

THE BUZZ



Wyndham
We're in this together

wyndhamcity

ZOOM..... in for experiences through food with
CULTURAL CUISINES



October 2020 Edition

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Wyndham Council acknowledges the Wathaurang, Woiworrung and Boonwurrang 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



Cultural Cuisines from page one

We talked to Tahira Sheikh, one of the dream team behind Cultural Cuisines about the group and what it's all about!



Faiza Gafur



Sunita Abbott's Ghulab Juman
sweet dumplings in sugar syrup



Shamim &
Rehan Fazal



Poonan Palta's Dahi Bhalla
dumplings in yogurt with spices

Cultural Cuisines started last year as a gathering over food to welcome neighbours, share cultural knowledge, build a sense of community connections and have some fun! Prior to COVID-19 restrictions, the group would invite a community member once a month to demonstrate and teach others how to make a meal from their ethnic background.

The participants were involved in the cooking process whilst also learning about that particular cultural group - sharing the food afterwards and continuing the conversations over the table. Like many programs, Cultural Cuisines adapted to 2020 by moving temporarily online, using the Zoom platform to keep the community engaged. Participants are encouraged to share their ethnic food recipes and talk about their traditions, cultures and games – tackling isolation and encouraging participation. The program also hopes to create a sense of belonging for newly arrived migrants in a safe space.

**Cultural Cuisines meet every fortnight
Thursday from 6 to 7pm.
To join the program, please SMS your name
and Cultural Cuisines to 0416937473.**



(above) Tahira Sheikh

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



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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

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



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Resources for Young People and Families

Youth

Online Programs

Wyndham City's Youth Services suite of regular programs for ages 12 – 25 years is continuing 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 and the Kick Back Quiz.

Youth Services are also providing free online Tuning into Teens workshops for parents and carers with upcoming sessions on mental wellbeing.

www.wyndhamtogether.com.au

Email: youthinwyndham@wyndham.vic.gov.au

Development Opportunities

Wyndham City is providing a number of free professional development opportunities for young people coming up in Term 3 and 4, including:

- How to Adult workshops (life skills and emotional intelligence)
- Fresh Start (getting job ready)
- Make it Wyndham Launchpad (business kickstarter)
- Online work experience/placement opportunities

www.wyndhamtogether.com.au

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

Email: 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 clay workshops – there's a huge range of activities to explore.

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

Library members who live within the City of Wyndham can also take advantage of our Library Home Delivery service.

www.wyndham.vic.gov.au/libraries

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

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. If you need an interpreter, call TIS National on 13 14 50. You can also find translated resources on our website at www.wyndham.vic.gov.au/translated-resources.

www.wyndham.vic.gov.au/covid19

Email: COVID-19enquiries@wyndham.vic.gov.au

Phone: 9742 0777

Check In & Chat

Wyndham City's Check in & Chat is a 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

Phone: 9742 0777

Community Support Services

This is a challenging time for all us and if you need assistance, there are services and resources available to support you. You can find a range of further support networks and contacts on Council's website.

www.wyndham.vic.gov.au/supportservices

wyndhamcity

Council Services



TRANSLATION SERVICES

There have been many changes to Wyndham City Council services and facilities to help keep you and our community safe.

For the latest information about these changes and support: visit our website at www.wyndham.vic.gov.au/covid19, call us seven days a week on 9742 0777 or email us at COVID-19enquiries@wyndham.vic.gov.au. If you need an interpreter, call TIS National on 131 450.

For Coronavirus (COVID-19) Health Advice in your language visit: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

For more information and news on Coronavirus (Covid-19) in your language visit: www.sbs.com.au/language/coronavirus

ਤੁਹਾਨੂੰ ਅਤੇ ਸਾਡੇ ਭਾਈਚਾਰੇ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਣ ਲਈ Wyndham City Council ਦੀਆਂ ਸੇਵਾਵਾਂ ਅਤੇ ਸਹੂਲਤਾਂ-ਕੇਂਦਰਾਂ ਵਿੱਚ ਕਈ ਤਬਦੀਲੀਆਂ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ।

ਇਨ੍ਹਾਂ ਤਬਦੀਲੀਆਂ ਅਤੇ ਸਮਰਥਨ ਨਾਲ ਸੰਬੰਧਿਤ ਤਾਜ਼ੀ ਜਾਣਕਾਰੀ ਲਈ: ਸਾਡੀ ਵੈੱਬਸਾਈਟ www.wyndham.vic.gov.au/covid19 ਵੇਖੋ, ਸਾਨੂੰ ਹਫ਼ਤੇ ਦੇ ਕਮਿੰ ਵੀ ਦਿਨ 9742 0777 ਤੇ ਫੋਨ ਕਰੋ, ਜਾਂ ਸਾਨੂੰ COVID-19enquiries@wyndham.vic.gov.au ਤੇ ਈਮੇਲ ਕਰੋ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਦੋਹਰਾ ਸੇਵਾ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ TIS National ਨੂੰ 131 450 ਤੇ ਫੋਨ ਕਰੋ।

ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਕਰੋਨਾਵਾਇਰਸ (COVID-19) ਨਾਲ ਸੰਬੰਧਿਤ ਸਲਾਹ ਲਈ ਇਹ ਵੈੱਬਸਾਈਟ ਵੇਖੋ: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਕਰੋਨਾਵਾਇਰਸ (COVID-19) ਬਾਰੇ ਵਧੇਰੀ ਜਾਣਕਾਰੀ ਅਤੇ ਖਬਰਾਂ ਲਈ ਇਹ ਵੈੱਬਸਾਈਟ ਵੇਖੋ: www.sbs.com.au/language/coronavirus

Đã có nhiều thay đổi đối với các dịch vụ và cơ sở của Hội Đồng Thành Phố Wyndham để đảm bảo cho sự an toàn của bạn và cộng đồng của chúng ta.

Để biết thông tin mới nhất về những thay đổi và hỗ trợ này: truy cập trang web của chúng tôi tại www.wyndham.vic.gov.au/covid19, gọi cho chúng tôi bảy ngày một tuần theo số 9742 0777 hoặc gửi email đến địa chỉ COVID-19enquiries@wyndham.vic.gov.au. Nếu bạn cần thông dịch viên, hãy gọi đến TIS National theo số 131 450.

Để được Tư Vấn Y Tế về Vi-rút Corona (COVID-19) bằng ngôn ngữ của bạn, hãy truy cập: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

Để biết thêm thông tin và tin tức về Vi-rút Corona (Covid-19) bằng ngôn ngữ của bạn, hãy truy cập: www.sbs.com.au/language/coronavirus

ಲಾನ್ಸಿಂಗ್‌ನಲ್ಲಿನ ಅನೇಕ ಸೇವೆಗಳನ್ನು ಮತ್ತು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿರುವ Wyndham City Council ಅನೇಕ ಸೇವೆಗಳನ್ನು ಮತ್ತು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿರುವ Wyndham City Council.

ಲಾನ್ಸಿಂಗ್‌ನಲ್ಲಿನ ಅನೇಕ ಸೇವೆಗಳನ್ನು ಮತ್ತು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿರುವ Wyndham City Council - www.wyndham.vic.gov.au/covid19, ನಿಮ್ಮ 7 ದಿನ 9742 0777 ಅಥವಾ COVID-19enquiries@wyndham.vic.gov.au ನಲ್ಲಿ ಐಮೇಲ್.

COVID-19enquiries@wyndham.vic.gov.au ನಲ್ಲಿ.
TIS National 131 450 ನಲ್ಲಿ.

ಲಾನ್ಸಿಂಗ್‌ನಲ್ಲಿನ ಅನೇಕ ಸೇವೆಗಳನ್ನು ಮತ್ತು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿರುವ Wyndham City Council - www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

ಲಾನ್ಸಿಂಗ್‌ನಲ್ಲಿನ ಅನೇಕ ಸೇವೆಗಳನ್ನು ಮತ್ತು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿರುವ Wyndham City Council - www.sbs.com.au/language/coronavirus

आपको और हमारे समुदाय को सुरक्षित रखने के लिए Wyndham City Council की सेवाओं और सुविधा-केंद्रों में कई परिवर्तन किए गए हैं।

इन परिवर्तनों और समर्थन से सम्बन्धित नवीनतम जानकारी के लिए: हमारी वेबसाइट www.wyndham.vic.gov.au/covid19 देखें, हमें सप्ताह में किसी भी दिन 9742 0777 पर फोन करें, या हमें COVID-19enquiries@wyndham.vic.gov.au पर ई-मेल करें। यदि आपको दुभाषण की ज़रूरत है, तो TIS National को 131 450 पर फोन करें।

अपनी भाषा में कोरोनावायरस (COVID-19) से सम्बन्धित स्वास्थ्य सलाह के लिए यह वेबसाइट देखें: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

अपनी भाषा में कोरोनावायरस (COVID-19) के बारे में और अधिक जानकारी तथा समाचारों के लिए यह वेबसाइट देखें: www.sbs.com.au/language/coronavirus

Sono stati apportati cambiamenti ai servizi e alle strutture del Comune di Wyndham per proteggere te e la nostra comunità.

Per le ultime informazioni su questi cambiamenti e sostegno: visita il nostro sito a www.wyndham.vic.gov.au/covid19, chiamaci sette giorni la settimana al 9742 0777 o per email a COVID-19enquiries@wyndham.vic.gov.au. Se hai bisogno di un interprete, chiama TIS National al numero 131 450.

Per consigli sanitari sul Coronavirus (COVID-19) nella tua lingua visita: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

Per ulteriori informazioni e notizie sul Coronavirus (COVID-19) nella tua lingua visita: www.sbs.com.au/language/coronavirus

Wyndham 市议会的服务和设施发生了很多变化，以便帮助保障您和我们社区的安全。

欲了解这些变化和支持服务的更多信息: 请访问我们的网站: www.wyndham.vic.gov.au/covid19, 或致电给我们: 9742 0777 (每周七天), 或发电子邮件至: COVID-19enquiries@wyndham.vic.gov.au。如果您需要翻译, 请致电 TIS National 翻译服务: 131 450。

欲获取您语言的冠状病毒 (COVID-19) 健康建议, 请访问: www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

欲了解您语言的冠状病毒 (COVID-19) 信息和新闻, 请访问: www.sbs.com.au/language/coronavirus

قام مجلس مدينة ويندهام بإضفاء العديد من التغييرات على خدماته ومراقبته دعماً للحفاظ على سلامتك أنت وغيرك من المواطنين.

للتحصول على أحدث المعلومات حول هذه التغييرات والدعم: www.wyndham.vic.gov.au/covid19, أو اتصلوا بنا سبعة أيام في الأسبوع على الرقم 9742 0777 أو بالبريد الإلكتروني على COVID-19enquiries@wyndham.vic.gov.au. إذا كنتم بحاجة إلى مترجم فوري, الرجاء الاتصال بخدمة الترجمة الخطية والفورية (TIS National) على الرقم 131 450.

للتحصول على المشورة الصحية بلغتك الأم بصدد فيروس كورونا (كوفيد-19), www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19

للتحصول على المعلومات والأخبار بلغتك الأم عن فيروس كورونا (كوفيد-19), www.sbs.com.au/language/coronavirus

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.



New COVID 19 Testing Site in Tarneit Baden Powell Rec Reserve

From Tuesday 15th September 2020 for a period of four weeks, there will be a new COVID-19 testing site in the car park of Baden Powell Recreation Reserve, on Baden Powell Drive in Tarneit. This site will be operational seven days a week for a period of four weeks – from Monday to Friday between noon and 7pm, and on Saturday and Sunday from 10am until 5pm.

Please get tested if you have COVID-19 symptoms: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, and loss of sense of smell or taste. The test is free for everyone. You should bring at least one form of identification – for example, your Medicare card, driver's licence or student ID. If you have symptoms, you must return home immediately after the test and remain in isolation until you receive the results. Further information about testing sites can be found at www.dhhs.vic.gov.au/coronavirus or by calling DHHS on 1800 675 398.



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



Coronavirus Mental Wellbeing Support Service

Supporting your mental health through lockdown

There's been a lot of change recently, and finding yourself back in lockdown might have you feeling a little overwhelmed or even completely out of your depth.

If you're feeling unsure about how to cope, or who to turn to, **we're here to help support your mental health.**

Talk it through with us

Our trained counsellors are here to support you over the phone. It's free and available 24/7.
1800 512 348

Online support and information

Our website provides regularly updated information, advice and strategies to help you manage your wellbeing and mental health during this time. It also provides free 24/7 webchat with our trained counsellors.
coronavirus.beyondblue.org.au

Suicide and crisis support

For immediate support, call Lifeline
13 11 14

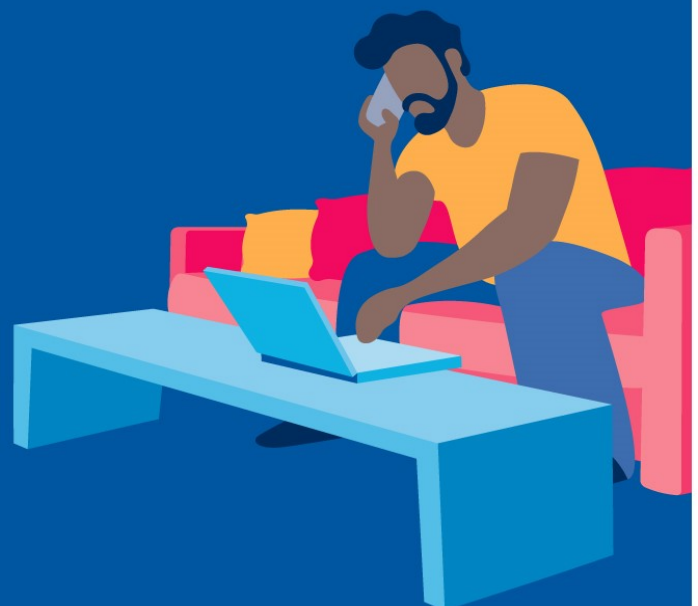
If you are in an emergency or at immediate risk of harm to yourself or others, please call
000

Support for non-English speakers

We have a range of options for people whose first language isn't English. People who don't use English as their first language can get free translation support from the Translating and Interpreting Service
www.tisnational.gov.au

Through TIS National, you can have immediate or pre-booked phone interpreting services.

For immediate services please phone
131 450.



 **coronavirus.beyondblue.org.au**

 **1800 512 348**

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.

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



SIMPLE STEPS TO HELP STOP THE SPREAD.

Coronavirus (COVID-19)

Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



HELP STOP THE SPREAD AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au

Australian Government

Authorized by the Australian Government, Canberra



Volunteer access to COVID-19 support payments in Victoria

The [COVID-19 Worker Support Payment](#) is a one-off \$1,500 payment to financially support Victorian workers who have been instructed to self-isolate or quarantine at home because they have either been diagnosed with COVID-19 or have been identified as a close contact of a confirmed case.

Applications by volunteers for the COVID-19 support payment are subject to the same eligibility criteria as for employees. Applicants must:

- be 17 years old or older
- currently reside in Victoria (includes people on Temporary Protection Visas and Temporary Working Visas 457 and 482)
- be in continuing employment and likely to have worked during the period of self-isolation or quarantine at home and unable to work as a result of the requirement to self-isolate or quarantine at home
- be workers who are not receiving any income, earnings or salary maintenance from their work as a result of not being able to work during the period of self-isolation or quarantine at home
- be workers that have exhausted sick leave entitlements including any special pandemic leave, and
- not be receiving the JobKeeper payment or other forms of Australian Government income support

Subject to these criteria, if an employee volunteers outside of their work hours and, in the course of volunteering contracts COVID-19 they will be eligible for the COVID-19 Worker Support Payment if they are unable to do their paid work.

The payment is accessed through the Department of Health and Human Services. The Department's contact tracing team directly contacts all confirmed COVID-19 cases and their close contacts. A worker (including volunteers) seeking the payment will be assessed for eligibility over the phone.

Support



One Tree Community Services

Balim Balim Early Years at Wunggurwil Dhurrung Centre

4-year-old Kindergarten 2021

As partners in the Wunggurwil Dhurrung Centre, Balim Balim shares the vision to recognise and celebrate Aboriginal culture and history. We aim to create a culturally safe space where children thrive and grow to meet their potential in a nurturing and supportive environment.

4-year-old Kindergarten enrolments for 2021 are available for Balim Balim Kindergarten at the Wunggurwil Dhurrung Centre.

15 hours of 4-year-old Kindergarten is free for all Aboriginal children aged both 3 and 4 years through Early Start Kindergarten.

To enrol your child register your interest at Wyndham City Council <https://kindergarten.wyndham.vic.gov.au/Public/Login.aspx> or call Kate at Balim Balim on 9112 7270.

Address: 19 Communal Road, Wyndham Vale, VIC 3024

Phone: (03) 9112 7270

Email: balimbalim@onetree.org.au

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



When can my child start kindergarten?

In Victoria, all children can go to kindergarten in the year before they start primary school. All Aboriginal and Torres Strait Islander children can also go to kindergarten as a three-year-old, if they turn three years old by 30 April in the year they start.

Where can I find a kindergarten for my child?

Kindergarten programs are offered at standalone kindergarten services, most long day care centres and some local schools.

To find a kindergarten program in your local area, visit www.mychild.gov.au, call your local council or speak to your local kindergarten service.



Enrol today

To find out more about kindergarten, visit: www.education.vic.gov.au/childhood/parents/kindergarten/pages/aboriginal.aspx or contact:



Koorie Kids Shine at Kindergarten



What is kindergarten?

Kindergarten is a program where your child can have fun and learn through play and activities. Your child can socialise with other children, develop confidence, and build reading, writing and maths skills to help them get ready for school.

Kindergarten programs have a qualified teacher and run for 15 hours per week.

Aboriginal and Torres Strait Islander children can go to kindergarten for the two years before school through the Early Start Kindergarten grant.

How much does kindergarten cost?

Free kindergarten

Aboriginal and Torres Strait Islander children can go to 15 hours free kindergarten per week.

When attending a long day care setting, there might be some costs for any additional hours above the 15 hours of free kindergarten.

Families might also be able to receive Commonwealth Government subsidies. For information about these subsidies, please contact Centrelink.

What happens at kindergarten?

At kindergarten, your child can:

- learn through play, art, music and dance
- learn to express themselves in a safe, inclusive and caring environment
- build skills and confidence to prepare them for school.

“ I sent my children to kinder because I wanted them to be ready for school. Kinder made them smart, proud, strong and resilient. Now they’re sending their children too. ”

Aunty Esme





STAGE FOUR RESTRICTIONS -

What does it mean for me?

The introduction of stage four restrictions includes many changes to the way we will be living for at least the next six weeks. Below are answers to some of the questions you may have.



How long will this be in place?

Stage four restrictions will be in place for at least six weeks, until 14 September.

What does the curfew mean for me?

The curfew means that you must be at home between 8pm and 5am. The only exception to this is if you're at work, travelling to and from work, to give or receive care, or to seek medical treatment.

What are the reasons that I'm allowed to leave home?

There are still only four reasons to leave the house. To shop for food and essential goods and services, for caregiving, to seek medical treatment, for work or study (if permitted), and for an hour of exercise a day (within 5km of your home). You must wear a mask or face covering if outside your home.

Am I still allowed to exercise?

Yes. Exercise is still permitted, but can only be done for one hour a day, within 5km of your home. This can only be done with one other person, not with your entire family or housemates. The only exception is if you have dependent children who cannot be left at home alone. You must wear a mask or face covering if outside your home. Organised sport and recreation, including golf and fishing are now banned.

What are the changes to shopping?

Only one person per household per day can go to the supermarket/grocery store. This must be within 5km of your home, or the closest supermarket/grocery store to your home. There are exceptions for those who are unable to shop alone. You must wear a mask or face covering if outside your home.

What are "permitted workers"?

This is the term being used by the State Government to determine what industries can continue to operate under stage four. A full list of "permitted workers" was released on Tuesday 4 August. Visit www.dhhs.vic.gov.au/coronavirus to view the list.

If I'm feeling unwell, can I still go to work?

No, if you are experiencing any symptoms of COVID-19, you should get tested, then go straight home and stay home.

Where can I get tested?

If experiencing fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, and loss of sense of smell, please take a COVID-19 test. The test is free for everyone, and only takes one minute. You should return home immediately after the test and remain in self-isolation until you receive your test result. Local testing sites include:

- **Pacific Werribee:**
250 Heaths Road, Werribee
(weekdays only 9am to 5pm)
- **Wooten Road Reserve:**
Wooten Road, Tarneit.
(Mon-Fri, 10am-7pm.
Sat and Sun, 10am-4pm)
- **IPC Health:**
510 Ballan Road, Wyndham Vale
(bookings required)
- **ACL Werribee:**
19 Princes Highway, Werribee
(referral from GP required for this site)
- **4Cyte Pathology:**
106 Heaths Road, Hoppers Crossing
(referral from GP required for this site)

Are kindergarten services and childcare services continuing?

As per the advice Council has received from the State Government, Kindergarten and childcare services have returned to flexible and remote learning. Our friendly kindergartens staff are still able to support you from home, and our doors are still open to children of permitted workers, or those who are in need of support.

Will my bin still be collected?

Yes, your bin will be collected as per usual.

Will the tip remain open?

No. The tip will close to the general public. Commercial visitors, i.e. businesses, will still be able to access the tip. Residents looking to dispose of waste are encouraged to book a hard waste collection from their home by phoning 9742 0777 or visiting www.wyndham.vic.gov.au

Can I still move houses?

Yes, if you're planning to move into a new home, this is permitted.

Can I still visit my partner?

Visits to intimate partners are permitted.

For more information and answers to questions you may have visit www.dhhs.vic.gov.au/coronavirus

Seniors Festival



Self Care Bingo

Victorian
Seniors
Festival
Reimagined
2020

Look up
★ at the
★ stars

"Dance"
like
no-one
is
watching

LIGHT A
SCENTED
CANDLE

GO for a
STROLL

GET
8HRS OF
SLEEP

Have a
bubble bath

Watch a
movie
with



SURPRISE
SOMEONE
WITH A
TREAT

Watch a
Sunrise
or
Sunset

DRAW
SOME-
THING

Walk on the
GRASS
barefoot

Check
in
with a
friend

Try a
new
recipe



Listen
to music
loudly



Immerse
yourself
in
a book

EAT A
TREAT
WITH-
OUT
GUILT

Have a
virtual
coffee
with a
friend



Learn
something
new in
technology

Plant
something



Declutter
a
space

Put on
perfume/
after
shave



Dress in
your good
clothes

Tune into a
Victorian
Seniors
Festival
broadcast

Check out
wyndham
together.
com.au

Seniors Festival



Trivia Tuesday @10

**JOIN EVERY TUESDAY MORNING
IN OCTOBER FOR ONLINE TRIVIA –
PIT YOUR WITS AGAINST OTHERS
FOR A CHANCE TO BE WYNDHAM'S
SENIOR TRIVIA CHAMPION!**

**Tuesday's
10am – 11am
October -
6, 13, 20, 27,
on MS Teams**

Registration essential to amanda.burns@wyndham.vic.gov.au

Please include your name, email and phone number

Details of how to access MS Teams will be provided following registration.

"get in the groove" and we'll see you there!

wyndhamcity

Victorian
Seniors
Festival
Reimagined
2020



Seniors Festival



Improve Your Zoom

Join Carolyn to learn some basic and easy techniques to enhance your online chat experience to connect with family, especially young children/grandchildren.

Pre and Post telephone calls are provided to ensure you are confident in setting up or using Zoom.

Wednesday 7 October 10.30am - 12pm OR
Wednesday 14 October 10.30am - 12pm

To book, contact Amanda Burns on
amanda.burns@wyndham.vic.gov.au or 9742 1777

Free! Places are strictly limited.

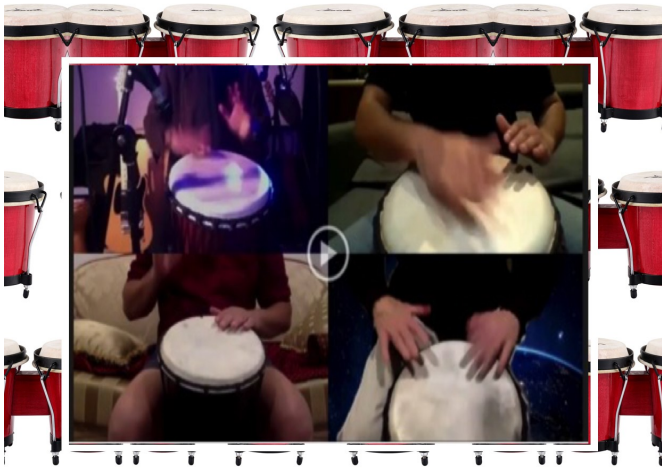


wyndhamcity

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

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
Mobile: 0401639798



**POINTCOOKDANCE
CLASSES ARE NOW ONLINE**

Preschoolers

Ballet

Jazz

Tap

Hip Hop

Acro Conditioning

Song and Dance

& much more

Contact us to book a FREE online class

Info@pointcookdance.com.au

0416 679 911



Clubs & Groups



SAFE LEARNING ONLINE

INTERACTIVE MUSIC ONLINE



hey dee ho
LIVE

TUNE IN EVERY DAY FOR A
FREE FAMILY MUSIC SESSION

STARTS 10.8.2020

BOOK NOW
WWW.TRYBOOKING.COM/BKUVF



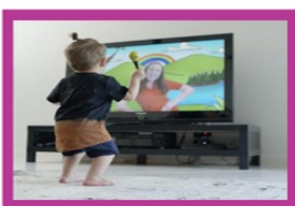
1. SOCIAL INTERACTION

Join in the fun and see all your friends
each class

Grandparents join free!

2. TOPICAL LEARNING

New themes each week
Songs and activities to help explain and deal
with the current COVID 19 protocols

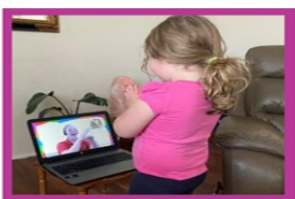
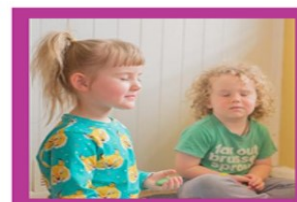


3. INTERACTIVE & ENGAGING MUSICAL ACTIVITIES

Energetic activities for children and adults
Sing, dance, play and learn together

4. FOCUS ON MINDFULNESS

Each session concludes with a mindfulness song
designed to equip children with tools to find
peace and stillness



5. SAFE AND CONVENIENT

We come to you
Tune in wherever you may be

FOR CHILDREN 1-5 YEARS
ALL AGES WELCOME

PH:1300 139 631 / WWW.HEYDEEHO.COM.AU / FACEBOOK.COM/HEYDEEHOAUSTRALIA

Clubs & Groups



**Virtual Cultural
Experience**

**Celebrate Mid
Autumn
Lantern Festival**



**Story Telling
Games and craft
activities**

Free participation
28 September
Monday 11am
29 September
Tuesday 11am



Please contact
Phebe 0425 338 832 or
email
phebe@8senses.com.au
for more information

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	http://www.8senses.com.au/index.html
ABCD Bollywood Dance	Shweta 0433 346 672 shwetayana13@gmail.com
AMEP - WCEC	https://wyndhamcec.org.au/education-training/adult-migrant-english-program
Art of Living	https://us04web.zoom.us/j/2118150439
Art Concepts	Contact Kevin on 0418 131 726
Australian Air Service League	http://www.airleague.com.au/
Beat Factor Music	www.beatfactormusic.com/bfdrumgroup
Bollywood Dance School	0499 888 115 https://www.bollywooddanceschool.com.au/
Bollywood Fit	Email: sheetal.bollywoodfit@gmail.com
Brahma Kumaris Australia	brahmakumaris.org.au
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	brooksdance@gmail.com
Club 60	Sunil Abbott 0449101455
Codebuds	www.fb.me/codebudsshree
Cultural Cuisines	https://us04web.zoom.us/j/930678381?pwd=TVdwNU9NWFZ0MFBmLzZoSG9PaIVSdz09
DMR Art Studio Palette Knife Classes	https://www.facebook.com/donnamarieracovalis
Eat My Garden	https://www.facebook.com/groups/eatmygarden3030/
Eat Pray Yoga	https://www.facebook.com/eatprayyoga.com.au/
Faithlife Church	https://www.faithlifechurch.com.au/
Foodbank Manor Lakes	foodbank@newstart.org.au
Genevieves Community Kitchen	www.genevievescommunitykitchen.org
Global Organisation for Divinity	Janani Venkatachalam /Vidya Subbu – melbourne@godivinity.org.au
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	www.facebook.com/TheIndianBazaar
Iraqi Cultural Group in Australia	Contact: Farial 0422 798 587
Jessica Jane Illustration	https://www.jessicajaneillustration.com/
Kingdom Destiny	https://www.kingdomdestiny.org.au/ or https://kingdomdestiny.online.church/
Ladies Club 60	Whatsapp / Facebook
Ladies Global Kitchen	Whatsapp
Latin Club	Rocio 0408 604 323 or Maria 0426 169 274
Lightpoint Church	https://www.lightpointchurch.com/
Lynn's Learning Manor Lakes	rkapoor_2002SA@yahoo.com Rohit Kapoor 0421 486 252
Melbourne West Korean Church	http://www.melwest.org/
Mental Health Foundation	https://www.mhfa.org.au/CMS/support-groups
My Time @Tweedle	Kim.Mace@tweddle.org.au https://bit.ly/MyTime_Groups
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	https://ccrcpointcook.org.au
Point Cook Dance	0416 67 http://pranayogastudio.com.au/ 9 911 mandy@pointcookdance.com.au
Prana Yoga	http://pranayogastudio.com.au/
Prem Arya (Seniors Yoga – Point Cook)	0430 740 023
Reclink Australia	www.reclink.org
Sahaja Yoga	0434 237 989 tonysahaj@gmail.com

Clubs & Groups



Even

More

Community Groups



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

Wyndham
We're in this together

wyndhamtogether.com.au
#wyndhamtogether



wyndhamcity

Online Courses



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ILLUSTRATION



SALTWATER ART STUDIO



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CLASSES,
WORKSHOPS
& FUN!**



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together
Wyndham

Covid 19 Advice (various languages)



ابقي بأمان في المنزل

أمان العائلة خلال الكوفيد-19 (19-COVID)

ما بإمكانك فعله لحماية نفسك والآخرين؟

ابقي على تواصل

فإذا كنت قلقةً بالنسبة لصديق أو فرد من العائلة اتصلي بهم دوريًا لتطمئني عليهم .

هل من الخطر استخدام الهاتف المحمول؟ حاولي استخدام وسيلة تواصل أخرى أو تطبيقات التواصل الاجتماعي كالتساب (WhatsApp) أو سيغنال (Signal)

- استمعي من دون إدانة
- وساعدي علي التعرف على التصرفات
- المسيئة وحضري خطة أمان.

إن كنت في خطر محقق اتصلي بالطوارئ على الرقم 000

ماذا إن كان علي ترك المنزل؟

بإمكانك الخروج من المنزل في أي وقت لإبعاد نفسك عن موقف خطير أو لو كنت معرض للضرر نتيجة للعنف العائلي . هذا ضمن (لاسباب الرعايه و الترحم) ضمن القيود الحاليه . يجب عليك ارتداء قناع وجهك عند مغادرة منزلك إلا إذا كان يوجد استثناء مسموح به (كنت في موقف عنف عائلي طارئ) . في حال تغيرت القيود, قم بالبحث في موقع ادارة الصحة و الشؤون الاجتماعيه على الانترنت:

<https://www.dhhs.vic.gov.au/coronavirus/arabic>
او اتصل بالمركز القانوني للمجتمع بمنطقةك للحصول على معلومات محدثة .
خدمات الإسكان في الأزمات متاحة كالعادة .

ما المساعدات الموجودة للمزيد من حمايتي؟

إقرار عدم التعرض متعلق بالعنف الأسري

تعمل حاليًا جميع المحاكم المحلية وتعطي الأولوية لمشاكل العنف الأسري.

فإن كان لديك جلسة استماع مدرجة في لائحة المحكمة ولديك قلق على سلامتكِ اتصلي بالمحكمة لمعرفة الاختيارات المتاحة لكِ.

لا يزال من الممكن تقديم الطلبات شخصيًا إن كان ذلك الاختيار أكثر أمانًا. كما بالإمكان تقديم الطلب على الإنترنت

<https://www.mcv.vic.gov.au/>

نصائح ومساعدات قانونية

مكتب الخدمات القانونية في فلامينغتون وكينزبنغتون (Flemington & Kensington Community Legal Centre) ساعات العمل: من الإثنين إلى الجمعة من 9:00 صباحًا ولغاية 5:00 بعد الظهر. وتقدم جميع الخدمات حاليًا عن طريق الهاتف.

إذا كنتم تسكنون أو تعملون في فلامينغتون أو كينزبنغتون يرجى الاتصال على الرقم: 9376 4335 أو استخدمي استمارة الإنترنت online form لحجز موعد.
<https://flemkenlegal.org/contact>

توجد خدمات الترجمة على الرقم: -131 450 (تيز)

على مستوى الولاية والدولة

تؤمن خطوات أمنة (سيف ستيبس (Safe Steps)) مساعدة في حالات العنف الأسري على مدار الساعة.

<https://www.safesteps.org.au/>

1800 015 1800 safesteps@safesteps.org.au

واير (Wire)

خط التحدث المباشر للمعلومات ودعم للنساء |
<https://www.wire.org.au>

هاتف: 1300 130134

بريد إلكتروني (إيميل) support@wire.org.au

خدمات في المجتمع

الصحة النسائية في الغرب (ويست ومنز هيلث (Women's Health (West)) (فوتسكراي (Footscray))

اتصلي لتهربي من العنف الأسري: هاتف: 9689 9588 أو 1800 015 188 بعد ساعات الدوام.

إن كنت في خطر محقق في المنزل اتصلي بالطوارئ على الرقم 000.

سيقم موظفي الطوارئ مستوى الخطر الصحي وسيعلمون الطاقم الذي سيحضر إلي المكان.

لا تترددي في طلب المساعدة

Covid 19 Advice (various languages)



التخطيط للأمان

اتصلي (1800 737 732) للمزيد من النصائح أو زوري موقع

<https://www.1800respect.org.au/help-and-support/safety-planning/>
على الأترنيت

شاركي الأطفال بخطة الأمان. تأكدي من أنهم يعرفون عنوانهم وكيف يتصلون بالطوارئ على الرقم 000

تعرفي على الأماكن المفتوحة في المنزل حيث بإمكان الآخرين مشاهدة النزاعات عند حدوثها.

إن كنت في خطر
اتصلي بالطوارئ
على الرقم 000
أو اتصلي مع
مركز الشرطة
المحلي.

استخدمي الإشارات والرموز لتعبري عن احتياجاتك للأصدقاء أو الأقرباء أو الجيران.

اخفي الأدوات التي قد تستخدم لإيذائك.

احفظي أرقام الطوارئ وتأكدي من أن الهاتف مشحون وأمن. امحي تاريخ زيارات مواقع الأترنيت والمكالمات الهاتفية.

حضري حقيبة الطوارئ وضعي فيها المفاتيح والأوراق الهامة والأدوية إلى ما هنالك.

Covid 19 Advice (various languages)



Stay safe at home

Family Safety during COVID-19

WHAT CAN I DO TO PROTECT MYSELF AND OTHERS?

STAY CONNECTED

If you are concerned about a friend or family member, call to check on them regularly.

Unsafe to use a mobile? Try alternative communication and social media platforms, such as WhatsApp or Signal.

- Listen without judgement
- Help identify abusive behaviour
- Make a safety plan

If you are in immediate danger, **call 000**

WHAT IF I NEED TO LEAVE MY HOME?

You may leave home at any time to escape harm or risk of harm relating to family violence. This is included under 'care or compassionate reasons' under current restrictions. You must wear a face mask when leaving your house, unless an exemption applies (e.g. you are in an emergency family violence situation). In case restrictions change, check the DHHS website, or call your local community legal centre for up to date information.

<https://www.dhhs.vic.gov.au/how-stay-safe-and-well-covid-19>

Crisis accommodation services are operating as usual.

WHAT HELP IS AVAILABLE TO INCREASE MY SAFETY?

FV INTERVENTION ORDERS

All Magistrates' Courts are open, and family violence matters are being given priority.

If you have a hearing listed and are concerned for your safety, contact the Court for options.

Applications can still be made in person if that is your safest option, or you can [lodge online](#).

<https://www.mcv.vic.gov.au/>

LEGAL ADVICE AND ASSISTANCE

[Flemington & Kensington Community Legal Centre](#) is open 9:00am – 5:00pm, Monday to Friday. All services are currently delivered by telephone.

If you live or work in Flemington or Kensington call 9376 4355 or use the [online form](#) to request an appointment.

<https://flemkenlegal.org/contact>

Interpreter services available - 131 450 (TIS)

STATE-WIDE AND NATIONAL

[Safe Steps](#) provides 24/7 family violence assistance in Victoria.

<https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

WIRE

Free information and support for women
Livechat | <https://www.wire.org.au/>

1300 134 130
support@wire.org.au

COMMUNITY BASED SERVICES

Women's Health West (Footscray)

Call to escape family violence
9689 9588 or **1800 015 188** after hours

If you are in immediate danger at home, **call 000**.

Emergency services staff will assess the level of risk to health for attending officers.

Do not hesitate to call for help.



Safety planning

CALL OR VISIT **1800 RESPECT** FOR MORE TIPS
<https://www.1800respect.org.au/help-and-support/safety-planning/>



Identify visible spaces at home where an argument could be witnessed by others.

Involve children in your safety plan. Ensure they know their address and how to dial 000.

Use signals and code words to communicate your needs to friends, family or neighbours.

If you are in danger, call 000 or contact your local police.

Prepare an emergency bag containing keys, important documents, medication etc.

Remove objects that could be used to harm you.

Save emergency contacts and keep phone charged and secure. Delete internet and call history.

Covid 19 Advice (various languages)



ኣብ ገዛኹም ደሕንነትኩም ተሓልዩ ጽንሑ

ናይ ቤተ ሰብኩም ደሕንነት ኣብዚ ናይ COVID-19 ግዝ

ዓርሰይን ካልእትን ንምሓላው እንታይ ክገብር ይኸእል?

ተታሓላዝካ ጽናሕ

ምስ መሓዘኹም ወይ ይ ቤተ ሰብ ኣባል ርክብ እንተሊኩም፣ በብግዚኡ እንዳደወልኩም ደሕንነቶም ምጽራይ ትኸእሉ።

ምባይል ንምጥቃም ደሕንነቱ ዘይተሓለወ እየ? መማረጺ ርክብን ማሕበረሰባዊ ሚዲያ መድረኻትን ተጠቐሙ፣ ንኣብነት WhatsApp ወይ Signal.

- ብዘይምፍራይ ስምዑ
- ንዳኣቲ ባህርያታት ፍለዩ
- ናይ ደሕንነት ትልሚ ኣውጽኡ

ኣብ ቀጥታዊ ሓደጋ እንተኸይንኩም፣ ናብ 000 ደውሉ

ኣብ ገዛ ከወጽእ እንተሊኒ ኸ?

ኣብ ሓደገኛ ኩነታት ዓርስኹም ንምድሓን ኣብ ዝኾነ ደኹን ሰዓት ኣብ ገዛ ምውጻእ እትኸእሉ። ሕጋዊ ዝኾነ ምኽንያት እንተ ዘይኮይኑ፣ ኣብ ቤትካ ኽትወጽእ እንተ ኣድልዩካ ግድን መሸፈኒ ገጽ ክትገብር ኣለካ። ዝያዳ ሓበሬታ ንምርካብ ናብ መስመር-ሓገዝ ኮሮናቫይረስ ኣብ

1800 675 398 ደውል (24 ሰዓት ኣሎ)።

<https://www.dhhs.vic.gov.au/coronavirus/tigrinya>

ናይ ቅልውላው ምደባ ኣገልግሎታት ከም ቀደምም ይሰርሑ ኣለዉ እዮም።

ደሕንነታይ ንምርግጋጽ እንታይ ዓይነት ሓገዝ ክረከብ ይኸእል?

FV ጣልቃ ኣታውነት ትእዛዝ

ኩሎም ታሕተዋይ ቤት ፍርዲታት ተኸፊቶም እዮም፣ ናይ ቤተ ሰባት ናይ ግጭት ጉዳይ ድማ ቅድሚያ ይዋሃቦም ኣሎ።

ዝተዘርዘረ ናይ ፍርዲ ግዝ እንተሊኩምን ንደሕንነትኩም እንተተጨነቐኩምን፣ ነቲ ቤት ፍርዲ ንመማረጺ ኣዘራርብዎ።

ደሕንነቱ ዝተሓለወ መማረጺኹም ንሱ እንተኸይኑ ማመልከቻ ምእታው ይከኣል፣ ወይ ብ [ኢንላይን ምእካብ ትኸእሉ](#)።

<https://www.mcv.vic.gov.au/>

ሕጋዊ ምኽሪን ሓገዝን

ፍሌሚንግተን ኪንሳይንተን ማሕበረ ሰብ ናይ ሕጊ ማእኸል ካብ 9:00am – 5:00pm፣ ካብ ሶኒ ክሳብ ዓርቢ ክፍቲ እዩ። ኩሎም ኣገልግሎታት ኣብዚ ግዝ እዚ በተሌፎን እዮም ዝቐርቡ።

ኣብ ፍሌሚንግተን ወይ ኪንሳይንተን ትካብሩ ወይ ትሰርሑ እንተኸይንኩም ናብ 9376 4355 ደውሉ ወይ ቆጻሮ ንምሓዝ ናይ ኢንላይን ቅጥዒ

<https://flemkenlegal.org/contact>

ናይ ኣስተርጓሚ ኣገልግሎት ቅሩብ እዩ - 131 450 (TIS)

ሃገር ለኻዊን ብሄራዊን

ናይ ደሕንነትካ ምሓላው ስጉምቲታት ናይ 24/7 ኣብ ሺክቶሪያ ናይ ቤተ ሰባት ግጭት ሓገዝ ይህቡ።
<https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

ገመድ

ነጻ ሓበሬታን ሓገዝን ን ደቂ ኣንስትዮ ቀጥታ ቻት | <https://www.wire.org.au/>

13 0 0 13 4 13 0 support@wire.org.au

ማሕበረ ሰብ መሰረት ዝገበረ ኣገልግሎት

ናይ ደቂ ኣንስትዮ ጥዕና ምዕራብ (Footscray)

ናብ ካብ ናይ ቤተ ሰብ ግጭት መምለጢ ብ 9 6 8 9 9 5 8 8 or 1 8 0 0 0 1 5 1 8 8 ደውሉ

ኣብ ገዛኹም ኣብ ቀጥታኛ ሓደጋ እንተሊኹም፣ ናብ 000 ደውሉ።

ናይ ሃንደበታዊ ኣገልግሎት ስታፍ ናይተ ሓደጋ ደረጃ ኣጻርዩ ኣፈሰራት ክልእኹ እዩ።

ናብ ሓገዝ ንምድዋል ከይትፈርሑ።

Covid 19 Advice (various languages)



ናይ ደህንነት ትልሚ

ንዝበለጸ ምኽሪ ናብ 1800 ደውሉ ወይ ኪዱ
<https://www.1800respect.org.au/help-and-support/safety-planning/>



ጭቆናታት ብካልኣት
ከረአየሎም ዝኸለሉ ቦታታት
ፍለይ።

ኣብዚ ናይ ደህንነት ትልሚ
ህጻውንቲ ኣሳትፉ።
ኣድራሽኦም ከፈልጡን ናብ
000 ምድቀል ክኸለሉን
ግበርዎም።

ብኩም ወይ ጎረቤትኩም ንምርዳእ
ምልክታትን ኮድን ተጠቐሙ።

ኣብ ሓደጋ
እንተኣቲኹም፣
ናብ 000
ደውሉ ወይ
ከባቢያዊ
ፖሊስኩም
ኣዘራርቡ

ንዓኹም ንምጉዳእ ኣብ
ጥቕሚ ከውዕሉ ዝኸለሉ
ኣቕሱ ኣወግዱ።

ቁልፊ፣ ጠቕምቲ ሰነዳትን
መድሓኒታትን ወዘተ. ዝሓዘ ናይ
ሃንደበታዊ ግዘ ሳንጣ ኣዳለው።

ድ ሌ ታ ት ኩ ም
ን መ ሓ ዙ ት ኩ ም
ወ ይ ቤ ተ

Covid 19 Advice (various languages)



Ở nhà an toàn

An toàn cho Gia đình trong thời kỳ COVID-19

TÔI CÓ THỂ LÀM GÌ ĐỂ BẢO VỆ BẢN THÂN VÀ NGƯỜI KHÁC?

GIỮ LIÊN LẠC

Nếu quý vị lo lắng về bạn bè hay người thân, hãy thường xuyên gọi điện cho họ để hỏi thăm.

Không an toàn để sử dụng điện thoại di động? Hãy thử dùng diễn đàn giao tiếp và truyền thông xã hội khác, như WhatsApp hoặc Signal.

- Lắng nghe mà không phán xét
- Giúp xác định hành vi lạm dụng Lập kế hoạch an toàn

Nếu quý vị đang gặp nguy hiểm, **hãy gọi 000**

NẾU TÔI CẦN PHẢI RỜI KHỎI NHÀ THÌ SAO?

Quý vị có thể rời khỏi nhà bất kỳ lúc nào để thoát khỏi tình huống nguy hiểm. Quý vị phải đeo khẩu trang khi rời khỏi nhà, trừ khi được miễn trừ áp dụng (ví dụ: quý vị đang trong tình trạng bạo lực gia đình khẩn cấp). Trong trường hợp các hạn chế thay đổi, hãy xem trang web của DHHS, hoặc gọi cho trung tâm pháp lý cộng đồng địa phương của Quý vị để biết thông tin cập nhật.

<https://www.dhhs.vic.gov.au/coronavirus/vietnamese>

Dịch vụ nhà ở lúc khủng hoảng vẫn hoạt động bình thường.

CÓ NHỮNG SỰ GIÚP ĐỠ THẾ NÀO ĐỂ GIA TĂNG AN TOÀN CHO TÔI?

ÁN LỆNH CAN THIỆP BẠO HÀNH GIA ĐÌNH

Tất cả các Tòa Sơ thẩm đều mở cửa, và các vấn đề về bạo hành gia đình đều được ưu tiên.

Nếu quý vị đã có lịch ra toà và lo ngại về sự an toàn của mình, hãy liên lạc với Tòa để biết các lựa chọn.

Quý vị vẫn có thể làm đơn trực tiếp ở toà nếu đó là lựa chọn an toàn nhất cho quý vị, hoặc quý vị có thể nộp đơn trực tuyến.

<https://www.mcv.vic.gov.au/>

HƯỚNG DẪN VÀ GIÚP ĐỠ VỀ LUẬT PHÁP

Trung tâm Luật pháp Cộng đồng Flemington & Kensington mở cửa từ 9 giờ sáng đến 5 giờ chiều, thứ Hai đến thứ Sáu. Tất cả các dịch vụ hiện đang được cung cấp qua điện thoại.

Nếu quý vị sống hoặc làm việc ở Flemington hay Kensington hãy gọi số 9376 4355 hoặc sử dụng mẫu đơn trực tuyến để xin hẹn.

<https://flemkenlegal.org/contact>

Có dịch vụ thông dịch - 131 450 (TIS)

TOÀN TIỂU BANG VÀ TOÀN QUỐC

Safe Steps cung cấp sự giúp đỡ về bạo hành gia đình 24/7 ở Victoria.
<https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

WIRE

Thông tin và hỗ trợ miễn phí cho phụ nữ Nói chuyện trực tiếp | <https://www.wire.org.au/>

1300 134 130

support@wire.org.au

CÁC DỊCH VỤ Ở CỘNG ĐỒNG

Sức khoẻ Phụ nữ miền Tây (Women's Health West (Footscray))

Gọi điện để thoát khỏi bạo hành gia đình **9689 9588** hoặc **1800 015 188** sau giờ làm việc

Nếu quý vị đang gặp nguy hiểm ở nhà, **hãy gọi 000**.

Nhân viên dịch vụ khẩn cấp sẽ đánh giá mức độ rủi ro đối với sức khoẻ cho nhân viên gặp.

Đừng ngại gọi điện nhờ giúp đỡ.



Lập kế hoạch an toàn

GỌI ĐIỆN HOẶC TRUY CẬP 1800 RESPECT ĐỂ ĐƯỢC HƯỚNG DẪN THÊM
<https://www.1800respect.org.au/help-and-support/safety-planning/>



Covid 19 Advice (various languages)



Ku nabad gal guriga

Amaanka qoyska inta lagu jiro COVID-19

MAXAAN SAMAYN KARAA SI AAN U XAFIDO NAFTAYDA IYO KUWA KALE?

AHOW QOF LALA XIRIIRI KARO

Haddii aad qabto welwel ku saabsan saaxiibkaa ama xubin qoyska ka mid ah, joogto u wac si aad uga war hayso.

Aamin ma tahay in la isticmaalo mobile? Isku day wada xiriir kale iyo habka warbaahinta bulshada, sida WhatsApp ama Signal?

- Dhegayso adiga oo aan wax go'aansan
- Caawin inaad aqoonsato dabeecada
- dhibaataaynta Samay qorshe aamaan

Haddii aad ku jirto khatar degdeg ah, **wac 000**

MAXAA DHACAYA HADDII AAN U BAAHNAHAY IN AAN TAGO?

Waa laga yaabaa inaad ka tagto guriga mar walba si aad u tagto Xaallad khatar ah.

Waa inaad xirataa wejiga maaskaro markii aad ka tageyso gurigaaga, haddii laga reebay mooyee. Haddii ay dhacdo in xannibaadda la xakameeyo, ka eeg shabakadda DHHS, ama wac xarunta sharciga bulshada ee deegaankaaga si aad u hesho macluumaadka ugu dambeeyay.

<https://www.dhhs.vic.gov.au/coronavirus/somali>

Qalalaasaha adeega degaanka ayaa caadi u shaqaynaya

CAAWIMA NOOCEE AH AYAA LA HELLI KARAA SI LOO SIYAADIYO AMAANKA?

AMARADA FARAGELINTA FV

Dhamaan Maxkamadaha Magistrate-ku waa furan yihiin, rabshada qoyskana waxaa la siiyaa mudnaan.

Haddii aad leedahay dhagaysi la diiwaangeliyey aadna welwel ka qabto amaankaaga, la xiriir xalalka Maxkamada.

Dalabyada shakhsian ayaa loo soo gudbin karaa haddii taasi tahay xalka ugu fiican oo amaanka, ama waxaad awoodaa inaadka [xerasoonline-ka](#).

<https://www.mcv.vic.gov.au/>

TALADA SHARCIGA IYO CAAWIMADA

[Flemington & Kensington Community Legal Centre](#) wuxuu furan yahay 9:00 subaxii – 5:00 galabtii, Isniinta ilaa Jimcaha. Dhamaan adeegyada hadda waxaa lagu bixiyaa telefoonka.

Haddii aad ka shaqayso Flemington ama Kensington wac 9376 4355 ama isticmaal [foomka online-ka ah form](#) si aad u codsato ballan. <https://flemkenlegal.org/contact>

Waxaa la heli karaa adeegyada mutarjumka - 131 450 (TIS)

GOBOLKA OO DHAN IYO WADANKA

[Safe Steps](#) waxaa la siiyaa 24/7 ka caawimada qalalaasaha ee Fiktooriya. <https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

WIRE

Macluumaad lacag la'aana iyo kaalmada dumarka ee Livechat | <https://www.wire.org.au/>

1300 134 130
support@wire.org.au

ADEEGYADA KU SALAYSAN BULSHADA

Women's Health West (Footscray)

Ka wac rabshada qoyska si aad u cararto tel **9689 9588** ama **1800 015 188** saacadaha shaqada ka dib

Haddii aad ku jirto khatar degdeg ah oo guriga ka jirta, **wac 000**.

Shaqaalaha adeegyada degdegta ah ayaa qiimayn doona heerka khatarta caafimaadka si ay saraakiishu u yimaadaan.

Ha ka shaki qabin inaad raadsato caawimo.

Covid 19 Advice (various languages)



Qorshaynta aamaanka

WAC AMA BOOQO [1800 RESPECT MACLUUMAAD INTAA KA BADAN](https://www.1800respect.org.au/help-and-support/safety-planning/)
<https://www.1800respect.org.au/help-and-support/safety-planning/>

Hel gooba la garan karo ee guriga halkaas oo dadku ay markhaanti ka noqon karaan kuwa kale.

Carruurta ha ku jirto qorshahaaga amaanka. Xaqiiji inay ogyihiin cinwaankooda iyo sida loo waco 000.

Isticmaal calaamadaha iyo erayada baaqa ah si aad ula xiriirto saaxiibadaa, qoyskaaga iyo deriskaaga.

Haddii aad khatar ku jirto, wac 000 ama la xiriir booliiska agtaada ah.

Ka qaad meesha waxyaallaha lagu isticmaalo karo in wax lagugu yeello.

Xerayso/qoro meelaha lagala xiriirto xaalladaha degdegta ah telefoonkuna had iyo jeer ha ahaado mid kuu shaqaynaya aadna haysato. Ka tirtir wixii maclumaad ah internet iyo telefoonka.

Diyaarso boorso xaalladaha degdegta ah oo ay kuugu jiraan dukumintiga muhiimka ah, furayaasha, daawada iwm.

Covid 19 Advice (various languages)



在家裏保證安全

新冠肺炎大流行期間的家庭安全

爲了保護我自己和其他人，我可以做什麼？

保持聯絡

假如你擔心一位朋友或家人，經常給他們打電話問安。

用行動電話不安全？試著用其他通訊方法和社交媒體平臺，比如WhatsApp或Signal。

- 傾聽且不加評判
- 協助識別虐待行爲 制定安全計劃
- 劃

假如你現在就有危險，撥**000**。

假如我需要出門應該怎麼辦？

你可以在任何時候離開家裏，讓自己脫離危險。這被包括在當前限制下的“護理或同情心”豁免條款中。離開家時必須戴口罩，除非你有豁免理由（例如，你身處家庭暴力緊急情況中）。以防當前限制發生變化，請訪問DHHS網站，或聯絡當地的社區法律中心獲取最新信息。

緊急住宿服務機構照常提供服務。

<https://www.dhhs.vic.gov.au/coronavirus/chinese>

有哪些幫助可以讓我確保安全？

家庭暴力干預令

所有初級法院均開門，家庭暴力事件會優先予以處理。

假如你的聆訊日期已定，但你擔心自己的安全問題，聯絡法院詢問你有哪些選擇。

出於安全考慮，你仍可以親自去提出申請，或你可以在線上申請。

<https://www.mcv.vic.gov.au/>

法律建議與援助

Flemington & Kensington 社區法律中心的上班時間是星期一至星期五上午9:00 - 下午5:00。目前所有服務均透過電話提供。

假如你在Flemington或Kensington居住或工作，撥打9376 4355或使用線上表格安排預約。

<https://flemkenlegal.org/contact>

口譯服務電話 - 131 450 (TIS)

全州和全國性服務

Safe Steps 在維州7天24小時提供針對家庭暴力的援助。

<https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

WIRE

為婦女提供免費資訊和支援 線上聊天 | <https://www.wire.org.au/>

1300 134 130

support@wire.org.au

社區服務

Women's Health West (西區婦女健康 Footscray)

打電話逃離家暴 9689 9588或下班後1800 015 188

假如你在家現在就有危險，撥**000**。

應急服務職員會為上門工作人員評估對健康構成的風險級別。

儘管打電話尋求幫助。



安全計劃

打電話或訪問 **1800 RESPECT** 瞭解更多提示

<https://www.1800respect.org.au/help-and-support/safety-planning/>

在家裏找一個
可以讓別人目
擊吵架的地方。

在安全計劃裏
考慮你的孩子。
確保他們知道
自己的地址以
及如何撥打 **000**。

用信號和暗語來
向朋友、家人或
鄰居傳達你的需
要。

假如你有
危險，撥
000或聯
絡你本地
警察局。

把可以用來弄
傷你的物體移
開。

保存好緊急聯
絡電話，充好
電，把行動電
話放在安全之
處。刪除網路
和通話記錄。

準備一個應急包，
裏面放好鑰匙、重
要文檔、藥物等。

Useful Contacts



Sharepoint

Covid 19 has presented many challenges to the way we work, support and deliver for the Wyndham Community. There has never been a more important time for us to all work together, to engage and communicate with our community, with a clear and consistent message.

This portal provides a virtual place for community leaders and groups to connect with Wyndham City Council, share resources and work together.

<https://wyndhamcitycouncil.sharepoint.com/sites/COVID-19communication/SitePages/ABOUT.aspx>

Got a project
you want to
share?

Arndell Park Community Centre

Truganina
8734 8911

arndellparkccc@wyndham.vic.gov.au

Featherbrook Community Centre

Point Cook
8353 4000

featherbrookccc@wyndham.vic.gov.au

The Grange Community Centre

Hoppers Crossing
8742 8000

Iramoo Community Centre

Wyndham Vale
8742 3688

admin@iramoooc.com.au

Jamieson Way Community

Centre

Point Cook

9395 3777

admin@jamiesonwaycc.org.au

Manor Lakes Community Learning Centre

Manor Lakes

8734 8934

manorlakesclc@wyndham.vic.gov.au

Penrose Community Centre

Tarneit

8734 4500

Penrosepromenadecc@wyndham.vic.gov.au

Point Cook Community Learning Centre

Point Cook

9395 6399

pointcookclc@wyndham.vic.gov.au

Quantin Binnah Community Centre

Werribee

9742 5040

qb@qbcc.org.au

Saltwater Community Centre

Point Cook

8376 5504

Saltwaterccc@wyndham.vic.gov.au

Tarneit Community Learning Centre

Tarneit

8734 6040

tarneitclc@wyndham.vic.gov.au

Wunggurrwil Dhurrung Centre

Wyndham Vale

8734 0288

WunggurrwilDhurrung@wyndham.vic.gov.au

Wyndham Park Community Centre

Werribee

8742 3975

admin@wyndhamparkccc.com.au

Wyndham City Council

Werribee

9742 0777

For all other support services, including food relief, mental health support, family and social support, housing and homelessness accommodation, online and priority shopping, emergency relief and material aid, google Wyndham Support Services or go to <https://www.wyndham.vic.gov.au/services/community-support/community-support-during-covid-19/wyndham-city-support-services>