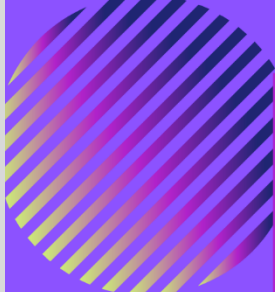


## Glenelg Community Coronavirus Q & A



Friday 7th August  
11:30am to 12:30pm  
Join using Zoom link or facebook

Local health professionals and community leaders from across Glenelg are joining forces to answer the Glenelg Shire community's questions about the coronavirus pandemic and its impacts locally.

The next Q & will be held on Friday 7<sup>th</sup> August at 11:30am

- Chris Giles, CEO, Portland District Health
- Dr Kaushik Banerjea, Portland District Health
- Leigh Parker, CEO, Heywood Rural Health
- Ann Kirkham, Acting Director Community Services, Glenelg Shire

You can join either using Zoom or Facebook.

- zoom link <https://zoom.us/j/98685756622>
- live stream via the Southern Grampians Glenelg Primary Care Partnership Facebook page. [View Facebook page here.](#)

During our last community Q&A session, Dr Kaushik Banerjea from Portland District Health ran us through the right way to fit, wear and remove a face mask. Very important as mask wearing becomes compulsory in Regional Victoria as of 11:59pm Sunday 2<sup>nd</sup> August. [Click here to view](#)

## Face Masks in Greater Hamilton



All your mask questions

- What to look for
- Where to buy locally
- How to clean

[Click here for details](#)

## WHERE TO BUY FACE MASKS IN THE GLENELG SHIRE



### CASTERTON

- Little Oak
- Casterton This 'n That
- Casterton Pharmacy
- Casterton FoodWorks

### DARTMOOR

- Dartmoor General Store

### NELSON

- Nelson Service Station

### HEYWOOD

- Heywood Newsagency
- Heywood Post Office
- Heywood Pharmacy
- Daly's IGA

### PORTLAND

- Prestige Promotions
- Amcal Pharmacy
- The Reject Shop
- Daly's IGA
- Guardian Pharmacy
- South Portland Pharmacy

### IF YOU ARE MAKING YOUR OWN

- The recommendation from the Chief Health Officer is three layers of material. Visit the DHHS website for a guide.



## Mindfulness Activities for Adults

Each week The Resilience Project At Home will provide 5 activities for Adults that will focus on one of The Resilience Project principles. This week, the focus is on Mindfulness.

[Click here](#) to check out the activities



# Southern Grampians Glenelg Primary Care Partnership

Bulletin #20 – 31<sup>st</sup> July 2020

Empowering our  
Communities to  
Thrive: 2019 &  
beyond

## There is now additional financial support on offer for people who need to get tested.

More financial help has been announced so people aren't out of pocket when they self-isolate to wait for the results of a COVID test.

An instant \$300 payment is now on offer for casual workers, contract workers and workers who have run out of sick leave and are waiting for test results.

This is in addition to the existing \$1,500 financial hardship payment on offer to eligible workers who test positive and need to isolate for multiple weeks.

The Victorian Government requests assistance publicising the new \$300 payment, so people know this support is now available.

<https://www.dhhs.vic.gov.au/covid-19-worker-support-payment>

## A three-minute hourly exercise to incorporate into your work day

Sit less, move more. You know you should. But all too often, time gets away from you and before you know it you've been on your backside for four hours straight.

What's more, [research](#) has found that Australians, many of whom have been stuck at home, are spending more time seated during the pandemic. For sports physiotherapist Paul Dardagan, that's worrying, because a highly sedentary lifestyle is associated with numerous health risks, including early death, diabetes, heart disease and poor mental health.

[Click here to view great 3 minute desk work out](#)

Resources – links to Government, Organisational and Community Resources – [Click here](#)

## FUNDING OPPORTUNITIES

- [United Way – Community Fund or Lewis Court](#) - closes 31/8/2020
- [Regional Arts Victoria](#) - have relief and recover grants available for regional artists, arts organisations, communities and LGAs for assistance due to the impacts of COVID-19. See website and contact Jo Grant [jgrant@rav.net.au](mailto:jgrant@rav.net.au) / 0448 500 608
- [South West Sport – Current Grants](#)
- [Lets Stay Connected Fund](#) - The Victorian Government is helping communities to stay connected during the coronavirus (COVID-19) pandemic and beyond with the Let's Stay Connected Fund. The fund provides grants between \$5,000 and \$200,000 to support community-led initiatives. Closes 31/8/2020

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## PROFESSIONAL DEVELOPMENT



**Child Safe Standards / Reportable Conduct Scheme** - Commission for Children and Young People  
July 15<sup>th</sup> to August 20<sup>th</sup> (multiple sessions) – Webinar. Details: [Here](#)



**The Grief Map: Grief & Adaptation to Loss** - Presenter: Australian Centre for Grief & Bereavement  
Tuesday August 11<sup>th</sup>, Webinar  
Details: [Here](#)



**Cognitive Behavioural Therapy (CBT) for AOD workers** - Presenter: 360 Edge  
August 26<sup>th</sup> & 27<sup>th</sup> (Part A & B) Location: Online Workshop. Details: [Here](#)



**CEH 2020 Online Health Literacy Course**  
Course begins August 26 Details: [Here](#)



**Your actions  
will save lives  
Be a local  
superhero**

**Wash your hands, keep your distance  
If you can't stay home, wear a mask**



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