

# SUPPORT RESOURCES

## Stay Connected



If you are concerned, you can call the 24/7 National Coronavirus Helpline 1800 020 080 for information and advice.  
<https://www.health.gov.au/contacts/national-coronavirus-helpline>



Providing strategies to cope with heightened anxiety and self-isolation caused by COVID-19. Call the 24/7 support line 13 11 14 or text 0477 13 11 14 from 6pm – midnight AEDT or visit [www.lifeline.org.au](http://www.lifeline.org.au)



Feeling worried or struggling to cope during the COVID-19 Pandemic? Beyond Blue are here to help. With 24/7 support, give them a call! 1300 224 636  
<https://coronavirus.beyondblue.org.au/>



### Kindergarten

<https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/covid-19-updates-kindergartens>

### Maternal and Child Health

<https://www.wyndham.vic.gov.au/services/childrens-services/maternal-child-health/maternal-child-health-services>

### More helpful resources

<https://www.dhhs.vic.gov.au/coronavirus>  
<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>  
<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>  
<https://www.servicesaustralia.gov.au/individuals/news/more-financial-support-people-affected-coronavirus>



# JAMIESON WAY COMMUNITY CENTRE

April 2020

## Connecting our Community



59 JAMIESON WAY POINT COOK | 9395 3777  
[www.jamiesonwaycc.org.au](http://www.jamiesonwaycc.org.au) | [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

FIND US ON







## Second Bite

Ending Waste. Ending Hunger.

Our food relief program has continued as an essential service during stage 3 restrictions. Each week our volunteer driver, Warren, collects the fresh food produce from SecondBite in Tullamarine. Numbers needing this service has doubled in the past 5 weeks and this program would not be possible without a group of dedicated people coming together.

Thank you SecondBite, Food Bank Manor Lakes and Angela from Genevieve's Community Kitchen.

Please connect with us if you need support.



## Hello from JWCC...

We hope you are all doing the best you can during isolation. As the weeks go by we are all missing someone and our usual routines but the upside is that we are seeing a lot of kindness and support for each other.

A reminder that we may not always be in the office, but are near to offer help and support to our community. Connect with us via email, Facebook or give us a call, we would love to hear from you. We look forward to seeing you all soon.

Stay safe and healthy.

Melinda and Emily



## Check in and chat!

Check in & chat is a free one-on-one phone chat service, where you'll be paired with a friendly council staff member for a regular chat at a scheduled time and day.

The service operates on weekdays, between 9am – 5pm and is open to all ages. Council staff can also help direct you to other resources and organisations for support, including crisis support, counselling, mental health services and family support.

<https://www.wyndham.vic.gov.au/checkinandchat>

#StayConnected

WHEN YOU SUPPORT A

*Small business,*

YOU'RE SUPPORTING  
A DREAM



## PCM

### Point Cook Virtual Market

As we can't come together to showcase our wonderful stall holders, we thought why not try a virtual market!

Shout out to local makers and businesses to be part of our first virtual market! Expressions of interest now open! Contact us on [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)



## To Our Volunteers...

We are missing all of our volunteers at the centre, it's not the same without you here!

*"The hands that make a difference, are the hands of a volunteer"*



#StayAtHome

protect your community  
against COVID-19



Our tutors at JWCC have been working very hard to produce video content for our community! This may include card crafting, guitar, dance movement classes and more!

Keep an eye out on our Facebook page.

If there is anything you would like to see, we would love to hear from you! Please connect with us!

WE ARE ALL IN THIS TOGETHER,

AND WE WILL GET THROUGH THIS!