



Edition 2, Published 8 April 2020

COVID-19

PUBLIC GATHERINGS

Public gatherings significantly increase the risk of COVID-19 spreading. From 29th March 2020 the Government has limited indoor and outdoor non-essential gatherings to two people. Stay home unless you are:

- Going to work or education (if you are unable to do so at home);
- Shopping for essential supplies;
- Going out for personal exercise in your neighbourhood, on your own or with one other person; or
- Attending medical appointments.

<https://www.health.gov.au/news/health-alerts>



YWCA are here to help.
Call (03) 8341 8700 or visit
www.ywcahousing.org.au



WHAT'S HAPPENING

VICTORIA

The Victorian Government have set up a 'Working for Victoria Fund' to help those who have lost their jobs due to the current health crisis.

If your job has been affected by COVID-19 you can register your details using the link below to find jobs which match your skills or take part in training for new roles:

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

Have you joined the new tenant Facebook group yet?

<https://www.facebook.com/groups/1198091700526822/>

QLD

Queenslanders with disability who don't have carers, family or friends to assist them can call the Community Relief Hotline to request food, household items and medicines: 1800 173 349.

Townsville has a drive-through COVID-19 testing clinic at the Kirwan Community Health Campus. Eligibility for testing include fever, acute respiratory symptoms AND contact with a confirmed case or recently been overseas. Testing also available for those with a fever, acute respiratory symptoms and who:

- Work in aged care, healthcare, military, corrections, detention centres;
- Live in Brisbane, Gold Coast or Cairns;
- Live where an outbreak has occurred; or
- Live in a First Nations community.



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WHAT TO DO IN ISOLATION

MAINTAINING WELLBEING

Looking after our mental health is as important as ever, yet it's not always something that we prioritise. When the world feels like its spinning out of control, who wants to spend 15 minutes doing a mindfulness meditation, right?

However, one of the best things we can do for ourselves and our families right now is to make sure we look after our physical and mental health.

- Set up regular phone or video calls with friends and family.
- Maintain a healthy lifestyle with nourishing meals, sleep routine and exercise.
- Reduce your exposure to the news.
- Remember that this period is temporary and that your efforts are helping to curb the spread of the virus.
- Seek help from professionals.

THINGS TO DO

But what am I supposed to do with all this extra free time?

- Set up virtual social events with friends and family to watch movies or sport.
- Join a local community group on Facebook.
- Take a short course – Laneway Learning run informal online classes for everything from macramé to journal writing, and they've just started online classes
<https://melbourne.lanewaylearning.com/>

HELPFUL RESOURCES

WHERE TO GO FOR MORE INFO

Mental Health Support

- Lifeline 13 11 14, 24 hours a day, 7 days a week
- Lifeline text 0477 13 11 14, 6pm – midnight, 7 nights a week
- Beyond Blue 1300 22 4636,
<https://beyondblue.org.au/>

Non English-Speaking Background

- Coronavirus information translated into 63 different languages
<https://www.sbs.com.au/language/coronavirus>

Priority home delivery for NDIS participants call 1800 800 110
<https://www.ndis.gov.au/coronavirus/priority-home-delivery-services>

CONTACT US

Have a question? You can contact us via:

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Website: www.ywcahousing.org.au

