Emergency Services and Helplines

GENERAL SERVICES AND SUPPORT
Emergency: 000
Police: 13 14 44
Crime Stoppers: 1800 333 000
State Emergency Services (SES): 13 25 00
Poisons Information: 13 11 26
Legal Advice: 1300 792 387

FAMILY CRISIS SUPPORT
1800RESPECT: 1800 737 732
Safe Steps Family Violence Response Centre: 1800 015 188 (24 hours)
Wesley Family Crisis Support: 9662 2355
Family Violence: 1800 806 292
Kids Helpline: 1800 551 800 (24 hrs)
Parentline: 13 22 89
Mensline Australia: 1300 789 978
Elder Abuse Helpline: 1300 368 821

HEALTH SERVICES AND SUPPORT
Health Direct: 1800 022 222
Nurse on Call: 1300 606 024 (24 hrs)
Maternal and Child Health Advisory Line: 13 22 29 (24 hrs)
Disability Information Helpline: 1800 643 787
National Disability Insurance Scheme (NDIS): 1800 800 110
Carers Victoria: 1800 242 636

COVID-19 INFORMATION
Victorian Coronavirus Hotline: 1800 675 398
Victorian Department of Health and Human Services: 1300 650 172
Monash Health COVID-19 Screening Clinic: 1800 675 398

MENTAL HEALTH CRISIS SUPPORT
Suicide Support Line: 1300 651 251
Lifeline: 13 11 14
Beyond Blue Support Service: 1300 224 636
Headspace: 1800 650 890
Eheadspace: 1800 650 893
headspace.org.au/eheadspace (Youth support)

EMERGENCY FOOD AND HOUSING
Foodbank: 9362 8300
Victorian Government Emergency Relief care packages: 1800 675 398
Crisis After Hours: 1800 825 955
Monash Council Crisis Housing: 0488 601 051
Salvo Care: 9853 5680
Uniting Harrisons: 1300 277 478
Monash Oakleigh Community Information and Support Service: 9568 4533
Waverley Community Information and Support Service: 9807 9844 or 9807 5996

Printing kindly donated by Will Fowles MP - Member for Burwood
**Lockdown Loitering**

I recently read an article that suggested that, during this time of multiple lockdowns, to “take five minutes to sit somewhere you won’t be disturbed where you can write/type comfortably. This can help your feeling of loneliness.”

“You’re kidding” I said to myself. I will do anything to be disturbed now that I am isolated and alone in my stage 4 lockdown house”.

Do you want to know what I do these days to get ‘disturbed’? I loiter! I used to think that ‘loitering with intent’ was a crime. But not the way that I do it. If you saw me, you wouldn’t think that I was loitering at all. It’s easy to do. My loitering consists of looking up and down the street to see if there is anyone going past my house that I can say “hello” to. I have started to notice that I am doing it constantly since the pandemic began, and since I have been advised to stay at home. The problem is that I love to have a chat with passers-by or have visitors. And, now that people are wearing masks, it’s hard to know who they are or whether they are friendly because you can’t see their face in the mask.

I wonder if there is a word for it - like “pandemic-itis” or “lockdown-itis”. I loiter when I collect my morning newspaper from the gutter - but not for too long - depending on what I look like in my dressing gown. I do it when I check on the vegetables growing in my front garden to see if the little plants have been eaten by snails or grubs or possums during the night. I do it when I check to see if there are any letters in the letter box (even though I know that the postman has not delivered any yet).

Mothers with children go past most days. You can always admire young children and babies. Lots of people with dogs are easy to talk to - the owners I mean - just tell them how lovely their dogs are. Or ask them the dog’s name. Or you can ask the passers-by if they have received their green bin yet. Or if they have been connected to NBN.

But something interesting is happening in the street at the moment, and this is making it even easier to loiter. We are having a hard rubbish collection so there is much excitement.

I notice that people are walking more slowly as they survey the contents on each nature strip. And a couple of people have knocked on my door to ask permission to take home some of my rubbish. That provides a good opportunity to have a chat when this happens. Also it feels great when people admire your rubbish. It gives you a bit of a lift.

Like everyone else I will be happy when the pandemic is behind us and we can welcome visitors or meet our friends for a coffee like we did in the old days.

*by Margaret Crutch 3.8.20*

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**AMAROO NEIGHBOURHOOD CENTRE**

Current opening hours and services

Please check Amaroo’s website for any updates to Op Shop and Centre trading hours

- **Monday**: 10 am to 3 pm - Free fruit and vegetable parcels + ½ dozen eggs
- **Tuesday**: 10 am to 3 pm - Free Fruit and vegetable parcels + ½ dozen eggs
- **Wednesday**: 10 am to 3 pm - Free bread
- **Thursday**: Closed
- **Friday**: 10 am to 3 pm - Free bread

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**IDENTIFICATION OF DOMESTIC VIOLENCE**

You have experienced abuse if your spouse, ex-spouse, lover, partner, sibling or child has:

- Continually criticised you or your beliefs, called you names or shouted at you
- Been very jealous, created imaginary affairs
- Humiliated you in public or private
- Taken your keys or money - or locked you out of the house
- Withheld approval, appreciation or affection as punishment
- Insisted you dress in a particular way
- Manipulated you with lies and contradictions
- Subjected you to reckless or drunken driving
- Punched, shoved, slapped, bitten, kicked, choked, hit or raped you
- Thrown things at you
- Threatened you with a weapon (loaded or not)
- Told you that you never say, do or think anything the right way or that you rarely know what you are talking about
- Blamed you for their rage: "Why do you make me do this to you?"
- Made you feel like you are crazy and that it is all your fault.

*(Extract from Resource Booklet for Amaroo Neighbourhood Centre)*
Your State Member of Parliament

As your local member of parliament, I can help you with a range of state government issues including social housing, VicRoads, public transport and more.

Recently I have been talking to constituents who need assistance with the current restrictions, and advice on issues such as work, child care and other parts of our lives which have been impacted by the current health crisis.

We all want to do the right thing, to beat this virus and get back to life as normal. It is okay to need help playing your part or to need help understanding the restrictions and how to adapt.

You can contact me by sending an email to will.fowles@parliament.vic.gov.au by phoning my office on 9809 1857 or by messaging my Facebook Page (Will Fowles MP).

Will Fowles MP
The State Member for Burwood

Calling All Seniors

Power Neighbourhood House are offering local seniors an activity pack to let you create a bit of a crafty statement about how this time has been for you.

We would love to take a photo of your work with a few of your own words so we can make a book to share and to keep as a record.

If you'd like to join this creative endeavour and would like a pack, please give us a call on 9807 3589. We have 120 activity packs to give away.

What did the left eye say to the right eye?
Between us, something smells!

What did one plate say to the other plate?
Dinner is on me!

Hello! Due to current restrictions:
• We are currently closed to the general public
• Food services by appointment only
• We are here to help or listen (please call for an appointment)
• FREE Bread on a Tuesday 12 to 3 pm
(People picking up food must live within a 5 km radius of PNH)

POWER NEIGHBOURHOOD HOUSE
Opening hours for appointments only
Monday: 10 am to 1 pm  Tuesday: 12 to 3 pm  Friday: 10 am to 1 pm

Christmas Toys for Locals

Once again Power Neighbourhood House will be organising the annual Christmas Toy Giveaway. This is an opportunity for locals to have a bit of help from Santa to provide toys for their children.

Christmas is a very busy and special time of the year for everyone at Power Neighbourhood House. It is a time when the Committee looks forward to working together to bring joy to community members who may be finding it a struggle to provide gifts for their loved ones.

We believe that children shouldn’t have to do without presents at Christmas. As always, in 2020 the Salvation Army of Camberwell will be stepping up to provide Power Neighbourhood House with free toys for distribution to children between the ages of 0 to 12 years.

To participate in this Toy Giveaway, you need to live in the Ashwood/Chadstone area and hold a valid Health Care Card from Centrelink.

Please ring Carol or Rachel at Power Neighbourhood House on 9807 3589 to register or drop into Power Neighbourhood House or Amaroo Neighbourhood Centre to pick up a form.

The Joy of Giving
FREE SPOONVILLE CRAFT PACK

Spoonville was created as a way to cheer up the community during this pandemic.

There are Spoonville communities all over the world!

Would you like to increase the Spoonville population by creating some new Spoony characters to live at Power Neighbourhood House?

For a free Spoonville craft pack contact:
Power Neighbourhood House:
54 Power Avenue, Ashwood 3147
Email: rachel@powernh.org.au
Ph: 9807 3589

Spoony people don’t have to social distance and can meet their friends!

Let’s bring our community and the Spoony people together!

COVID-19: service availability update

New clients welcome! Remember, you can travel outside your 5 kilometre isolation zone if you need to access health services.

Dental services (Clayton)
- Dental service is open, restricted to emergency dental services for public and private clients. Other services are available via tele-dentistry, including emergency triaging, home care advice and oral health education.

GP services (Glen Waverley, Oakleigh, telehealth)
- Appointments are available via telehealth as preference.
- Face-to-face appointments are available in some circumstances.

Counselling services (Telehealth)
- All services are operating via telehealth.
- Appointments are available for alcohol and other drugs, family services and general counselling.
- There is a waiting list for our family violence service.
- All group programs are suspended, however clients can access 1:1 support via telehealth.

Allied health services (Telehealth)
- All children’s services operating via telehealth.
- Adult dietetics and diabetes education operating via telehealth.
- Adult exercise physiology, physiotherapy, occupational therapy and podiatry operating via telehealth as a preference.
- Face-to-face (on site) may be available in some limited circumstances:
  - Clinicians will contact clients to determine an appropriate method of care delivery.
  - All clients are screened prior to a face-to-face appointment for risk of COVID-19.
- All group programs are suspended, however clients can access 1:1 support via telehealth.

General
- All services from Chadstone site (Batesford Hub) are suspended.
- On-site volunteer services are suspended.
- Health promotion and community wellbeing programs have suspended face-to-face community and outreach services. Webinars and video conferencing are being used as an alternative.