

Flood Recovery Newsletter

Edition 7—12 May 2023

HI AGAIN

Welcome to edition 7 of the Pyrenees Shire Council's flood recovery newsletter. Hope you are all well and warm on these chilly 'nearly winter' days.

Tony on leave

Tony Grimme, Council's Flood Recovery Officer, is on leave for 2 months (May and June). Gill and Jane will be looking after Tony's role and are on-hand to assist with recovery activities such as referrals for clean-up, farm fencing, psychosocial support etc.

National Centre for Farmer Health's #BuildingFarmSpirit

Following on from the information in edition 5 (17 March) on National Centre for Farmer Health, the Centres '#BuildingFarmSpirit' campaign has some really good tools to support recovery. There's short videos online of farmers speaking about their experiences, sharing stories, ideas and tips. Dr Gordon, a psychologist who is an expert in supporting people who have been impacted by natural disasters, talks about recovery.

There's also some webinars to help agricultural advisors and service advisors working with farming families to recognise the signs people suffering from stress and fatigue exhibit.

Information is available on the NCFH website and is certainly worth a look. Visit www.farmerhealth.org.au/buildingfarmspirit



WHAT'S COMING UP?

Life and Community Sessions

There's one more community session coming up which will be held in Beaufort on Thursday 8th June 2023. It will be held at the Beaufort Community Centre (Senior Citz). The sessions are about personal and community recovery after a natural disaster like flooding. Cathy Bunter (veterinarian) talks about caring for your pets and animals, and David Younger (clinical psychologist/natural disaster expert) shares key messages to maintain your overall health and wellbeing including the community.

Come along, enjoy a light meal and have a chat with both Cathy and David.

Register your interest by calling 1300 797 363 or emailing recovery@pyrenees.vic.gov.au

Life and Community

after a flood with David Younger and Cathy Bunter

It is now six months on from the 2022 October floods. How have you and your community been affected and what will best support recovery?

Come along to understand more about personal and community recovery with guests David Younger and Cathy Bunter. Enjoy a light meal, cuppa and a chat. Sessions will be relaxed, informal, and there will be time for discussion and to ask questions. We encourage all community members to attend.

Session time and locations:

Join us at 6pm for a light meal. Sessions start at 7pm.

Wednesday 26 April 2023 – Avoca Turf Club (307 Racecourse Road, Avoca)

Wednesday 10 May 2023 – Lexton Recreation Reserve (1 Prince Street, Lexton)

Thursday 8 June 2023 – Beaufort Community Centre (Senior Citizens, 27-29 Pratt Street, Beaufort)

To register your interest, please contact Pyrenees Shire Council on 1300 797 363 or recovery@pyrenees.vic.gov.au



David Younger – David Younger Psychology

Clinical Psychologist David Younger (a natural disaster expert) will share key messages designed to help you understand more about coping with the challenges faced after a natural disaster and what you can do to maintain your overall health and wellbeing. He will also talk about how communities can best support themselves.



Cathy Bunter – Veterinarian

Cathy is a veterinarian and has worked in private veterinary practices in Victoria, Queensland and Tasmania for 28 years. Cathy previously lectured at Longerenong College for four years in the areas of animal health and welfare, animal nutrition, and animal production. Currently, acting as Principal Veterinary Officer with Agriculture Victoria, Cathy has experience in equine health with a special interest in Japanese encephalitis and the other arboviruses which affect humans too. Cathy and her family have their own farm in western Victoria, farming cattle and sheep, and some free-range pigs and horses.

These sessions are being delivered by Pyrenees Shire Council and the Department of Families, Fairness and Housing.

Beaufort Office 5 Lawrence Street, Beaufort Vic 3373 T: 1300 797 363

Avoca Office 122 High Street, Avoca Vic 3467 T: 03 5465 1000

E: recovery@pyrenees.vic.gov.au W: pyrenees.vic.gov.au

WHAT'S BEEN HAPPENING?

Infrastructure Repair Update

Clean-up work has been completed on Greenhill Creek Road bridge in Amphitheatre. Shoulder repair works have also been completed on Stud Farm Road (Waubra) and contractors are working on Beaufort Waubra Road. Old Shirley Road (Beaufort) will be next.



Clean-up works on Greenhill Creek Road (before and after photos)

Design work is underway for Greenhill Creek Road bridge approach and the Moonambel Natta Yallock Road site.

Council will keep you updated with where works are happening and where works are coming up. Updates will be available through Council's website, the noticeboard in the Advocate and also in the Flood Recovery Newsletter.



Shoulder works on Stud Farm Road



Catchment Management Authorities (CMA) Support

The Catchment Management Authorities in the Pyrenees provide support during and after flood events with activities such as clean up, repairing and establishing erosion control, replacing habitat structures, repairing or replacing riparian fencing, vegetation management and weed control.

Landholders can register flood damage by calling the relevant CMA in your area:

Glenelg Hopkins CMA—5571 2526

North Central CMA— 5448 7124

Wimmera CMA—5382 1544



Flood Inquiry—Date Extended

The date has been extended to get submissions in for the Legislative Council Environment and Planning Committee's inquiry into the October 2022 flood event. The Committee is now accepting written submissions until **5 June 2023**.

The inquiry is to investigate the state's preparedness for and response to the disaster. Pyrenees Shire Council will be putting forward a submission.

If you have any comments you would like included in Council's submission to make please contact the Flood Recovery Team. More information can be found at <https://new.parliament.vic.gov.au/floodinquiry>

Phone calls from Windermere Services

Windermere Services are contacting residents again to see how they are going and if any support is needed, now that we are 6 months on from the floods.

Support workers are available to provide referral services to access accommodation, clean-up, grants, as well as wellbeing support and financial counselling. Council and Windermere have been working closely to provide the best recovery services possible. Please don't hesitate to reach out by calling Windermere on 1800 560 760 or Council on 1300 797 363.



[Grants Available](#)

As we are starting to transition over to community-led recovery, there's some grants available to support your community. If you have any questions, please contact the FR Team.

Building Farm Spirit Grants

The National Centre for Farmer Health (NCFH) #BuildingFarmSpirit program has grants of \$500 to \$1,500 available through to 30 May 2023 for activities that provide social connection and mental health promotion for farmers and farming communities. Visit www.farmerhealth.org.au/buildingfarmspirit to register for a Building Farm Spirit grant.

Rebuilding Futures Grant (Foundation for Rural and Regional Renewal (FRRR))

The Rebuilding Futures Program provides disaster recovery support for remote, rural and regional communities in Victoria impacted by the 2022 floods onwards. It aims to support grants for local not-for-profit community organisations to undertake community-identified and community-led recovery activities that can strengthen resilience and enable projects for building back better to reduce the impact of future disasters on community wellbeing and physical infrastructure. Funding amount is up to \$25,000 and applications open 31 May 2023. Information can be found on the FRRR website <https://frrr.org.au/funding/disaster-resilience-and-climate-solutions/rebuilding-futures>

WHAT SUPPORT IS AVAILABLE?

[Landmate](#)

Landmate Teams have been very busy with fence repairs for primary producers. If you have fencing that needs repairs please contact the Flood Recovery Team.

[Australian Government Disaster Recovery Payment](#)

Lump sum payment (\$1000 p/adult \$400 p/child) to help people seriously affected by the October 2022 floods. You have until 16 June 2023 to make a claim. Visit www.servicessaustralia.gov.au/victorian-floods-october-2022-australian-government-disaster-recovery-payment

[Australian Government Disaster Recovery Allowance](#)

For anyone who has lost income as a direct result of the floods. You have until 28 May 2023 to make a claim. Visit www.servicessaustralia.gov.au/victorian-floods-october-2022-disaster-recovery-allowance

[Rural Finance Grants](#)

The Rural Finance Primary Producer Recovery Grant and the Rural Landholder Grant are now closing on 13 July 2023. More information about the grants can be found on Rural Finance's website www.ruralfinance.com.au/industry-programs/victorian-primary-producer-flood-recovery-package. These grants cover activities like replacing or repairing essential equipment, fixing and replacing fencing, buying fodder, water and water storage, salvaging damaged crops, grain or feed, and hiring or purchasing materials to clean up a property or equipment.

[Rural Finance](#)

There are a number of recovery packages available for primary producers, small businesses and not for profit organisations. Visit www.ruralfinance.com.au/industry-programs/victorian-primary-producer-flood-recovery-package or call 1800 260 425

[Waste pick-up](#)

If you still have flood damaged carpets, whitegoods, furniture or sandbags that need collecting, call Council to organise collection. No general household waste, building materials or hazardous materials such as asbestos will be picked up. You can call Council to find out how to dispose of these items.

LOOKING AFTER YOURSELF (VERY IMPORTANT)

Emergencies such as floods can be disruptive and stressful, and the recovery process can take time. Whether you have been directly impacted, volunteering or supporting others, it's really important to look after yourself. Some great tips for self care are:

- Spend time with people who care
- Give yourself time
- Try to keep a routine going ie. Eating, sleeping, work, study
- Set realistic goals that keep you motivated, but don't take on too much.
- Talk about how you feel (the ups and downs) with friends, family and health professionals, when you are ready.

More tips are available on the Beyond Blue website www.beyondblue.org.au/mental-health/natural-disasters-and-your-mental-health

There's professional support available, so please reach out to the Flood Recovery Hotline on 1800 560 760 or Council's Flood Recovery Team on 1300 797 363.

RECOVERY TEAM

Tony Grimme—Flood Recovery Officer—0482 793 839
Gillian Matthews—Flood Recovery Administration Officer
0459 529 838
Kim Whytcross—Recovery Infrastructure Officer—0419 650 083
Jane Bowker—Flood Recovery Coordinator—0400 503 917

Pyrenees Shire Council : 1800 797 363
recovery@pyrenees.vic.gov.au

DISTRIBUTION OF RECOVERY NEWSLETTER

If you would like to receive an electronic copy of Council's Flood Recovery Newsletter, please send your email details to the Flood Recovery Team recovery@pyrenees.vic.gov.au. Copies of the newsletter are also available in hardcopy from the Resource Centres, Council's Customer Service Centre or via the website www.pyrenees.vic.gov.au.

Next newsletter: Friday 9 June 2023. Deadline for articles: Wednesday 7 June .

Flood Recovery Support

Key contacts for assistance

Organisation	What support is provided	Contact details
Pyrenees Shire Council Flood Recovery Team	Tony Grimme and Jane Bowker can provide referrals to support agencies for clean-up, grants, psychosocial support etc	1300 797 363 E: recovery@pyrenees.vic.gov.au W: www.pyrenees.vic.gov.au
Victorian Government Flood Recovery Hotline (Windermere Services)	Clean-up, temporary accommodation, financial support and mental health and wellbeing	1800 560 760 Open from 8am to 6pm Monday to Friday. 10am to 6pm Saturday and Sunday
Department of Families, Fairness and Housing (DFFH)	Emergency relief payments, re-establishment assistance	1800 226 226 https://services.dffh.vic.gov.au/personal-hardship-assistance-program
Rural Finance	Provides financial assistance for those affected by a natural disaster, or a downturn in your business. Flood recovery grants, recovery packages and concessional loans are available	1800 260 425 https://www.ruralfinance.com.au/industry-programs
Rural Financial Counselling Service	The RFCS provides free financial counselling to farmers and small businesses who are in, or at risk of, financial hardship.	1300 735 578 – Western Region https://agriculture.vic.gov.au/farm-management/business-management/farm-debt-mediation/rural-financial-counselling-service
Agriculture Victoria	Primary Producer Recovery Grants up to \$75,000, Rural Landholder Grants up to \$25,000, Primary Producer Concessional Loans up to \$250,000 and Primary Producer Transport Subsidies up to \$15,000.	0427 694 185 https://agriculture.vic.gov.au/farm-management/emergency-management/floods/flood-and-storm-recovery-support-for-farmers
Business Victoria	\$5000 one off grant to cover immediate clean up, repair and replenish expenses for businesses and sport/recreation	13 22 15 https://business.vic.gov.au/grants-and-programs/small-business-immediate-flood-relief-program
Centrelink	Support services for emergency affected persons in crisis (disaster relief payments; exceptional circumstances relief payments; bereavement payments and special benefit payments)	Ballarat 1800 050 004
Australian Red Cross	The Australian Red Cross supports and visits people in communities where disaster has occurred to check on their wellbeing and make referrals to other agencies.	1800 733 276 https://www.redcross.org.au/emergencies/
Lifeline	Lifeline is a 24-hour telephone service that offers confidential support and advice to help you deal with stress and personal challenges.	13 11 14 https://www.lifeline.org.au/get-help/information-and-support/natural-disaster/
Beyond Blue	Beyond Blue has an information line that offers expert information on depression, how to recognise the signs of depression, how to get help, how to help someone else and how to stay well.	1300 224 636 https://www.beyondblue.org.au/get-support
Kids Help Line	This is a 24-hour telephone service that provides a phone and online counselling service for young people aged 5–25.	1800 551 800 https://kidshelpline.com.au/
Disaster Legal Help Victoria	Provides free legal advice, assistance and referrals for people affected by a disaster.	1800 113 432 https://www.disasterlegalhelp.org.au/
Avoca Community Food Pantry	Provides temporary food relief to people within the Pyrenees region. Open every second Friday from 1pm at 13 Liebig Street, Avoca	https://www.facebook.com/pyreneescommunityfoodpantry
Beaufort Food Pantry	The food pantry is open Fridays at the rear of the Beaufort Community Resource Centre (72 Neill St). The Pantry provides free food to those who need it.	0457 469 097
National Centre for Farmer Health	The centre offers a range of programs, scholarships, safety fact sheets, health & wellbeing support and tools for farmers.	(03) 5551 8533 https://farmerhealth.org.au



We acknowledge the people past and present of the Wadawurrung, Dja Dja Wurrung, Eastern Maar and Wotjobaluk tribes, whose land forms the Pyrenees Shire. We pay our respect for the customs, traditions and stewardship of the land by elders and people of these tribes.