

PLATYPUS MINI TRACKS

Covid 19 Edition

9—OCTOBER 2020



After a difficult winter of being locked down, wearing masks and isolating, it was fantastic to experience snow fall in Ballarat and surrounds recently.

This photo credit goes to Karen Heap who captured this shot from upstairs in the medical area.



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A Message from Karen Heap



Hi Everyone,

I hope everyone is well and keeping safe. We are all very excited that some of the restrictions for Regional Victoria has now been lifted, however in saying that we are still unable to travel to Melbourne and we still being very careful about keeping distancing and hygiene practise in place.

It is great to hear that we have no positive COVID – 19 case across Victoria in the Aboriginal community and we need to make sure it stays that way for us.

We are getting for NAIDOC on November and looking supply a small Care Hamper to community members that register, refer to the update in this Newsletter.

We have also decided to not run the Christmas Tree event this year, which is very disappointing. We are still committed to make Christmas a joyful time for our young ones, and will be helping Santa to bring presents to all those children who are registered with Reception.

Generally, BADAC is working as it always has and it is business as usual for us. We are still required provide the reports and attend meetings everyday, however we are doing this in a different manner. Zoom and Microsoft Teams is the new meeting way of business these days which has been great.

We will continue to be in touch and keep you well informed as much as we can. Take Care Karen Heap

A MESSAGE FROM THE SOCIAL & EMOTIONAL WELLBEING TEAM

- Stay Connected. Call us if you need to update your contact details
- Need to cancel? Let us know and we can change your appointment if needed
- Need to talk? There is no wrong reason to contact us. Call us if you need a yarn
- Phone consults. Our calls will be "Private Number or No Caller ID". Let SEWB Reception know if you missed our call
- Reminders! All new referrals & appointments will be sent an SMS—let us know if you're not receiving our notices
- Need to find out more? Give us a call 5331 5344 EXT 3

BADAC CHRISTMAS TREE EVENT 2020



Unfortunately, our normal event featuring Santa WILL NOT BE HAPPENING THIS YEAR!

We've been in touch with Santa and he 'd still like to see you all, so we are working on some ideas to make this happen. So Stay Tuned!!

If you would like you child to be part of the XMAS tree event Please contact Reception to put your child on the gift list.

A fee of \$3.00 per child needs to be paid to Reception prior to 1st December 2020

A MESSAGE FROM THE MEDICAL CLINIC

- If you don't need your appointment please let medical know so we can see other clients.
- Don't let your medication run out, make an appointment before you're out
- staff will be calling you to book appointments now that we are getting back to normal.
- if you have a cough, cold, sore throat , high temperature, or have travelled to Melbourne please advise staff.
- keep wearing mask, and physical distance – but remember to talk to each other
- Our Nurses are now returning to work in the medical centre as normal, and are here to support you with all your medical needs as always.



Badac Covid 19 Update

TOWARDS THE END OF SEPTEMBER, BADAC ENTERED INTO IT'S PANDEMIC RECOVERY PLAN STAGE

- Home Visits can occur for High Priority clients, however a Covid 19 Checklist needs to be completed and PPE, hand hygiene and social distancing are required. Staff will check client's temperature before entering the home.
- Staff remain working from home for the most part, with Manager's working on site.
- No staff are travelling outside of the Ballarat area for work purposes.
- Increased cleaning is occurring
- Social media and BADAC website is being used for communication where possible
- Masks are being worn at all times in the building unless individuals are in a room on their own.
- Group programs have resumed outside with a maximum of 10 people including staff



WE ARE HOPING TO GET OUR PROGRAMS AND DOORS OPEN TO THE COMMUNITY AS SOON AS POSSIBLE, AS WE CANT WAIT TO SEE EVERYONE AGAIN! GETTING OUR BUSINESS BACK TO NORMAL DEPENDS ON RESTRICTIONS BEING LIFTED BY THE GOVERNMENT AND ALL HEALTH ADVICE RECEIVED. WE KNOW THIS WILL TAKE TIME., BUT FOR OUR COMMUNITY'S SAFETY, WE ARE PREPARED TO TAKE THINGS SLOW AND STEADY!

BECAUSE OF THIS, WE ARE NOT PLANNING FOR ANY LARGE ONSITE GROUP GATHERINGS FOR **NAIDOC OR CHRISTMAS**, BUT WE ARE HOPING WE WILL BE WELCOMING LIMITED NUMBERS THROUGH THE DOORS EARLY VERY SOON.

NAIDOC 2020— 15TH NOVEMBER

Covid 19 has forced NAIDOC TO BE postponed until November 15th this year.

We enjoyed sending out our Gift Hampers to Community members in July in recognition of this important event, but we are still unable to hold any large gatherings and doubt this will change prior to mid November.

We ask any Community members who would like to receive a care hamper during Naidoc week to contact Reception and put their names on the list for a drop off during that week of November. Please add your name to the list prior to 30th October.

We are also working on creating an "Online Event" which we will have more information about soon.



CHILDREN'S WEEK—24th OCTOBER TO 1ST NOVEMBER

The theme for Children's Week 2020 celebrates the right of all children to choose their own friends and safely connect with others.

The BADAC Children & Youth Services Team and the Early Years Learning & Development Team are encouraging all our young community members to join us to make friendship bands. We will then by joining them all together to make Ballarat's longest Friendship Band.

We will be providing all materials, including beads and elastic, and contacting as many youth as possible over the coming weeks.



WE ARE STILL MAKING CLASSY FACEMASKS TO PROTECT YOU DURING THE PANDEMIC. THESE FACEMASKS ARE AVAILABLE FROM FRONT RECEPTION. **\$5 EACH OR \$8 FOR ABORIGINAL PRINT**

PLEASE CALL RECEPTION for Sales. ALL proceeds goes toward supporting our programs.

BADAC SERVICES INFORMATION (BUSINESS HOURS ONLY):

MAIN RECEPTION 5331 5344 Option # 9

MEDICAL RECEPTION (MEDICAL) 5331 5344 Option # 2

MATERNAL CHILD HEALTH—5331 5344 Option # 2

SOCIAL & EMOTIONAL WELLBEING/SEXUAL ASSAULT SUPPORT—5331 5344 Option # 2

KOORIE FAMILY SERVICES 5331 5344 Option # 9

HOME & COMMUNITY CARE 5331 5344 Option # 9

FAMILY VIOLENCE 5331 5344 Option # 9

Please let Reception know if you want to speak to someone specifically. A message will be given to staff member to phone you! back.



Important Numbers (After Hours)

Triple Zero 000

Gambler's Help 1800 858 858

Lifeline 13 11 14

Kids Helpline 1800 551 800

National Debt Hotline 1800 007 007

Parentline 13 22 89

Aboriginal Legal Services 1800 064 865

Nurse-On-Call 1300 60 60 24

Maternal and Child Health Line 13 22 29

Suicide Line Victoria 1300 651 251

BHS Mental Health Services 1300 661 323

BADAC HAS MANY DVD'S & BOOKS AVAILABLE TO LEND, SO IF YOU WOULD LIKE TO BORROW YOUR FAVOURITES, PLEASE CALL US AND WE WILL LET YOU KNOW WHICH TITLES WE HAVE AVAILABLE.



SOCIAL MEDIA GROUPS TO CHECK OUT:

KOORIE KIDS PARENTING

BALLARAT & DISTRICT ABORIGINAL COOPERATIVE

KOORIE YOUTH BALLARAT

BADAC Website www.badac.net.au



SCHOOL HOLIDAY YOUTH ACTIVITIES RESUME

With the Government relaxing some restrictions on gatherings of people, the Children & Youth Services team were able to welcome some small groups of kids to enjoy a Barbeque in the park during the School Holidays.

Although numbers needed to be limited, it was great to see some smiling faces and be able to catch up with some of our amazing youth.



CITY OF BALLARAT YOUTH ALLY AWARD



Congratulations to Nikki Bell for being awarded the City of Ballarat Youth Ally Award for her dedication to the Aboriginal youth of Ballarat.

Congratulations Nikki!

YOUTH GROUP—ONLINE !!

TO KEEP IN CONTACT WITH OUR AWE-SOME YOUTH, THE CHILDREN & YOUTH SERVICES TEAM WILL BE RUNNING ONLINE YOUTH GROUP ON THE FOLLOWING DAYS FROM 3.30 TO 4.00 PM

JUNIOR (5 TO 8) MONDAYS

JUNIOR (9 TO 12) TUESDAYS

SENIORS (13 TO 18) WEDNESDAYS

Zoom Meeting ID: 4737937916

Password: 3BHSSP

WE LOOK FORWARD TO SEEING YOU ALL!

