



MPA

Newsletter Mar 2020

Mandalay Progress Association Inc.

mandalaysecretary@gmail.com

Dear Residents,

We hope you are all doing well managing the crisis we are facing with the COVID-19. The Committee met on 26 Mar and discussed if we should offer any help to those who may require some assistance. Hence we have prepared this update for your attention.

We suggest that we all watch out for our neighbours especially those who are living alone or elderly people to see if they are okay. We should also consider offering any help if we can in a safe manner.

Should you know of anyone whom you think may need help from the Committee, we are happy to consider or refer to other organisations for assistance? Our Committee Member **Jo Wood** had kindly offered to be the contact person for assistance. Jo can be contacted on 0417 054 507 or joemily@hotmail.com. We understand that there is probably not much the Committee can do whilst complying with the Government's advice to maintain social distancing. However, we still want to see if there is anything we can help if needed.

In view of the current circumstance, the proposed **Art in the Park** event will be postponed until further notice. We also don't anticipate having any events probably until October when we usually have our Jacaranda Festival event.

The Committee will still meet once every two months or so via video conferencing. Should you need to raise any matter to the Committee, please free to contact the Secretary via the email above.

Jo has gathered some information on COVID-19 for sharing over the page. We hope that you may find it useful.

Finally, let's stay home unless we absolutely have to go out for our employment, food and medical supplies. Pay attention to updates and do what the authorities are telling us to do.

Stay safe and let us know if we can assist.

Best Regards,

MPA Committee

For membership renewal / application, please email or fill out the details below for the attention of the Secretary. Membership is \$20 per year (1 July - 30 June).

Surname:	First Name:	Address:	
Partner's Surname:	Partner's First name:	Phone:	Mobile:
Email:	No. of children:	Preferred means of receiving notices: Email, Newsletter or both?	
Interested in helping or joining: Jacaranda Festival / Environmental matters / Community Activities / Neighbourhood Planning / Senior's Events / Others			
Suggestion of other events / Matters for the Committee's attention:			
Payment options: (Please use your Surname and Street Name as a reference)	1. Bank Of Queensland - Mandalay Progress Association Inc BSB: 124 011 Account: 1001 9083 2. PayPal.Me/Mandalay4069 3. In person, at 4 Cyllene Crt, Fig Tree Pocket		

Coronavirus Resources and Support

SCAMS

Unfortunately, crisis can bring out the worst in scammers. Beware of scams via text, email or phone. Especially those from allegedly from Centrelink.

Food support

Kenmore Meals on Wheels provide frozen meals so you must be able to freeze and reheat your meals in a microwave. You can contact them weekdays from 9am-12.30pm on 0403 686 655.

<http://www.kenmoremealsonwheels.com.au/index.php?page=2>

St Lucia Meals on Wheels provide chilled and frozen meals that you must be able to store and reheat. They can be contacted on weekdays from 8:30am - 1:30pm on 3870 1670.

Other services such as **Lite n Easy** are available if you prefer not to shop and eat fresh meals. They will deliver directly to you & take it inside after taking out correct hygiene precautions.

Their number is 131512. <https://www.liteneasy.com.au/>

Financial Support

Stay updated via the news or Centrelink website. The main takeaway message for those already receiving a Centrelink payment (e.g. Aged pension) is that you will automatically receive any bonus payments. You don't need to apply for them. For example - Economic Support Payment of \$750 if you're living in Australia and get an eligible payment between 12 March 2020 and 13 April 2020 payments start from 31 March with most getting it by 17 April 2020. If you are in the unfortunate situation of having to apply for a new payment such as jobseeker allowance you can register your intent to claim online and provide ID online too. You don't need to set foot inside a Centrelink office. <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19>

Health Support and Medications

The government has advised it's a good idea to have 2-3 weeks of your regular medication at home. Many pharmacies deliver medications to your home. For example – Discount Drug Store Kenmore (Marshall Lane) delivers prescriptions for free on Tuesdays. Other days are \$5. They are looking at adding another day. From next week they will be decreasing their hours to 7.30am-6pm. You can contact your GP to have prescriptions faxed to your local pharmacy.

Coronavirus Health information

Coronavirus Health Information Line on 1800 020 080. The line operates 24 hours a day, 7 days a week. Or online <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

QLD Health

13 HEALTH (13 43 25 84) are up to date with the latest information regarding Qld health services. Staff at 13 HEALTH can connect people through to a local public health unit and other health support services if you need them.

Mental Health and Social Isolation

As our regular routines and social habits are temporarily changed this can have a detrimental effect on our emotions. It's natural to feel anxious during a time like this. Please keep an eye out for each other and don't be afraid to ask for help. Consider swapping numbers with your neighbours (particularly the elderly or isolated) who might need a friendly chat.

Beyond Blue 1300 22 4636 (24 hours) to talk with a trained mental health professional. They're there to listen, provide information and advice, and point you in the right direction so you can seek further support. They also have an online chat service and an excellent website. https://www.beyondblue.org.au/get-support/get-immediate-support?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZoMMil2CZTapR79e6eLqX26HF3r0n4VknW-YSVEIzEEPDIgo8ScpOwaAsmvEALw_wcB

1300 MH CALL (1300 642255 24 hours) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.