



Edition 4, Published 1 May 2020

COVID-19

LATEST NEWS

- Testing is now available for any Australian with mild respiratory symptoms including a cough and sore throat.
www.healthdirect.gov.au/coronavirus-covid-19-seeing-a-doctor-getting-tested-faqs
- Job seekers will be exempt from reporting their mutual obligation requirements up to and including 22 May 2020.
www.employment.gov.au/news/covid-19-mutual-obligation-exemptions-extended-until-22-may-2020
- The COVIDSafe app is part of the work being undertaken across the nation to slow the spread of [COVID-19](#). Having confidence in finding and containing outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe. The new COVIDSafe app is completely voluntary.
www.health.gov.au/resources/apps-and-tools/covidsafe-app

TOWNSVILLE

Assistance available for those experiencing hardship

Red Cross in Townsville may be able to offer food vouchers, transport vouchers or other types of assistance to local residents experiencing hardship. A referral is needed so please contact your YWCA housing officer for more information.

COMMUNITY STARS

DO YOU KNOW ONE?

Nominate one of your YWCA neighbours to be a 'Community Star'.

Have you noticed a fellow tenant going out of their way to make others feel welcome?

Maybe they offer a helping hand to someone who is going through a rough time?

Send your nomination with a short explanation about why you chose them to whitney.grewal@ywca.org.au.

Beyond Blue 24 hotline for support. Call 1300 22 4636 or visit www.beyondblue.org.au

NEIGHBOURHOOD HOUSES

Looking for ways to connect with your local community? Get in touch with your local Neighbourhood House! Connect, learn, contribute through social, educational, recreational and support activities.

Though houses are temporarily closed due to the public shut down, staff and volunteers are still working to ensure vulnerable community members have access to services they need, and turning to digital ways of keeping socially connected with everyone

To find your local centre, call (03) 9602 1228 or visit www.anhca.asn.au





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TENANT PROFILE

AGGIE

A resident of 'The Grove' for over ten years, Aggie understands some of the struggles of rooming house living and the positive impact a neighbour can have on your life.



In Aggie's case, her neighbour, Natalie, has become a treasured friend.

"Natalie moved in last year, and she's just like a sister to me now. Good friends really do become your family."

Aggie and Natalie even spent a Christmas with Aggie's Mum. "It might take me a while to warm up and trust people, but I feel now like I've found a true friendship."

These two friends share home cooked meals together and with other residents.

"I feel like my confidence has just grown, and I'm getting out a lot more. I used to be a hermit in my room eating microwave meals, but Natalie has brought me out of my shell."

"I've even lost 20 kilos in the past year!" Aggie says as she shows off a photo of herself holding up a pair of her old jeans. "It's because of all the healthy cooking and eating I'm now doing, and because we're going for walks together as well."

According to Aggie, the unique sense of community at The Grove isn't easily created and maintained. "I didn't get much of a welcome or orientation when I first moved in, so now I try to be that welcoming person for everyone else when they move in, to make them feel at home."

Aggie's attitude towards community living has contributed to the overall sense of community which is felt at The Grove.

CONTACT US

Have a question? You can contact us via:

Telephone: (03) 8341 8700

Email: mel-housing@ywca.org.au

Website: www.ywcahousing.org.au

Reminder - have you had your flu shot yet? Call 1800 671 811 to find a provider or visit www.healthdirect.gov.au/flu-vaccine-faqs

