



Mallacoota, Genoa & District Community Newsletter

30th April 2020

This newsletter is created weekly (or as needed) and is available in your Post Box or at:

eastgippsland.vic.gov.au/bushfire

East Gippsland Shire Council Bushfire Recovery Newsletter: eastgippsland.vic.gov.au/bushfire

Breaking news!

Go Training Traffic Management Course: *Go Training* traffic management courses are delivered by a highly qualified traffic controller with many years training and on road experience. This training will be presented TWICE in Mallacoota. Successful students are encouraged to apply to Go Traffic for employment opportunities (selection criteria apply):

Course: RIIWHS205D- Control traffic with stop-slow bat and RIIWHS302D- Implement traffic management plan

Venue, date and time of Training: TWO, 2 day courses: Monday 11th & Tuesday 12th May **OR** Wednesday 13th & Thursday 14th May at MDHSS from 8:45am – 4pm.

Cost: The total Cost for the two-day course is \$400.

Requirements: • Copy of Photo ID & USI number – bring on the day or email prior (To obtain a USI number visit – www.usi.gov.au) • Long Sleeve shirt, long pants and safety boots – Day 2 Course materials supplied. BYO lunch, drinks & pen (COVID 19 Strict social distancing, hygiene & cleaning procedures in place) RTO Number: 91401 Our trainer is a fully qualified traffic controller. Classes are kept small for individualised quality training.

How to Book a place: Phone: [1300 956 248](tel:1300956248) or email: admin@gotrainme.com.au

Job Opportunity - immediate start: *Go Traffic Recruitment* are wanting local people to work as traffic controllers for bushfire recovery works. Training is available for those without qualifications. Immediate start for successful candidates. Register your interest by sending your resume to: jobs@gottraffic.com.au

Rural Aid Australia Webinar: The Community Builders Series webinars, held at 10am every Tuesday from 5 May to 7 July 2020, will focus on community rebuilding and resilience and will cover a range of topics designed to inspire towns and prepare them for post COVID-19. Ideas will be shared, help with tourism initiatives, discuss long-term viability, what grants are available and how to access them, and more. These webinars are free, and you will have the opportunity put forward questions or topics and ideas on how we can help rural towns. Please visit www.ruralaid.org.au/towns/webinars to register, ask a question, make a suggestion or just read about the webinar series.

Library Service: The doors may be closed, but our libraries are now operating! Contactless pick up is now available. You can browse and reserve items using our online catalogue: www.eastgippsland.vic.gov.au/libraries or contact the library to request the library staff select items from preferred genre's or authors. A pickup time will be arranged for items to be collected. To return books, just place them in the return box outside the shire office in the opening hours as stated. For more information contact Library staff 8:30am – 5pm Monday to Friday. [5153 9500](tel:51539500) Email: library@egipps.vic.gov.au

Assessment and Clearance of Trees: If you have trees that were identified and managed as a hazardous tree through the fire event, and these trees have impacted on your private property, please call DELWP on 136 186 and select option 5 to request an assessment.

Church and Op Shop Updates: St Peter's Op Shop open Thursdays 10-3 with physical distancing measures in place. If you are self-isolating and require an individual appointment or items to be delivered please phone Jude [0411 016 470](tel:0411016470). Please note that we CANNOT accept donated goods at this time, please hold onto them for a couple more months.

A Funeral for a Home is still available for those whose houses were destroyed by the fire. An opportunity to have a time of remembrance and prayer for all that your home has meant to you. Either before Grocon begin onsite, or after their clean-up is completed. For more information contact Rev Jude Benton [0411 016 470](tel:0411016470).



Mallacoota, Genoa & District Community Newsletter

30th April 2020

Local Centrelink Support: You can use the self-service via phone, fax and computer / internet to access during opening hours or MDHSS staff can assist with online services: completing and lodging forms, providing brochures and registering for Centrelink or Medicare. **OPENING HOURS:** Monday, Tuesday & Wednesday, 10am to 12.30pm (assisted service); Thursday Closed; Friday 9am to 5pm (self service).

COVIDConnect with Red Cross: As we all stay home to help prevent the spread of COVID-19, it can be easy to lose the social connections that inspire us, entertain us and make us feel part of our community. It's important that no-one faces this pandemic alone, especially here in Mallacoota and surrounding areas, where our community has already been through so much. COVIDConnect is a new, free service from Red Cross, providing a friendly phone chat with Red Cross volunteers until usual social networks return to normal. If you're over 18, feeling isolated or lonely and would like a chat with a Red Cross volunteer, please register at redcross.org.au/covidconnect or call [1800 733 276](tel:1800733276).

RePublik: Back issues of RePublik and E- Mouth are available to download from <https://pyrren.com/home/republik/> New format monthly RePublik: next publication date May 15th. Copy Deadline May 7th. Contributions invited for constructive articles, community news, poetry, stories, pix, memoirs. Please send them through to segway.pyrren@gmail.com Onward and Upward - Don Ashby

Bushfire Recovery Victoria - Grocon clean up update: All bushfire waste is considered asbestos contaminated and can only be handled by Class A contractors. With clean-up works increasing, the supply of local, licensed crews is maxing out. Grocon and BRV continue to prioritise and engage local subcontractors where possible across the project, including the engagement of plumbers, surveyors, arborists, electricians and other services. Contractors can register their interest by visiting www.grocon.com/bushfire-recovery-2020, emailing victorianbushfirerecovery@grocon.com.au or calling [03 9631 8833](tel:0396318833).

Property owners will be provided at least 48 hours' notice of clean-up commencing. Registered property owners are also reminded to return their consent forms in order to progress the planning of their property's clean-up.

The Grocon office in the main street of Mallacoota next to the Bendigo Bank is open 9am to 5pm Monday to Friday if you have any questions. Please adhere to social distancing if you visit the office. Information can also be sourced by contacting Bushfire Recovery Victoria: Phone 1800 560 760 website: <https://www.vic.gov.au/bushfire-recovery-victoria>

The Sanctuary Youth Centre

Our **website** is up and running - check out sanctuarymyg.org to have a look! Lot's to update it with yet to come but it gives a snapshot of what we're developing together for youth voices and empowerment in Mallacoota.

our **Wilderness Coast project** is coming along beautifully. A huge thanks to everyone involved and Friends of Mallacoota for steering us in the right direction. This week will be busy getting the budget and proposal finalised but hopefully this time next week we'll have everything on paper and ready to submit.

We're all exhausted with screen time so instead of a Zoom program this week, Brodie is calling people for one on one catch up via phone. Contact her via insta, fb @sanctuarymyg or mallacootayouthcentre@gmail.com to arrange a time to talk.

Contact us via Facebook, Instagram @SanctuaryMYG or email mallacootayouthcentre@gmail.com

Mallacoota and District Recovery Association - MADRA

Welcome to new members:

New membership applications continue to be received. Full members currently number 716. Welcome to all of you and thank you for your interest in, and support of, the Association. We have also received 41 Associate Membership applications. Membership Forms are available by contacting the Association (see below) or by downloading from the Association's page, hosted by East Gippsland Shire Council:

[https://www.eastgippsland.vic.gov.au/Bushfire information/Mallacoota and district recovery](https://www.eastgippsland.vic.gov.au/Bushfire%20information/Mallacoota%20and%20district%20recovery)



Mallacoota, Genoa & District Community Newsletter

30th April 2020

MADRA Newsletters:

From time to time the Thinking Group is circulating newsletters and updates to all members. Where there is a valid email address in the membership database, these will be emailed. The newsletters are printed and posted to those members who have not provided an email address.

Email dispatches are monitored, and we are aware that a significant number of members have never opened any message which has been sent. Efforts investigating this have found that in a small number of cases an email addresses have been entered incorrectly. These members have been contacted and corrections have been entered when supplied.

In most cases, however, the bulk mail out has been detected as spam and redirected to Junk Mail. This seems to be especially the case for those with Bigpond or Gmail addresses. If you think you should have received newsletters please check your Junk Mailbox first and, if you find nothing there, then contact the Association (see below).

To reduce the chances of future mail disappearing:

1. Add the MADRA email address to your contact list: mallacoota.district.assoc.2020@gmail.com
2. Move any MADRA messages found in Junk to your Inbox and/or mark them as Not Junk

MADRA Committee Election:

A very encouraging response to the call for nominations for the Committee has resulted in 44 candidates coming forward. They come from across the communities and age groups and reflect the members' diversity of interests and experiences. This means we will have choices to make. The Victorian Electoral Commission is posting ballot papers and voting instructions to all members on the Voters Roll which closed on April 16. Were posted from Melbourne on Tuesday 28 April and should appear in members' mailboxes shortly.

Ballot papers must be returned by post to the VEC Election Manager by 5.00 pm on Tuesday 19 May 2020. Voting is not compulsory, but all eligible members are encouraged to complete and return their ballot paper promptly. Mail services are currently quite slow, so don't delay.

Snapshot Survey Summary:

A summary of the survey findings was published here and, in the Mouth, last week. Copies of the full Snapshot Survey Report may be obtained by contacting the Association.

Communicating with the Association:

Email: mallacoota.district.assoc.2020@gmail.com

Mail: Mallacoota and District Recovery Association, Locked Bag No. 1005, Post Office, Mallacoota Vic 3892

Webpage: eastgippsland.vic.gov.au/CootaRecovery

COVID-19 Updates & Information by Dr Sara

There have been NO new COVID-19 cases in East Gippsland for 3 weeks now. Our social distancing has really made a difference and the rate of new cases in Australia is very low.

The important messages for this week:

- * Keep socially distancing and washing your hands.
- * Get tested if you have ANY symptoms, even if they are mild
- * Download the COVIDSafe App on your phone. If you want to know why...read on. If not, just **download the App!**

It is important to explain and understand the idea of contact tracing and why having an app on your phone that logs your activity is so worthwhile. For any restrictions to be relaxed safely and without the risk of unnecessary infections, there needs to be in place, the capacity for the Health Department to co-ordinate RAPID CONTAINMENT of any outbreaks. This means, if we get given the green-light to move about more freely and this could cause a sudden increase in cases, that a health response can successfully put a lid back on numbers of new cases without having to resort to returning to restrictions.

RAPID CONTAINMENT of new cases/outbreak requires 2 main factors:

1. Broad testing (i.e. lots of testing)
2. Rapid and careful contact tracing of new cases.

This means finding the people who have been in close contact with anyone who has tested positive for COVID19 (a close contact is defined as someone you have been in contact with for at least 15 minutes)

CONTACT TRACING is not a new thing. It is a formal public health measure that ensures that people who have been in contact with someone with an infectious disease (as long as the infectious person agrees/consents) is tracked down by the Health Department, informed that they are at risk of having contracted the disease and then tested - the Health Department does contact tracing for many diseases such as Measles, Rubella and Whooping Cough (Pertussis) and now COVID-19.

A new and effective way of putting into place contact tracing for COVID-19 is the new COVIDSafe phone App that has just been released by the Australian Government. It logs a "digital handshake" using the phones bluetooth with any other person who you spend 15 minutes with. So, if you then get diagnosed with COVID-19 the Health Department will seek your consent to share the information from your app - which will be able to show who your close contacts have been and with your permission, those people can be quickly contacted, isolated and then tested.

Conversely, if anyone you have been a close contact with, receives a COVID-19 diagnosis you can be contacted quickly so that you are isolated and tested, perhaps before you have chance to pass the illness to anyone else.

So, get downloading now - the quicker we can, as a community demonstrate the effectiveness of this technology and our readiness to use it, the quicker we may be able to safely enjoy some slightly relaxed restrictions! If you have any questions about privacy and the COVIDSafe app there is information on the link below.

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app#about-the-app>

For local information follow the Mallacoota Medical Centre FB page.

Support Services

Community delivery service: If you are self-isolating and would like items delivered, (newspaper, groceries, pharmaceuticals, post etc..) please contact MDHSS reception on [5158 0243](tel:51580243) and ask for Janine. If you would like to volunteer to help with deliveries, please also contact Janine. This service is offered to **EVERYONE** in the community, not just MDHSS members.

MDHSS Virtual Exercise Classes: Virtual exercise classes are being ran 9:30am Monday – Friday. Call MDHSS on [5158 0243](tel:51580243) for links to social connection groups and stay active and connected during self-isolation.

Church and Op Shop Update: A church service suitable for all denominations is being broadcast by Reverend Jude Benton at 9am Sunday mornings on local radio 3MGB -101.7 Mallacoota, 96.9 Genoa.

Bush Fire Case Support Program: Bushfire Case Support Program are continuing to provide case support to ANYONE who has been affected by the recent bushfires. You may not have felt that you need someone to support your journey until now, but are finding things difficult or are feeling isolated? Please reach out to find out how we might be able to support you. This support is now available over the phone and / or email now with the COVID-19 restrictions. If you already have a case manager, please contact Gippsland Lakes Complete Health on [5155 8300](tel:51558300), if you would like to be referred to a case manager, please call Windemere on [1300 946 337](tel:1300946337).

GIVIT: GIVIT is working with charities and support organisations to match needs in the community with donated items. GIVIT offers a 'virtual warehouse' of pledged goods. If you have sheds filled with donated items, please consider listing those items with GIVIT so other communities in need can see what may be available. Registered charities, case workers and organisations can also make requests for items on behalf of their clients and community members. For more information or to register go to www.givit.org.au or contact Lisa via VIC@givit.org.au

Psychologist Support: The Royal Flying Doctor Service together with Relationships Australia are offering counselling via telehealth or phone. There is no charge for this. This can be to discuss current stresses and difficulties or for mental health problems. Mary Nicholas is a Psychologist with Relationships Australia. Fiona Mitchell is a Psychologist and a Nurse with over 30 years working in healthcare and is with the RFDS. For appointments please call 1800 001 068 or 03 8412 0480

Council's Business 'Grant Buddy' Initiative: In response to the economic impact caused from the recent Bushfire and the current COVID-19 pandemic, Council is increasing its support to East Gippsland Business operators with the introduction of the 'Grant Buddy' initiative. In collaboration with Small Business Victoria, this initiative will assist business operators in navigating the myriad of grant funding and support schemes available, along with assisting business operators with completing application documentation.

If you are unsure if whether your business is eligible for financial support or you simply need an extra hand, friendly local assistance is available. You can now book a phone appointment with either a Small Business Advisor or a Grant Buddy, at a time that works for you. Simply contact Council's Recovery Centre on 5153 9500, then dial 1 to get started.

Chaplaincy Australia Webinar: For those of you who are struggling or know someone who is struggling through grief and loss, please join us for 2 one-hour workshop sessions presented by Chaplaincy Australia, starting Thursday and Friday, 7th & 8th of May. This workshop will be streamed LIVE on the Public Redgum Church Facebook page.
<https://www.facebook.com/redgum.church/>

Financial Support

Anglicare Free Financial Counselling: Anglicare is reminding residents of the free financial counselling available to individuals and families affected by the East Gippsland bushfires. Financial counsellors can: • Assist with insurance matters • Assist with access to government assistance programs • Renegotiate loans, payments and access banking assistance • Help sort out how to pay debts, bills, and avoid scams • Provide advice on options due to loss of income • Refer to other services as required
Bushfire affected residents can contact the service by email at bushfirefcgipps@anglicarevic.org.au or call [1800 286 260](tel:1800286260). Referrals are also accepted.

St Vincent de Paul Society: The emergency relief assistance phone number is 13 18 12 during business hours. Grants are available for things like clothing, food, emergency shelter, back-to-school costs, and paying for livestock feed and tools. Callers will be asked to provide certain details to verify their eligibility.

Salvation Army Assistance: The Salvation Army's Mallacoota Bushfire Recovery assistance are available through a telephone service. Please call 0429 616 253 from 9:30am to 4:30pm.

Victorian Farmers Federation Grant: The VFF have just opened a \$3000 grant program. To be eligible you need to have lived in a fire impacted area and your property be damaged by the December/January fire. Eligible landowners need to get in an application asap. The link below has a further link to the application form or alternatively you can contact firecovery2020@vff.org.au or by telephone on [1300 882 833](tel:1300882833) to be sent a form.
https://www.vff.org.au/vff/Projects/Fire_Recovery_Grants/vff/Projects/Fire_Recovery_Grants.aspx?hkey=a29b497b-df95-4b92-8a1d-fc798195fcf6

Red Cross: The Red Cross **Rebuilding Grant** is available to assist owner/occupiers whose primary place of residence was destroyed or damaged beyond repair. This \$20,000 grant is over and above the original \$20,000 grant that was available to people who lost their primary place of residence. There is no need to complete the full registration again, you just need to phone Red Cross, provide your details (name & address) or previous 'claim' number if you have it. This new grant will assist with building permits/planning and other expenses for owner/occupiers rebuilding their primary place of residence. You can access all Red Cross **Services and support** by calling [1800 733 276](tel:1800733276) or go to <https://www.redcross.org.au/grants>

For other support services and information go to **Bushfire Recovery Victoria:** Phone 1800 560 760
<https://www.vic.gov.au/bushfire-recovery-victoria>

ONLINE RESOURCES & ACTIVITIES

Each week we will provide information on different online resources and activities. The topics on the left were what families told us in the survey that they would be interested in and we will include suggestions for different age groups.

PRESCHOOLERS (0-4 years)

CHILDREN (5 – 12 Years)

YOUNG PEOPLE (13 – 18 Years)

ART & CRAFT ACTIVITIES

Playgroup Victoria – 20 days of Play at home (art & play activities) - <https://www.playgroup.org.au/news/20-days-of-play-at-home/>

Red Ted Art - <https://www.redtedart.com/12-must-follow-facebook-pages/>

Artful Parent - <https://artfulparent.com/>

Arty Crafty Kids! - <https://www.artycraftykids.com/>

8 Art Ideas for Teenagers - <https://101craftideas.com/art-ideas/73-art-ideas-for-teenagers/>

Craft for Young Adults - <https://www.pinterest.com.au/paccamos/crafts-for-young-adults/>

PHYSICAL ACTIVITIES Cosmic Kids Yoga - <https://www.cosmickids.com/>

Watch this space for the next edition. 😊

Active for Life - <https://activeforlife.com/activities/>

Dance Party - <https://www.abc.net.au/kidstisten/dance-party/>

STORIES/BOOKS

East Gippsland Shire Library Story Time - Children's books read by famous people - https://www.eastgippsland.vic.gov.au/Libra-ries/Kids_and_Teens

Audible – <https://stories.audible.com/start-listen>

COLOURING SHEETS

ABC Kids Colouring Sheets – <https://www.abc.net.au/abckids/make/>

Pete Cromer – Australian Artist fun and free printables - <https://www.petecromer.com/>

Mindful Colouring – https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf

EDUCATIONAL GAMES

ABC Kids - educational games and a list of apps <https://www.abc.net.au/abckids/games/> <https://www.abc.net.au/abckids/apps/>

Watch this space for the next edition. 😊

LEARNING @ HOME ACTIVITIES

ABC Education's online portal - resources linked to the Australian curriculum across subjects including literacy, maths, science, history, STEM, media literacy and financial literacy <https://education.abc.net.au/home#!/home>

Save the Children Australia

The Hub, Corner Dalmahoy & Service Street, Bairnsdale VIC 3875

Phone: (03) 5153 7500 Email: bairnsdale.reception@savethechildren.org.au