

PLATYPUS MINI TRACKS

Covid 19 Edition

8—AUGUST 2020

BADAC REMAINS IN STAGE 2 OF OUR PANDEMIC RECOVERY PLAN. WE ARE ALL WEARING MASKS AND ISOLATING, HOWEVER ALL PROGRAMS ARE OPERATING AND SUPPORT IS AVAILABLE TO YOU WHEN NEEDED!



During this time of Isolation, many of our Staff have had to change the way they work. This can mean doing different tasks than usual, wearing protective gear and helping to keep our services going as “normal” as possible.

Here is Mick Clark helping out in the Clinic by wearing full protective gear.

When it comes to keeping our Community safe, nothing is too difficult!



Want your magazine delivered via email?

Email: reception@badac.net.au

A Message from Karen Heap

Hello Everyone

I hope you are all keeping well and safe in this very scary time. As the cases of Covid have been increasing in Ballarat this past week, it is a reminder to us all to keep going with our safe hygiene practices, wear our masks and keep ourselves and our Community safe from this terrible pandemic.

This lockdown is a challenge to all of us, and we are doing everything possible to keep you all informed and to create new ideas to help you through this scary and isolating time.

We are still making masks, delivering hampers and bread, creating a DVD and book loan program, keeping in contact with you all through phone calls and making sure you all still feel part of our Community. Please let me know if you have any other needs we might be able to support you with. Take care everyone. Karen Heap.

WE ARE STILL MAKING FACEMASKS WHICH ARE AN ACCEPTABLE STANDARD FOR PROTECTING YOU DURING THE PANDEMIC. THESE FACEMASKS ARE AVAILABLE FROM FRONT RECEPTION. **\$5 EACH OR \$8 FOR ABORIGINAL PRINT**

PLEASE CALL RECEPTION IF YOU WOULD LIKE TO PURCHASE ANY. ALL proceeds goes toward supporting our programs.

HOME AND COMMUNITY CARE SERVICES ARE STILL AVAILABLE

STAFF ARE AVAILABLE TO ASSIST WITH SHOPPING AND ALSO LAWN MOWING.

IF THERE ARE ANY OTHER ESSENTIAL SERVICES YOU NEED, PLEASE CONTACT THE HACC TEAM OR BADAC RECEPTION.



YES, WE ARE ALL STILL WORKING HARD AT BADAC.

Medical, SEWB, Koorie Family Services, Family Violence Program, Local and Youth Justice, Children & Youth Services and HACC. We are all only a call away, so if you need to chat, please leave a message at Reception and we will give you a call back ASAP.

Many are working from home, but we are still doing our best for our Community.



MENOPAUSE the play

Menopause.....want to talk about it?

Dont want to talk about it? Cant help but talk about it? Here's your chance to talk about....

MENOPAUSE the play

Ilbjerri Theatre has commissioned me to write a play about **MENOPAUSE** which will tour next year!

I'm seeking Women in the Community who would like to have a yarn about their experiences going through **menopause**. What were your symptoms? How did it make you feel? And what support/s did you have? Confidentiality Assured!!!

If you feel like a yarn.....Call me, Facebook Me. Email me, or I can call you back!

Maybe your story can help someone else through their journey?

THANK YOU

Contact: Maryanne Sam, (Meriam Mer)

Mobile: 0417780733

email: retimoi1@hotmail.com or via Faye Clarke at the Coop



YOUTH GROUP—ONLINE !!

TO KEEP IN CONTACT WITH OUR AWESOME YOUTH ,THE CHILDREN & YOUTH SERVICES TEAM WILL BE RUNNING ON LINE YOUTH GROUP ON THE FOLLOWING DATES FROM 3.30 TO 4.00 PM

JUNIOR (5 TO 8) 17TH August

JUNIOR (9 TO 12) 18TH August

SENIORS(13 TO 18) 19TH August

If you would like to join in, please contact Nikki Bell on 0499 025 763 for the link.

WE LOOK FORWARD TO SEEING YOU ALL!



RIDDLE ME THIS??

Who makes it, has no need of it.
Who buys it, has no use for it.
Who uses it can neither see nor feel it.
What is it?

A Coffin

How to Clean Your Mask

During our Current Restrictions, the main door at Front Reception will remain CLOSED to all Visitors and Community Members, and we are all wearing masks inside the building.

NO access being given either via the Main Door or via the Access door from The Tree Room.

MEDICAL DOORS WILL REMAIN CLOSED, HOWEVER OPENED BY STAFF FOR THOSE ATTENDING MEDICAL APPOINTMENTS. PLEASE JUST WAIT AT THE DOOR AND SOMEONE WILL LET YOU IN.

As much as we don't want to isolate ourselves from our wonderful community, we hope you understand that we need to take precautions for the safety of our staff and our Community.

WE HAVE HAD SOME ENQUIRIES ABOUT THE BEST WAY TO CLEAN YOUR MASKS? SO HERE IS SOME GREAT INFORMATION FROM THE CLINIC

How should I clean my cloth mask?

Face coverings, such as cloth masks, are mandatory for all Victorians when they leave their house .

Wearing a face covering helps prevent the spread of COVID-19 by providing a physical barrier. In saying that, they don't replace the need to keep up physical distancing, hand hygiene, and staying at home when feeling unwell (as well as any other government restrictions). They should also be worn correctly.

Importantly, they should also be washed properly. If you come into contact with an infected person while wearing a mask, virus particles could land on your mask and contaminate it. If you don't handle and wash your mask correctly, you may infect yourself or others by touching the contaminated mask. Once a mask has been worn for a short or long length of time, our humid breath from breathing can allow a good environment to grow bugs if left unwashed.

When to clean

Cloth masks should be cleaned after each use (short or long wearing time). Importantly, if your mask gets wet, moist or visibly dirty, it's time to take it off, put on a new one and wash the old one. A supply of masks will help you manage the cleaning process, so you always have one to hand. The number of masks you want to have in supply will depend on how frequently you leave the house and use them.

Remember the mask may be contaminated, so don't touch the front of it when taking it off. Instead, use the loops or ties to take it off, then store it in a plastic bag or dedicated area, ready to be washed. And wash your hands immediately afterwards.

If you happen to have a surgical or medical mask, these are single use only, so should *not* be laundered, cleaned or reused. After wearing a disposable mask for a short or long period it should be disposed of at the end of the day – do not keep and reuse.

How to clean

- Washing cloth masks is pretty straightforward. You can add them to your normal laundry wash. Make sure to use a detergent and to use the warmest temperature setting your clothes and cloth can handle.
- There is no need to use disinfectant in your wash. For the detergent, you may want to use a non-scented detergent if you are sensitive to the smell.
- If you want to wash your cloth mask by hand, use a bucket of hot water with a detergent. Just use hot water from the tap, no need to boil water. Let the cloth mask soak in the water, give it a hand wash and rinse. If your mask remains visibly dirty, try washing it in the washing machine.
- As always, ensure you wash your hands after you put the mask in the washing machine or bucket, and after handling your mask in general.
- You can wash your mask in a machine or by hand. Either way, the most important thing is to use a detergent.

Drying them is important

A wet cloth mask is not effective to use, so your cloth mask must be dry before using it again. You can dry your cloth mask in any number of ways.

- You can use a dryer (using a heat setting) or lay it flat to air-dry.
- Direct sunlight is also another way to dry your cloth mask.
- You can hang it, but it's best to dry it flat so it doesn't lose its shape.
- After it is washed and dry if the material instructions recommend you can iron the mask (ironing is not necessary after washing) - but washing it beforehand is a must!
- When you have washed and dried your mask, store it in a clean, dry place where it won't get contaminated again.



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

DO YOU HAVE ANY UNWANTED DVD'S OR BOOKS?

BADAC IS PUTTING A CALL OUT TO ANYONE WHO HAS GOOD QUALITY DVD'S, BOOKS OR MAGAZINES WHICH THEY NO LONGER NEED, TO ASSIST US IN MAKING A LIBRARY AVAILABLE FOR COMMUNITY MEMBERS TO LOAN.

WE ALREADY HAVE SOME TITLES AVAILABLE SO IF YOU WOULD LIKE TO TAKE ADVANTAGE OF THIS, PLEASE CALL US AND WE WILL LET YOU KNOW WHAT TITLES WE HAVE. WE WILL ALSO TRY AND SOURCE SOME TITLES YOU MIGHT LIKE AS WELL.

IF YOU HAVE ANY DVD'S, BOOKS OR MAGAZINES YOU WOULD LIKE TO DONATE, PLEASE CONTACT LEANNE GAFA OR RECEPTION AND WE WILL ORGANISE TO PICK THEM UP FROM YOU. THANKYOU!



SOCIAL MEDIA GROUPS TO CHECK OUT:

KOORIE KIDS PARENTING

BALLARAT & DISTRICT ABORIGINAL COOPERATIVE

KOORIE YOUTH BALLARAT

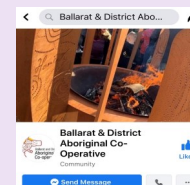
BADAC MEDIA YOUTUBE CHANNEL



Just a reminder to everyone that BADAC has a new Facebook page which has items posted in it regularly. The old page will eventually be deleted, so please make sure you are following the latest page.



Left: Old Page



Right: New Page

We will continue to send our Covid Newsletter Editions every few weeks during the lockdown.

Our regular "Spring" Platypus Tracks will be issued toward the end of August as normal.

Although space is sometime limited, If you have any articles or photos you would like contribute to any of our Editions, we will always try our best to put them in for you! !

Send them to : reception@badac.net.au

