



# Bushfire Support & Information 2020



## A message from the CEO

The recent devastating fires have so alarmingly impacted on lives, communities, families and livelihoods from across areas including north east, south east Victoria and south east NSW. With these fires occurring so tragically early in the Bushfire season, the HWPCP (with support from our partners - Bendigo Loddon Primary Care Partnership, Lower Hume Primary Care Partnership, Mitchell Shire Council, City of Whittlesea and Sunbury Community Health) is keen to provide our local organisations (Social Support, Health, Local Government, Education and Child and Family Services and others) with timely and accurate bushfire and trauma informed information. Understanding the immediate and longer-term impact of disaster related trauma on survivors is vital. So too is the recognition of the effects these recent tragic events can also have on survivors from earlier local or even overseas, disaster events.

Supporting and resourcing organisations with new and updated information (especially when understood through the lens of family violence, gender and culture) enables staff to continue to 'hold' and supportive awareness of the dynamic influence trauma has on people into the future. For everyone at the HWPCP, this has been the primary objective of this resource listing. Recognising and respecting what these current fire events may mean for past 2009 Black Saturday communities, needs to be both ongoing and caring. In practical terms - supporting staff from local services with a selection of key documents and links from 'beyond the fires' and mental wellbeing through to bushfire readiness and emergency planning information, is a crucial preventative community initiative.

Please understand that this resource compilation doesn't seek to be a definitive listing of all resources but rather a selected set of key documents and websites. So please, we welcome your feedback and recommendations for additional service and research information.

Regards












Max Lee  
HWPCP CEO

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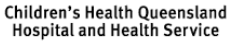


## 1. Beyond the Fires - Respecting what the current fires can mean for past bushfire communities.

 <p><b>Gender &amp; Disaster Pod</b> An initiative of WHGNE, WHIN &amp; MUDRI</p>	<p><b>Gender &amp; Disaster Pod – Women’s Health in the North, Women’s Health Goulburn North East &amp; Monash University</b></p> <ul style="list-style-type: none"> <li>• <a href="#">The Hidden Disaster – Family Violence following Natural Disasters</a></li> <li>• <a href="#">Long-Term Disaster Resilience</a></li> <li>• <a href="#">Disaster is no excuse for family violence</a></li> </ul>
 <p><b>AUSTRALIAN Primary Mental Health Alliance</b> <i>Supporting you and your community</i></p>	<p><b>APMHA Beyond the Bushfires Community Support &amp; Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Beyond the Bushfires: Online support and information</a></li> <li>• <a href="#">10-year anniversary of the 2009 Victorian Bushfires: Brochure</a></li> <li>• <a href="#">T.A.K.E C.A.R.E (Hints &amp; Tips)</a></li> <li>• <a href="#">Managing Sleep Issues</a></li> <li>• <a href="#">Trauma and Teenagers (Tips for Parents)</a></li> <li>• <a href="#">Understanding and Managing Anniversary Reactions (Natural Disasters)</a></li> <li>• <a href="#">10-year anniversary of the 2009 Victorian Bushfires: Health Practitioners Toolkit</a></li> <li>• <a href="#">10-year anniversary of the 2009 Victorian Bushfires: Start a Conversation Toolkit</a></li> </ul>
 <p><b>saxinstitute</b> Supporting smart decisions. Powered by research.</p>	<p><b>Sax Institute</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Community recovery after the February 2009 Victorian bushfires</a></li> </ul>
 <p><b>LifeWorks</b> by Morneau Shepell</p>	<p><b>LifeWorks by Morneau Shepell</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Managing distressing fire reports</a></li> <li>• <a href="#">Managing worry during bushfire season</a></li> <li>• <a href="#">Helping older adolescent’s manager fear or anxiety</a></li> <li>• <a href="#">Talking with your workmates or friends following a bushfire</a></li> </ul>

 <p>Australian Institute for Disaster Resilience</p>	<p><b>Australian Institute for Disaster Resilience Knowledge Hub</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Black Saturday</a></li> </ul>
<p><b>Translated Support &amp; Resource Information</b></p>	
 <p>VICTORIAN multicultural commission strengthening our community</p>	<p><b>Victorian Multicultural Commission</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Fire safety: In-language information</a></li> </ul>
 <p><b>Health Translations</b> Translated information about health and wellbeing</p>	<p><b>Health Translations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">10-year anniversary of the 2009 Victorian bushfires - Recovering from long-term trauma</a></li> <li>• <a href="#">Trauma – reaction and recovery</a></li> </ul>
 <p>the power of humanity</p> <p>AUSTRALIAN RED CROSS</p>	<p><b>Australian Red Cross</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Looking after yourself and your family</a></li> </ul>
 <p>Transcultural Mental Health Centre</p>	<p><b>Transcultural Mental Health Center</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Help for you and your family after disasters</a></li> </ul>

## 2. Helping children through a traumatic event.

 <p>The Royal Children's Hospital Melbourne</p>	<p><b>The Royal Children's Hospital Melbourne</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Talking to children about what is happening in Australia</a></li> </ul>
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 <p><b>AUSTRALIAN Primary Mental Health Alliance</b> <i>Supporting you and your community</i></p>	<p><b>Australian Primary Mental Health Alliance</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Trauma and Children (Tips for Parents)</a></li> </ul>
 <p><b>LifeWorks</b> by Morneau Shepell</p>	<p><b>LifeWorks by Morneau Shepell</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Helping young children manage fear or anxiety</a></li> </ul>
 <p><b>emerging minds®</b></p>	<p><b>Emerging Minds Educators resource pack: Supporting children after bushfires</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Community Trauma Toolkit</a></li> <li>• <a href="#">Traumatic events, the media and your child</a></li> </ul>
 <p>Australian Government Australian Institute of Family Studies</p>	<p><b>Australian Government, Australian Institute of Family Studies, Child Family Community Australia</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Supporting children after natural and human-induced disasters</a></li> </ul>
 <p><b>blue knot foundation</b> National Centre of Excellence for Complex Trauma</p>	<p><b>Blue Knot Foundation National Centre of Excellence for Complex Trauma</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Training &amp; Services</a></li> </ul>
  <p>Children's Health Queensland Hospital and Health Service</p> <p>Queensland Government</p>	<p><b>Queensland Government, Children's Health Queensland Hospital and Health Service</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Birdies Tree Growing together through national disasters</a></li> </ul>
<p><b>Translated Support &amp; Resource Information</b></p>	
 <p><b>Health Translations</b> Translated information about health and wellbeing</p>	<p><b>Health Translations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Family help kit – post traumatic stress</a></li> </ul>

### 3. Emergencies - from planning and responding through to alleviating and recovering.

 <p><b>Gender &amp; Disaster Pod</b> An initiative of WHGNE, WHIN &amp; MUDRI</p>	<p><b>Gender &amp; Disaster Pod – Women’s Health in the North, Women’s Health Goulburn North East &amp; Monash University</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Family violence framework for emergency management</a></li> <li>• <a href="#">Community Recovery In Buxton After Black Saturday</a></li> </ul>
 <p><b>VCOSS</b> Victorian Council of Social Service</p>	<p><b>Victorian Council of Social Service</b></p> <ul style="list-style-type: none"> <li>• <a href="#">On the Frontline in Emergencies: A Practical Guide for Communities and Community Service Organisations</a></li> </ul>
 <p>Australian Government Australian Institute of Family Studies</p>	<p><b>Australian Government, Australian Institute of Family Studies, Child Family Community Australia</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Natural Disasters and community resilience: A framework for support</a></li> </ul>
 <p>Thriving Communities Partnership</p>	<p><b>Thriving Communities Partnership</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Bushfire Resources - Trauma &amp; Mental Health Support</a></li> </ul>
 <p>NEW ZEALAND <b>RED CROSS</b> RIPEKA WHERO AOTEAROA</p>	<p><b>New Zealand Red Cross</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Leading in Disaster Recovery – A companion through the chaos</a></li> </ul>
 <p>VIC EMERGENCY</p>	<p><b>Victorian State Government Vic Emergency</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Incidents and Warnings</a></li> </ul>

## 4. Heat Health Information.

	<p><b>Victoria State Government Better Health Channel Survive the Heat</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Drink plenty of water</a></li> <li>• <a href="#">Never leave anyone in a car</a></li> <li>• <a href="#">Stay somewhere cool</a></li> <li>• <a href="#">Plan ahead</a></li> <li>• <a href="#">Check in on others</a></li> </ul>
<p><b>Translated Support &amp; Resource Information</b></p>	
	<p><b>Health Translations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Survive the heat: brochure</a></li> </ul>


## 5. Bushfire smoke and air quality information.

	<p><b>Victoria State Government Better Health Channel</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Smoke and your health information and Video</a></li> </ul>
	<p><b>Environment Protection Authority Victoria</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Smoke and your health</a></li> <li>• <a href="#">Air Quality in Victoria</a></li> </ul>
<p><b>Translated Support &amp; Resource Information</b></p>	
	<p><b>Health Translations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Bushfire smoke and your health</a></li> </ul>



## 6. Fire season preparedness.

	<p><b>Victorian State Government Department of Health and Human Services</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Preparing for emergencies: A reference guide for organisations in the Health and Community Services Sectors</a></li> <li>• <a href="#">Vulnerable people in emergencies policy</a></li> </ul>
	<p><b>Country Fire Authority</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Bushfire safety for workers</a></li> <li>• <a href="#">Community Information Guides</a> - note, at risk Victorian communities are alphabetically listed with comprehensive information.</li> <li>• <a href="#">Practical Bushfire Planning Workshops</a></li> <li>• <a href="#">VicEmergency App</a></li> </ul>
	<p><b>Australian Red cross</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Preparing for emergencies – RediPlan, Get Prepared app and survival checklists</a></li> </ul>
	<p><b>Hume City Council</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Municipal Fire Management Plan 2020-2023</a></li> <li>• <a href="#">Our role in emergencies</a></li> </ul>
	<p><b>City of Whittlesea</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Municipal Fire Management Plan 2016-2019</a></li> <li>• <a href="#">Our role in an emergency</a></li> </ul>
	<p><b>Mitchell Shire Council</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Municipal Fire Management Plan</a></li> <li>• <a href="#">Fire and other emergencies</a></li> </ul>

	<p><b>Murrindindi Shire Council</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Murrindindi Shire Municipal Emergency Management Plan 2017-2020</a></li> <li>• <a href="#">Bushfire Prevention &amp; Planning</a></li> </ul>
<p><b>Translated Support &amp; Resource Information</b></p>	
	<p><b>Country Fire Authority</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Fire Safety</a></li> </ul>
	<p><b>Australian Red cross</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Preparing for emergencies – RediPlan, Get Prepared app and survival checklists</a></li> </ul>

## 7. 2019-20 Bushfire Donations.



### Making a donation to help the relief effort and avoiding scams



[Victorian Bushfire Appeal](#) in partnership with Bendigo Bank and the Salvation Army. One hundred per cent of donated funds will go directly to local communities affected by the fires.

You can donate directly to the [Country Fire Authority's \(CFA\)](#) bushfire disaster appeal which will support those affected by the fires in East Gippsland and North East Victoria. You can also donate to the [Gippsland Emergency Relief Fund](#), a registered charity that provides immediate short-term funds to Gippslanders.

The Foundation for Rural and Regional Renewal (FRRR) is calling for donations to their [Disaster Resilience and Recovery Fund](#), which makes grants to local not-for-profit groups and helps support community leaders in implementing change in their community.

The [Red Cross](#) is also accepting donations, and there is a [fire relief fund especially for First Nations communities](#) affected by these tragic circumstances.

You can donate to [Wildlife Victoria](#) and [Animals Australia](#) who are collecting funds to help wildlife affected by the fires.

	<p><b>Choice</b></p> <ul style="list-style-type: none"> <li>• <a href="#">how to give to charity so your donation really counts</a></li> </ul>
	<p><b>Australian Competition &amp; Consumer Commission</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Bushfires and scams</a> — note hotline to tackle scams early 1300 795 995</li> </ul>