

PLATYPUS MINI TRACKS

Covid 19 Fortnightly Edition

4—MAY 2020



Tarelle McLeod, our Front Receptionist, is one of many who have been involved in our bread deliveries each week, during the Covid 19 Isolation.



Want your magazine
delivered via email?

Email: reception@badac.net.au

A Message from Karen Heap

HELLO EVERYONE

THANKFULLY, OUR COMMUNITY HAS HAD MINIMAL IMPACT FROM THE COVID 19 VIRUS, HOWEVER AS THE RISK IS STILL PRESENT, WE REMIND EVERYONE TO BE VIGILANT AND REMEMBER THE RESTRICTIONS AND PRECAUTIONS WHICH ARE STILL IN PLACE. SOCIAL DISTANCING IS STILL IMPORTANT, AS IS GOOD HYGIENE.

BADAC WILL CONTINUE TO PROVIDE SUPPORT TO OUR COMMUNITY, AND OUR SERVICES ARE STILL AVAILABLE TO YOU. WE WILL NOT PUT ANY OF OUR VULNERABLE COMMUNITY MEMBERS AT RISK, SO WE ASK FOR YOUR PATIENCE WHILE WE IMPLEMENT OUR 3 STAGE RECOVERY STRATEGY TO RETURN TO BUSINESS AS USUAL.

PLEASE CONTINUE TO LOOK AFTER YOURSELVES AND EACH OTHER.!

TAKE CARE 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 HERE!



THANKS TO LACHIE TRELOAR (Peter's son) for writing this amazing poem for this Fortnights Newsletter.

WATHAURONG POEM BY Lachie Treloar

As I sit, I look out the window at all of nature.
I see the birds fluttering over the garden.
A loud noise scares them so off they fly,
across to Mount Buninyong to rest on the old man's knee.
I look down to the garden and see all of the worms,
Wriggling beneath the soil searching for their food.
All the berries on the bushes are ready to be eaten,
By any animal that comes across them.
I stop and think how beautiful our land is.
It makes me think of the mighty creator, Bunjil.
He made the flat boring land so beautiful,
With the large boulders he put into place.
And from the sky he looked down to plan,
The creation of our stunning plants and forests.
After another look, Bunjil then thankfully created
Our beautiful native animals to move about our land.
I turn my head to see something that I cannot
unsee.
It is a big grey kangaroo who reaches out to try the
Beautiful, juicy berries.
It makes me smile as I watch him taste them,
And I think of Bunjil's rule that the big Roo always
follows:

**RESPECT YOURSELF, RESPECT OTHERS,
RESPECT THE ENVIRONMENT**

A ROOSTER LAID AN EGG ON THE TOP OF A ROOF. WHICH WAY DID THE EGG ROLL?
ROOSTERS DON'T LAY EGGS!

WORD



SEARCH



WEATHER



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

SUNSHINE

SNOW

WIND

CLOUDS

MIST

LIGHTNING

DRIZZLE

HAIL

FROST

FOG

THUNDER

STORM

I have 13 hearts yet never bleed when cut. What am I?????

A deck of cards.

BADAC Covid 19—Recovery Strategy

From May 12th, BADAC commenced a 3 Stage plan for business recovery from the Covid 19 Shutdown. This plan is subject to change and is dependant on Federal and State Advice on lifting of restrictions.

There are 3 Stages to this strategy and are as follows:

STAGE 1: (May 12th 2020):

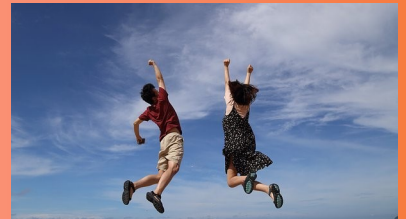
- * **BADAC main doors remain closed. Medical doors will be opened for clients with appointments but will remain closed.**
- Reimplementation of home visits (Emergency/high priority clients only). PPE and safe hygiene and social distancing measures will be required. Staff will undergo testing for Covid 19. Staff to check client's temperature prior to entering a home.
- Staff will remain working from home unless conducting a home visit or for necessary work commitments. Non emergency personnel will remain working from home.
- Communication to the Aboriginal community will continue by utilising social media, text and phone calls.

STAGE 2: (June 1st 2020 approximately)

- * **BADAC main doors remain closed. Medical doors will be opened for clients with appointments but will remain closed.**
- Reimplementation of home visits for high priority clients. PPE and safe hygiene and social distancing measures will be required. Staff will undergo testing for Covid 19. Staff to check client's temperature prior to entering a home.
- Staff will remain working from home unless conducting a home visit or for necessary work commitments. A working roster will be developed allowing for staff to rotate working from home and on site.
- Communication to the Aboriginal community will continue by utilising social media, text and phone calls.

STAGE 3: (July 1st 2020 approximately)

- **BADAC doors will be open to the Community, however strict hygiene and cleaning measures will be in place**
- Any staff or Community member presenting with cold and flu symptoms will be unable to attend BADAC site
- Home Visits will resume
- Staff will share working from home and onsite
- Employees will be able to travel for work purposes for workplace needs
- Communication to the Aboriginal community will continue as normal.
- Community events and large gatherings will now be able to occur



FLU SEASON IS JUST AROUND THE CORNER!

BADAC MEDICAL NOW HAS FLU SHOTS AVAILABLE.....PLEASE PHONE THE CLINIC TO

MAKE AN APPOINTMENT AND GET THE HEALTHY SHOT IN THE ARM WE ALL NEED



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. Occasionally there may be some short delays, but we ask for your patience at this time, and to make sure you have your phone with you!

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



TED AND KAY LOVETT:

We're doing o.k., but I am "bloody bored stupid" I'm missing going out for lunches and Tai Chi.

We get a call from the Coop once per week, which is great, and we've had our lawns cut and things, so BADAC has been very supportive.

**Kay had lost her voice the day I phoned, but she was doing well! We did chat about the Stage 3 Plan for reopening BADAC, and that we still had a few weeks to go before we get back to normal.*

It is frustrating to have to wait so long, but everyone's health and safety is the most important thing.

Thanks for the chat Kay....and here's hoping your voice returns real soon..... I think that is what Ted said?

The Torch: Confined 11 Virtual Exhibition is now OPEN
300 artworks from 286 Indigenous artists. 100% sales goes to the artist.

WWW.THETORCH.ORG.AU/C11



FACEBOOK GROUPS TO CHECK OUT:

KOORIE KIDS PARENTING

KOORIE YOUTH BALLARAT

BALLARAT & DISTRICT ABORIGINAL
OPERATIVE



CO-

