

# COVID-19 Community Information

It's been a challenging and difficult time for everyone as we all adjust to the ever-changing impacts of the COVID-19 pandemic.

Thank you to the Central Goldfields community for doing a wonderful job of staying home, social distancing and supporting our local businesses as much as possible.

We have partnered with the Maryborough District Health Service to develop this information to help you, as we all continue to stay home to stop the spread and save lives.

Stay well,  
The Central Goldfields Community Relief and Recovery Committee



## CONTACTING COUNCIL

✔ Customer Service Team on 5461 0610

✔ [mail@cgoldshire.vic.gov.au](mailto:mail@cgoldshire.vic.gov.au)

Monday to Friday between 8.30am and 5pm

▪ Facebook: @CentralGoldfields

▪ Twitter: @CG\_Shire

[www.centralgoldfields.vic.gov.au/covid-19](http://www.centralgoldfields.vic.gov.au/covid-19)



## INFORMATION

Get the facts from reliable trusted sites only:

▪ Visit [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)

▪ **Coronavirus app:**

Download from your app store

▪ **Coronavirus What's App Channel:**

[www.aus.gov.au/whatsapp](http://www.aus.gov.au/whatsapp)



## RESOURCES FOR FAMILIES

Have open and honest conversations. Relay the facts in a way that is appropriate for their age and temperament. Listen to their questions.

For more tips and resources for families visit [www.centralgoldfields.vic.gov.au/covid-19](http://www.centralgoldfields.vic.gov.au/covid-19)



## MENTAL HEALTH

Do you or someone you know need some support?

- **Lifeline** – 13 11 14  
or [www.lifeline.org.au](http://www.lifeline.org.au)
- **beyondblue** – 1300 224 636  
or [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **MensLine Australia** – 1300 789 978  
or [www.mensline.org.au](http://www.mensline.org.au)
- **Kids Helpline** – 1800 551 800  
or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Headspace** – 1800 650 890  
or [www.headspace.com](http://www.headspace.com)
- **QLife** – 1800 184 527  
or [www.qlife.org.au](http://www.qlife.org.au)
- **R U OK?** – [www.ruok.org.au](http://www.ruok.org.au)

## LGBTIQ+ SUPPORT

- **with RESPECT** – 1800 542 847  
or [www.withrespect.org.au/covid-19](http://www.withrespect.org.au/covid-19)



## APPS & TOOLS

There are many great apps and tools available to help you practice self care, connect with family and friends and deal with stress.

- Reachout.com
- Smiling Minds
- Calm
- Headspace
- Stop, Breathe and Think
- Friendline
- Gather My Crew
- Care app
- Zoom
- HouseParty



## TIPS FOR SELF ISOLATION

**Connect:**

- Talk to someone on the phone via calls, text messaging or social media (e.g. Facebook, WhatsApp)
- Reach out to an old friend or someone you haven't spoken to in a while
- Write a letter to a friend
- Get your friends together for a group chat on HouseParty or Zoom

**Be active:**

- Find an online exercise workout
- Play your favourite song and dance to it
- Get some fresh air in your backyard
- Do some gardening

**Be aware:**

- Take in your surroundings
- Reflect on the positives and what you can be grateful for
- Open windows to let fresh air into your home
- Have flowers or potted plants in your home that you can nurture and enjoy

**Keep learning:**

- Research something you've always wanted to know more about
- Read a book or magazine
- Download podcasts
- Play cards or a board game, or complete a puzzle

**Help others:**

- Make time to have meaningful conversations with friends and colleagues
- Check up on family and friends by email or phone
- Say thank you to those people who help you
- Reach out to your neighbours

## SUPPORT FOR LOCAL BUSINESSES

Resources and information for business, including details of our financial response package, is available at [www.centralgoldfields.vic.gov.au/covid-19](http://www.centralgoldfields.vic.gov.au/covid-19) • Follow **Visit Maryborough and Surrounds** and **Committee for Maryborough** on Facebook to find out how you can support our local businesses.

# COVID-19 Community Partner Information



## Community & Neighbourhood Services

### Maryborough Community House

☎ 03 5461 4551  
🌐 [www.maryboroughcommunityhouse.org.au](http://www.maryboroughcommunityhouse.org.au)  
Emergency Food Pantry, community information, service support, online social support "Cyber coffee & chat".

### GELC Neighbourhood House

☎ 03 5461 3185  
🌐 [www.gelc.org.au](http://www.gelc.org.au)  
Assistance with shopping, collect and deliver prescriptions, essential items and food staples and access to NILS Loans.

### Dunolly Rural Transaction Centre

☎ 03 5468 1205  
Core services include Centrelink [Services Australia] access, public internet access and the Friday community bus to Maryborough. Bendigo Bank services available at a reduced time schedule.

## Counselling Services

### Uniting Ballarat

☎ 03 5332 1286 (main reception)  
🌐 [www.unitingballarat.org.au](http://www.unitingballarat.org.au)  
Drug and alcohol counselling, general counselling.

## Community Service Organisations

### Maryborough Lions Club Inc.

☎ 0456 040 823  
🌐 [www.maryborough.vic.lions.org.au](http://www.maryborough.vic.lions.org.au)  
Physical and Financial Services to local and district individuals and organisations.

### Maryborough Rotary

☎ 0419 585 603 – Leigh, Maryborough Rotary  
☎ 1300 789 978 – Mens Line  
☎ 1800 737 732 – 1800 Respect  
Maryborough Rotary is continuing its commitment to Say No to Family Violence. Maryborough Rotary will continue their commitments to the Maryborough community wherever possible.

### Lions Club of Carisbrook, Victoria 201 V1-4

☎ 0427 326 166 or 0427 828 466  
Serving the community wherever we can.

## Emergency Relief & Assistance Services

### St Vincent De Paul Society (Vinnies)

☎ 03 5461 1074  
🌐 [www.vinnies.org.au](http://www.vinnies.org.au)  
Emergency relief support.

### The Salvation Army Maryborough

☎ 03 5461 2789  
🌐 [www.salvationarmy.org.au/maryborough](http://www.salvationarmy.org.au/maryborough)  
Food parcels, groceries & fuel giftcards, prescriptions, clothing (from our thrift shop if needed), budget help, debtor advocacy, community care calls.

## Youth & Family Services

### Central Goldfields Shire Council – Youth Services Youth Engage!, FreeZa, TAC L2P and Road Trip

☎ 03 5461 0610  
🌐 [www.centralgoldfields.vic.gov.au](http://www.centralgoldfields.vic.gov.au)  
Phone support contact, referral services, service advice.

### Anglicare Victoria – Maryborough

☎ 03 5440 1100  
🌐 [www.anglicarevic.org.au](http://www.anglicarevic.org.au)  
Support to families with dependent children aged zero to 18 years. Early intervention and prevention programs, information, advice, and intensive support.

## Early Childhood Services

### Goldfields Family Centre

☎ 03 5461 6500  
🌐 [www.centralgoldfields.vic.gov.au](http://www.centralgoldfields.vic.gov.au)  
Long Day Care & Family Day Care. Supported playgroups are suspended. Family support provided on an individual basis.

### Maternal Child and Health

☎ 03 5461 6550  
🌐 [www.centralgoldfields.vic.gov.au](http://www.centralgoldfields.vic.gov.au)  
**Changes to Maternal and Child Health services:**

- Maternal and Child Health Key Ages and Stages consultations conducted via teleconference. Any concerns about your babies development a brief centre visit can be arranged.
- All Immunisations as per National Immunisation Schedule administered by appointment. Additional screening measures will apply.

## Family Violence Assistance

### Centre for Non Violence

☎ 1800 884 292  
🌐 Facebook or Instagram  
We want women to know we are here, for them. If you are experiencing family violence contact us via free call 1800 884 292 from any mobile (with or without data), landline or public phone. Women can also send us messages via Facebook or Instagram.

## Aged Services

### Central Goldfields Shire Council – Aged and Disability Services

☎ 03 5461 0610  
🌐 [www.centralgoldfields.vic.gov.au](http://www.centralgoldfields.vic.gov.au)  
Home, Respite, and Personal Care, Meals on Wheels, Home modifications, Home and Property Maintenance. Social Support Groups currently suspended, individual support is being provided.

## Emergency Services

### State Emergency Service – Maryborough Unit

☎ 132 500 for emergencies  
☎ 0418 604 046 for local info  
🌐 [www.ses.vic.gov.au](http://www.ses.vic.gov.au)  
Storm & Flood damage, trees blocking access, road crash rescue entrapment.

### VCCEM (VCC Emergencies Ministry)

Volunteer services currently suspended. VCC EM are working with community partners (EMV, DHHS and Red Cross) to provide phone outreach support.

## Legal & Housing Services

### Loddon Campaspe Community Legal Service

☎ 03 5445 0909  
🌐 [www.lcclc.org.au](http://www.lcclc.org.au)  
Telephone service only. Legal information and advice in the areas of Child Protection, Family Violence, Family Law – Parenting (No Property) and Debt.

### Housing Justice

☎ 03 5445 0990  
🌐 [www.housingjustice.org.au](http://www.housingjustice.org.au)  
Tenancy information and advice via telephone.

## Winn Legal

☎ 03 5461 1995  
🌐 [www.winnlegal.com](http://www.winnlegal.com)  
Supportive Powers of Attorney, Victims of Crimes Assistance Tribunal.

## Disability Support

### ASTERIA Services

☎ 03 5459 0300  
🌐 [www.asteria.net.au](http://www.asteria.net.au)  
NDIS Support Coordination is available via phone and email during office hours. Essential respite and 1:1 in home supports continue to be provided.

## Retail & Business Services

### Woolworths Maryborough

☎ 03 5461 6100  
🌐 [www.woolworths.com.au](http://www.woolworths.com.au)  
Woolworths Community Hour, Grocery Services, Liquor (Adjacent BWS).

### Committee for Maryborough

☎ 0490 886 629  
🌐 [www.committeemb.com.au](http://www.committeemb.com.au)  
Support for local businesses through promotion and sharing of resources. Free Support Membership available until 30 June 2020.

## Medical

### Clarendon Medical Centre

☎ 03 5461 0100  
The Clarendon Medical Centre is operating as normal to accommodate for the medical needs of the community.

People who are concerned about coming into the practise, have the option of having a phone or telehealth consultation. This is where the Doctor can make some initial assessments and make decisions from there on whether people need to come into the clinic or not.

Prescriptions can also be arranged via telephone consultation. The Doctors will organise the scripts and we send them to the relevant chemist for collection.

**For further information:** Phone the Central Goldfields Shire Customer Service team 03 5461 0610 or contact the organisations for individual support. Email: [mail@cgoldshire.vic.gov.au](mailto:mail@cgoldshire.vic.gov.au) • [www.centralgoldfields.vic.gov.au/covid-19](http://www.centralgoldfields.vic.gov.au/covid-19)

# MARYBOROUGH DISTRICT HEALTH SERVICE

A message from CEO Terry Welch

**It's in time like these, with COVID-19 here and ever looming, that we have to remind ourselves how lucky we are.**

At the Health Service we have almost 500 staff, 500 in my mind heroes, who are dealing hour by hour with the complexities of COVID-19. As the CEO of the Health Service, I get to watch and admire every day their work, collegiality and professionalism. I simply couldn't be prouder of their efforts and continued focus.

What we have also tried to do, through social media and other communications mediums, is bring the community on a mature journey for COVID-19. We have constantly said gossip and social media will quickly destroy communities as the facts get blurred.

We have seen pockets of this, but overall the communities' response has been amazing. From a health service perspective we are extremely grateful for the response that has occurred.

I am also delighted to be a part of the response taskforce for Central Goldfields Shire. I commend Louise Staley for getting this moving, as together we can do so much more.

It is our intent that as this event continues to evolve, and yes it will in a scale only dependent upon community behaviours, that we can work together for the better. As a community we always work for the better, but this focussed effort on COVID-19 should be reassurance to the community.

**In terms of COVID- 19 I want to reiterate what I think are the key points:-**

- **Social Distancing of 1.5 metres.**
- **GOOD hand hygiene. Remember soap and warm water is still ok.**
- **Isolation when not undertaking essential work or activity is critical. I know the dog can only be walked so much!**



**FEVER CLINIC** | Open Monday to Friday by appointment  
Wellness Center (Back door)  
Clarendon Street, Maryborough Vic 3465

**Make an appointment with the Fever Clinic if you have:**

 <b>TRAVELLED OVERSEAS</b> <small>International travel in the 14 days before the onset of illness</small>	OR	 <b>CONTACT WITH COVID-19</b> <small>Close contact with a confirmed case of COVID-19 in the 14 days before illness onset</small>
+ AND +		
 <b>FEVER</b>	OR	 <b>SHORTNESS OF BREATH</b> <small>Acute respiratory infection (for example, shortness of breath or cough) with or without fever</small>

This is **NOT** a Medical Clinic. **No walk-up** appointments available.  
To book an appointment call: [\(03\) 5461 0362](tel:0354610362)

The other key factor as, like all communities, we start to see some positive cases, is to keep our reactions mature.

Below again we provide the close contact definition, so we can be assured that walking down the street past someone doesn't put us at risk.

For COVID-19, a close contact as per the DHHS guidelines is:-

**A close contact is someone who has been face to face for at least 15 minutes with someone who has tested positive for COVID-19 or been in the same closed space for at least 2 hours, when that person was potentially infectious. Being a close contact means there is a significant risk of becoming infected with novel coronavirus.**

Thank you again to the community for your support, thank you to the amazing MDHS team, and we look forward to being a part of the communities' response to COVID-19. All we ask is every member of the public to do likewise.