

Volunteer and Community Connections Newsletter

Special October Edition 2020

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Chief Executive Officer's Message

Dear Volunteers,

It is lovely to see a few early signs of Spring arriving with flowers in the garden, daylight arriving earlier and I think a few less cold days. I hope you are enjoying this Spring weather.

It is important that we keep you regularly informed and engaged while COVID -19 restrictions are in place. I hope you enjoy reading this special edition, which includes your experiences in lockdown, messages from Connect Health & Community staff, Department of Health and Human Services (DHHS) information, activities for you to enjoy and things you can do to help de-stress.

As an essential service provider, we will continue to provide services to address community needs in a 'COVID safe manner' as part of our COVID response. The Premier's announcement on Sunday 28 September provided some welcome news, as we begin to move safely to easing restrictions. This means we can begin to engage more Priority 2 clients by offering face to face or telehealth appointments.

To reduce the risk of transmission of the virus our staff continue to work in squad formation, use personal protection equipment and our facilities remain safe with our screening processes and frequent cleaning.

Announcements by DHHS recognise that changes to restrictions will be defined by case numbers rather than dates outlined in the Victorian road map. Connect Health & Community will assess the feasibility of limited outdoor group services, likely to be a pop up concept subject to the weather. Bay Road site will remain closed for client services.

Connect Health & Community is currently undertaking new COVID initiatives:

- Integrated COVID-19 Community Care Pathways (designed to support COVID-19 positive patients in their recovery journey, with the aim of coordinating them to successfully quarantine)
- High Risk Accommodation Response (HRAR) for people living in high risk accommodation such as rooming and boarding houses, low rise public housing and community social housing.

More information on these initiatives is provided by the Chief of Services in this Newsletter.

This year's Annual General Meeting will be a virtual event, held on 26th November. An invitation and event detail will be distributed in the very near future.

Finally, it is important to get tested if you have the slightest of symptoms and stay at home until your test result is known. Please continue to stay safe by maintaining a physical distance of 1.5 metres from other people, practising good hand hygiene and wearing a face mask. We will keep you informed as we make decisions that adapt our services.

I look forward, once again, to having the opportunity to meet with you in person.

Best wishes to you all and stay safe and well.

Regards

Amanda Murphy



Our Values: Respect, Responsiveness, Accountability & Collaboration



Message from Chief of Services

New initiatives being undertaken by Connect Health & Community:

Integrated COVID-19 Community Care Pathways

Under the direction of the Victorian Department of Health and Human Services (DHHS) a new pilot program, the **Integrated COVID-19 Community Care Pathway** has been developed to support GPs in managing COVID-19 positive patients in the community (excluding patients in Residential Aged Care Facilities), and provides advice and streamlined escalation of care of patients at risk, in the event of deterioration.

The program provides safe, high quality care, including community based care for low risk patients, who will be referred to Connect Health & Community as their community provider, to support their mental health, wellbeing and psycho/social needs. This program will be run with Alfred Health and Star Health, and will be based at Bay Road, Cheltenham.

High Risk Accommodation Response (HRAR)

Connect Health is working across three local government areas in the Cities of Glen Eira, Bayside and Kingston, to identify and support high risk accommodation settings such as public housing, rooming and boarding houses, social housing in keeping vulnerable communities safe over the next 4 months. Connect Health will be working with proprietors, residents and a range of stakeholders to develop strategies to help keep people safe. The HRAR team will be based at Bay Road, Cheltenham.

New initiatives in the community:

Community Activation and Social Isolation Initiative (CASI)

Meaningful connections between people are really important for good health and wellbeing. The Victorian Government's new **Community Activation and Social Isolation (CASI)** initiative helps people who might be feeling lonely or have lost their regular networks during the coronavirus (COVID-19) pandemic. CASI aims to help these people build social connections and networks of support in their local communities. There are two parts to the initiative:

1. People can now call the **coronavirus (COVID-19) hotline on 1800 675 398** to receive emotional support if they are feeling lonely or disconnected as a result of coronavirus (COVID-19). The Australian Red Cross is the Victorian Government's partner in providing this support.
2. If they are interested, people can also be linked into a **community connector** in their local government area. This person will help connect them with local organisations who can provide ongoing emotional, practical or social support.

CASI is for anyone who would benefit from being connected into their local community and linked into practical, emotional or social support. It's particularly aimed at people who don't have many social connections or informal supports, or those who have them but can't access them during the coronavirus (COVID-19) pandemic.

Support is provided through the coronavirus (COVID-19) hotline. Callers will be connected to friendly Australian Red Cross volunteers. These volunteers are trained in psychological first aid and can provide emotional support to callers who may be anxious or just need to talk about why they're feeling lonely or disconnected.

To access CASI, people can call the Victorian Government's coronavirus (COVID-19) hotline on **1800 675 398** and press 3 to speak to an Australian Red Cross volunteer or connect directly with their local community connector.

Message from Chief of Services ... continued

SEMPHN Mental Health Hub in Berwick

South Eastern Melbourne Primary Health Network (SEMPHN) works primarily on behalf of the Australian Government to improve local health care. On 17 August, the Australian Government announced \$26.9m of new funding to establish 15 dedicated mental health hubs across Victoria. SEMPHN commissions primary mental health services to support people with mild mental illness and to develop innovative approaches for treating those with severe illness and complex needs.

Victoria's six [Primary Health Networks](#) are rapidly scaling-up and enhancing mental health services through existing sites to help Victorians access services as early and as conveniently as possible. There will be three hubs located in the South Eastern Melbourne Primary Health Network area. Services are planned to be provided by mental health nurses, peer workers, psychologists and social workers. Services will include telehealth options such as phone and video consultations in line with COVID-19 restrictions.

South Eastern Melbourne PHN is hosting three HeadtoHelp mental health hubs in Frankston, Officer and Berwick:

- **Berwick Healthcare**, 76 Clyde Road, Berwick, Victoria, 3806
- **Young Street Medical and Dental**, 89/97 Young Street, Frankston, Victoria, 3199
- **Officer Medical Centre**, 4 Cardinia Road, Officer, Victoria, 3809

For more information visit website: www.headtohelp.org.au or call **1800 595 212**.

Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or [secure video consultation](#)), family and group formats and are matched to people's needs. API services are available across south eastern Melbourne. **Connect Health** provides this service in the local government area (LGA) of Bayside.

Commonwealth government has announced extension of Medicare-subsidised telehealth

Australians will continue to receive medical care and support in their own homes with the Commonwealth Government's announcement on 18/9, a \$2 billion extension to a range of COVID-19 related health measures for a further six months, to 31 March 2021.

Medicare-subsidised telehealth and pathology services, GP-led respiratory clinics, home medicines delivery, public and private hospital services will all be extended, as well as further investments in PPE. Medicare-subsidised telehealth extension includes general practitioner, nursing, midwifery, allied health and allied mental health services as well as essential specialist services, such as consultant physician, geriatrician, and neurosurgery. Bulk billing will continue to be available and regular billing practices will apply to all of these services. These health initiatives play a major role in detecting, preventing and treating COVID-19.

<https://www.pm.gov.au/media/2-billion-extend-critical-health-services-across-australia>

The VaCC team will continue to keep you up to date as changes occur.

Sally Hoffmann

Message from VaCC Team

Hi to all our Volunteers,

Reminder — Please email or send your **Volunteer Feedback** form to us — your feedback is important — so we can organise social activities and events to best support and assist you during this lockdown, to keep you engaged and connected with Connect Health — and most importantly, for you to enjoy!! Thank you to the volunteers who have already provided their feedback. We hope you have enjoyed catching up and sharing your experiences with other volunteers and staff through teleconferencing. We have included crosswords and quizzes on page 11 of this Newsletter — let us know if you enjoy these and want more of these activities.

There is a new date for **AFL Grand Final Day** — changed from September 25 to **Friday 23 October, 2020**. We wish your team the best of luck.

We hope you are all keeping busy and active during the current lockdown restrictions. We look forward to you all returning to Connect Health in your various volunteer roles. Stay safe and well until we see you all again.

Volunteer and Community
Connections Team



Farewell from Brian Kirk

I am honoured to be asked to say a formal goodbye to our Volunteers and the VaCC team. After Jo left I was asked to provide some support to the VaCC team. I didn't realise that I would be driving buses, organising Christmas functions and meeting a great group of people. I was asked what was I most proud off during my 7 months with VaCC, that would be hiring Neera and Michelle.

Goodbye, good luck and keep up the good work.

Regards

Brian Kirk

Acting VaCC Manager (June 2019-January 2020)



Auxiliary

The Auxiliary hopes all the volunteers are keeping well. With restrictions easing, it was wonderful to enjoy two hours in the park with another volunteer friend — distancing, of course.

We may not be able to give support in our usual manner, however many have been active behind the scenes. The Auxiliary ladies have collectively produced many items for the benefit of the local community, including washable re-useable face masks, drawstring bags, as well as garments, toys, blankets etc., for all ages, and for our furry friends (fur babies). During the pandemic, from July to September 2020, our ladies provided 790 hours sewing and knitting.

Please keep an eye out for our future stalls. It will be terrific when we get back to full gear. We miss everyone of you. See you soon.

Lyn Munday

Auxiliary President

Restrictions are in place which require everyone in Victoria to limit their interactions with others to slow the spread of coronavirus (COVID-19). These restrictions are based on where you live.

Current Restrictions: metropolitan Melbourne

- [Restrictions](#) are in place across metropolitan Melbourne.
- [Business and industry restrictions](#). Unless an exception applies, only Permitted Work Premises may operate with on-site operations during the restricted activity period in the Restricted Area, and only to the extent permitted.
- Employers that require their staff to attend a work site must issue a [worker permit](#) to their employees - this is the employer's responsibility.

Current Restrictions: Rest of Victoria

- [Restrictions](#) have eased as part of the Third Step toward COVID Normal. This means from 11:59pm on 16 September there are no restrictions on reasons to leave home or the distance you can travel across regional Victoria.

Face coverings: Whole of Victoria

- Every person 12 years and older living in Victoria must wear a face covering when they leave home information on this can be found [here](#).
- There are lawful reasons for not wearing a face covering and information on these reasons can be found [here](#).
- The fine for not wearing a face covering is \$200.

Continue to take the following actions to reduce the risk of coronavirus (COVID-19) infection to yourself and the community by:

- **Wear a face covering when you leave your home**
- **Practise good hygiene and regularly and thoroughly wash your hands.**
- **Maintain physical distancing, keep at least 1.5 metres away from others.**

If you feel unwell or have any symptoms of coronavirus (COVID-19):

- [Get tested](#) as soon as possible.
- [Self-isolate](#) at home until you receive your test results. Stay at home. Don't go to work, school or shopping.

Testing for coronavirus (COVID-19)

- It is important that everyone with coronavirus (COVID-19) symptoms, however mild, gets tested and stays at home until you receive your test results.
- The most common symptoms of coronavirus (COVID-19) are fever, chills or sweats, cough, sore throat, shortness of breath, runny nose or loss of sense of smell or taste.
- Those who test positive and their close contacts must isolate for 14 days. Stay at home. Don't go to work, school or shopping. The most common symptoms of coronavirus (COVID-19) are fever, chills or sweats, cough, sore throat, shortness of breath, runny nose or loss of sense of smell or taste.
- A full list of testing sites can be found [here](#).

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

Physical distancing:

- Actions that Victorians and employers can take are available [here](#).

Protect your health:

- [Continue to take personal action to reduce your exposure](#).
- If you suspect you may have coronavirus (COVID-19) and need advice over the phone, call the dedicated hotline: 1800 675 398.

Help protect other people's health:

- Information on visiting loved ones and/or providing care services are available [here](#).

International travelers:

- All travelers arriving at Victorian maritime ports from overseas, will go into immediate quarantine for 14 days.
- International air travel into Victoria is currently suspended.
- For more information use this [link](#).

This message was issued by Department of Health and Human Services.

The next update is expected by 12/10/2020 05:00 pm or as the situation changes.

Stay informed:

Visit the DHHS website dedicated to coronavirus (COVID-19): www.dhhs.vic.gov.au/coronavirus.

- Call the coronavirus (COVID-19) hotline if you suspect you have coronavirus (COVID-19) on 1800 675 398.
- VicEmergency [website](#) and [app](#)., DHHS [Facebook](#) and [Twitter](#)., VicEmergency [Facebook](#) and [Twitter](#).

Accessibility:

The following services can help you, or someone you know, access information during an emergency.

- To access this information in other languages call the [Translating and Interpreting Service](#) on 131 450 (freecall) and ask them to call the coronavirus (COVID-19) hotline.
- Translated coronavirus (COVID-19) resources are [available here](#).
- If you are deaf, hard of hearing, or have a speech/communication impairment contact [National Relay Service](#) on 1800 555 677 and ask them to call the coronavirus (COVID-19) hotline.

Our Volunteers in Lockdown

Life in Lockdown

My life came screeching to a halt as we went into lockdown. My volunteer work at the Red Cross shop and Connect Health and Community stopped. I could no longer attend Sing Along at Marriott House. The yoga studio had to close. The one thing I could still have is my piano lessons — I've been having them over the phone as my piano teacher hasn't been able to come over. I found not having much going on took a bit of getting used to. But after a while I started to cope a lot better. It's been really nice at least getting to talk to my piano teacher (who is also a close friend of mine) on the phone and play my songs for her with my phone on top of the piano so she can listen. She finds songs for me to learn and emails them to me and then I spend a fortnight learning them and then when we chat again I get to play them for her. I've also been keeping in touch with my friends on the phone, baking, going for walks in the neighbourhood, doing yoga in the lounge room, and doing jigsaw puzzles (which my cat, Buzz, then knocks about as he finds it's a good way to get attention!) Almost 2 months ago I decided to try something new and I learnt how to do crochet. I've actually turned out to be quite good at it already. I find it very relaxing and it's fun to watch the colours of the rainbow wool I'm using form a pattern. I turned my first piece of crochet into a colourful cushion and now I'm working on a new piece but I haven't decided what it's going to be yet. So I am managing to find ways to still have fun while in lockdown. I keep telling myself we're all going to get through this together and I look forward to the day when I can start doing some of the things I used to do again. Stephanie S



Craig and I had some exciting news in June. We are now great grandparents to darling Matilda Mae (the Mae being named after me). She lives in Torquay with our first grandson and his wife.

Our daughter lives in Torquay too and came all the way to Cheltenham to pick us up and took us back to see our beautiful baby and have a cuddle. After a one night stay Meryl and Trevor then brought us all the way back home again then drove back to Torquay. We were so lucky little Tilly was born between lockdowns, we have since survived on lovely photo's.

This little statue sits in our garden and I can see her every day when I practice my tai chi.

Esmee K 😊😊

Our Volunteers in Lockdown

I get so excited and passionate when creating artwork and I'm so glad that it is able to assist those in the Connect Health & Community especially during this time. Creativity is so important for health and well-being so I'm glad to be able to assist where possible.

I have been making a few felt things too. Haven't used felt for a while so it's good to get back into it.

I look forward to coming back to volunteer when things become somewhat more normal in the near future I hope.

Tamar



During lockdown, a group of our volunteers have been working hard making drawstring bags for the Bayside Community Emergency Relief initiative (BCER) — to create comfort packs for children from Domestic Violence Homes. The volunteers also added Connect Health labels to the bags, to promote our service. Our volunteers have collectively contributed 46 bags to this effort.

Thank you to Pam F, Sally C & Tricia H for supporting our local community. Pam F (pictured left) made 36 bags for the BCER initiative. Well done!!



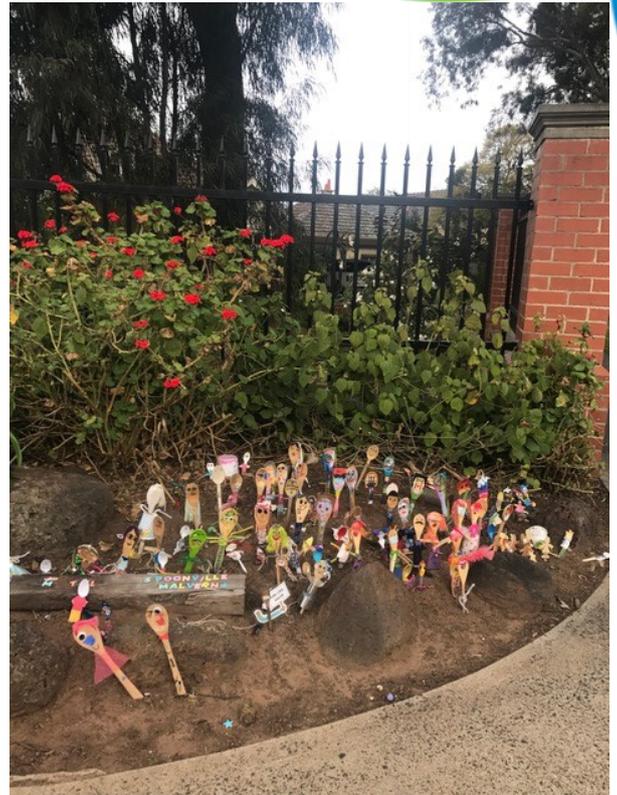
Thank you to volunteers Lyn M and Jenny R who have been busy making reusable cloth masks (pictured right) to be supplied free to vulnerable people in the community. They have collectively made 200 masks. A tremendous effort!!



Messages from Staff during COVID-19 Restrictions



My co-worker reads this Newsletter with interest and loves being in an article. Her name is Ripley (from the Alien movies). She is a 9 year old Alaskan Malamute. Jennine L



I am on my daily walk on another lovely spring day with blossoms and birds. This delightful image is my local Spoonville Village in Malvern, a creative initiative of painted spoons. Jackie G



On my daily walk I am regenerated by the delightful Foxgloves. Jackie G



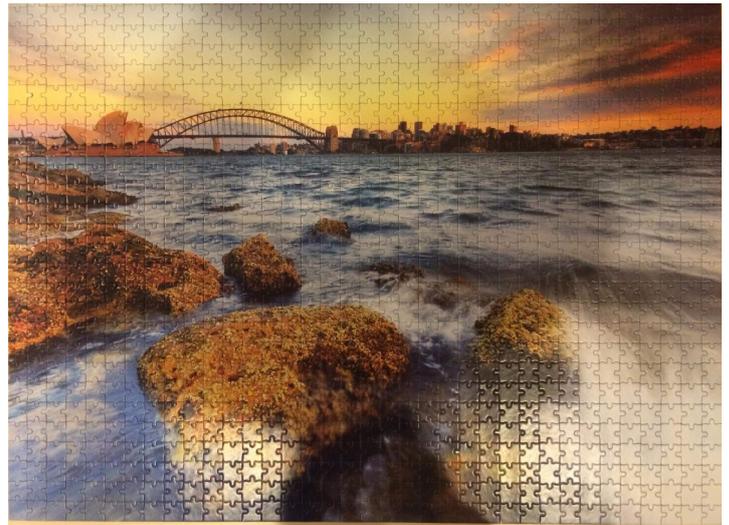
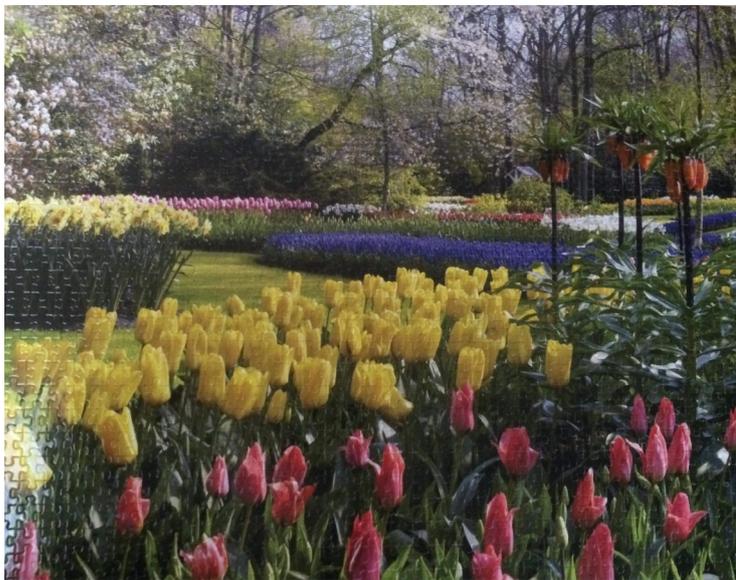
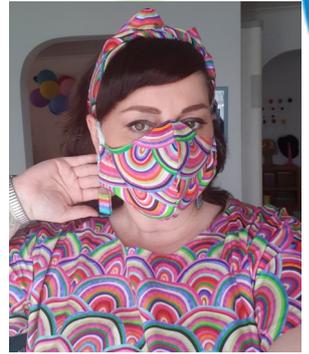
Some more vibrant gorgeous flowers on my daily walks. Jackie G

Messages from Staff during COVID-19 Restrictions



Hello from the Social Support Program!

A little message to say that we all miss our wonderful volunteers and we hope to see you all soon. The social group participants have been kept busy with themed packs, well being calls, teleconference groups and DVD's full of fun activities, but they all miss actually attending their groups and connecting with all of their friends. Please stay safe and well and keep positive until we can all meet again. I've been missing going in to work and dressing up so I'm forced now to match my outfits with my face masks! ☺ Brooke F



Over the years I've accumulated many jigsaw puzzles which have gathered dust in a cupboard at home. To ease the boredom of isolation, lockdown has presented the perfect opportunity to enable us to do the things we've been putting off. It was also a challenge to complete the jigsaws without losing any pieces in the process. The theme I prefer are landscapes or scenic views, where I can be transported to other parts of Australia and around the world. Errol K

Our Connect Health Vehicles

We are in the process of updating our vehicle fleet with a collection of eight brand new and matching Toyota Corolla Hatches, some of which will be wrapped in Connect Health branding, to promote our services and increase our visibility and presence in the community. Three vehicles have been assigned to our VaCC team, we are sure some of our volunteers will be soon driving them.

Putting faces to our name

Members of the community will notice some friendly faces getting around town, as the extended Connect Health family is now proudly featured on our community transport buses.

The beautiful, smiling faces of client, Noel; volunteer, Leesa; volunteer co-ordinator, Neera; and Gamblers Help Southern manager, Brian and his daughter, Miranda, now adorn one of the buses currently helping clients to get to their important appointments. They took part in a photo shoot earlier this year, as part of our work to help demonstrate our connection to the community we work in. All natural models, the photos came out a treat and will brighten the roads they travel. So, keep an eye out, and feel free to give a wave, as our staff continue to get out and about supporting people in our community.



The Connect Health bus fleet at the ready, proudly featuring (l-r) Brian, Miranda and Leesa.



Neera (left) and Noel adorn the other side of the bus.

Current COVID-19 (coronavirus) scams

Scammers are using the spread of COVID-19 (coronavirus) to take advantage of people across Australia. Scamwatch has received over 4560 scam reports mentioning the coronavirus with over \$5,118,000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams. Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. **Do not provide your personal, banking or superannuation details** to strangers who have approached you. Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation. Visit the Scamwatch news webpage for general warnings and media releases on COVID-19 scams: <https://www.scamwatch.gov.au/news-alerts>

Tips to protect yourself from scams:

- Don't click on hyperlinks in text/social media messages or emails, even if they appear to come from a trusted source.
- Never respond to unsolicited messages and calls that ask for personal or financial details — just press delete or hang up.
- Never provide a stranger remote access to your computer, even if they claim to be from a telco company such as Telstra or the NBN Co.
- To verify the legitimacy of a contact, find them through an independent source such as a phone book, past bill or online search.

For more information visit: <https://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams>

Activities — Quiz & Word Search

Below are sample of activities: Word Search and Cryptic Alphabet Quiz. If you enjoy these activities, let us know and we will provide more — return your Volunteer Feedback form and indicate your preferences — we look forward to receiving them.

Word Search

CHOCOLATE



Z G R Y B D E T S A O R F W
 J V F G U W X A L I Q U I D
 M T D E T I H W T J L A R X
 R N P S T A H C O M I L K V
 A A O A E P A N S F Z N L O
 L D W Z R E T H A Y A M R D
 L N D T X T E M P E R I N G
 I O E E I A E X X E B S D E
 N F R C V L W C A K E N N D
 A V I S C O S I T Y S A U L
 V F R E H C A N A G U E O O
 C O C O A O I W S O G B R M
 S A R O T H Y A O V A D G W
 S H J D K C L Y D A R K O J

Aztec	Beans	Brazil	Butter
Cake	Chocolate	Cocoa	Dark
Fondant	Ganache	Ground	Liquid
Maya	Milk	Mocha	Mold
Powder	Roasted	Snap	Sugar
Sweet	Tempering	Vanilla	Viscosity
White			

Cryptic Alphabet Quiz

Cryptic Alphabet Quiz © GoldenCarers.com

The answer to each of the following questions sound the same as a single letter of the alphabet. For

example: A flying insect = B (bee). Lots of fun!

Questions

- 1 A flying insect _____
- 2 A large body of water _____
- 3 A river in Scotland _____
- 4 Used for seeing _____
- 5 A small bird _____
- 6 A girl's Christian name _____
- 7 An exclamation _____
- 8 A vegetable _____
- 9 A line of people _____
- 10 A hot drink _____
- 11 A female sheep _____
- 12 A word often used to commence a question _____

Answers

1. B (bee), 2. C (sea), 3. D (Dee), 4. I (eye), 5. J (Jay),
 6. K (Kay), 7. O (Oh!), 8. P (pea), 9. Q (queue),
 10. T (tea), 11. U (ewe), 12. Y (why)

Things you can do to help de-stress

These are confusing, stressful times for all of us.

The COVID-19 pandemic is touching every aspect our society, and affecting each of us in different ways.

Feelings of anxiety and uncertainty are completely normal. But it is important to try to not let these feelings overwhelm us.

Whether you are self-isolating, staying home or still working, find time in your day to try some of these de-stressing activities to help you feel a little better about the world.

Do some gentle exercise

Walking, stretching and wading water are gentle exercises you can do to help get your endorphins flowing. You can also try great muscle (and mind) relaxing exercises: <https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises>

Strengthen your connections

For those of us in family lockdown, now is the opportunity to spend quality time with our loved ones. Take time to hug your kids or partner, look them in the eyes, have long conversations with them. These gestures all promote closeness and boost oxytocin, a hormone that bonds people and calms the body. When your oxytocin levels spike, they tell your body to switch off cortisol, the stress hormone.

Hug a pug, a bunny or a kitty to get some real 'warm and fuzzies' going.

Spend time with a furry friend

Yes, you have permission to hug all the dogs, cats and bunnies you wish. Petting and cuddling a fluffy friend gives you warm 'n' fuzzies, quite literally.

Tune into (instrumental) music

Create a playlist of the instrumental versions of songs that make you feel calm. When you're listening, try to tune into one of instruments being played and focus your attention on it for 20 – 30 seconds. Repeat by tuning into another instrument and continue this until the song finishes. This is a type of meditative technique. You could try doing this to help ease you into sleep.

Smell a cuppa

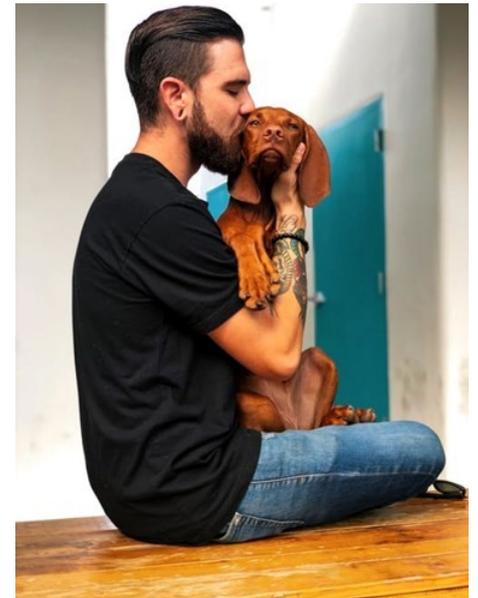
That's right, take a big whiff of your morning coffee or tea before you drink it. The scent of the drinks can be enough to help reduce your stress levels.

Spend time in a garden or park

Various studies speak to the benefits of being in a garden without even needing to have a green thumb. Surrounding yourself with plants has been linked to physical and mental health benefits, including slowing heart rates, improving memory and reducing symptoms of anxiety and depression.

Complete a brainteaser

Solve a puzzle, crossword or Sudoku. The focus you devote to these brain-teasing activities can take your mind off your worries and give your brain a problem that has a clearer solution.



Hug a pug, a bunny or a kitty to get some real 'warm and fuzzies' going.

Things you can do to help de-stress ... continued

Get on the phone/video call with friends and family

Not having interaction with people outside your family unit can be hard, even on kiddies. Arrange a time to telephone/video call friends/family who are also locked down and share the phone around between the adults and children

Dance around your lounge room to your favourite song.

Sing or dance

Whether you have a solo singing session in your lounge room or dance on your balcony, singing or dancing (or both!) to music you enjoy is a good way to unwind and boost your mood.

Salute the sun

Find a sunny spot, close your eyes and lift your face towards the sun. Take slow deep breaths. Sit calmly for 10 to 15 minutes (remember to be sun-smart if it's a sunny day).

Be grateful

Write down all the things in life that you're grateful for. Perhaps consider doing this each day. It can help keep your mind focused on being positive and give you a better outlook in the face of difficulty.

Look at photos of events you remember fondly

Dust off that old photo album or pull up your favourite snaps on your tablet. Looking at old photos from a day you enjoyed is sure to bring you joy. Better still, call someone who was at that event so you can reminisce together.

Get wet

Have a warm bath, take a shower or take a dip in the ocean; getting into water can help you feel refreshed and relaxed.

Create something, anything, and smile.

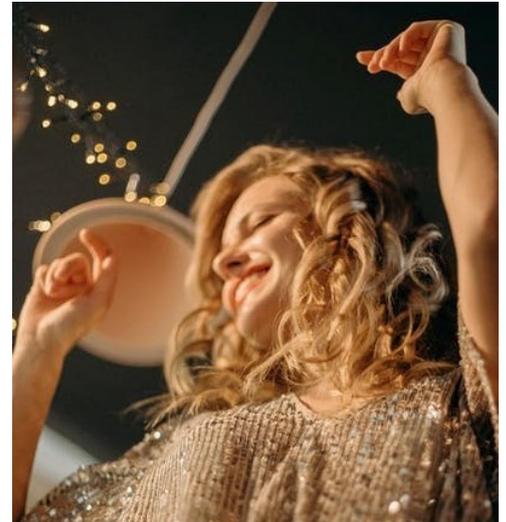
Create something

Draw, colour-in, paint, knit, write, cook – do any activity that helps you express your creative flair. A great release for adults and kids.

Take a nap

Sometimes when you're feeling stressed, the thing you need most is sleep. If your mind is still going 100 kilometres an hour after you've hopped into bed, put on some calming tunes or a guided meditation and put your phone on silent. Then slowly tense and release one muscle in your body at a time and drift off.

Source: beyondblue.org.au



Dance around your lounge room to your favourite song.



Create something, anything, and smile.



How to wear a face mask and care for it

Wearing a face covering protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).

If a face mask is not available, other forms of face covering may be used to cover your nose and mouth, such as a scarf or bandana.



There are two types of face masks you can use: cloth masks and surgical masks.

- Cloth masks are made of washable fabric and can be washed and re-used.
- Surgical masks are single-use masks and **cannot** be washed or re-used.

How to wear a face mask



Wash your hands with soap and water before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it.

If you do touch the mask, wash your hands with soap and water or sanitise your hands immediately.

Do not allow the mask to hang around your neck.



To remove the mask, wash your hands with soap and water or sanitise your hands first. Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one. If your mask has filters, remove them and throw them away.



Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single-use surgical masks should be disposed of responsibly and not be re-used.

Wash your hands with soap and water or sanitise your hands after removing the mask.

Caring for your re-usable cloth mask

These care instructions are for cloth masks only.
Cloth masks should be washed before and after use.



Fitting your mask

Wear your cloth mask to tightly cover your mouth, nose and chin. You can tie a knot in the strap for a better fit.

Throw away your mask if the fabric is old, thin or no longer fits.



Do not share your mask with other people.

Do not wear other people's masks.



Washing your mask

Cloth masks should be washed after each use.

Cloth masks re-used without being washed can become contaminated and may not protect you.



Cloth masks are machine washable.

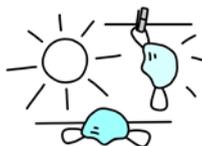
Wash your mask in hot water (60°C).



Wash your mask with soap or laundry detergent. Do not use bleach.



Always wash your hands with soap and water immediately after washing your mask.



Dry your mask before re-using it.

If possible, lay your mask out flat to dry in direct sunlight.



Do not tumble dry or iron your mask.

What you need to keep doing

- Wash your hands regularly.
- Keep 1.5 metres from people you don't live with.
- Get tested, even if you have mild symptoms.
- Stay home if you're feeling unwell.

For more information about face masks, including how to make your own visit, Department of Health and Human Services (DHHS) website <<https://www.dhhs.vic.gov.au/face-masks-covid-19>>

To find out more information about coronavirus and how to stay safe visit [DHHS.vic – coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)
<<https://www.dhhs.vic.gov.au/coronavirus>>

For any questions **Coronavirus hotline 1800 675 398 (24 hours)** Please keep Triple Zero (000) for emergencies only

Dates to make note of:

Change of Public Holiday **AFL Grand Final Day** from September 25 to **Friday 23 October, 2020.**

Group activities — hydrotherapy, group exercise classes, and social support groups have been suspended in line with current COVID-19 restrictions.

2020 Hydro Emergency Rescue Training and Hydrotherapy Volunteer Meeting:

Suspended due to COVID-19 pandemic.

Volunteer Christmas Lunch:

To be confirmed, dependent on COVID-19 restrictions and physical distancing requirements.

Public Holidays in 2020

AFL Grand Final Day	Friday 23 October
Tuesday 3 November	Melbourne Cup Day
Friday 25 December	Christmas Day
Monday 28 December	Boxing Day

Last Day for Volunteers:

Friday 11 December 2020

Volunteers Recommencing:

Monday 11 January 2021

Last Day for Connect Health:

Wednesday 23 December 2020

Connect Health Recommencing:

Monday 4 January 2021

Connect Health's

Vision: Healthy People, Healthy Communities

Purpose: Understand and meet the health needs of the community as a socially responsible business

Values: Respect, Responsiveness, Accountability & Collaboration

Main Site Address:

2A Gardeners Road Bentleigh East 3165

Postal Address:

PO Box 30 Bentleigh East 3165

Website: www.connecthealth.org.au

Facebook: <https://www.facebook.com/connecthealth.org.au/>

Instagram: https://www.instagram.com/connect_health/

Volunteer and Community Connections Team

Volunteer Services: *currently in squad formation*

Neera: Monday, Wednesday & Friday remotely

Kia: Tuesday, Thursday & Friday remotely

Phone: 9575 5312

Email: community@connecthealth.org.au

Community Transport – Individual: *currently in squad formation*

Bill: Monday, Wednesday & Friday, one week at East Bentleigh site, one week remotely

Di: Tuesday, Wednesday & Thursday remotely

Errol: Monday—Friday, one week at East Bentleigh site, one week remotely

Phone: 9575 5386

Email: communitytransport@connecthealth.org.au