

PLATYPUS MINI TRACKS

Covid 19 Fortnightly Edition

2—APRIL 2020

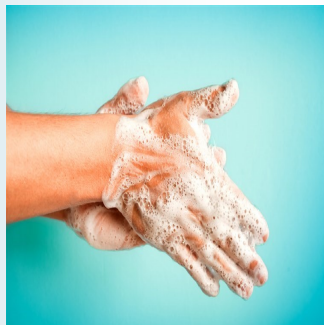


TOGETHER WE CAN BEAT CORONAVIRUS IN OUR COMMUNITY!



Sneeze and cough into you elbow at all times. Do not use your hand and especially don't cough or sneeze your germs around others.

Wash you hands for 20 seconds with soap and water regularly. Especially after visiting Supermarkets, Shopping Centres and Medical Centres.



Keep you distance. Government asks us to keep 1.5 metre distance between us and others when we are in public.



Want your magazine delivered via email?

Email: reception@badac.net.au

A Message from Karen Heap

We hope that you are staying safe and healthy dealing with this pandemic that has unfortunately swept across the world.

As you would be aware, we are currently living in a totally different world at the moment, nothing is normal and we need to try our best to adjust to the challenges that COVID-19 has brought to our lives. We are trying our best to make contact with the community, we have been updating as much as we can through social media and mail out information to keep you all informed and safe.

We are continuing to provide the community assistance with hampers, bread, activity and essential needs packs when required. We also delivered Easter hampers to community which was a great effort by BADAC staff on Good Friday.

Please make sure you keep yourself busy, and remember the social distancing and isolation rules so we keep ourselves safe from contracting the virus.

We will continue to provide updates as necessary around COVID-19 we will also be providing information through our social media accounts so please look out for us in the media world. Stay Safe Everyone. Karen

HOME AND COMMUNITY CARE SERVICES ARE STILL AVAILABLE

STAFF ARE AVAILABLE TO ASSIST WITH SHOPPING AND ALSO LAWN MOWING.

IF THERE ARE ANY OTHER ESSENTIAL SERVICES WHICH ARE REQUIRED, PLEASE CONTACT THE HACC TEAM OR BADAC RECEPTION.



BADAC'S DOORS ARE CLOSED BUT ALL STAFF ARE STILL WORKING HARD!

DUE TO COVID 19 CAUSING SOME RESTRICTIONS TO SERVICES, SOME STAFF ARE WORKING FROM HOME, HOWEVER FRONT RECEPTION ARE ALWAYS AVAILABLE DURING BUSINESS HOURS TO TAKE A MESSAGE AND GET YOUR PREFERRED STAFF MEMBER TO PHONE YOU BACK!

JUST BECAUSE YOU CANT SEE US, DOESN'T MEAN WE'RE NOT AVAILABLE!



TIPS FOR SHOPPING TO KEEP THE COST DOWN

- Always write a shopping list and have a rough idea of what each item will cost
- Have an idea of how much the shopping should cost and try not to go over that amount
- Think about whether you need or just want an item
- Never shop when you are hungry
- Know when items are really cheap and buy regular items (eg dishwashing liquid or canned food) in bulk when they are on special.
- Choose cheaper home brands for those things where there may not be much difference between items
- Talk a calculator shopping and work out the best buy in quantity
- Avoid pre-packaged food for cost and health reasons (eg. Frozen dinners)
- Clear you purse or wallet out every night and put all coins in a jar to be banked monthly
- Keep some 'mad; money each month to spend on a treat
- Don't spend all your grocery money in one go. In case you forgot something on your list
- Plan your meals ahead. This way you only need to buy the extra things that aren't already in your cupboard

You are on your way to visit your Grandma, who lives at the end of the valley. It's her birthday, and you want to give her the cakes you've made.

Between your house and her house, you have to cross 7 bridges, and as it goes in the land of make-believe, there is a troll under every bridge! Each troll, quite rightly, insists that you pay a troll toll. Before you can cross their bridge, you have to give them half of the cakes you are carrying, but as they are kind trolls, they each give you back a single cake.

How many cakes do you have to leave home with to make sure that you arrive at Grandma's with exactly 2 cakes?

Good Information

BADAC MEDICAL IS OPEN FOR BUSINESS!!! The doors are closed, but please attend your appointment as arranged and wait at the front door of Medical until the staff open the doors for you.

Please do not attend at the general reception area as this area is closed.

If you have a tele appointment, please ensure you are by your phone when the Medical Practitioner or Nurse contacts you.

Coronavirus is serious. If we don't do our bit, mob will get sick. Some might die.

Our communities and Elders are at serious risk of coronavirus. We need to make smart and respectful choices to protect our Elders and mob. Help slow the spread.

BADAC Home community support program has made the decision to take drastic measures to protect our Elders and community. We are still here if you need support, we are only a phone call away. We have other ways of supporting you through these unprecedented times.

Shopping support

Yard maintenance

Phone calls to check in on you

Activity packs to keep your mind active

Etc.

We will need everyone's support to get through this and you can do your part to by staying home and staying safe. Washing your hands regularly, and only go out for essential items only.

Stay deadly, but stay home. We are here to support you.

FLU SEASON IS JUST AROUND THE CORNER!

BADAC MEDICAL NOW HAS FLU SHOTS AVAILABLE.....PLEASE PHONE THE CLINIC TO MAKE AN APPOINTMENT !

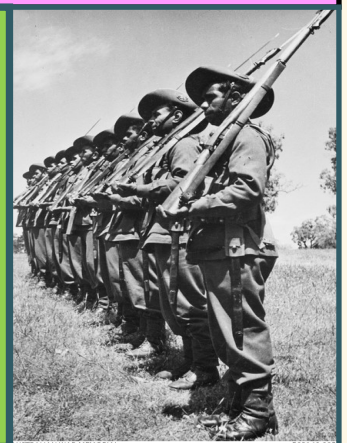


APRIL 25TH ANZAC DAY

Aboriginal and Torres Strait Islander people have served in the Australian Defence Forces since the 1860s - serving in the Boer War and both World War I and World War II through to service in Afghanistan.

They served on the ground, in the air, at sea - even on horseback. They served and defended Australia and Country with many being treated as equals for the first time - an equality that, unfortunately, did not continue when they returned home.

LEST WE FORGET



Your leave with 2 cakes. Every time you cross a bridge, you give one of them to a troll, and then get it back. Eventually, you will arrive at your grandma with exactly 2 cakes.

BADAC SERVICES INFORMATION (BUSINESS HOURS ONLY):

MAIN RECEPTION 5331 5344 Option # 9

MEDICAL RECEPTION (MEDICAL) 5331 5344 Option # 2

MATERNAL CHILD HEALTH—5331 5344 Option # 2

SOCIAL & EMOTIONAL WELLBEING/SEXUAL ASSAULT SUPPORT—5331 5344 Option # 2

KOORIE FAMILY SERVICES 5331 5344 Option # 9

HOME & COMMUNITY CARE 5331 5344 Option # 9

FAMILY VIOLENCE 5331 5344 Option # 9

Please let Reception know if you want to speak to someone specifically. A message will be given to staff member to phone you! back.



Triple Zero 000

Gambler's Help 1800 858 858

Lifeline 13 11 14

Kids Helpline 1800 551 800

National Debt Hotline 1800 007 007

Parentline 13 22 89

Aboriginal Legal Services 1800 064 865

Nurse-On-Call 1300 60 60 24

Maternal and Child Health Line 13 22 29

Suicide Line Victoria 1300 651 251

BHS Mental Health Services 1300 661 323

COMMUNITY QUESTIONS & ANSWERS



So....how are you coping with this time of isolation???

Uncle Larry Kanoa:

I'm coping well. I felt like I was in isolation with my leg previously, so haven't notice it much!

I'm staying at home, but going out for little things I need for doing odd jobs around the house, but always use hand sanitiser, and keep my distance from everyone.

I've just returned to work, but of course I'm working from home. This is my biggest challenge, having to learn how to work all this new technology.

I'm missing the immediate contact with Community, but BADAC is doing a good job keeping everyone connected.

If I need anything, I know they are only a phone call away.

Thanks for having a chat Uncle Larry.

Keep Safe Everyone!

FACEBOOK GROUPS TO CHECK OUT:

KOORIE KIDS PARENTING

KOORIE YOUTH BALLARAT

BALLARAT & DISTRICT ABORIGINAL
COOPERATIVE

