

# THE BUZZ

Wyndham  
We're in this together



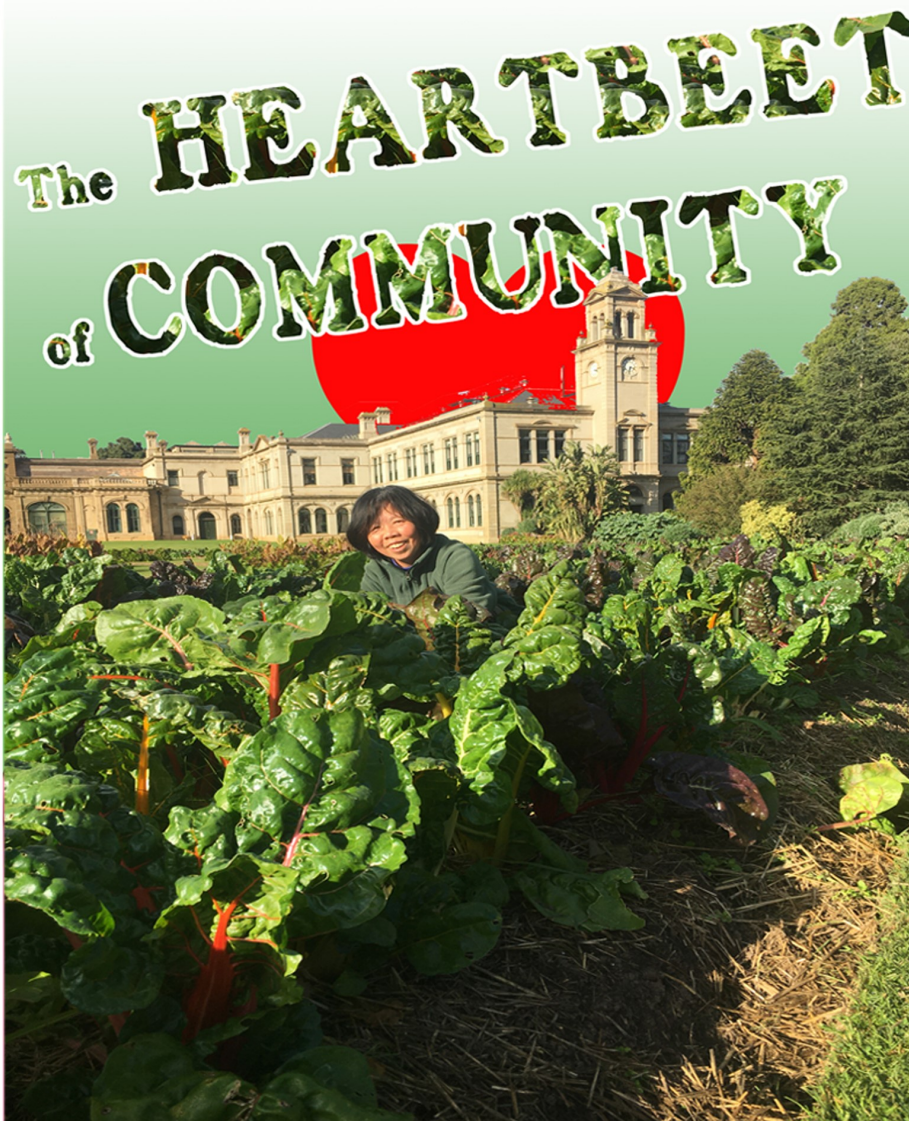
wyndhamcity

JULY 2020

## Contents

|                                   |    |
|-----------------------------------|----|
| News                              | 2  |
| Council Services                  | 7  |
| Support                           | 10 |
| Clubs & Groups                    | 19 |
| Online Courses                    | 26 |
| Holiday Ideas                     | 35 |
| Markets                           | 36 |
| Covid Advice in various languages | 37 |
| Useful Contacts                   | 43 |

**Community Centre  
Re-opening News  
Pages 3 - 5**



Wyndham Council acknowledges the Wathaurung, Woiworrung and Boonwurrung peoples of the Kulin Nation as The Traditional Owners of the land on which Wyndham is built

For all Community Centre, Kindergarten, Library and Maternal Child Health enquiries,

please call Wyndham City Council on (03) 9742 0777 or connect with us at [www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)



## The Heartbeat of Community (from front cover)

In times of crisis, gardens do not stop growing and can't be put on hold. Lawns need to be mowed, roses still need to be pruned and at Werribee Park, a display still needs to be planted to provide hope for better times. This is why Parks Victoria's horticulture team at Werribee Park is still here all day everyday tending to the historic gardens at Werribee Park. There is one interesting project which is keeping our horticulture team busy – its the planting up of 4,000 Silverbeat seedlings for the

Winter/Spring display. At this time of the year we would usually be planting winter florals for the Parterre but this year the plan is to rest the beds by planting a green crop. A Local grower was engaged to grow the seedlings and once delivered the team grew the seedlings on. Once in the ground the plants will provide a mass of colour– that's edible! The plan is to harvest throughout the season and donate the harvest to local kitchens which are providing meals for members of the local community in need. Werribee Park's Senior Horticulturist Adam Smith hatched the plan with his team some months ago. Off course - not predicting the times ahead but still having the community in mind. We have just began the first harvest of our Parterre garden display here at Werribee Park. This display of coloured silver-beat or Swiss Chard may have been planted as a display but is about to be turned into a fine Indian Saag. Gardens Volunteer Sue Goh (front cover) has come in to help harvest the display and Jasvinda the Chef from Lets Feed (below right) who will receive the first harvest of Silver-beat which will be turned into a Saag in the kitchens of the local Sikh temple in Tarneit. For those who are unaware Jasvinda's team produce over 1,000 meal packages a week which are given away to families in need .



The final stage is the Saag, which Jasvinda's dad is showing off (right).





## Community Centres News

As the State Government begins to ease restrictions, paving the way for a return to libraries and community centres, Wyndham City is taking a staged approach to a return to services.

While we acknowledge that many members of our community are excited about returning to their local library and community centre – we need to ensure that the safety of all staff and members of the community is at the forefront of reopening.

There are still strict limits on the number of people permitted in any one building at any time, and we need to plan accordingly.

Many facilities are integrated sites – with kinders, maternal child health, libraries and community spaces all in the one building. This makes the planning for reopening more complicated, as we work towards opening safely, but also in line with State Government restrictions.

### FAQs Centres Reopening

**The State Government has announced that libraries and community centres can now open. Why is my local facility still closed?**

As the State Government begins to ease restrictions, paving the way for a return to libraries and community centres, Wyndham City is taking a staged approach to a return to services.

While we acknowledge that many members of our community are excited about returning to their local library and community centre – we need to ensure that the safety of all staff and members of the community is at the forefront of reopening.

There are still strict limits on the number of people permitted in any one building at any time, and we need to plan accordingly.

Many facilities are integrated sites – with kinders, maternal child

child health, libraries and community spaces all in the one building. This makes the planning for





## Community Centre News Continued....

reopening more complicated, as we work towards opening safely, but also in line with State Government restrictions.

What is open?

To date, we've reopened the Plaza Library and Point Cook Community Learning Centre. Both these centres have been reopened in line with restrictions, so there are limits on the number of people allowed inside and the types of services available. Patrons are also asked to maintain at least 1.5 metres between themselves and others at all times. Additional hygiene and safety protocols are in place.

In addition to these larger facilities all Wyndham families are accessing Kindergarten and MCH Services across a large number of smaller sites. Customer Service is now available at the Civic Centre and sports clubs are beginning to access pavilions and reserves.

### Why are some buildings open but others aren't?

Wyndham is a very large City, and while we acknowledge that members of the community are keen to return to local buildings our approach to reopening centres will be staged to ensure equitable access to services across Wyndham where possible.

### I operate a service or program in a community centre. Why aren't I allowed back in?

There are many service and program providers who use our local facilities, each playing a very important role in supporting our community. At the moment, we are making contact with non-government organisations and other agencies to address community needs. We are currently working with these providers to determine the way in which they can return to the site and deliver these services. Services include mental health, food and financial support, family violence and employment services.

We have also contacted community groups that have previously used community centre spaces and working with those who are ready and able to restart activities within COVID-19

safety parameters. Groups that do resume will have limits on the amount of people that can attend.

As a result of restrictions and our reduced hours of operation to ensure safety, there is less capacity for





## **Community Centre News, page 3**

services and programs to run.

### **What is the timeline for opening additional libraries and community centres?**

New sites will continue to come online across the month of July. Under the current restrictions opening a library or a community centre requires additional safety measures. Council is taking a staged and slow approach to ensure safety.

As restrictions ease it will be possible to open more facilities. The recent reintroduction of restrictions has highlighted the importance of opening up slowly. The plan for opening sites is evaluated as circumstances change.

### **Why are the libraries and community centres that are open operating at reduced hours?**

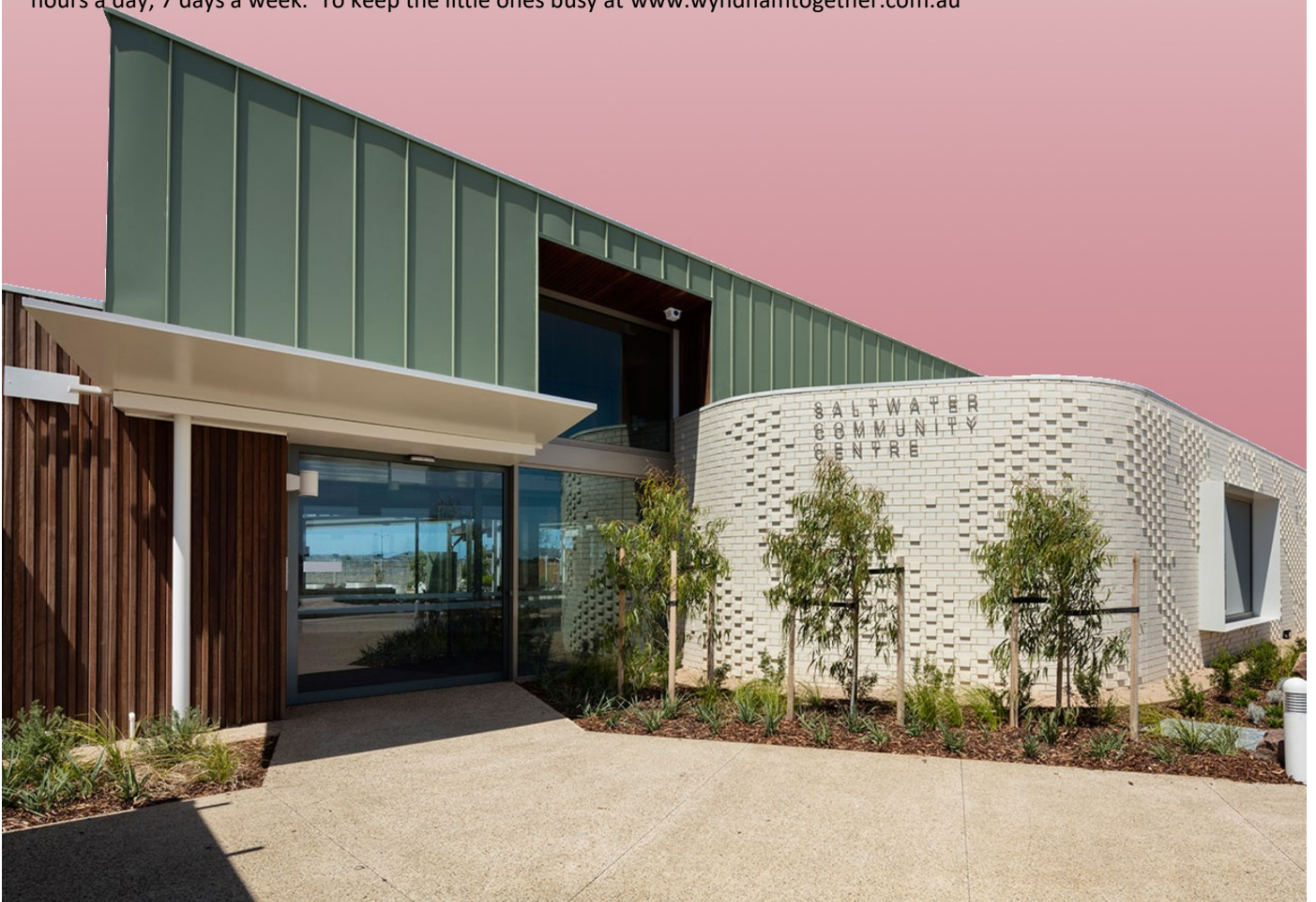
Under the current restrictions opening a library or a community centre requires additional safety measures. Council is taking a staged and slow approach to ensure safety. As a result the opening hours for facilities and services have been reduced.

As restrictions ease increasing the hours of operation will be considered. The recent reintroduction of restrictions has highlighted the importance of opening up slowly. Hours of operation are evaluated as circumstances change.

### **Where can I access services if my local library or community centre is not yet open?**

While COVID-19 has led to all Council facilities closing, we have worked hard to adapt these services to provide them online.

Library patrons can access our free e-Library with plenty of free eBooks, eMagazines, audio books and more available 24 hours a day, 7 days a week. To keep the little ones busy at [www.wyndhamtogether.com.au](http://www.wyndhamtogether.com.au)





## Access FREE online resources and programs through your Library!

Wyndham City Libraries offer you FREE access to a huge range of educational and recreational resources online, including movies, study support, e-Books, e-Magazines and e-Audiobooks, training courses and programs for children, youth and adults! We've also moved many of our programs online such as Rhyme Time, Story Time, Kids Club, Book Club, Movie Club and Language Café. Check out what's on here <https://www.facebook.com/librariesinwyndham/> Watch, listen and learn, all from the comfort of your home. Not a member?

Join here [www.wyndham.vic.gov.au/libraries](http://www.wyndham.vic.gov.au/libraries).



## READ WITH ME AT HOME

Does your child need help with their reading? Book online for a 15 minute session with one of our Reading Buddies.

WEDNESDAY FORTNIGHTLY 4PM-5PM  
DURING SCHOOL TERM  
AGES 5-12

# Council Services



## check in and chat

**Feeling lonely?** Want to connect with someone over the phone for a regular chat?

Loneliness can affect us all, especially as we self-isolate and stay at home to reduce the spread of Coronavirus (COVID-19).

Wyndham City's Check in & Chat is a new phone service available to anyone in the community, who may be feeling lonely and would benefit from a regular phone check in and friendly chat.

This free, one-on-one service, is open to all Wyndham residents and will pair you with a friendly staff member for a regular chat.

The service operates on weekdays between 9am – 5pm and is available in languages other than English.

If you're feeling like you need to connect with someone over the phone or you know someone who is vulnerable and could use a boost of support, please contact Council on **9742 0777** or visit our website for more information.

[wyndham.vic.gov.au/checkinandchat](https://wyndham.vic.gov.au/checkinandchat)



wyndhamcity



## Wyndham Maternal & Child Health Service

Maternal and Child Health face-to-face consultations are being offered for infants aged between 0 weeks to 8 weeks.

Parents of newborns and young babies don't need to do anything – our staff will be contacting families directly to book an appointment, and strict hygiene and health protocols will be followed right throughout the consultation to ensure the safety of both staff and families.

We are not yet able to safely resume face to face appointments to all children in the older key age groups to 4 years of age and will advise when these are to resume.

For any other existing Maternal and Child Health families, we are continuing with telephone and video consultations, using a specialised Australian telehealth services.

Families are able to chat face to face with nurses during appointments, or use their phone or webcam if preferred.

For further information please click on the this link-:

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

### **Breastfeeding Support**

To limit the spread of COVID-19 in the community, Wyndham's Breastfeeding Drop-In Centre has been closed and has transitioned to Telephone Consultations.

The Maternal & Child Health Lactation Service will continue to offer guidance and advice to families wanting extra support for breastfeeding.

To book a phone consultation with a Lactation Consultant call **9742 8148** or email [MCH.Appointments@wyndham.vic.gov.au](mailto:MCH.Appointments@wyndham.vic.gov.au)

For additional Breastfeeding support contact:

Australian Breastfeeding Association (ABA) Counselling Line on 1800 686 268

MCH 24hr Hotline on 13 22 29

Your birth hospital (if recently discharged)

### **Immunisation**

Did you know you can now book an immunisation appointment, and update it at any time, on the Council website?

Check it out at:

<https://www.wyndham.vic.gov.au/services/childrens-services/immunisation>



# Council Services



## Wyndham We're in this together

## Resources for Young People and Families

### Youth

#### Online Programs

Wyndham City's Youth Services suite of regular programs for ages 12 – 25 years is heading online! The free programs feature different platforms to provide a safe online space for young people in Wyndham to socialise and have fun together with the support of Youth Services staff. Registrations are essential. Free programs include:

- Gamers Den Online
- Girls Night Online
- Kick Back Fridays
- Resume Writing Workshops
- Young mother's group, Baby Bump and Beyond

Youth Services are also providing weekly tips for young people and parents or carers with their Healthy Mind Monday and Tuning in Tuesdays series.

[www.wyndhamtogether.com.au/youth](http://www.wyndhamtogether.com.au/youth)

Email: [youthinwyndham@wyndham.vic.gov.au](mailto:youthinwyndham@wyndham.vic.gov.au)

#### Development Opportunities

Take part in Wyndham City's Way Out West Photography Competition: [www.wyndham.vic.gov.au/wayoutwest](http://www.wyndham.vic.gov.au/wayoutwest)

Apply to be part of the Youth Civic Participation Project: [www.wyndham.vic.gov.au/youthcivicparticipationproject](http://www.wyndham.vic.gov.au/youthcivicparticipationproject)

Nominate a young person for a One Wyndham award: [www.wyndham.vic.gov.au/oneyndham-family](http://www.wyndham.vic.gov.au/oneyndham-family)

#### Youth Counselling

Youth Services Counselling for young people and support for families is available by phone and online video. If you, or someone you know might need to talk to a counsellor, fill in the online form or give us a call.

[www.wyndham.vic.gov.au/youthcounselling](http://www.wyndham.vic.gov.au/youthcounselling)

Email: [youthcounselling@wyndham.vic.gov.au](mailto:youthcounselling@wyndham.vic.gov.au)

Phone: 8734 1355

#### Foodbank

Wyndham City Youth Services Food Bank service is available for people of all ages who are struggling and need assistance. If possible, please bring your own shopping bags. Alternatively, if you can't get to the Youth Resource Centre, we have limited staff who may be able to assist with some supplies.

**Arrange a pick-up:** Monday to Friday, 9am to 5pm  
Youth Resource Centre, 86 Derrimut Road, Hoppers Crossing.  
Phone: 8734 1355

### Online Classes, Workshops and Activities

At Wyndham Together you'll find free online workshops and classes to enjoy at home. From coding classes and art workshops to green living tips, citizen science, recipes, rainy day activities and ukulele jam sessions – there's a huge range of activities to explore.

[www.wyndhamtogether.com.au](http://www.wyndhamtogether.com.au)

### Your Libraries Online

Access Wyndham Libraries at home, online 24/7 with e-Books, e-Audiobooks and video of school texts and recreational reading, access to Encyclopaedia Britannica and online learning platform Lynda.com as well as the free student tutoring service Studiosity. Its free to sign up as a Library e-member and you can do it online at [www.wyndham.vic.gov.au/libraries](http://www.wyndham.vic.gov.au/libraries)

You can also find Kids Club activities, Online Rhyme Time, Online Story Time, Lego Challenges and a range of activities for teens at [www.wyndhamtogether.com.au](http://www.wyndhamtogether.com.au).

### Healthy & Active at Home

At Wyndham Together you'll find free fitness classes, sports drills, dance tutorials and tips from local clubs and our state leagues, as well as home workout tips to help you stay active.

[www.wyndhamtogether.com.au/healthy-active](http://www.wyndhamtogether.com.au/healthy-active)

### Other Council Services

#### Service Updates

To limit the spread and impacts of Covid-19, Council has made a number of changes to the way in which our services are delivered. For the latest information on services, visit our website, send us an email or give us a call. Customer Service is available seven days a week. If you need an interpreter, call TIS National on 13 14 50.

[www.wyndham.vic.gov.au/covid19](http://www.wyndham.vic.gov.au/covid19)

Email: [COVID-19enquiries@wyndham.vic.gov.au](mailto:COVID-19enquiries@wyndham.vic.gov.au)

Phone: 9742 0777

#### Check In & Chat

Wyndham City's Check in & Chat is a new phone service available to anyone in the community, who may be feeling lonely and would benefit from a regular phone check in and friendly chat.

[www.wyndham.vic.gov.au/checkinandchat](http://www.wyndham.vic.gov.au/checkinandchat)

Phone: 9742 0777

#### Community Support Networks

You can find list of local support services, including housing, family violence, mental health and more at

[www.wyndham.vic.gov.au/covid19](http://www.wyndham.vic.gov.au/covid19)



# Support



## Coronavirus (COVID-19) testing

If you have questions about coronavirus (COVID-19), call the 24-hour coronavirus hotline 1800 675 398.

To find out where you can go to get tested for coronavirus, you can call the 24-hour coronavirus hotline 1800 675 398 or visit <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>.

If you need an interpreter, first call 131 450, then request the coronavirus hotline or ask them to look at the website for you.

You can find more translated resources at <https://www.coronavirus.vic.gov.au/<language>>.

### **Coronavirus testing is free for all people in Victoria, including international students, those seeking asylum or visiting from overseas**

The coronavirus test is free for everyone. This includes people without a Medicare card, such as visitors from overseas, international students, migrant workers and asylum seekers.

If you have symptoms, you can receive a free test at any of the following locations:

- A Victorian hospital coronavirus Acute Respiratory Assessment Clinic
- A Community Health Centre Respiratory Assessment Clinic
- A drive-through clinic at a shopping centre
- A regional walk-through clinic.

### **Who should get tested for coronavirus?**

You should get tested for coronavirus if you have any of these symptoms:

- Fever
- Chills
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell

Even if your symptoms are mild, you should get tested.

### **What happens when you get tested?**

When you get tested, you will be asked for a form of identification and contact details. If you don't have a Medicare card, please bring a form of identification, for example your driver's licence, passport, transport concession card or student ID. The testing clinic does not need to know your visa status.

The coronavirus test is done by a nurse, doctor or other health professional. They will take a swab of the back of your throat and nose. The test takes about a minute.

# Support



## Family Violence Resources

Here is a compiled small list of translated Family Violence and COVID 19 information. You may find the Family Violence Safety Pack (available in 50 languages) and the Health translation website

**Domestic Violence Resource Centre Vic**

List of support services and organisations available in Victoria. English only.

<https://dvrcv.org.au/western-melbourne>

**Multicultural Centre for Women's Health**

An array of documents available translated into multiple languages. Includes information on COVID 19, family violence and partner visas.

<https://resources.mcwh.com.au/cgi-bin/site/wrapper.pl?everywherelike=&subject=Family+violence&language=Punjabi&form=&fromyear=&toyear=&c1=list&Submit=Submit>

**Immigrant Women's support Service**

Information of Family Violence, gender equality and counselling available in 11 languages.

<http://www.iwss.org.au/information-in-your-language/>

**Department of Social Services**

Family Violence overview provided in 11 languages

<https://www.respect.gov.au/resources/cald-materials/>

**Department Of Social Services**

Family Safety Pack available in 46 languages. The Australian Government has developed a Family Safety Pack for men and women coming to Australia. It includes information on Australia's laws regarding domestic and family violence, sexual assault and forced marriage, and a woman's right to be safe. This includes a low literacy storyboard.

<https://www.dss.gov.au/family-safety-pack>

Translating Interpreting Service, DHHS Free Interpreting Service provides equitable access to key services for people with limited or no English language proficiency. Non-government organisations can access the Free Interpreting Service to provide approved casework and emergency services, where the organisation does not receive substantial government funding to provide these services. Access to over 3000 interpreters in over 160 different languages. Available 24/7

<https://www.tisnational.gov.au/Agencies/Charges-and-free-services/About-the-Free-Interpreting-Service.aspx>

**Health Translations,**

Translated Information about Health and wellbeing. Includes information on Family Violence, Medical issues, LGBTQIA and Gambling. Search function enable documents to be translated to chosen language.

<https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf>

**Intouch, Multicultural Centre Against Family Violence,**  
COVID Information translated 50 languages by

<https://intouch.org.au/accessible-and-translated-resources/>

# Support



**Supporting women to become financially independent and stand tall through business**

## *Sister* SCHOOL

Sister School is a 10 week business education program that provides the practical knowledge and support needed to start or grow your business. From financial foundations and building an online presence to marketing your personal point of difference, we will help you on your business journey.

DATE: Every Wednesday starting 15th July for 10 weeks

TIME: 10 am - 12.30 pm

VENUE: Online - link to be provided

COST: FREE All materials provided

To join us, follow the link to register your details and complete our FREE pre-recorded My Big Idea Workshop.

<https://globalsisters.org/join-us>

This bonus workshop is the perfect introduction to Sister School and is designed to help you to find or refine your business idea ready for action!

For more information please contact Bettina Mitchell at [bettina@globalsisters.org](mailto:bettina@globalsisters.org)

**GLOBAL  
SISTERS** **BACK  
HER  
BRILLIANCE**

— proudly supported by —  
**wyndhamcity**

# Support



## A PLACE AT THE TABLE

### Have someone in your life who is questioning their sexuality or might be LGBTQA+?

A Place at the Table has a new program for parents and loved ones, wanting to understand and support someone in their life who is questioning their sexuality or might be LGBTQA+ (lesbian, gay, bisexual, queer, questioning, asexual, and more).

This 4-week program offers a safe space, to discuss and unpack any experiences and anxieties you may be feeling about this and is supported by a queerspace practitioner.

#### Topics covered

1. Introductions and expectations
2. Discussions about sexuality
3. Parenting and supporting
4. Where to from here? The ongoing process of coming out

#### Dates

Tuesday nights, from the 7th to 28th of July, 2020

#### Time

5:30pm - 7:00pm

#### Location

Online! via Zoom (details provided at registration)

#### Cost

Free

#### Registration

Email [MentoringProjects@ds.org.au](mailto:MentoringProjects@ds.org.au) or contact Lan on 0429 216 368



We acknowledge the traditional owners of the many lands where we meet and pay respects to elders past, present and future.

# Support



MEN'S SOCIAL GROUP

## 1 IN 4 OF US SUFFER WITH SOCIAL ISOLATION

END THE STIGMA  
COME AND SAY **G'DAY**



### WHY

To **CONNECT YOU** with like minded individuals and make sure you know you're not alone, **YOU BELONG.**

### HOW

No daunting registrations, just relax, have fun & get involved, **IT'S THAT EASY**

### WHO

Men from all walks of life are welcome we are open & inclusive.

### WHEN

We run very flexibly, contact us at [mate@encompass-cs.org.au](mailto:mate@encompass-cs.org.au) or ring 03 5222 3377 to find our more info.



an initiative by Encompass Community Services [encompass-cs.org.au](http://encompass-cs.org.au)  
03 5222 33 77  
[mate@encompass-cs.org.au](mailto:mate@encompass-cs.org.au)

an initiative by Encompass Community Services [encompass-cs.org.au](http://encompass-cs.org.au)  
03 5222 33 77  
[mate@encompass-cs.org.au](mailto:mate@encompass-cs.org.au)



When You Need Nurturing,  
Empowerment and a Reason to Smile

Take time for yourself  
and be a Wynner!



## Wynners

WOMEN'S SOCIAL GROUP

When You Need  
Nurturing  
Empowerment  
and a Reason  
to Smile

### WHY

To **CONNECT YOU** with like minded women and make sure you know you're not alone, **YOU BELONG.**

### HOW

No daunting registrations, just relax, have fun & get involved, **IT'S THAT EASY!**

### WHO

Women of all ages from all walks of life are welcome we are **open & inclusive.**

### WHEN

We run very flexibly, contact us at [wynners@encompass-cs.org.au](mailto:wynners@encompass-cs.org.au) or ring 03 5222 3377 for more info.



an initiative by Encompass Community Services [encompass-cs.org.au](http://encompass-cs.org.au)  
Give Janelle a call 0419 943 955  
[wynners@encompass-cs.org.au](mailto:wynners@encompass-cs.org.au)

an initiative by Encompass Community Services [encompass-cs.org.au](http://encompass-cs.org.au)  
Give Janelle a call 0419 943 955  
[wynners@encompass-cs.org.au](mailto:wynners@encompass-cs.org.au)

# Support



## Kookaburra Kids Connect



### What is Kookaburra Kids Connect?

Kookaburra Kids Connect has been developed to form and strengthen bonds between young people living in families experiencing mental illness and to increase their sense of belongingness and connectedness. Additionally, the program will help empower young people by improving mental health literacy and to promote safe and positive help-seeking behaviours.

### How are the sessions run?

The sessions are “hosted” by AKKF staff and volunteers and are designed to be a safe area where young people can express themselves in a supportive environment. The hosts do not record the sessions nor are these sessions designed to be like a school lesson or a therapy appointment.

At the conclusion, a host will then run a short (about 10 minutes) fun, structured activity that you can all do together online. This will help the participant’s brains have a rest from all the unstructured thinking and emotions that may be discussed in the session and give everyone a chance to process and understand their thoughts.

This gives participants the opportunity to talk about their thoughts with people they trust, like friends of the family when they understand their thoughts themselves.

This builds resilience and helps young people learn how to make positive choices for your emotional wellbeing.

### How to join

#### For existing Kookaburra Kids

If you’re an existing member of the Kookaburra Kids program, you will receive an invite directly from us as the program rolls out across Australia.

To request entry directly, email [connect@kookaburrakids.org.au](mailto:connect@kookaburrakids.org.au) or call **1300 566 525**

#### For new Kookaburra Kids

To enrol a young person into the Kookaburra Kids program, please visit [www.kookaburrakids.org.au/refer-a-child](http://www.kookaburrakids.org.au/refer-a-child) or alternatively call **1300 566 525**

### For more information on Kookaburra Kids Connect

**Visit:** [www.kookaburrakids.org.au/connect](http://www.kookaburrakids.org.au/connect)  
**Email:** [connect@kookaburrakids.org.au](mailto:connect@kookaburrakids.org.au)  
**Call:** 1300 566 525

# Support



**SUPPORT  
FOR FATHERS**  
FATHERHOOD AND FAMILY RELATIONSHIP SUPPORT

Visit our website  
[www.supportforfathers.com.au](http://www.supportforfathers.com.au)



SAVE THE DATE in your calendar and let us know if you would like to attend.

Topics include:

- 7 Types of Dad - a resource for dads
- Supporting dads who are working from home during COVID-19
- Adapting the Support for Fathers professionals' toolkit for a COVID-19 world
- Dads staying connected

What's next? Future work with dads and families

We are going online and providing sessions via Zoom on May 15 and 29. Each will be a 1 hour session with some Q&A at the end from 10am – 11am.

## MyTime

These are spaces where anyone who is caring for a child with a disability or chronic medical condition can meet, share experiences and connect with local services. To find a group near you and how can connect, visit

*“ This is a time for the MyTime community to shine. It's a time to be inventive and expand our channels of support, all while continuing to provide a safe space for all Australian parents and carers of children with additional needs.*

*Nicole Telfer  
MyTime National Program Manager*



## We continue to serve.





# Support



## PHONE A FRIEND!



### Social Connection Challenge

In times where we need to reduce our physical interaction it's more important than ever to commit to supporting those who are vulnerable.

#### CHALLENGE!

- Think of 7 people in your life who are (or are about to be) socially isolated. These maybe the elderly, the unwell, people who are self isolating or friends/family who are feeling anxious
- Allocate 15 minutes each day to ring, Facetime, Whatsap, Skype etc one of these people. At the end of the week you would have called all 7 of them once.

#### RULES!

- Ask are you ok with genuine curiosity then listen.
- Do you need anything, can I help?
- Make that person smile, even better, laugh

Do you know of someone or are you someone who would like to be contacted once a week by a friendly volunteer? Register by email; [phoneafriend@lcis.org.au](mailto:phoneafriend@lcis.org.au)

Coronavirus (COVID-19)

## SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](http://health.gov.au)



Authorised by the Australian Government, Canberra

## National Mental Health HELPLINE

**1300 643 287**

### NATIONAL MENTAL HEALTH HELPLINE

**COVID-19** has rattled many nations with over 2 million people affected worldwide. During these unprecedented times, the **Mental Health Foundation Australia (MHFA)** understands that tensions are running high within the Australian community and has noticed a significant increase in use of our services.

Mental Health Foundation Australia runs a successful **National Mental Health**

**Helpline** to provide mental health information, support, referral and professional counselling for people in distress. It is a **FREE** and **CONFIDENTIAL** service. [Learn more](#)

# Support



## 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

## Working Remote - COVID 19 Principles

1. You are not "Working From Home", you are "At your home, during a crisis, trying to work".
2. Your personal physical, mental, and emotional health is far more important than anything else right now.
3. You should not try to compensate for lost productivity by working longer hours.
4. You will be kind to yourself and not judge how you are coping based on how you see others coping.
5. You will be kind to others and not judge how they are coping based on how you are coping.
6. Your team's success will not be measured the same way it was when things were normal.

# Clubs & Groups



ACTIVIC

# RECLINK YOGA

Enjoy a different kind of yoga  
while hanging out at home!

Meeting I.D:841

8792 1120

Password: Reclink

TUESDAYS & FRIDAYS 11AM

LIVE FACEBOOK & ZOOM

YOGA MAT

TOWEL

PILLOW/BLOCK

LOOSE CLOTHING

Contact George Yengi Invite  
Email: [george.yengi@reclink.org](mailto:george.yengi@reclink.org)  
Mobile: 0401639798

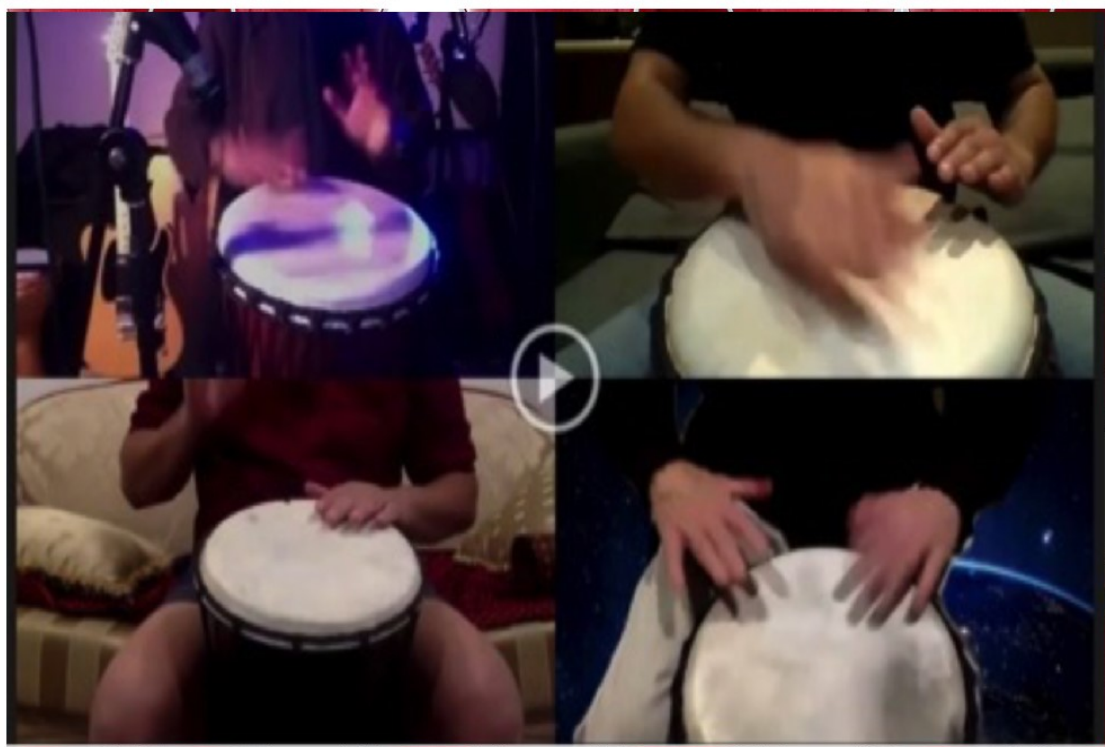
reclinkconnect

reclink  
australia 

# Clubs & Groups



# BEAT FACTOR



**Beat Factor Drum Group:**

**Our Individual and Drum Group Classes in African, Brazilian & Middle Eastern percussion are now on-line via Zoom.**

**Enquiries welcome Contact Rod- Ensemble Director**

**Mobile: 0411 028 077**

**Email: [info@beatfactormusic.com](mailto:info@beatfactormusic.com)**

**Web: [www.beatfactormusic.com/bfdrumgroup](http://www.beatfactormusic.com/bfdrumgroup)**

# Clubs & Groups



## POINTCOOKDANCE ADULT CLASSES ONLINE

Contact us to book a FREE online class

[Info@pointcookdance.com.au](mailto:Info@pointcookdance.com.au)

0416 679 911



**ADULT  
CONDITIONING  
TUESDAYS  
7:30 - 8:30**

**FUN FOR ALL NO MATTER  
WHAT YOUR LEVEL OF  
FITNESS**

**ADULT  
BEGINNERS JAZZ  
TUESDAYS  
8:30 - 9:30**

**WORKING ON BASIC JAZZ  
TECHNIQUE AND  
ENSURING A CARDIO  
WORK OUT AT THE SAME  
TIME**

# Clubs & Groups



my  
smart  
garden

Wyndham City is now a participating Council of My Smart Garden! My smart garden is a free sustainable gardening program that helps you get started growing food and transforming your outdoor space (yards, balconies or pots) into a beautiful, functional garden. They can help you become more resilient and lower your bills by producing food, shading your home from summer heat and turning waste into valuable resources.

The program takes a holistic approach to sustainable home gardening across five elements:

- Food: improving access to healthy, local and sustainably produced food;
  - Shelter: planting trees and vines to create a greener, more comfortable microclimate that is sheltered from sun and wind and more resilient to the changing climate;
  - Waste: recycling food and other organic waste into valuable organic mulch and fertiliser;
  - Water: capturing and using rainwater and greywater wisely; and
- Habitat: support biodiversity by planting food and habitat for beneficial insects, native plants, birds and animals.

Check out the website for upcoming workshops and sign up for the newsletter to get more gardening tips!

<https://mysmartgarden.org.au/>



# Clubs & Groups



Many of your favourite Community Centre groups & clubs have made the transition online.

Is your club online?

Check the listing below. Why not try something new?

## Community Groups

|                                      |   |
|--------------------------------------|---|
| 8SENSES Cutekids Playgroups          | <a href="http://www.8senses.com.au/index.html">http://www.8senses.com.au/index.html</a>   |
| ABCD Bollywood Dance                 | Shweta 0433 346 672<br><a href="mailto:shwetayana13@gmail.com">shwetayana13@gmail.com</a>   |
| AMEP - WCEC                          | <a href="https://wyndhamcec.org.au/education-training/adult-migrant-english-program">https://wyndhamcec.org.au/education-training/adult-migrant-english-program</a> |
| Art of Living                        | <a href="https://us04web.zoom.us/j/2118150439">https://us04web.zoom.us/j/2118150439</a>   |
| Art Concepts                         | Contact Kevin on 0418 131 726   |
| Australian Air Service League        | <a href="http://www.airleague.com.au/">http://www.airleague.com.au/</a>   |
| Beat Factor Music                    | <a href="http://www.beatfactormusic.com/bfdrumgroup">www.beatfactormusic.com/bfdrumgroup</a>  |
| Bollywood Dance School               | 0499 888 115<br><a href="https://www.bollywooddanceschool.com.au/">https://www.bollywooddanceschool.com.au/</a>   |
| Bollywood Fit                        | Email: <a href="mailto:sheetal.bollywoodfit@gmail.com">sheetal.bollywoodfit@gmail.com</a>   |
| Brahma Kumaris Australia             | <a href="http://brahmakumaris.org.au">brahmakumaris.org.au</a>  |
| Brainworks                           | 061 401 421 114 and 0401 421 115  |
| Brands and Biz                       | 0484 124 937, "Kids Activities Expo" on 16/5, 2-4.30pm.   |
| Brooks School of Dance               | <a href="mailto:brooksdance@gmail.com">brooksdance@gmail.com</a>  |
| Club 60                              | Sunil Abbott 0449101455   |
| Codebuds                             | <a href="http://www.fb.me/codebudsshree">www.fb.me/codebudsshree</a>  |
| Cultural Cuisines                    | <a href="https://us04web.zoom.us/j/930678381?pwd=TVdwNU9NWFZ0MFBmLzZoSG9PaIVSdz09">https://us04web.zoom.us/j/930678381?pwd=TVdwNU9NWFZ0MFBmLzZoSG9PaIVSdz09</a>     |
| DMR Art Studio Palette Knife Classes | <a href="https://www.facebook.com/donnamarieracovalis">https://www.facebook.com/donnamarieracovalis</a>   |
| Eat My Garden                        | <a href="https://www.facebook.com/groups/eatmygarden3030/">https://www.facebook.com/groups/eatmygarden3030/</a>   |
| Eat Pray Yoga                        | <a href="https://www.facebook.com/eatprayyoga.com.au/">https://www.facebook.com/eatprayyoga.com.au/</a>   |
| Faithlife Church                     | <a href="https://www.faithlifechurch.com.au/">https://www.faithlifechurch.com.au/</a>   |
| Foodbank Manor Lakes                 | <a href="mailto:foodbank@newstart.org.au">foodbank@newstart.org.au</a>  |
| Genevieves Community Kitchen         | <a href="http://www.Genevievescommunitykitchen.org">www. Genevievescommunitykitchen.org</a>   |
| Global Organisation for Divinity     | Janani Venkatachalam /Vidya Subbu –<br><a href="mailto:melbourne@godivinity.org.au">melbourne@godivinity.org.au</a>   |
| Healthy Household Habits             | Zoom  |

# Clubs & Groups



## More Community Groups



|   |  |
|---|--|
| Helping Hands                           | 0413 889 981   |
| Hey dee ho musical education.           | Contact 0457301878   |
| Hindu Dharma                            | Monthly Zoom meeting   |
| Horizon Health                          | Contact: Michelle 0419 745 960   |
| Indian Bazaar                           | <a href="http://www.facebook.com/TheIndianBazaar">www.facebook.com/TheIndianBazaar</a>   |
| Iraqi Cultural Group in Australia       | Contact: Farial 0422 798 587   |
| Jessica Jane Illustration               | <a href="https://www.jessicajaneillustration.com/">https://www.jessicajaneillustration.com/</a>  |
| Kingdom Destiny                         | <a href="https://www.kingdomdestiny.org.au/">https://www.kingdomdestiny.org.au/</a> or <a href="https://kingdomdestiny.online.church/">https://kingdomdestiny.online.church/</a> |
| Ladies Club 60                          | Whatsapp / Facebook  |
| Ladies Global Kitchen                   | Whatsapp   |
| Latin Club                              | Rocio 0408 604 323 or Maria 0426 169 274   |
| Lightpoint Church                       | <a href="https://www.lightpointchurch.com/">https://www.lightpointchurch.com/</a>  |
| Lynn's Learning Manor Lakes             | <a href="mailto:rkapoor_2002SA@yahoo.com">rkapoor_2002SA@yahoo.com</a><br>Rohit Kapoor 0421 486 252  |
| Melbourne West Korean Church            | <a href="http://www.melwest.org/">http://www.melwest.org/</a>  |
| Mental Health Foundation                | <a href="https://www.mhfa.org.au/CMS/support-groups">https://www.mhfa.org.au/CMS/support-groups</a>  |
| My Time @Tweedle                        | <a href="mailto:Kim.Mace@tweddle.org.au">Kim.Mace@tweddle.org.au</a><br><a href="https://bit.ly/MyTime_Groups">https://bit.ly/MyTime_Groups</a>                                  |
| Natyanjali (School of Dance)            | Anitha Perumal 0470 177 937  |
| Overseas Chinese Christian Mission Inc. | Email: hong.charles.c@gmail.com  |
| Point Cook Chinese friendship group     | <a href="https://ccrcpointcook.org.au">https://ccrcpointcook.org.au</a>  |
| Point Cook Dance                        | 0416 67 <a href="http://pranayogastudio.com.au/">http://pranayogastudio.com.au/</a> 9 911<br>mandy@pointcookdance.com.au   |
| Prana Yoga                              | <a href="http://pranayogastudio.com.au/">http://pranayogastudio.com.au/</a>  |
| Prem Arya (Seniors Yoga – Point Cook)   | 0430 740 023   |
| Reclink Australia                       | <a href="http://www.reclink.org">www.reclink.org</a>   |
| Sahaja Yoga                             | 0434 237 989<br><a href="mailto:tonysahaj@gmail.com">tonysahaj@gmail.com</a>   |



# Clubs & Groups



Even

More

Community Groups



|                                  |   |
|----------------------------------|---|
| Seniors Yoga – Western Gymkhana  | Contact: Prem 0430 740 023  |
| Sinem Celep                      | Sinem - 03 9663 6733<br><a href="mailto:rsfintake@dc.org.au">rsfintake@dc.org.au</a>  |
| Songs & Storytime with Monica    | Songs&Storytime-Monica on Facebook  |
| Tarneit Bharatiy Club            | Whatsapp  |
| Tatkaar Kathak Institute         | Tatkaarkathakinstitute.com  |
| Tekids                           | @tekidsaustralia  |
| Telugu Association               | <a href="http://www.taai.net.au">www.taai.net.au</a>  |
| The Gordon Skills and Job Centre | P +61 3 5225 0700<br>E <a href="mailto:sglover@gordontafe.edu.au">sglover@gordontafe.edu.au</a><br>Private Bag 1, Geelong Mail Centre, Victoria, 3221 |
| Thrive, online                   | <a href="https://www.vu.edu.au/thrive">https://www.vu.edu.au/thrive</a>   |
| Tiny Tutus Pty Ltd               | <a href="https://www.tinytutus.com.au/tiny-tutus-online/">https://www.tinytutus.com.au/tiny-tutus-online/</a>   |
| Ummi & I Muslim Play group       | 0450466535  |
| Unite Dance                      | Rachael, 041937597<br><a href="mailto:Unite.dance@outlook.com">Unite.dance@outlook.com</a>  |
| Wheel Throwing (ceramics)        | Nandita, 0432 266 229<br><a href="mailto:Nandita.nadkarni@gmail.com">Nandita.nadkarni@gmail.com</a>   |
| With One Voice choir             | <a href="https://www.facebook.com/WithOneVoiceMelbourne/">https://www.facebook.com/WithOneVoiceMelbourne/</a>   |

**Wyndham**  
We're in this together

[wyndhamtogether.com.au](http://wyndhamtogether.com.au)  
#wyndhamtogether



wyndhamcity

# Online Courses



JESSICA JANE  
ILLUSTRATION



SALTWATER ART STUDIO



ONLINE WORKSHOPS

<https://www.jessicajaneillustration.com/shop?category=Digital+Workshops>

**ONLINE EVENTS,  
CLASSES,  
WORKSHOPS  
& FUN!**



[wyndhamtogether.com.au](http://wyndhamtogether.com.au)

wyndhamcity

together  
**Wyndham**

# Online Courses



**VICTORIA  
UNIVERSITY**  
POLYTECHNIC

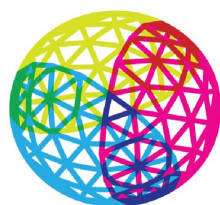
ICT30118

CERTIFICATE III IN  
**INFORMATION  
DIGITAL MEDIA &  
TECHNOLOGY**

[VUPOLYTECHNIC.EDU.AU](http://VUPOLYTECHNIC.EDU.AU)



# Online Courses



## satellite CONNECT



A **FREE** program for young people 17–23yrs (approx) who have a parent/carer with a mental illness.

Satellite Connect provides opportunities for young people to be heard and the power of their experiences to be shared through a supported and positive platform.

Through our 6-week program, participants will:

- **meet, interact and collaborate** with others who may share similar experiences
- learn to **empower and support others** to collaborate, share and connect with one another
- explore and **practice professional and personal development and leadership skills** such as confidence building, public speaking, facilitation, mentoring and tools for self-care and self-compassion
- access an extensive range of **resources** that support the learnings
- discover **ongoing opportunities** to strengthen skills and connections

On the completion of the six-week program all participants are invited to attend a weekend retreat. Due to social distancing restrictions dates TBC.

### PROGRAM DATES 2020

MONDAY EVENINGS 6.30pm - 8.30pm

#### Program One:

27th July,  
3rd/10th/17th/24th/31st August

#### Program Two:

21st/28th September,  
5th/12th/19th/26th August

Contact us for more information or check out our website [satellitefoundation.org.au](http://satellitefoundation.org.au) to download an application form.



Email: [sylvie@satellitefoundation.org.au](mailto:sylvie@satellitefoundation.org.au)



Rose: 0425712786

# Online Courses



## A Focus on Child & Youth -Mental Health & Wellbeing Webinar

VIA ZOOM

### The webinar will cover:

- Identifying behavior's that an anxious or depressed child may exhibit.
- Identifying what are common responses to the current crisis as opposed to a child developing a mental health issue due to the crisis.
- Development of strategies to assist children coping with their mental health (and specifically around COVID19 and its effects on society, family, friends).
- Awareness of in using a strengths based approach with children.
- An Introduction to emotion coaching children.
- How to support children/ young people.
- What to say/do and what not to say/do.
- Handout Referral sources – handout.

**Presented by:**  
**Romy Pritchard**  
RDP Enterprise Solutions



**This webinar is suitable for all EdConnect volunteers, those volunteering with young people or those considering volunteering.**

register  
by clicking  
your  
preferred  
date

### Dates:

**Tuesday 23 June, 10am - 12pm**

**Thursday 2 July, 1pm-3pm**

**Wednesday 15 July, 4pm-6pm**

limited places available  
1800 668 551

made possible  
thanks to



INNER NORTH  
COMMUNITY  
FOUNDATION

# Online Courses



For more information,  
email [pathways@brite.com.au](mailto:pathways@brite.com.au)  
or call 03 9301 7300

[brite.com.au](http://brite.com.au)

take a brite  
pathway.

brite

**Our Brite Pathways Program helps young people with a disability to transition from school into a job or training, preparing them for success in the next stage of their lives.**

It's a two-year, full time program that involves:

- skill building (life skills and employment)
- work experience
- education
- health and wellbeing
- and more.

We work closely with each young person (and families) to lessen barriers and develop a tailored action plan that reflects their strengths, interests and aspirations. We also empower our learners to actively participate in setting goals and developing a transition plan that they understand and commit to.

Our goal is to make sure that young people graduating from Brite Pathways are ready to move into open employment or further education opportunities that fit their interests.

## we know our program works.

Our Brite Pathways Program is based on Customised Employment, a proven disability employment framework developed in the USA. More than 20 years of evidence shows that this framework achieves improved employment outcomes for people with a disability.

Over the two years we measure the progress of our learners against many different elements of life – health (physical and mental), social, economic, housing and more. By doing this we can remove, reduce or mitigate employment barriers and achieve positive and sustainable outcomes.

## The details.

### Who

- Young people 17 to 20, and may include those who are:
  - eligible for the School Leaver Employment Supports (SLES) program under the NDIS
  - eligible for Finding and Keeping a Job funds under the NDIS
  - receiving a disability support pension

### What

- A 2-year pathway to meaningful employment
- Self-awareness program
- Real work, education, social, wellbeing and whole-of-life skills
- Personal profile, journey and portfolio to share with family, friends and employers

### Why

- Get a real job
- Make friends
- Become independent
- Get fit
- Get a dual qualification
- Develop lifelong learning and social skills
- Build networks
- Gain confidence
- Get one-to-one coaching and mentoring (in class, at work and at home)
- Only program of its kind

### How

- Fun, interactive and engaging
- Learner centred and learner driven
- 360 degree supports (including support after completion)
- Covers life, social, education and work
- Classroom, work trials, social interactions, volunteering, community engagement, online training, event management and much more
- Progress indicators
- Video journal (vlogs by learners)
- Dedicated webpage and social media account managed by learners
- Portfolio of achievement (app) and video

### When

- Starts February 2020 – 2 years full time (part-time options available too)
- 5 days per week, 9am – 4pm


### Where

- Brite (central venues)
- All over Melbourne
- The great outdoors!



# Online Courses



|  |   |   |
|--|---|---|
| <h2>CERTIFICATE III IN INFORMATION DIGITAL MEDIA &amp; TECHNOLOGY</h2>   | <p>☰ COURSE CODE ICT30118</p> <p>⌚ DURATION 0.5 YEARS FULL TIME</p> <p>🕒 STUDY MODE BLENDED</p> <p>📍 CAMPUS FOOTSCRAY NICHOLSON</p> <p>➔ TO APPLY DIRECT APPLICATION VIA THE WEBSITE</p> <p>📅 START DATES FEBRUARY &amp; JULY 2020</p>   |   |
| <p><b>Upgrade your digital skillset and step into the world of work tech-ready.</b></p> <p>The workplace of today and tomorrow utilises technology across nearly every job role, with the demand for digital literacy stronger than ever.</p> <p>Through practical, industry relevant training you will develop technical skills that can be used across a variety of roles, including:</p> <ul style="list-style-type: none"> <li>&gt; advanced features of Microsoft Office applications Excel, Word, Powerpoint and Access</li> <li>&gt; installation and diagnostics of Microsoft OS</li> <li>&gt; basic cyber security</li> <li>&gt; identifying new technologies</li> <li>&gt; web design</li> </ul> <p>You will also develop highly sought-after skills in:</p> <ul style="list-style-type: none"> <li>&gt; teamwork and collaboration</li> <li>&gt; problem-solving</li> <li>&gt; critical thinking</li> </ul> | <p><b>Award-winning learning model</b></p> <p>This course is delivered through VU Polytechnic's award-winning blended learning model that combines face-to-face workshops with flexible, user-friendly eLearning activities.</p> <p><b>Did you know?</b></p> <p>Victoria University (VU) received the highest rating of five stars for cultural diversity by the Good Universities Guide. As part of VU, Victoria University Polytechnic believes in inclusivity, diversity and opportunity. Studying with us means you'll be learning in an environment that values community empowerment.</p> | <p><b>Entry requirements</b></p> <p>All applicants must complete a Language Literacy and Numeracy (LLN) assessment and pre-training review as part of the application process</p> <p><b>Career opportunities</b></p> <p>Skilled workers in digital technology are in high demand from employers.</p> <p>Upon completion of the Certificate III in Information, Digital Media and Technology you will have gained the knowledge to work in multiple fields across the industry, including.</p> <ul style="list-style-type: none"> <li>&gt; technical support</li> <li>&gt; network administration</li> <li>&gt; web technologies</li> <li>&gt; software applications</li> <li>&gt; digital media.</li> </ul> <p>You will also have developed well-rounded foundation level skills to continue your training across a broad range of digital industries, including cybersecurity, computer systems or web design.</p> |

FOR FURTHER COURSE INFORMATION PHONE 1300 82 33 87  
OR VISIT VUPOLYTECHNIC.EDU.AU



# Online Courses



## SHARED PRACTICE IN LEARNING TRANSITIONS

**Virtual Learning  
Community Forum**  
Tuesday 23 June 2020  
3.30pm – 5pm

THIS FREE ONLINE FORUM FOR EDUCATORS WILL SHOWCASE GOOD PRACTICE IN LEARNING TRANSITIONS WITH THE SMITH FAMILY'S PARTNERSHIPS FOR EDUCATION INITIATIVE.

### **Register Now**

<https://virtual-learning-community-forum.eventbrite.com.au>

[Jac.torres-gomez@wyndham.vic.gov.au](mailto:Jac.torres-gomez@wyndham.vic.gov.au)



*everyone's family*

An initiative of the Wyndham Learning  
Community Strategy 2018 – 2023

**wyndhamcity**



# Online Courses



FINDING IT HARD TO STUDY OR WORK ONLINE?  
DO THE WORDS **ZOOM** *MS Teams* **SKYPE** CAUSE STRESS?

WHY NOT ENROL IN OUR

**'Digital Literacy for Remote Learners'**  
SHORT COURSE?

*You will learn*

- ✓ access and host an online meeting
- ✓ send and accept invites
- ✓ share screens and upload files
- ✓ mute, unmute, turn video on and off, test sound
- ✓ have private conversations, set up break out rooms
- ✓ set up contact groups
- ✓ become more confident with accessing video calls

Enrol in our online workshops where you will learn how to use ZOOM, SKYPE & MS teams to access online classes or meetings.

**3 x 2 hour sessions**

Delivered online - You will need either a desktop/ laptop/ IPAD to access the course with camera



**Wyndham**  
Community &  
Education Centre Inc.  
Improving lives - Strengthening communities

For more information or to register your interest or enrol call us on **03 9742 4013**

*FREE training for eligible students*

## Kids Online Drawing



SALTWATER ART STUDIO

Are your kid's creative? Love drawing? Read comicbooks or love the movie adaptations? This course is for them. In this course students will learn how to draw their favourite comicbook characters from their imagination and to create unique characters of their own.

They will learn:

- Form Drawing
- Lighting and Tone
- Basic anatomy
- Storyboarding for comicbooks

This is a fun course where students are encouraged to use their imagination and all

skill levels are welcome.

**Wednesdays July 22 - Sept 9**

**4 - 6 pm**

**\$220**

**Ages 10 years +**



To book: [Tickets](#)

# Online Courses



## GET QUALIFIED, GAIN EXPERIENCE, EXPLORE OPPORTUNITIES!

As an Integration Aide you are an essential member of the school team, working as an educator who supports teachers to provide a successful educational journey for all learners.

### ENROL IN EDUCATION SUPPORT

Enrol in our CHC30213 Certificate III in Education Support and gain access to potential opportunities at Dohertys Creek P-9 College.

### FREE TUITION FOR ELIGIBLE STUDENTS

Material fees apply.

### COURSE START DATE

25th August 2020

### COME TO AN INFORMATION SESSION

Call our friendly team on 1300 224 644 to book!

### LOCATION

This course will be delivered by bestchance Training at Mainview Boulevard, Family Learning Centre, 49 Mainview Blvd, Truganina East VIC 3029

bestchance  
**training**

TOID 3695

IN PARTNERSHIP  
WITH



'Balit Yirramboi'

Dohertys Creek P-9 College  
TRUGANINA

**LIMITED PLACES  
AVAILABLE!**

Call 1300 224 644 to book  
an information session!



DCP-v3

\*Material fees apply  
Courses are delivered with Victorian and  
Commonwealth Government Funding.

# Holiday Ideas



## Holiday ACTION

Monday 29 June to Friday 10 July 2020



**12 TO 17**  
YEAR OLDS ONLY

**JOIN US FOR SOME ONLINE FUN**  
FREE GIVEAWAYS AND COMPETITION PRIZES TO BE WON.

Wyndham City Youth Services operates the Holiday Action program each school holidays for young people that live, work, attend school or socialise in the Wyndham area between the ages of 12 - 17.

Young people can participate in leisure & recreational activities in an environment which is safe, supportive & lots of fun.

**BOOKINGS OPEN 9AM ON MONDAY 15 JUNE 2020**

FOR ANY QUESTIONS OR CONCERNS, CALL THE YOUTH RESOURCE CENTRE ON 8734 1355 OR EMAIL [HOLIDAYACTIONENQUIRIES@WYNDHAM.VIC.GOV.AU](mailto:HOLIDAYACTIONENQUIRIES@WYNDHAM.VIC.GOV.AU)

wyndhamcity  
**Youth Services**

**29 JUNE - 3 JULY**  
TEENAGE HOLIDAY PROGRAM  
FOR 12 TO 17-YR-OLDS ONLY

## Holiday ACTION WEEK 1



**SKATE COMPETITION ENTRIES OPEN**

**FREE**

**MONDAY 29 JUNE | 9AM**

Show us your best moves on your scooter/skateboard/bike/skates. The winner will receive a \$500 street machine voucher, and the runner up will receive a \$200 voucher for Ozmosis.

**How to enter:**

Take a photo of you performing your best move on your scooter/skateboard/bike/skates.

**ENTRIES CLOSE SUNDAY 12AM 5 JULY**

**WINNER WILL BE ANNOUNCED FRIDAY 10 JULY**

**FREE**

**DIY RAINBOW BATH FIZZ AND BATH SALTS**

**WEDNESDAY 1 JULY | 12PM - 1PM**

Join us for an online video call using Microsoft Teams.

Get your **FREE** pack ready and follow along

Microsoft teams links will be sent via email provided on enrolment form



**6-10 JULY**  
TEENAGE HOLIDAY PROGRAM  
FOR 12 TO 17-YR-OLDS ONLY

## Holiday ACTION WEEK 2



**CRAFT DAY: DIY DREAMCATCHERS**

**FREE**

**MONDAY 6 JULY | 12PM-1.30PM**

Join us for a live online video tutorial using Microsoft teams.

Get your **FREE** kit ready and follow along

Microsoft teams links will be sent via email provided on enrolment form

**FREE**

**CUPCAKE CREATIONS**

**WEDNESDAY 8 JULY | 12PM-1PM**

Put your apron on, get your **FREE** pack ready and join cake creations by Kate for a live tutorial.

Things they will need from home are as follows:

- 115g butter
- 3 eggs
- 1/2 cup full cream milk
- Cupcake tray
- Spoons
- Oven
- Spatula and whisk

Microsoft teams links will be sent via email provided on enrolment form



**SKATE COMPETITION WINNER ANNOUNCED**

**FREE**

**FRIDAY 10 JULY | 2PM**

Winner of the skate competition will have their photo shared on the Youth in Wyndham Facebook page and Instagram and also receive a \$500 street machine voucher. Runner up will receive a \$200 Ozmosis voucher.

**CLICK HERE TO BOOK ONLINE NOW**

**BOOKINGS OPEN 9AM MONDAY 15 JUNE 2020**  
SEE BACK FOR ENROLMENT PROCEDURES

# Markets



makers  
**MARKET**

2020 - 2021 Dates

makers  
**MARKET**

2020 - 2021 Dates

**Sanctuary Lakes  
Shopping Centre**

**The Village  
Bacchus Marsh**

July 5th

July 2nd

August 2nd

August 6th

September 6th

September 3rd

October 4th

October 1st

November 1st

November 5th

December 6th

December 3rd

**January - No market**

**January - No market**

February 7th

February 4th

March 7th

March 4th

April 4th

April 1st

May 2nd

May 6th

June 6th

June 3rd

Join some of the areas most talented people as they showcase their amazing handmade creations at our Makers Market.

Featuring a range of wares including soaps and body scrubs, candles and soy melts, plants and pots, toys and educational books, clothing and accessories, and much, much more.

Sanctuary Lakes Shopping Centre's Makers Market is on the first Sunday of each month and The Village Bacchus Marsh's Makers Market is on the first Thursday of each month.

Both markets are fully indoors.

Stallholder Enquiries:

**Emily Grass**

Centre Manager

P. (03) 9395 1011

emily@degrou.com.au

**Shannyn Ashby**

Casual Mall Leasing

P. (03) 5367 6200

cml@degrou.com.au



300 Point Cook Road  
Point Cook VIC 3030  
sanctuarylakessc.com.au



160-194 Main Street  
Bacchus Marsh VIC 3340  
thevillagebacchus.com.au

# Covid 19 Advice (various languages)



## KEEPING OUR LOVED ONES SAFE KEEPS US TOGETHER

**New restrictions  
are in place.**



No more  
than 5  
visitors at  
your home.



Outside the  
home, families  
and friends can  
meet in groups  
of up to 10.



If you do need  
to see people,  
keep your  
distance. No  
handshakes,  
no hugs.



If you're  
unwell, you  
must stay  
home.



And if  
you have  
symptoms -  
get tested.

**It's up to all of us to keep our  
friends and families safe.**

**STAYING  
APART | KEEPS  
US | TOGETHER**

**For current restrictions go to [coronavirus.vic.gov.au/language](https://coronavirus.vic.gov.au/language)**  
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne





## 让关爱的人远离危险， 才能彼此相守

### 现已实施新的限制措施



家中访客不得  
超过5人。



若出门，亲友聚会  
不得超过10人。



若您确有必要  
探访他人，请保持  
距离。请勿握手  
或拥抱。



若感到不适，  
就必须待在家里。



若出现症状 -  
请接受检测。

能否让亲友远离危险，全在乎我们。

相互

远离 让

我们 团结在一起

# Covid 19 Advice (various languages)



## अपने प्रियजनों को सुरक्षित रखना हमें एक-साथ रखता है

नए प्रतिबंध लागू हो गए हैं।



आपके घर में 5 से  
ज्यादा अतिथि नहीं  
आ सकते।



परिवार के लोग और  
मित्र घर से बाहर 10  
की संख्या तक के  
समूह में मिल सकते हैं।



अगर आपको लोगों से  
मिलने की ज़रूरत हो,  
तो अपनी दूरी रखें।  
हाथ नहीं मिलाएं,  
गले नहीं मिलें।



अगर आप अस्वस्थ  
हैं, तो आप अवश्य  
ही घर पर रहें।



और अगर आपमें  
लक्षण हैं - जाँच  
करवाएं।

अपने मित्रों और परिवार को सुरक्षित रखना  
हम सब पर निर्भर करता है।

दूर-दूर  
रहना हमें  
एक-साथ रखता है

वर्तमान प्रतिबंधों के लिए [coronavirus.vic.gov.au/Hindi](https://coronavirus.vic.gov.au/Hindi) पर जाएं।

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



# Covid 19 Advice (various languages)



## ਆਪਣੇ ਪਿਆਰਿਆਂ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਣਾ ਸਾਨੂੰ ਇਕੱਠਿਆਂ ਰੱਖਦਾ ਹੈ

ਨਵੀਆਂ ਪਾਬੰਦੀਆਂ ਲਾਗੂ ਹਨ।



ਤੁਹਾਡੇ ਘਰ ਵਿੱਚ 5 ਤੋਂ  
ਜ਼ਿਆਦਾ ਪ੍ਰਾਹੁਣੇ ਨਹੀਂ।



ਘਰ ਤੋਂ ਬਾਹਰ,  
ਪਰਿਵਾਰ ਅਤੇ ਦੇਸਤ  
10 ਤੱਕ ਦੇ ਸਮੂਹਾਂ ਵਿੱਚ  
ਮਿਲ ਸਕਦੇ ਹਨ।



ਜੇ ਤੁਹਾਨੂੰ ਲੋਕਾਂ ਨੂੰ ਮਿਲਣ  
ਦੀ ਲੋੜ ਹੈ, ਆਪਣੀ ਦੂਰੀ  
ਬਣਾਈ ਰੱਖੋ। ਨਾ ਹੱਥ  
ਮਿਲਾਉਣਾ, ਨਾ ਜੱਫੀਆਂ।



ਜੇ ਤੁਸੀਂ ਬਿਮਾਰ ਹੋ, ਤੁਸੀਂ  
ਲਾਜ਼ਮੀ ਘਰ ਵਿੱਚ ਰਹੋ।



ਅਤੇ ਜੇ ਤੁਹਾਨੂੰ ਲੱਛਣ ਹਨ  
- ਜਾਂਚ ਕਰਵਾਓ।

ਸਾਡੇ ਦੇਸਤਾਂ ਤੇ ਪਰਿਵਾਰਾਂ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਣਾ  
ਸਾਡੇ ਸਾਰਿਆਂ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ।

ਇੱਕ ਦੂਸਰੇ ਤੋਂ ਦੂਰ ਰਹਿਣਾ

ਸਾਨੂੰ ਇਕੱਠਾ ਰੱਖਦਾ ਹੈ।

ਮੌਜੂਦਾ ਪਾਬੰਦੀਆਂ ਵਾਸਤੇ [coronavirus.vic.gov.au/Punjabi](https://coronavirus.vic.gov.au/Punjabi) ਉੱਤੇ ਜਾਓ

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne







## الحفاظ على سلامة أحبائنا يحافظ علينا سويًا

### قيود جديدة موضع التنفيذ.



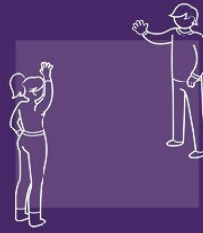
وإذا كانت لديك  
أعراض - عليك  
الخضوع للفحص.



إذا كنت متوقعًا،  
يجب عليك البقاء  
في المنزل.



إذا اضطررت إلى  
اللقاء بالناس،  
حافظ على مسافتك  
الفاصلة. لا مصافحة  
أو عناق.



يمكن للعائلات  
والأصدقاء اللقاء  
خارج المنزل في  
مجموعات لا  
تتجاوز ١٠ أشخاص.



يجب ألا يتجاوز  
عدد الزوار في  
منزلك ٥ أشخاص.

تقع المسؤولية على عاتقنا جميعًا للحفاظ  
على سلامة أصدقائنا وعائلاتنا.

استمرار

التباعد يحافظ

علينا سويًا

# Covid 19 Advice (various languages)



## Other Languages



STAYING APART  
KEEPS US TOGETHER

Bookmark these links. They will be constantly updated with new materials throughout the campaign.

Translated coronavirus information from the Victorian Government is available online in the following languages:

|   |  |   |  |   |
|---|--|---|--|---|
| <b>Amharic</b><br><a href="http://www.coronavirus.vic.gov.au/amharic">www.coronavirus.vic.gov.au/amharic</a>  | <b>English</b><br><a href="http://www.dhhs.vic.gov.au/coronavirus-covid-19-english">www.dhhs.vic.gov.au/coronavirus-covid-19-english</a> | <b>Korean</b><br><a href="http://www.coronavirus.vic.gov.au/korean">www.coronavirus.vic.gov.au/korean</a>               | <b>Russian</b><br><a href="http://www.coronavirus.vic.gov.au/russian">www.coronavirus.vic.gov.au/russian</a>       | <b>Vietnamese</b><br><a href="http://www.coronavirus.vic.gov.au/vietnamese">www.coronavirus.vic.gov.au/vietnamese</a> |
| <b>Arabic</b><br><a href="http://www.coronavirus.vic.gov.au/arabic">www.coronavirus.vic.gov.au/arabic</a>   | <b>Fijian</b><br><a href="http://www.coronavirus.vic.gov.au/fijian">www.coronavirus.vic.gov.au/fijian</a>                                | <b>Macedonian</b><br><a href="http://www.coronavirus.vic.gov.au/macedonian">www.coronavirus.vic.gov.au/macedonian</a>   | <b>Serbian</b><br><a href="http://www.coronavirus.vic.gov.au/serbian">www.coronavirus.vic.gov.au/serbian</a>       | <b>Zomi</b><br><a href="http://www.coronavirus.vic.gov.au/zomi">www.coronavirus.vic.gov.au/zomi</a>                   |
| <b>Assyrian</b><br><a href="http://www.coronavirus.vic.gov.au/assyrian">www.coronavirus.vic.gov.au/assyrian</a>   | <b>Filipino (Tagalog)</b><br><a href="http://www.coronavirus.vic.gov.au/tagalog">www.coronavirus.vic.gov.au/tagalog</a>                  | <b>Malay</b><br><a href="http://www.coronavirus.vic.gov.au/malay">www.coronavirus.vic.gov.au/malay</a>                  | <b>Samoan</b><br><a href="http://www.coronavirus.vic.gov.au/samoan">www.coronavirus.vic.gov.au/samoan</a>          |   |
| <b>Bengali</b><br><a href="http://www.coronavirus.vic.gov.au/bengali">www.coronavirus.vic.gov.au/bengali</a>  | <b>French</b><br><a href="http://www.coronavirus.vic.gov.au/french">www.coronavirus.vic.gov.au/french</a>                                | <b>Maltese</b><br><a href="http://www.coronavirus.vic.gov.au/maltese">www.coronavirus.vic.gov.au/maltese</a>            | <b>Sinhalese</b><br><a href="http://www.coronavirus.vic.gov.au/sinhalese">www.coronavirus.vic.gov.au/sinhalese</a> |   |
| <b>Burmese</b><br><a href="http://www.coronavirus.vic.gov.au/burmese">www.coronavirus.vic.gov.au/burmese</a>  | <b>Greek</b><br><a href="http://www.coronavirus.vic.gov.au/greek">www.coronavirus.vic.gov.au/greek</a>                                   | <b>Nepali</b><br><a href="http://www.coronavirus.vic.gov.au/nepali">www.coronavirus.vic.gov.au/nepali</a>               | <b>Somali</b><br><a href="http://www.coronavirus.vic.gov.au/somali">www.coronavirus.vic.gov.au/somali</a>          |   |
| <b>Chin</b><br><a href="http://www.coronavirus.vic.gov.au/chinhakha">www.coronavirus.vic.gov.au/chinhakha</a>   | <b>Gujarati</b><br><a href="http://www.coronavirus.vic.gov.au/gujarati">www.coronavirus.vic.gov.au/gujarati</a>                          | <b>Nuer</b><br><a href="http://www.coronavirus.vic.gov.au/nuer">www.coronavirus.vic.gov.au/nuer</a>                     | <b>Spanish</b><br><a href="http://www.coronavirus.vic.gov.au/spanish">www.coronavirus.vic.gov.au/spanish</a>       |   |
| <b>Chinese</b><br>including Cantonese, Mandarin, Simplified Chinese and Traditional Chinese<br><a href="http://www.coronavirus.vic.gov.au/chinese">www.coronavirus.vic.gov.au/chinese</a> | <b>Hazaragi</b><br><a href="http://www.coronavirus.vic.gov.au/hazaragi">www.coronavirus.vic.gov.au/hazaragi</a>                          | <b>Oromo</b><br><a href="http://www.coronavirus.vic.gov.au/oromo">www.coronavirus.vic.gov.au/oromo</a>                  | <b>Swahili</b><br><a href="http://www.coronavirus.vic.gov.au/swahili">www.coronavirus.vic.gov.au/swahili</a>       |   |
| <b>Chaldean</b><br><a href="http://www.coronavirus.vic.gov.au/chaldean">www.coronavirus.vic.gov.au/chaldean</a>   | <b>Hindi</b><br><a href="http://www.coronavirus.vic.gov.au/hindi">www.coronavirus.vic.gov.au/hindi</a>                                   | <b>Pashto</b><br><a href="http://www.coronavirus.vic.gov.au/pashto">www.coronavirus.vic.gov.au/pashto</a>               | <b>Tamil</b><br><a href="http://www.coronavirus.vic.gov.au/tamil">www.coronavirus.vic.gov.au/tamil</a>             |   |
| <b>Cook Islands Maori (Rarotongan)</b><br><a href="http://www.coronavirus.vic.gov.au/cookislandsmaori">www.coronavirus.vic.gov.au/cookislandsmaori</a>                                    | <b>Indonesian</b><br><a href="http://www.coronavirus.vic.gov.au/indonesian">www.coronavirus.vic.gov.au/indonesian</a>                    | <b>Persian (Farsi)</b><br><a href="http://www.coronavirus.vic.gov.au/farsi">www.coronavirus.vic.gov.au/farsi</a>        | <b>Thai</b><br><a href="http://www.coronavirus.vic.gov.au/thai">www.coronavirus.vic.gov.au/thai</a>                |   |
| <b>Croatian</b><br><a href="http://www.coronavirus.vic.gov.au/croatian">www.coronavirus.vic.gov.au/croatian</a>   | <b>Italian</b><br><a href="http://www.coronavirus.vic.gov.au/italian">www.coronavirus.vic.gov.au/italian</a>                             | <b>Polish</b><br><a href="http://www.coronavirus.vic.gov.au/polish">www.coronavirus.vic.gov.au/polish</a>               | <b>Tigrinya</b><br><a href="http://www.coronavirus.vic.gov.au/tigrinya">www.coronavirus.vic.gov.au/tigrinya</a>    |   |
| <b>Dari</b><br><a href="http://www.coronavirus.vic.gov.au/dari">www.coronavirus.vic.gov.au/dari</a>   | <b>Japanese</b><br><a href="http://www.coronavirus.vic.gov.au/japanese">www.coronavirus.vic.gov.au/japanese</a>                          | <b>Portuguese</b><br><a href="http://www.coronavirus.vic.gov.au/portuguese">www.coronavirus.vic.gov.au/portuguese</a>   | <b>Tongan</b><br><a href="http://www.coronavirus.vic.gov.au/tongan">www.coronavirus.vic.gov.au/tongan</a>          |   |
| <b>Dinka</b><br><a href="http://www.coronavirus.vic.gov.au/dinka">www.coronavirus.vic.gov.au/dinka</a>  | <b>Karen</b><br><a href="http://www.coronavirus.vic.gov.au/karen">www.coronavirus.vic.gov.au/karen</a>                                   | <b>Punjabi</b><br><a href="http://www.coronavirus.vic.gov.au/punjabi">www.coronavirus.vic.gov.au/punjabi</a>            | <b>Turkish</b><br><a href="http://www.coronavirus.vic.gov.au/turkish">www.coronavirus.vic.gov.au/turkish</a>       |   |
|   | <b>Khmer</b><br><a href="http://www.coronavirus.vic.gov.au/khmer">www.coronavirus.vic.gov.au/khmer</a>                                   | <b>Rohingya</b><br><a href="http://www.coronavirus.vic.gov.au/translations">www.coronavirus.vic.gov.au/translations</a> | <b>Urdu</b><br><a href="http://www.coronavirus.vic.gov.au/urdu">www.coronavirus.vic.gov.au/urdu</a>                |   |

STAYING APART  
KEEPS US TOGETHER

FOR FURTHER INFORMATION VISIT  
[WWW.CORONAVIRUS.VIC.GOV.AU/TRANSLATIONS](http://WWW.CORONAVIRUS.VIC.GOV.AU/TRANSLATIONS)



# Useful Contacts



Got a project  
you want to  
share?

## Arndell Park Community Centre

Truganina  
8734 8911

[arndellparkcc@wyndham.vic.gov.au](mailto:arndellparkcc@wyndham.vic.gov.au)

## Featherbrook Community Centre

Point Cook  
8353 4000

[featherbrookcc@wyndham.vic.gov.au](mailto:featherbrookcc@wyndham.vic.gov.au)

## The Grange Community Centre

Hoppers Crossing  
8742 8000

## Iramoo Community Centre

Wyndham Vale  
8742 3688

[admin@iramoooc.com.au](mailto:admin@iramoooc.com.au)

## Jamieson Way Community Centre

Point Cook  
9395 3777

[admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

## Manor Lakes Community Learning Centre

Manor Lakes  
8734 8934

[manorlakesclc@wyndham.vic.gov.au](mailto:manorlakesclc@wyndham.vic.gov.au)

## Penrose Community Centre

Tarneit  
8734 4500

[Penrosepromenadec@wyndham.vic.gov.au](mailto:Penrosepromenadec@wyndham.vic.gov.au)

## Point Cook Community Learning Centre

Point Cook  
9395 6399

[pointcookclc@wyndham.vic.gov.au](mailto:pointcookclc@wyndham.vic.gov.au)

## Quantin Binnah Community Centre

Werribee  
9742 5040

[qb@qbcc.org.au](mailto:qb@qbcc.org.au)

## Saltwater Community Centre

Point Cook  
8376 5504

[Saltwatercc@wyndham.vic.gov.au](mailto:Saltwatercc@wyndham.vic.gov.au)

## Tarneit Community Learning Centre

Tarneit

8734 6040

[tarneitclc@wyndham.vic.gov.au](mailto:tarneitclc@wyndham.vic.gov.au)

## Wunggurrwil Dhurrung Centre

Wyndham Vale

9742 0777

[WunggurrwilDhurrung@wyndham.vic.gov.au](mailto:WunggurrwilDhurrung@wyndham.vic.gov.au)

## Wyndham Park Community Centre

Werribee

8742 3975

[admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

## Wyndham City Council

Werribee

9742 0777

[www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)

Want to find out  
what's  
happening in  
your  
area?

# Useful Contacts



## **HOMELESSNESS ACCESS POINT FOR BRIMBANK MELTON**

### **The Salvation Army (formerly SASHS)**

6/147 Harvester Rd

Sunshine 3020

Phone: 9312 5424

Opening Hours: Monday – Friday 9am – 5pm

After hours response – Phone 1800 825 955

**PHONE APPOINTMENTS ONLY – OFFICE CLOSED – NO DROP IN  
CALL TO MAKE A PHONE APPOINTMENT**

## **HOMELESSNESS ACCESS POINT FOR WESTERN MELBOURNE**

### **UNISON HOUSING**

Moonee Valley, Maribyrnong, Hobsons Bay, Wyndham & north and western parts  
City of Melbourne

122 Victoria St, Seddon Phone 9689 2777 OR

Level 1/1 – 13 Watton St, Werribee Phone 9216 0300

Opening Hours: Monday - Friday 9am – 5pm

Contact via email also available [iap@unison.org.au](mailto:iap@unison.org.au) or [iap@werribee@unison.org.au](mailto:iap@werribee@unison.org.au)

After hours response – Phone 1800 825 955

**PHONE APPOINTMENTS ONLY – OFFICE CLOSED - NO DROP IN  
CALL TO MAKE A PHONE APPOINTMENT**

## **HOUSING ADVICE AND ASSISTANCE**

Information for current public housing tenants, potential social housing tenants and anyone wanting to know about housing in Victoria. <https://www.housing.vic.gov.au/>

### **Applying for bond assistance**

Wherever possible please apply for bond assistance through the DHHs online service.

<https://www.housing.vic.gov.au/apply-rentassist-bond-loan>

### **Information and support for people renting private accommodation**

**Tenants Union Victoria** has a range of information and an email support service for people wanting to know more about their rights and responsibilities when renting privately <https://www.tenantsvic.org.au/>

<https://www.tenantsvic.org.au/advice/coronavirus-covid-19/>

**West Justice** provides free legal help to people in the western suburbs of Melbourne. They can assist with a range of everyday legal issues including tenancy. <https://www.westjustice.org.au/>

# Useful Contacts



## Family Violence Support Services

Link to the **Western Integrated Family Violence Committee** website central repository for all current family violence COVID-19 resources: <https://www.wifvc.org.au/statewide-family-violence-news>

## EMERGENCY RELIEF – MANDATORY SELF ISOLATION

| Agency               | Support Available                        | Hours | Address | Contact   | Information   | UPDATED SERVICE                         |
|----------------------|--|-------|---------|---|---|---|
| Victorian Government | Food Packages and Personal Care packages | NA    | NA      | 1800 675 398<br><br>dhhs.vic.gov.au/coronavirus | For people who are in <u>mandatory</u> self-isolation due to Coronavirus.<br><br>Available to all Victorians who have little or no food and no family or friends to support them.<br><br>Delivered to door. | Came into operation from 23 March 2020. |

## EMERGENCY RELIEF – GENERAL

**Centrelink** <https://www.servicesaustralia.gov.au/individuals/help-emergency>

Lots of online resources, especially for existing Centrelink customers. Crisis payments phone line 132 850 (special conditions apply explained online)

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/crisis-payment/who-can-get-it> )

**CIS Vic (03) 9672 2099 Melbourne** <https://www.cisvic.org.au/getting-help/financial-hardship>

Directory of CISVic member agencies across Victoria that may help (there is a search by postcode too):

<https://www.cisvic.org.au/getting-help/directory-list>

**[CISVic Community Information and Support Victoria** – peak body representing local community information and support services – formerly citizens Advice Bureau]

**Vinnies Welfare Assistance Line is 1800 305 330 (Monday–Friday 10:00am to 3:00pm)**

[https://www.vinnies.org.au/page/News/VIC\\_News/COVID-19\\_-\\_Vinnies\\_Victoria/](https://www.vinnies.org.au/page/News/VIC_News/COVID-19_-_Vinnies_Victoria/)

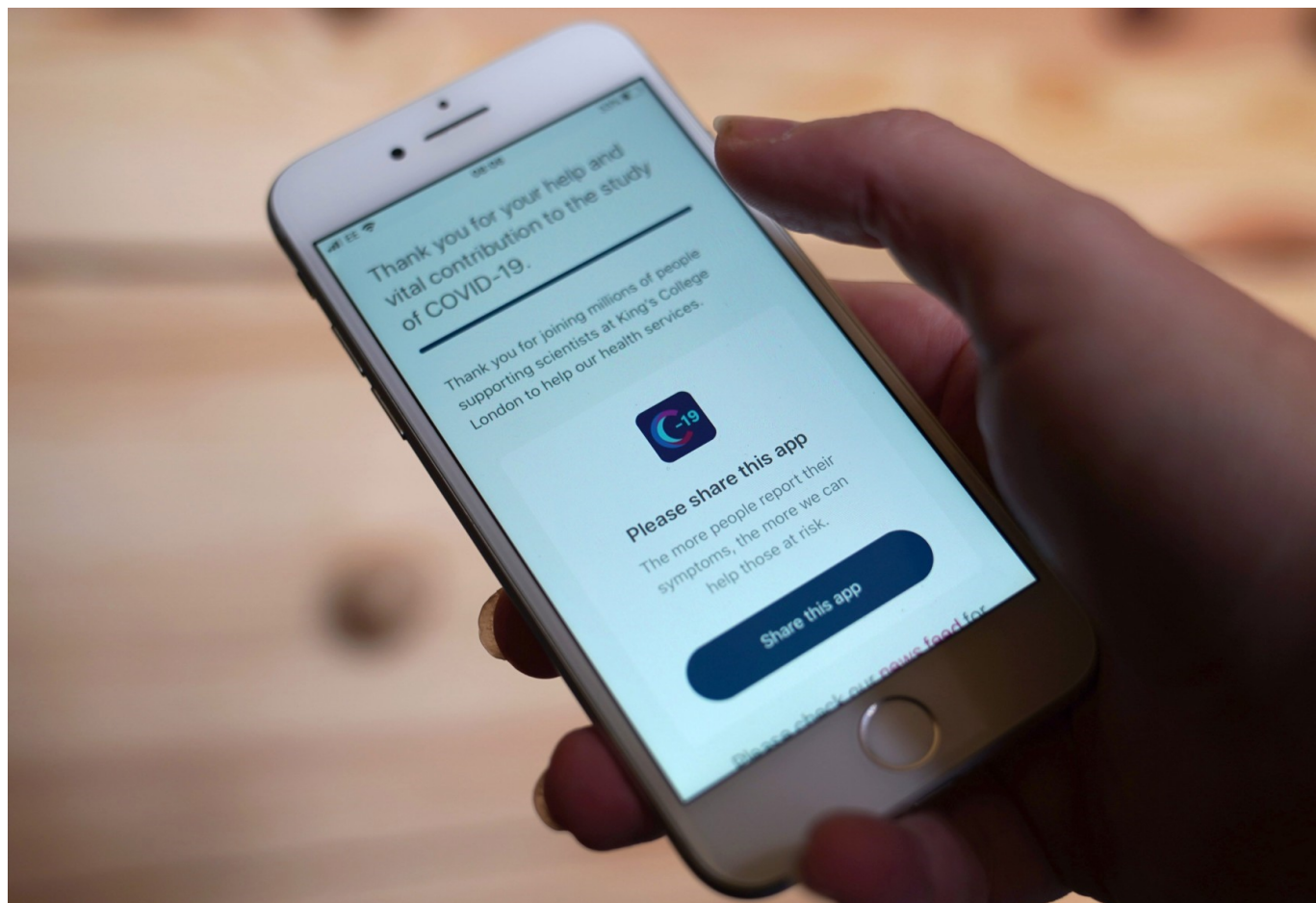
Soup buses have been suspended, but individual need is assessed over the phone

**Australian Multicultural Services. Ph 9689 9170** Providing food, petrol vouchers and assistance with bills to anyone living in the west region of Melbourne.

Service available Mondays only 9am- 5pm. Call Daniella for assistance.

**Council of Single Mothers and their Children. Ph Support Line: 9654 0622 or 1300 552 511 (outside of Melbourne).** A state-wide telephone support, information and referral service for single mothers and service providers. Monday to Friday, 9.30am to 3pm with clients able to self-refer. Please leave a message to receive a return call or email [csmc@csmc.org.au](mailto:csmc@csmc.org.au) Also providing limited emergency relief for food and housing for suburbs within the municipalities of Brimbank, Maribyrnong, Melton and Wyndham. Documentation is provided electronically or via text to a mobile number. ER assistance is provided via direct deposit or food voucher.

# Useful Contacts



## EMERGENCY RELIEF – WYNDHAM

Each local Council also offers a range of supports during the restriction period and are developing recovery plans. Find out more about Wyndham City Council here <https://www.wyndham.vic.gov.au/>

| Agency          | Support Available                 | Hours  | Address                | Contact   | Eligibility  | UPDATED SERVICE  |
|-----------------|-----------------------------------|--|------------------------|---|--|--|
| Salvation Army  | Food vouchers and take away meals | Monday, Tuesday Wednesday and Thursday 9.30am – 2pm<br>Take away meals are available on Tuesday, Wednesday and Thursday at 12.00 noon. | 209 Watton St Werribee | 9731 1344   | For people in the City of Wyndham                            | 30.04.20<br>Food voucher requires an appointment to be made. Ph 9731 1344.<br>Operating Monday to Thursday from 9.30-2pm.<br>Pre-packaged food parcels available to clients that drop in during this time.<br>Take away meals are available on Tuesday, Wednesday and Thursday. Clients can access more than 1 meal if providing for others. |
| Uniting Wyndham | Food vouchers/ food parcels       | Monday, Wednesday Thursday and Friday 9.30am – 2pm   | 19 Duncans Rd Werribee | 9051 2000<br><a href="mailto:wyndham@uniting.org.au">wyndham@uniting.org.au</a> | For low income or no income residents of the City of Wyndham | 14.05.20<br>Closed on Tuesdays<br>All assistance by appointment only. Ph 9051 2000   |

# Useful Contacts



| Agency                       | Support Available           | Hours   | Address   | Contact  | Eligibility  | UPDATED SERVICE   |
|------------------------------|-----------------------------|---|---|--|--|---|
| Uniting Wyndham              | Food vouchers/ food parcels | Monday, Wednesday Thursday and Friday.<br>10am-2pm<br>All assistance is by appointment only. Please call for an appointment | 19 Duncans Rd Werribee  | 9051 2000<br><br><a href="mailto:wynd-ham.reception@vt.uniting.org">wynd-ham.reception@vt.uniting.org</a> or SMS 0468 605 015. | For low income or no income residents of the City of Wyndham | 14.05.20<br>Closed on Tuesdays<br>All assistance by appointment only – call 9051 2000. Only taking bookings on the day prior to appointment. Clients provide documentation electronically only. <u>One</u> of the following documents is required: Centrelink income statement, agency referral, Asylum seeker status or proof of low income. Can email <a href="mailto:wynd-ham.reception@vt.uniting.org">wynd-ham.reception@vt.uniting.org</a> or SMS 0468 605 015. If electronic documents are not possible please call 9051 2000.<br><br>If in isolation you can nominate someone to collect on your behalf. This needs to be in writing to above email or SMS.<br>Food voucher applications only available Monday, Wednesday Thursday and Friday to 2pm.<br>Food assistance is available to eligible clients a maximum of once every two weeks. New clients need to register.<br>Home deliveries service now available on Monday & Friday - needs to be arranged during phone appointment. |
| Wyndham City Council         | Food parcels                | Monday to Friday<br>9am to 5pm  | Youth Resource Centre<br>86 Derrimut Road Hoppers Crossing 3029 | 8734 1355  | Residents of Wyndham   | Wyndham City Council is offering food parcels to all families in the Wyndham Area, collection from Youth Resource Centre. Front door is locked, either knock on window or call 8734 1355. 1 visit per week  |
| Manor Lakes Community Centre | Food Bank                   | Wednesday 10.00 to 12.00 noon   | 86 Manor Lakes Boulevard<br>Manor Lakes                         | 8734 8934  | Residents of Wyndham   | 23.4.20<br>Centre is closed. New Start Church coordinating the service. Need to present health care card issued by Centrelink to be eligible.   |

# Useful Contacts



## FOOD SERVICES FOR PEOPLE INELIGIBLE FOR CENTRELINK SUPPORTS

| Agency   | Support Available  | Hours                 | Address   | Contact  | Eligibility  | UPDATED SERVICE   |
|--|--|-----------------------|---|--|--|---|
| St Peter's Eastern Hill Anglican Church and Heaven at the Hill Social Enterprise | Pre-packaged food service (and other basics as available) in partnership with Victorian State Parliament | Pick-up 9.30am - 11am | St Peter's Eastern Hill Anglican Church<br>15 Gisborne Street<br>East Melbourne<br>(enter carpark off Albert Street entrance for collections) | Text<br>0450 039 288<br>with name of client and short description of circumstances | For <u>anyone</u> in need particularly casuals and others not eligible for Centrelink, those who have lost jobs and are on low income, people with medical conditions and those struggling as a result of COVID 19 | 9.04.20<br>New addition. Pick-up preferred however delivery can be arranged in special circumstances. |
| The Marjorie Mc Gregor COVID-19 Relief Program                                   | Food distribution  | 10.00am to 12 noon    | St Stephen's Church<br>360 Church Street<br>Richmond  | <a href="mailto:mmrp3121@gmail.com">mmrp3121@gmail.com</a> or<br>0473 493 153      | <i>People who are ineligible to access social security e.g. migrants, overseas students, refugees &amp; asylum seekers, certain categories VISA workers.</i>   | 14.05.20<br>New addition  |



# Useful Contacts



| Agency | Support Available | Hours | Address | Contact | Eligibility | UPDATED SERVICE |
|--------|-------------------|-------|---------|---------|-------------|-----------------|
|--------|-------------------|-------|---------|---------|-------------|-----------------|

## LOW COST NOT FOR PROFIT SUPERMARKET

| Agency   | Support Available  | Hours                                       | Address  | Contact   | UPDATED SERVICE  |
|--|--|---|--|-----------|--|
| City Care Storehouse Low cost supermarket run by Hillsong 30% discount for holders of Centrelink, full time Student Card and Immigration Cards | A range of fresh fruit, fresh bread, meat, eggs, grocery items, frozen food and toiletries/cleaning products | Wednesday, Thursday and Friday<br>9am – 2pm | 79 Sunshine Road West Footscray (The supermarket is an 8 -minute walk from Tottenham Train Station) Ample parking is available | 9318 4477 | Open Tuesday, Wednesday, Thursday Friday, Saturday 10am to 4pm |

## COMMUNITY MEALS

| Agency                    | Support Available                                       | Hours  | Address                           | Contact   | UPDATED SERVICE  |
|---------------------------|---|--|-----------------------------------|-----------|--|
| Braybrook Community Hub   | Community Meal  | 7pm every Sunday night (arrive on time, limited spaces)  | 107 – 139 Churchill Ave Braybrook |           | Closed   |
| CommUnity Plus            | Community Meal  | 1 <sup>st</sup> Wednesday of the month<br>12.30pm – 1.30pm   | 822 Ballarat Rd Deer Park 3020    | 7379 0103 | Closed   |
| Salvation Army            | Community Meal  | Every Friday night<br>6pm  | 42 Devonshire Rd Sunshine 3020    | 9364 9335 | TAKE AWAY ONLY<br>Arrive at Friday 5-7pm and a takeaway meal will be provided.<br>Distributing food hampers to drop ins Tuesday-Friday 10am-3pm<br>Delivering food hampers if needed when notified by community members/other organisations. Can contact on 9364 9335 to organise. |
| Uniting Lentara           | Community Meal  | Community meal held on 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of every month<br>12.30pm – 2pm | 32 Withers St Sunshine 3020       | 9311 5900 | Closed   |
| Wesley Footscray Outreach | Showers, laundry, morning tea and lunch program on hold | Wednesday – Friday<br>9.30am – 4pm   | 310 Barkly St Footscray           | 9689 3515 | 16.4.20<br>Food parcels and food vouchers are available. Contact 9689 3515<br>Shower and laundry facilities are currently on hold till further notice.<br>Morning tea and lunch programs on hold.  |

# Useful Contacts



| Agency   | Support Available  | Hours  | Address  | Contact      | UPDATED SERVICE   |
|--|--|--|--|--------------|---|
| Williamstown Emergency Relief Centre                     | Community Meal   | Every Monday and Friday<br>12 noon   | Holy Trinity Parish Centre<br>2 – 6 Pasco St<br>Williamstown | 9397<br>8411 | CLOSED  |
| Lighthouse (Hamadava) Café: Project 614 (Salvation Army) | A drop in space providing breakfast and lunch. Homelessness support also available.                            | Monday – Friday<br>Day Café 7am – 1pm<br>Breakfast<br>9am – 10.00am<br>Lunch<br>11.30am – 1pm<br>Monday - Sunday<br>Twilight Café<br>4pm-11pm<br>Dinner<br>6.30pm - 8pm<br>Night Café 11pm – 7am<br>Toasties and snacks throughout the night | 69 Bourke St<br>City   | 9653<br>3299 | 23.4.20<br>No access by community members into the cafe. Showers will be on a request basis only and will only be for those who cannot access a shower anywhere else (e.g. someone waiting to confirm their emergency accommodation booking). Access to community storage will be via the foyer, with only one person in at a time. Breakfast, lunch and dinner will be served on a takeaway basis out the servery window. Night-time safe spaces have ceased, staff are on site to ensure anyone who presents is offered emergency accommodation<br>St Vincent's Nurses onsite Monday-Thursday from 9am-1pm (no appointment required).<br>Cohealth GP bus Monday from 10.30-12.30<br>Case management available |
| Ozanam Community Centre                                  | Monday – Friday<br>Breakfast 9am – 10.30am<br>Lunch 11.30am – 1pm<br>Friendship Club 6pm – 8pm includes a meal | Breakfast daily between 9.15am – 10am<br>Lunch daily between 12noon – 1pm  | 268 Abbotsford St<br>North Melbourne                         | 9329<br>6733 | Homelessness Resource centre closed.<br>Takeaway meals (limited service), coffee and some material aid provided from the window on Flemington Road.<br>10am-1pm Monday - Friday   |

# Useful Contacts



| Agency                     | Support Available   | Hours   | Address                        | Contact      | UPDATED SERVICE  |
|----------------------------|---|---|--------------------------------|--------------|--|
| St Mary's House of Welcome | Free breakfast 8.45am – 9.45am<br>Free lunch 12noon – 1pm | Monday, Tuesday, Thursday and Friday 9.30am – 3.30pm<br>Wednesday 8.30am – 1.30pm<br>Saturday 8.30am – 1.30pm | 162 – 169 Brunswick St Fitzroy | 9417 6497    | 14.05.20<br>All social programs suspended.<br>Takeaway lunches from 9am-1.30pm, small amounts of food bank food, toiletries, clean underwear and showers (9-10.30am) target group – homeless, rough sleeping and those at risk.<br>Reduced hours: 9.00- 1.30pm Monday-Friday |
| Church of all Nations      | Weekly community lunch every Tuesday                      | Tuesday from 11.30am – 1pm  | 180 Palmerston St Carlton      | 9347 7077    | Closed   |
| Lazarus Centre             | Breakfast Program for people sleeping rough and very poor | Monday – Sunday 7.30am-8.30am   | St Peter's Anglican Church     | 0458 750 031 | 9.04.20<br>New addition  |

## SOUP VAN

| Agency             | Support Available | Hours  | Address  | Contact | Updated Service   |
|--------------------|-------------------|--|--|---------|---|
| St Vincent de Paul | Hot meal          | <b>MONDAY</b><br>6.45pm<br>7.15pm<br>7.45pm<br><br><b>FRIDAY</b><br>6.45pm<br><b>SATURDAY</b><br>5.30pm<br><br>6.15pm<br><b>MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY &amp; SUNDAY</b><br>8pm | Braybrook Community Hub car park 107 – 139 Churchill Ave Braybrook<br>Clark St Car Park (Dickson St & Withers St) Sunshine<br>Errington Reserve Car Park, near Big Sam's Car Park, St Albans<br>Braybrook Community Hub car park 107 – 139 Churchill Ave Braybrook<br><br>Clark St Car Park (Dickson St & Withers St) Sunshine<br>Errington Reserve Car Park, near Big Sam's Car Park, St Albans<br><br>Whitten Oval 417 Barkly St Footscray |         | Suspended. Vinnies Welfare Assistance Line is assisting people with access to food, clothing etc. - 1800 305 330 (Monday–Friday 10:00am to 3:00pm). |

# Useful Contacts



## MATERIAL AID

| Agency             | Support Available               | Hours                              | Address | Contact      | UPDATED SERVICE   |
|--------------------|---------------------------------|------------------------------------|---------|--------------|---|
| St Vincent de Paul | Vinnies Welfare Assistance Line | Monday–Friday<br>10:00am to 3:00pm | All     | 1800 305 330 | Vinnies Welfare Assistance Line is assisting people with access to food, clothing etc. Based on individual needs. |

## FINANCIAL ASSISTANCE/FINANCIAL COUNSELLING

| Agency   | Support Available  | Hours                | Address   | Contact  | Updated Service   |
|--|--|----------------------|---|--|---|
| Uniting Lentara                                    | No Interest Loan Scheme (NILS)   |                      | 32 Withers St<br>Sunshine<br>3020<br>Also offered at the Tin Shed Neighbourhood House site in St Albans | Phone 9311 5900 to make an appointment   | NILS service available by phone assessment only – call Wesley Footscray on 9689 3515 to schedule a phone assessment.  |
| CommU-nity Plus – Provided by Circle Bank Alliance | Financial Planning and advice on personal financial budgets  | Tuesday 12noon – 2pm | 822 Ballarat Rd<br>Deer Park<br>3020  | 7379 0103  |   |
| Good Shepherd Australia New Zealand                | A financial counsellor is a skilled professional who provides advice to help people manage their debts and get their finances back under control. They provide free, confidential and independent advice | 9.30am – 5pm         |   | Phone 1800 007 007<br>OR<br>Fill out Money Help's contact form-<br><a href="http://www.moneyhelp.org.au/get-help/contact-form">http://www.moneyhelp.org.au/get-help/contact-form</a> | Offices closed. Telephone financial counselling available via 1800 007 007.<br>To make a phone appointment find a local provider through <a href="http://www.nils.com.au">www.nils.com.au</a> or <a href="http://www.goodmoney.com.au">www.goodmoney.com.au</a> |
| Victorian Aboriginal Legal Service                 | Free advice and assistance for Aboriginal community dealing with electricity, water, telephone and credit card debt  | 9am-5pm              |   | Ph 1800 064 865 or email <a href="mailto:vals@vals.org.au">vals@vals.org.au</a>  | 07.05.20<br>New addition  |

# Useful Contacts



## ADVOCACY

| Agency  | Support Available  | Hours      | Address                     | Contact                      | UPDATED SERVICE   |
|---|--|------------|-----------------------------|------------------------------|---|
| Homelessness Advocacy Service (HAS) Council to Homeless Persons | Provides an advocacy service for people who are homeless | 9am to 5pm | 2 Stanley St<br>Collingwood | Free call<br>1800 066<br>256 | Office closed, support available as normal via phone. Call to schedule a phone appointment or email Angela@chp.org.au |

## DROP IN SERVICES

| Agency                     | Support Available   | Hours  | Address                      | Contact                              | UPDATED SERVICE  |
|----------------------------|---|--|------------------------------|--------------------------------------|--|
| Uniting Lentara            | Friendly drop in space  | Tuesday – Friday<br>9am – 4.30pm   | 32 Withers St<br>Sunshine    | 9311<br>5900                         | CLOSED   |
| The Gap on Graham          | Lunch, shower, toiletries   | Second (2 <sup>nd</sup> )<br>Saturday in the month   | 5 Graham St<br>Melton        | 0414 769<br>605                      | Closed   |
| Wesley Footscray Outreach  | Showers, laundry, morning tea and lunch program on hold                             | Wednesday – Friday<br>9.30am – 4pm   | 310 Barkly St<br>Footscray   | 9689<br>3515                         | 16.04.20<br>Food parcels and food vouchers are available. Contact 9689 3515<br>Shower and laundry facilities are currently on hold till further notice<br>Morning tea and lunch programs on hold.  |
| Salvos 614                 | A drop-in space providing breakfast and lunch. Homelessness support also available. | Café hours:<br>Monday – Friday<br>7am – 1pm<br>Monday- Thursday 11pm-7am<br>Friday, Sat and Sun 4pm- 7am | 69 Bourke St<br>City         | 9653<br>3299                         | 23.04.20<br>No access by community members into the cafe.<br>Showers will be on a request basis only and will only be for those who cannot access a shower anywhere else (e.g. someone waiting to confirm their emergency accommodation booking).<br>Access to community storage will be via the foyer, with only one person in at a time.<br>Breakfast, lunch and dinner will be served on a takeaway basis out the servery window.<br>Night-time safe spaces have ceased, staff are on site to ensure anyone who presents is offered emergency accommodation<br>St Vincent's Nurses onsite Monday-Thursday from 9am-1pm (no appointment required).<br>Cohealth GP bus Monday from 10.30-12.30<br>Case management available |
| Living Room Primary Health | Free showers and laundry, food, phone   | Monday,<br>Wednesday,<br>Thursday,<br>Friday 9.30am  | 7 – 9 Hosier<br>Lane<br>City | 9945<br>2100 or<br>free call<br>1800 | 23.04.20<br>Reduced shower and laundry services<br>Take away food parcels.<br>Monday – Friday 9.30am-4pm   |

# Useful Contacts



| Agency                             | Support Available  | Hours   | Address                           | Contact                                   | UPDATED SERVICE   |
|------------------------------------|--|---|-----------------------------------|---|---|
| Living Room Primary Health Service | Free showers and laundry, food, phone calls and phone charging, drop in area to watch a movie                  | Monday, Wednesday, Thursday, Friday 9.30am – 4pm<br>Tuesday 12.30 to 4.00pm<br>Saturday 12noon – 5.00pm       | 7 – 9 Hosier Lane City            | 9945<br>2100 or free call<br>1800 440 188 | 23.04.20<br>Reduced shower and laundry services<br>Take away food parcels.<br>Monday – Friday 9.30am-4pm<br>Saturday noon-5pm<br>Doctors available – call to check availability   |
| Ozanam Community Centre            | Monday – Friday<br>Breakfast 9am – 10.30am<br>Lunch 11.30am – 1pm<br>Friendship Club 6pm – 8pm includes a meal | Breakfast daily between 9.15am – 2.30pm<br>Lunch daily between 12noon – 1pm                                   | 268 Abbotsford St North Melbourne | 9329<br>6733                              | Homelessness Resource centre closed.<br>Takeaway meals (limited service), coffee and some material aid provided from the window on Flemington Road.<br>10am-1pm Monday - Friday   |
| St Mary's House of Welcome         | Takeaway lunches, small amounts of food bank food for homeless and vulnerable people.                          | Monday to Friday 9.30am – 1.30pm<br>Closed Saturday and Sunday  | 162 – 169 Brunswick St Fitzroy    | 9417<br>6497                              | 14.05.20<br>All social programs suspended. Takeaway lunches from 9am-1.30pm, small amounts of food bank food, toiletries, clean underwear and showers (9-10.30am) target group – homeless, rough sleeping and those at risk.<br>Reduced hours: 9.00- 1.30pm Monday-Friday |
| Church of all Nations              | Drop in from 10am<br>Weekly community lunch every Tuesday  | Drop in – Tuesday, Wednesday and Thursday from 10am<br>Community Lunch is on every Tuesday from 11.30am – 1pm | 180 Palmerston St Carlton         | 9347<br>7077                              | Closed  |

## YOUTH SERVICE: AGES 12 – 25yrs

| Agency                   | Support Available                | Hours   | Address                   | Contact  | UPDATED SERVICE  |
|--------------------------|----------------------------------|---|---------------------------|--|--|
| Frontyard Youth Services | Drop in space, showers, services | Monday – Friday 9am – 8pm<br>Saturday & Sunday 10am – 6pm | 19 King Street, Melbourne | Free call<br>1800 800 531<br>After hours<br>1800 627 727 | Operating at a reduced capacity.<br>Crisis response available by appointment only.<br><br>All other services closed. |

# Useful Contacts



## SUPERMARKETS

### **COLES – Online Priority Shop (COPS) – 1800 455 400**

or send query text (with all your ID) to 0429 989 656, or go online to register

<https://shop.coles.com.au/a/national/content/coles-online-priority-service-application>

For most vulnerable and isolated

### **IGA – Priority Shop – 1800 018 384**

details are passed to a local IGA to process. Call to register, or go online <https://igashop.com.au/register/>

Eligibility criteria apply:

Those with confirmed cases of COVID-19

Those in mandatory isolation due to exposure to COVID-19

The elderly (70+ years) who are isolating to minimise COVID-19 exposure

Elderly Indigenous people (50+ years)

Those with chronic illnesses (60+ years) who are isolating to minimise COVID-19 exposure

Those with respiratory issues who are isolating to minimise COVID-19 exposure

Those who are immunosuppressed who are isolating to minimise COVID-19 exposure

Those who are eligible for the NDIS who are isolating to minimise COVID-19 exposure

### **WOOLWORTHS - Priority Assistance – 1800 000 610** for general assistance with online

Or go online to register <https://www.woolworths.com.au/shop/discover/priorityassistance>

Eligibility:

Seniors, people with a disability, those with compromised immunity, those required to self-isolate

## UTILITIES

| Company          | Support Available   |
|------------------|---|
| Western Water    | <p>Payment extension: If possible, contact before bill is due.</p> <p>EasyPay Payment plan: make fortnightly or monthly payments towards account over 12 months. To set this up SMS 0480 015 200, start a webchat <a href="https://www.westernwater.com.au/Home">https://www.westernwater.com.au/Home</a> or email <a href="mailto:mail@westernwater.com.au">mail@westernwater.com.au</a></p> <p><u>Other support</u></p> <p>Contact our Customer Solutions Team by calling 1800 093 558. If you'd like company to call back please SMS 0480 015 200.</p>   |
| Aussie Broadband | <p>The nbn™ has recently announced a \$150 million COVID-19 relief and assistance package, which includes a range of initiatives to support the community during this difficult time. Approximately \$50 million will be directed to helping internet providers support low-income households with school-aged children who do not currently have an active nbn™ connection at home.</p> <p>Aussie Broadband is supporting the nbn™ response package by providing a limited number of nbn™ broadband connections to low-income families who have school-age children and no current nbn™ connection.</p> <p><a href="https://www.aussiebroadband.com.au/covid19-connectivity-relief/">https://www.aussiebroadband.com.au/covid19-connectivity-relief/</a></p> <p>Aussie Broadband will provide eligible families with access to the following plan:</p> <ul style="list-style-type: none"><li>• nbn™ 25/5 plan at \$0 until 30 September 2020 (\$65 p/month from the 1 October 2020)</li><li>• 500G Data limited (unlimited between 6 am to 6 pm local time until 1 October 2020)</li><li>• Families must not have an active nbn™ connection.</li></ul> <p>To be eligible to receive support through this program, families must meet the following criteria:</p> <ul style="list-style-type: none"><li>• Families who are currently receiving Family Tax Part A or B</li><li>• Have a school-aged child living at their address</li></ul> <p>To ensure that this support makes it to those who need it the most, we are working with schools to assist with identifying those who need the support and organise the connections. If you are a family that is eligible for this service, we ask that you contact your school to provide you with the required information to organise your connection. If your school has not received the communication from us, they can contact us on <a href="mailto:sponsorship@team.aussiebroadband.com.au">sponsorship@team.aussiebroadband.com.au</a></p> |

# Useful Contacts



## HEALTH SERVICES

| Organisation   | Support Available  |
|--|--|
| IPC Health, all sites except Sunshine are currently open with reduced services | Client services where feasible are conducted via phone. Emergency dental avail from Hoppers Crossing and St Albans. Needle and Syringe program available from Altona Meadows and St Albans.<br><br>Refer to website for campus contact details.<br><a href="https://www.ipchealth.com.au/">https://www.ipchealth.com.au/</a> |

Updated –21 MAY 2020

**If you have information on changes to any services listed here, or alternative services that may be available, please email details to [lesley.murray@dhhs.vic.gov.au](mailto:lesley.murray@dhhs.vic.gov.au) or call Lesley on 0411 365 04**

wyndhamcity