11 14 1300 657 251
For immediate danger or concern	000

Campaspe Shire Council's Flood Recovery Program is generously funded by the State of Victoria through Emergency Recovery Victoria's Recovery Hubs Program in response to the October 2022 flood event which impacted Victorian communities in the Shire of Campaspe.

Keeping Mentally Well	
HeadtoHealth Talk with a trained mental health professional who will work with you to develop support services www.headtohealthvic.org.au	1800 595 212
Partners in Wellbeing One-on-one wellbeing coaching and support to people 16+ experiencing stress, anxiety, worry or being overwhelmed	1300 375 330
Echuca Regional Health wellbeing group supports - Drumbeat, parenting programs, community inclusion group, mindfulness etc	5485 5800

Child Wellbeing - Family Services	
The Orange Door Loddon 486 High St Echuca 57 View St Bendigo	1800 512 359
Child protection services	13 12 78 (Victoria) 13 21 11 (NSW)

Family Violence	
The Orange Door Loddon 486 High St Echuca 57 View St Bendigo www.orangedoor.vic.gov.au	1800 512 359
Safe Steps Referral to family violence services - Victoria	1800 015 188
1800 Respect Support and case management for sexual assault and family violence	1800 737 732

Rural/Farming	
Agriculture Victoria	136 186
Rural Financial Counselling Services	1300 834 775
Rural Aid www.ruralaid.org.au	1300 327 624
Australian Government Farmer Assistance hotline	132 316

Support Line/Counselling 24/7	
Lifeline Crisis support, suicide prevention and mental health	13 11 14 or text 0477 13 11 14 (24/7)
Beyond Blue Immediate help for depression and anxiety	1300 224 636
Kids helpline Counselling for young people aged 5-25	1800 55 1800
QLife LGBTIQA+ peer support and referral	1800 184 527
Directline Alcohol and drug counselling and support	1800 888 236
Yarning Safe'n'strong Social and emotional wellbeing for Aboriginal Victorians	1800 959 563
Dardi Munwurro - Brother to Brother Crisis line for Aboriginal men	1800 435 799