

COMMUNITY UPDATE ACROSS THE TRACK



Community Update #37 November 26, 2020

COVID-19 update: Following the outbreak of COVID-19 in South Australia, it is obvious COVID-19 moves rapidly in the community and things can change very quickly.

Anyone who has been in South Australia in the last 14 days should:

- **Check the exposure sites listed on the SA Health website.**
- **Monitor themselves for symptoms of COVID 19 and get tested if symptoms develop.**
- **Contact MTHCS to make an appointment to be tested, or for advice.**

The Adelaide outbreak is potentially more dangerous to our communities than outbreaks in Melbourne because we are closer and we know, once the state borders open again, people will often travel from our region to Adelaide and back. This emphasises how important it is for all of us to remain vigilant and continue to apply all COVID-19 safety practices.

- **Practise good hygiene and regularly and thoroughly wash your hands.**
- **Maintain physical distancing, keep at least 1.5 metres away from others.**
- **Wear a face mask indoors (e.g. in a shop) and when it's not possible to socially distance.**
- **If you feel unwell, don't go to work. Get tested and return home immediately to await your result.**

Screening heroes: Thank you to all MTHCS staff involved in COVID-19 screening at our campuses. The screening and front entry processes have had to be very fluid as changes to the pandemic response have occurred. This is a task which is repetitive and just has to be done to protect everyone. When you enter one of our facilities next, please take the time to thank those people who take your temperature, check that you are well, and make sure that you haven't been in contact with someone from a hot spot or outbreak area.

Community recovery survey: Mildura Rural City Council (MRCC) is asking local residents to have input into planning for recovery from the COVID-19 pandemic. Complete this survey to help MRCC understand how the pandemic has impacted you and what actions would help the region recover from the pandemic. Individuals, businesses, and community organisations are being asked to take part, and there are three short questions for children and youth under 14 years. A link to the survey is available on the website at www.mildura.vic.gov.au



Christmas is coming: MTHCS Ouyen Neighbourhood House Co-ordinator Kim Darley is working in partnership with local Victoria Police Sergeant Peter McNair (pictured) to establish a community Christmas Tree and a safe space for the community to place anonymous gifts to support our local children and families at Christmas time. You can drop off a present to the Ouyen Police Station between 8am and 8pm. Alternatively, if you live in Underbool or Murrayville, presents can be left at your local police station or MTHCS Community Service centre. Let's make this Christmas a merry Christmas for everyone!

Keeping records: The new records storage area for MTHCS has arrived. This has been a long-term project to improve the management of our client and patient records. *The shipping container (pictured right)* will be customised to meet the standards for record keeping. Thanks to our records room working party and maintenance team who have worked together to land this project – great work!!



Heating up: As the weather warms up and we are likely to experience days of extreme heat, please understand that the health of community members and our staff is always our top priority, which means during times of extreme heat, MTHCS may cancel outreach programs, transport and other activities such as home visits and exercise groups. We apologise for any inconvenience this may cause. In times of extreme heat please remember – Drink more water; never leave kids, adults or pets in cars; check in on others; keep cool; and plan ahead.

Transport support services: Community transport services are back up and running in Ouyen and it's expected these services will become available to Underbool residents from 3 December, 2020. Transport support services will be limited to Ouyen (for Ouyen residents) and to Ouyen to Underbool trips (for Underbool residents) for the remainder of 2020. These arrangements will be reviewed in the New Year. *MTHCS Leisure and Lifestyle Worker Courtney Brammer (pictured above)* is ready to drive you safely to the shops or your next local appointment! If you need some help getting around, please contact the Community Transport number 0419 371 445 to discuss your needs.



Temporary closure of Services Australia Access Point: If you are a regular user of the Services Australia Access Point at our Ouyen campus, please note the Access Point will be temporarily closed for the Christmas break from 25 December, 2020 to 1 January, 2021 inclusive. You will need to report or return your forms by the due dates shown on your reporting statement, myGov, Centrelink online account or phone self service account. You can use your myGov account to access your Medicare, Centrelink and Child Support online accounts by visiting my.gov.au. Express Plus mobile apps and phone self service will also be available during this period. For more information visit servicesaustralia.gov.au

Lower fees for kindergarten next year: New State Government funding will reduce the fees for local children enrolled in kindergarten in 2021. There are different fee arrangements for three year old kindergarten and four year old kindergarten programs, so to find out more about this, please contact Kyra Nathan at MTHCS Early Years on 5092 1111.

Lois O'Callaghan, Chief Executive Officer, Mallee Track Health & Community Service

Contact us

Ouyen Service Centre 5092-1111 Sea Lake Service Centre 5070-2155
Murrayville Service Centre 5092-1111 Underbool Service Centre 5092-1111

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Remembering Dennis Cox: MTHCS staff joined community in Sea Lake last week to place tributes on the Police Station fence following the tragic death of Leading Senior Constable Dennis Cox. MTHCS staff observed a minute of silence and flags at campuses were flown at half-mast throughout the week. We offer our deepest condolences to the Cox family and friends, and the Sea Lake community on their terrible loss.

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- Check in on others
- Keep cool
- Plan ahead.

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Pictured (below left) is one of the beautiful sunflowers in our garden enjoying the warmer days and (below right) our resident stumpy-tail lizard, who's also loving the return of the hot weather!



Lois O'Callaghan, Chief Executive Officer, Mallee Track Health and Community Service

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