

Hi Everyone,

Iramoo Community Centre was fortunate enough to be able to offer limited services to the community for a 6 week period before we had to return to stage 3 restrictions on Wednesday the 8th of July.

During this 6 week period it was great to give the community the opportunity to reconnect. We were able to have the following groups return in line with the social distancing and hygiene restrictions which the Centre had to implement.

- ♦ Walking Group                      Knitting Group
- ♦ Gen u                                      Interact Australia
- ♦ Weight Watchers                      Tai Chi
- ♦ Yoga Moves West                      Zumba
- ♦ Iramoo's Community Garden
- ♦ Don't worry be happy Chronic Pain Group

It was great to see the community returning to the Centre and we look forward to being able to welcome everyone back into the Centre once again

in the future. The Centre is continuing to offer a variety of our classes on our YouTube and Facebook page. We will have posts from our 'stock up on school snacks" series, tips for the garden, cook around the world with Jeff and health and well-being workshops using essential oils. We already have over 40 videos on our YouTube account including our Neighbourhood House Week activities. We believe the community needs our support more than ever as we go back into stage 3 restrictions. Second time around can be disheartening and effect our mental health and



well-being. If you are feeling lonely or down or would simply like someone to chat with, please call us on 8742 3688 and let us know how you are going. We would love to hear from you. If you need some support please reach out and if we cant help you directly we will find the right service for you. We hope you find this update useful. Please stay safe and keep in contact with friends and family members. We will get through this!



**Iramoo Community Centre**  
**84 Honour Ave, Wyndham Vale**  
**Admin hours Mon to Fri 8.30am - 3.30pm**

 **8742 3688**

 **admin@iramoooc.com.au**

**[www.iramoooc.org.au](http://www.iramoooc.org.au)**



# Check on your friends and neighbours

## Childcare

Our 3+ Pre-Kinder services will continue to operate throughout the stage 3 restrictions to support our families who need this provision. Additional processes have been put in place in line with the



recommendations from the Department of Health and Human Services to keep our staff and children safe. The children have recently celebrated crazy hair day and are enjoying their time engaging in a variety of activities and experiences.

For FREE Crafty Childrens activities to do at home visit

[www.craft.org.au/crafternoons](http://www.craft.org.au/crafternoons)

## Looking for online activities

Interested in learning something new or extend on what you do know. The following are some FREE online activities.

**Drawing** - Brandon Schaefer is a good place to start. You will learn which materials are needed, basic shapes, shading sketching techniques and tips [www.youtube.com/watch?v=ewMksAbgdBI](http://www.youtube.com/watch?v=ewMksAbgdBI)

**Exercise Classes** - Join Aqua pulse fitness instructors and they run online weekly exercise classes.

[facebook.com/AquaPulse.HoppersCrossing/](https://facebook.com/AquaPulse.HoppersCrossing/)

**Yoga Classes** - Yoga Moves West is running weekly online classes. Please visit

[facebook.com/yogamoveswest/](https://facebook.com/yogamoveswest/) or [www.yogamoveswest.com.au](http://www.yogamoveswest.com.au)

## Wyndham City Council - Wyndham Together

Wyndham City Councils Wyndham Together website offers a range of information from: Online events and programs, services including arts and culture, learn and create, green living, healthy and active, kids and youth and COVID-19 updates. Their website is [www.wyndhamtogether.com.au](http://www.wyndhamtogether.com.au) or Facebook Experience Wyndham.

## Iramoo Community Garden

Our community garden program will continue to offer tips for the garden through our YouTube page. We will be posting weekly tips with Belinda on a Thursday morning, so tune in to see what you can do in the garden during this time of year. If you would like any sage, rosemary, mint, bay leaves, thyme, lemon thyme, chives, parsley, lemon verbena, rhubarb, peppermint or succulents please call the Centre on 8742 3688 to arrange collection.



**Mandatory Face Masks** As of Thursday 23rd of July face coverings will be mandatory for everyone aged 12 and over in metropolitan Melbourne and Mitchell Shire. More information on face coverings can be found at <https://www.dhhs.vic.gov.au/face-coverings-1159pm-wednesday-22-july> We would like to thank the **Tassie Face Mask Project** volunteers for providing the community with washable face masks. Iramoo Community Centre made a donation to the Tassie Face Mask Project and offered over 90 washable face masks to the local community for free. We have also had a donation of 100 Face Mask from Nusrat Islam. We would like to thank Nusrat for this donation which we offered to the community. Through her business Nusrat has distributed over 1000 masks in the wider community. If you are having trouble sourcing a face mask please contact the Centre and we will see how we can assist with getting you a face mask.

**Please remember:**

## REASONS TO LEAVE HOME:

- 1. SHOPPING** ✓  
(food & essentials)
- 2. MEDICAL / HEALTH CARE** ✓
- 3. EXERCISE** ✓  
(comply with public gathering rules)
- 4. WORK AND STUDY** ✓



**Where to find more information regarding COVID-19 and assistance that is available:**

[www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au) for information on financial assistance available from Centrelink,  
[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus) for information on coronavirus.

For translated resources please visit:

[www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19) OR

[www.wyndham.vic.gov.au/translated-resources](http://www.wyndham.vic.gov.au/translated-resources)

**Do you need financial support?**

A range of concessions are available to all Victorians who are on low incomes or experiencing hardship and need help meeting the cost of living. Coronavirus alert: Are you receiving Centrelink's JobSeeker payment? If you have a Pensioner Concession Card or Health Care Card, read about your concession entitlements here <https://services.dhhs.vic.gov.au/concessions-and-benefits>

## Resources and Support

### Tax Help

Iramoo Community Centre is unable to offer face-to-face tax help support this year due to the stage 3 restrictions. If you need assistance with your tax return please call the ATO on 13 28 61 for tax help services available to you. You can also visit their website for more information <https://www.ato.gov.au/individuals/lodging-your-tax-return/tax-help-program/>

### Wyndham City Council—Check in and chat

They are also offering a phone check in and chat service for anyone needing someone to talk to on 9742 0777 or [Wyndham.vic.gov.au/checkinandchat](http://Wyndham.vic.gov.au/checkinandchat)



### Mental Health First Aid <https://mhfa.com.au/covid-19>

Mental Health First Aid has great resources available online. It covers health issues such as Mental Health, Health and Safety, Working from Home and Crisis Resources. Iramoo Community Centre is offering a Mental Health First Aid Course. It will comprise of 5 to 7 hours of e-learning then 2 x 3hr hour ‘face-to-face’ online learning. There are limited spots available. If you are interested in participating in this course please contact us.

**RESPECT: Support for family violence and sexual assault:** Ph: 1800 737 732 (24 hours)  
[www.1800respect.org.au](http://www.1800respect.org.au)

**Safe Steps Family Violence Crisis Response Centre:** Ph: 1800 015 188 (24 hours)  
[www.safesteps.org.au](http://www.safesteps.org.au)

**Aboriginal Family Domestic Violence Hotline:** Ph: 1800 019 123 (Mon-Fri. 9am to 5pm)

**Advice for Men Men's Referral Service:** Confidential help for men wanting to stop abuse.  
Ph: 1300 766 491 (Mon-Fri. 8am to 8:30pm)

### *Emergency Relief Packages for Individuals*


Assistance from the Victorian Government to help individuals affected by the coronavirus.

[www.premier.vic.gov.au/emergency-relief-packages-for-victorians-who-need-it-most/](http://www.premier.vic.gov.au/emergency-relief-packages-for-victorians-who-need-it-most/)

## Joanne Ryan MP *Federal Member for Lalor*

Joanne Ryan has regular updates on her Facebook page regarding COVID-19, Centrelink assistance and other relevant information.

 Twitter.com  
@JoanneRyanLalor

 Facebook.com/  
JoanneRyanMP

