A message from MNCC

We’re nearing the end of week four of Stage 4 restrictions and some of us may be coping better that others. It’s okay if we’re struggling - these are certainly unusual times for many of us. If you need support, reach out to a family member or friend for a chat - they may be looking for that connection too. A list of support agencies can be found over page.

Whilst we’re hearing positive news regarding the reduction in COVID cases, we need to be mindful of continuing to follow the guidelines: social distancing, wearing a mask when out, only going out for exercise, essential shopping, care or care giving; and for essential work purposes, if you cannot work from home and you have a permit.

These measures are necessary to stop the spread of COVID-19, which in turn will enable us all to return to some normalcy as soon as possible.

Until we can meet again, please call us if you’d like to chat - we’re just at the end of the phone line.

Take care, stay safe

Cheryl & Kelly

COVID-19 support available

Are you a resident or business owner in Maribyrnong? Are you experiencing hardship due to COVID-19? Maribyrnong City Council has established a dedicated COVID-19 support team that can provide:

- COVID-19 information
- Emergency food and supplies
- Referrals to local support services

The Community Connectors are available to provide support from 9am-5pm, Monday to Friday.

Phone: 9688 0434
Email: communityconnectors@maribyrnong.vic.gov.au

Let’s talk about COVID-drinking

It can take just 66 days to form a habit.

Since COVID-19 started, some Victorians have reported drinking a bit more than before. While this might just be a few extra drinks, small changes can become harder to shift over time. Importantly, even small increases in the amount of alcohol you drink can take a toll on finances, and relationships and have lasting impacts on physical and mental health.

The message from the Alcohol and Drug Foundation is simple; we’re all still in this together, and there’s lots of help and support out there to help kick the habit.

Go to littlehabit.com.au for information on how to recognise problem signs around drinking.
Staying connected
One of the positives from our lockdown has been taking the time to connect via phone chats with some of our participants and hearing how they’ve been going since we ceased onsite programs and activities.
Last week we had a chat with Jean from the Crazy Whist Card group who is keeping busy with knitting as there’s soon to be a new addition in the family. She’s also been doing puzzles and getting help from her daughter with shopping.
Doug, also from the Crazy Whist Card group is getting out for shopping and bit of exercise, making sure he always wears his mask. Doug is looking forward to coming back to the Centre once restrictions have been eased.
Ron, our who helps set up the Carpet Bowls mats tells us he’s surviving “walking the dog, doing crosswords, jigsaw puzzles, walking the dog, puzzles…..” We think you get the drift.
Stella also from Carpet Bowls has been keeping in touch with other members of the group via phone chats. Stella and her sister Pauline have been keeping occupied with knitting baby booties which have been donated to the hospital for newborns. Well done ladies!
Jason, our Introduction to Smart Phone/Tablet instructor is enjoying the online sessions with participants. Last week the group looked at how to shop online via the Bunnings click and collect service. Participants loved the gardening area - with spring in the air, we’re keen to see some wonderful photos of garden makeovers!
Thanks everyone for chatting with us. We have loved hearing your stories and more importantly hearing that you’re doing okay. We will continue the chats over the coming weeks.

Important information sources and numbers to know during COVID-19
Maribyrnong City Council’s Relief and Recovery Response Team:
9688 0434 (M-F 9am - 5pm)
Maribyrnong City Council’s response to COVID-19:
www.maribyrnong.vic.gov.au/covid
Department of Health and Human Services COVID-19 information and resources:
COVID-19 Hotline: 1800 675 398
Lifeline: 13 11 14
Lifeline Text: available every night, 6pm - midnight
Kids Helpline: 1800 55 1800
Beyond Blue: 1300 22 4636

Responsive, Inclusive, Relevant, Accessible.
Maribyrnong Community Centre is part of the Maribyrnong City Council’s Community Centres. Along with Braybrook Community Centre and Maidstone Community Centre, we provide a range of programs and activities for the community. To see all the programs and activities offered by the Community Centres visit www.maribyrnong.vic.gov.au