

Belvedere Community Centre newsletter - April 2020

Our doors may be closed but we are still helping to
'create a confident and connected community'



Belvedere Community Centre is currently closed, as we are following Government guidelines, but we are still here to help you through this challenging time.

We are available via:

- Phone: 9776 8922 - leave a message and we will get back to you as soon as possible.
- Email: centre_manager@belvedere.org.au
- Contact section of our web site: www.belvedere.org.au
- Facebook: [BelvedereCommunityCentreInc](https://www.facebook.com/BelvedereCommunityCentreInc)

If you or anyone you know is isolated and needs support please give them our details or you can get in contact with us and we will see how we can assist.

Here are some great ideas and links we have gathered over the past week to help pass time at home.

Things for the kids to do!

Twinkl activity packs and planners.

Twinkl – one of the country's largest education platforms – has made 630,000 home learning packs available to parents for free to help them plan their child's day and make sure they keep up with the school studies. Each of these packs include activity sheets, information packs and interactive presentations, complemented by online games and videos. To access these materials, go to the Twinkl website www.twinkl.com.au/resources/covid19-school-closures enter the code UKTWINKLHELPS with your email and password.

Animal House: Live Stream Melbourne Zoo

Zoos Victoria has launched a live streaming service so animal lovers can stay connected with some of their favourite animals from home, work or anywhere else they want. Several live streams at Melbourne Zoo and Werribee Open Range Zoo are now live, offering people who can't visit the zoo at the moment the chance to check out some of the animal action. www.zoo.org.au/animal-house

Audible Stories and Song

Amazon-owned Audible recently put a selection of its children's audiobook stories online for free, allowing young people to stream each, in a range of six languages, via their phone, tablet, laptop or desktop. These books are usually only available with a monthly Audible subscription. The service will be available "for as long as schools are closed"
<https://stories.audible.com/discovery>

Need some exercise?

Head over to our Facebook page and find 5 short videos we have of our wonderful exercise teacher, Netta, showing you some moves!

The Heart Foundation has some great ideas to get you moving:

www.heartfoundation.org.au/news/self-isolating-quarantined-working-from-home-here-are-our-tips-for-staying-active?

Here is a link to some easy breathing techniques to help relieve stress:

www.facebook.com/watch/?v=552294288713865



New technology to stay connected with family and friends or just learn new skills!

This information from Be Connected might not be new to all of us but here are dozens of fact sheets that might help you navigate the digital world.

www.beconnected.esafety.gov.au/

Things to be aware of:

SCAM ALERT: The head of Centrelink was interviewed on the ABC the other morning regarding people who are expecting a call back from them after registering online (for the stimulus payment). He said to ensure they answered any 'private number' calls as their calls would not be identified as Centrelink. If you, someone in your family or someone you know are in this process please let them know and also that they would 'never' request any financial details from you. Scams are already happening. You can request a call back number if you are unsure. **Never give them bank details.**

Help and other advice lines:

Healthline direct hotline: 1800 022 222 and speak to a registered nurse

Coronavirus Health Information Line: 1800 020 080 if you need information on coronavirus

Lifeline: 13 11 14 or text 0477 13 11 14

Coronavirus App: www.covid19.act.gov.au/news-articles/download-coronavirus-australia-app

Let us know what topics and information you would like to see in the next newsletter!