



KOVID-19 Provaeda blong komuniti rilif sevis blong faenansel sapot, asistens blong haosing mo sevis blong kakae

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Ol Samting we i Stap Insaed

Help blong Stopem Spred	4
KOVID-19 IMEJENSI RILIF SEVIS	5
CASI – Komuniti Aktivesen mo Sosol Aesolesen Inisiatif	5
Rilif blong Kakae	5
ADRA Adventist Development & Relief Agency - Pakenham	5
Australia Red Cross.....	5
Bunyip mo District Community House.....	6
Caring Connections of Upper Beaconsfield.....	6
Cockatoo Community House.....	6
Emerald Community House	7
Follow Bless Collective (FBC)	7
Food Bank.....	7
Gurudwara Baba Budha Sahib Ji	7
Meals on Wheels.....	8
Planet Shakers.....	8
Salvation Army	8
Gurudwara Siri Guru Nanak Darbar	8
St Luke’s Cockatoo	8
Turning Point Church – Koo Wee Rup.....	9
Ol sevis blong Haos	9
WAYSS	9
Ol Sevis blong Faenans	9
Anglicare – Financial Wellness Program.....	9
Commonwealth Bank Australia.....	9
Casey North Information and Support Service.....	9
Financial Counselling Southern	9
Good Money Program	10
Good Shepherd.....	10

NILS (No Interest Loan Scheme).....	10
Utilities Relief Grant Scheme - DHHS.....	10
Transpot mo diliveri sevis	10
Tour Local	10
Sapot Sevis blong Tingting mo Sosol Hadsip	10
Aboriginal Men’s 24 hour Crisis Support Hotline	10
ERMHA – Eastern Regions Mental Health Association	11
Telecross – Australia Red Cross	11
Nebahud Haos	11
Cockatoo Community House.....	11
Emerald Community House	11
Aborijinal mo Tores Stret Aelanda	12
Kraesis sapot	13

Help blong Stopem Spred

Coronavirus
(COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



HELP STOP THE SPREAD AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://www.health.gov.au)



Authorised by the Australian Government, Canberra.

COVID-19: IDENTIFYING THE SYMPTOMS

Coronavirus
(COVID-19)

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

HELP STOP THE SPREAD AND STAY HEALTHY

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COVID-19 IMEJENSI RILIF SEVIS

Cardinia Shire Kaonsel Rilif mo Rikaveri Komiti nao i putum tugeta daerektri ia.

Oli provaeda we i stap daon ia oli redi blong provaedem sapot mo rilif sevis long taem blong Kovid-19 kraesis. Infomesen we i stap ia oli stret long taem blong pablis be oli save jenis eni taem nomo. Mifala enkarejem yu blong kolem ol provaeda fastaem blong konfemem sapos sevis blong olgeta i avelabol o no.

From ol kondisen i stap jenis, i gat plante pipol i nidim sevis mo from sefti blong yumi, ol provaeda oli askem evri buking mo apoenmen i mas go tru long telefon nomo.

CASI – Komuniti Aktivesen mo Sosol Aesolesen Inisiatif

Sapos yu harem nogud from yu stap yu wan o from i nogat tumas man araon yu from COVID-19 pandemik, yu save kasem sosol, imosenal o praktikel sapot taem yu kontaktem Cardinia Shire Council's Community Connector. Community Connector i save putum yu wetem ol sevis we i folem ol nid blong yu.

Fon: 1300 787 624

Rilif blong Kakae

ADRA Adventist Development & Relief Agency - Pakenham

Oli sevis ia hem i blong givim aot kakae olsem ol tekawe kakae. Oli no givim kakae we yu sidaon long wan ples blong kakae. Oli nara sevis hem i ol kea pakej we i gat ol samting yu nidim long evri dei mo diliveri kam long doa step blong yu.

I gat nid blong asesem ol nid blong yu mo faenem aot wea ples yu stap long hem.

Yu save kontaktem ADRA long 1800 242 372, o imelem mifala long adra.info@adra.org.au. Bae mifala daerektem yu wetem ADRA program klosap long yu.

Australia Red Cross

Oli saplaeyem ol kea pakej (kakae) i go long ol memba blong komuniti tru long Kraesis hotlaen rejistresen i go long olgeta we oli mas aesolet. Mifala diliva kakae mo rilif pakej i kam long doa step tru long ol patna blong mifala Australia Post.

Imejensi Rilif Asistens

Wan spesel Combined Agency Operations Group (CAOG) we hem i pat blong State Control Centre oli manejem ol rikwes blong rilif, hemia long saed blong saplae blong kakae mo telefon aotrij.

Evri kwesten mo rikwes blong imejensi kakae mo ol rilif pakej yu ringim COVID-19 hotlaen: **1800 675 398**. Blong moa infomesen: www.dhhs.vic.gov.au/coronavirus

Kakae mo wota

- **Olgeta we oli stap long Victoria we oli aesolet yu wan from KOVID-19 mo no save kasem kakae mo ol impoten saplae bae oli kasem imejensi rilif pakej.**
- Ol haoshol we oli mitim ol rikwaemen bae oli kasem saplae blong tu-wik blong ol samting we oli nidim olsem kakae, pesonel kea mo ol narafala samting we oli nidim.
- Ol kakae mo kea pakej bae oli karem i kam lo doa blong yu tru long ol patna blong mifala long Australia Post.
- Ol pakej ia hem i blong olgeta we oli stap long aesolesen folem loa, olgeta we i gat smol o nogat kakae, mo oli nogat ol famli o fren blong sapotem olgeta.
- Red Cross hem i sapotem Gavman blong Victoria blong mekem sua se kakae i kasem olgeta we oli rili nidim.

Sapot long saed blong mental helt o tingting tumas – telefon aotrij

- Yu save ringim Red Cross tru long KOVID-19 hotlaen sapos yu nidim sapot long saed blong mental helt o tingting tumas o yu nidim sapot long saed blong kasem hapines.
- I gat ol volontia we oli tren blong provaedem telefon aotrij i go long yu we yu aesolet yu wan.

Red Cross -Blong eni kwesten o imejensi we i no long saed blong sosol distens from KOVID-19, plis ringim Red Kros 24-awa Duti Ofisa hotlaen

Fon: 1800 232 969.

Blong evri KOVID-19 kwesten mo rikwes blong rilif, plis ringim KOVID-19 hotlaen – **1800 675 398.**

Bunyip mo District Community House

Provaedem fri kakae mo help long ol matiriel long olgeta we i nidim

Mande mo Wenisde 9 klok moning – 12 midel de

Beswick Street, Garfield

Fon: 0481 895 509

Caring Connections of Upper Beaconsfield

Provaedem help i go long olgeta long Komuniti we oli nidim help o oli stap long we long narafala olsem ol olfala, ol sikman, woman we i gat bel, mama blong ol smol bebe mo ol disebol pipol.

Ol sevis:

- Help wetem soping mo pikimap ol saplae long famasi
- Wokbaot wetem ol dog o pet
- Sosol kontak tru long fon

Sevis hem i blong ol eria blong Upper Beaconsfield, Dewhurst, Guys Hill.

Fon: 0407 952 286

Cockatoo Community House

Fri kakae pantri o kabod- kakae we i no save go nogud kwik

23 Bailey Road, Cockatoo 3781

Fon: 03 5968 9031

Emerald Community House

Fri kakae we i no save go nogud kwik long Bank blong Kakae we yu save kasem 24/7, self-servis.

Dig In Community Café, kakae we i pripea finis mo i stap long aes hem i avelabol long bisnis awa.

Laesens jaelkea (lukaotem pikinini), printing mo intanet tu i avelabol.

Ofis bae i operet bitwin long 10 klok moning mo 3 klok aftanun Mande kasem Fraede (ring fastaem)

358 Belgrave-Gembrook Rd Emerald 3782

Fon: 03 5968 3881

emhouse@iinet.net.au

Follow Bless Collective (FBC)

FBC i provaedem ol Kea Pak we i gat kakae we i no save nogud kwik taem mo olting blong yusum long bodi blong yu i go long ol pipol blong Cardinia Shire we oli stap long kraesis mo nidim sapot.

Blong kasem sapot ia:

- Olgeta we oli lusum wok blong olgeta mo oli stap wet from peimen i kam long Centrelink;
- Wanwan man/famli we oli mas stap long aesolesen folem loa from KOVID19;
- Olgeta wetem Temporari visa wea nogat inkam;
- Refuji wea nogat inkam;
- Pipol we stap long kraesis blong faenans

Mekem wan buking blong Kea Pak

Imelem info@bless.org.au o

Fon: 59432137 / 0411543817

Bae i gat apoenmen blong pipol i pikimap ol kea pak long ol wik dei nomo long 30 Tivendale Rd, Officer 3809.

Long ol had situesen nomo, FBC i save dilivarem ol kea pak (diliveri we oli no kam klosap long yu).

Plis go long websaet bless.org.au o Fesbuk pej [follow bless collective food van](#) blong moa apdet mo infomesen.

Food Bank

Priperem ol kakae blong Australia Red Cross i distributim.

Putum rikwes blong kakae tru long Koronavaeres hotlaen blong Victoria

Fon: 1800 675 398

Gurudwara Baba Budha Sahib Ji

Provaedem ol fres vejiterien kakae blong olgeta we oli nidim sapot ia. Ol kakae i diliva bitwin long 6-8 klok long naet evri dei. Fon o teksem oda blong yu bifo long 12 midel dei evri dei **0469 826 283 o 0433 483 335**

Meals on Wheels

Provaedem kakae diliveri sevis i go long pipol we yia blong olgeta i ova 65+ long Cardinia Shire.

Blong ol Aborijinal mo Tores Stret Aelanda pipol, sevis ia hem i blong olgeta we oli ova 50+ yia insaed long Cardinia Shire.

Oli jajem wan smol mani blong pem from sevis ia we i dipen long situesen blong wanwan man.

Fon: 03 8573 4960

Planet Shakers

Imejensi Rilif Senta blong Kakae, hem i givim tu ol samting blong yusum long bodi blong yu wetem olting blong bebe, long eniwan we i fesem bigfala problem blong kakae.

RCS Products, 12 Bormar Drive, Pakenham.

Sande 10.30 long moning - 3 klok aftanun

No nid blong mekem apoenmen, kam nomo o **Fon: 03 9896 7999**

Karem ID kad taem yu kam.

Salvation Army

Ol sevis we oli mas ran i stil go hed. Hemia hem i:

- Sevis blong olgeta we i nogat haos o homles
- Yut sevis
- Famli vaelens sevis
- Kea blong Olfala
- Doorways mo imejensi rilif
- Help afta long Busfaea (telefon)
- Alkol mo ol nara drags

Blong olgeta we oli nidim sapot blong faenans, i gat Asistens blong ol besik nid taem yu ringim namba i stap daon ia.

***Ol Kea pakej oli provaedem wetem patnasip wetem ADRA.**

Mifala akseptem ol donesen blong ol kakae o samting we bae ino nogud kwik taem.

Toksave: Blong sefti, plante sevis ia yu save kasem tru long fon o long dijital platfom.

Fon: 03) 5941 4906

Gurudwara Siri Guru Nanak Darbar

Provaedem rilif blong kakae i go long ol memba blong Komuniti. Diliveri long tu-taem long wan wik.

Blong rejista o kasem moa infomesen:

Imel: info@sgnd.com.au

Fon: 0421 061 177

St Luke's Cockatoo

Wetem asosiesen blong Food Bank Vic oli ranem wan bank blong kakae sevis evri wik blong olgeta we i stap klosap. Blong rejista o kasem moa infomesen, kolem **Fon: 5968**

8459

Turning Point Church – Koo Wee Rup

Priperesen mo provaedem sevis blong kakae. Pikap nomo
MEKEM APOENMEN NOMO blong kasem sevis ia.
KWR i givim helt mo welfea asistens tu.
Fon: 03 5997 2217

Ol sevis blong Haos

WAYSS

Ples blong tekem mo asesem ol woman mo pikinini we oli nidim spesel famli vaelens
sapot. Evri program i open. Ofis long Berwik i klos.
Dandenong branj i open long ol sevis olsem:

- Famli vaelens sapot sevis
- Homles o nogat hom sapot sevis
- Yut sapot sevis
- Sapot i go long olgeta we i rent blong holem ol rum blong olgeta

Kontak:

BERWICK: i no open

DANDENONG: Fon: 03 9791 6111

PAKENHAM OFIS: i no open

www.wayssltd.org.au

Ol Sevis blong Faenans

Anglicare – Financial Wellness Program

Provaedem sapot blong faenans mo help blong kasem hadsip program.

Fon: 1800 966 172

anglicare.org.au

Commonwealth Bank Australia

Commonwealth Bank Australia hem i divelopem ol sapot program we hem i open long eni
wan we i eksperiensem Famli Vaelens mo/o Faenans Abius. Toksave: Hemia i open long
eni wan, ino ol kastoma blong Commonwealth Bank nomo.

<https://www.commbank.com.au/support/dv-assistance.html>

Casey North Information and Support Service

Fri mo konfidensel kaonseling long faenans we ol kwalifae profesonal i givim long pipol
we oli fesem had taem long saed blong faenans.

Fon: 9705 6699

Imel: cnciss@caseynorthciss.com.au.

<https://www.caseynorthciss.com.au/financial-counselling>

Financial Counselling Southern

South East Community Links

Mande kasem Fraede 9 klok moning - 5 klok aftanun
Imelem ol kwesten mo riferal i go long fcs@secl.org.au
Ol wokman oli save mekem referral long telefon o imel (kontaktem mifala mo bae mifala sendem riferal fom)
Wan konsumia i save riferem hem wan long telefon o imel adres.
Fon: 9549 5288

Good Money Program

Rilif lon we nogat interest blong ol haoshol blong olgeta we oli stragel from KOVID-19.
Faenansel Kaonseling tu oli provaedem.
Fon: 1300 770 550

Good Shepherd

KOVID Hadsip Sapot Hotlaen (Faenansel Sapot) mo Lon we nogat interest go kasem \$3000 blong ol bil blong haos.
Fon: 1300 121 130
householdrelief.org.au

NILS (No Interest Loan Scheme)

No Interest Loan Scheme (NILS) hem i provaedem ol wanwan man mo ol famli we oli stap long low inkam blong kasem sef, fea mo kredit wea oli save afodem.
Open wik dei 9 klok moning - 5 klok aftanun.
<https://echo.org.au/nils/>
Fon: 0427 895 596

Utilities Relief Grant Scheme - DHHS

Kolem kampani we i provaedem wota o pawa o gas, mo askem blong toktok wetem olgeta long hadsip dipatment mo rikwestem wan Utility Relief Grant.
<https://services.dhhs.vic.gov.au/utility-relief-grant-scheme>

Transpot mo diliveri sevis

Tour Local

Fri transpot i go mo kam bak long stoa.
Sevis ia hem i blong ol olfala man mo woman mo ol pipol wetem disability. Yu mas mekem buking.
Fon: 03 5941 8800

Sapot Sevis blong Tingting mo Sosol Hadsip

Aboriginal Men's 24 hour Crisis Support Hotline

Tokabaotem. Brata wetem Brata. Ringim Dardi Munwurro blong tokabaot ol problem blong famli vaelens, olsem wanem blong lukaotem ol pikinini, komunikesen, seperesen, o stres blong stap insaed long wan rilesensip.
Fon: 1800 435 799

ERMHA – Eastern Regions Mental Health Association

Provaedem sevis i go long ol pipol we oli fesem ol jalenj we i kamaot long disabiliti, mental siknes, troman (o harem nogud) mo sabstens abius.

Fon: 1300 376 421

Telecross – Australia Red Cross

Wan sevis blong Red Cross we i provaedem wan telefon kol evri dei blong jekem ol pipol we oli liv olgeta wan nomo mo oli isi blong kasem aksiden o siknes we narafala man i no save luksave.

Fon: 1300 885 698

Nebahud Haos

Plis kontaktem lokol nabahud haos daerekt long telefon blong faenemaot wijwan sevis, sapos i gat, we i stil operet.

Beaconsfield Neighbourhood Centre

8 O’Neil Road, Beaconsfield 3807

Fon: 03 8768 4400

coordinator@bncinc.org.au

Beaconsfield Upper Community Centre

10-12 Salisbury Road, Beaconsfield Upper

Fon: (03) 5944 3484

office@ubcc.org.au

Bunyip and District Community House

Garfield Recreation Reserve,
40 Fourteen Mile Road, Garfield 3814

Fon: 0481 895 509

manager@bdch.com.au

Cockatoo Community House

23 Bailey Road, Cockatoo. 3781

Fon: 03 5968 9031

Mobael: 0401062396

cch@taskforce.org.au

Emerald Community House

356 Belgrave-Gembrook Rd Emerald 3782

Fon: 03 5968 3881

emhouse@iinet.net.au

Lang Lang Community Centre

7 Westernport Road, Lang Lang 3984.

Fon: 03 5997 5704

LLCC@langlang.net

Living and Learning Pakenham Inc.

6B Henry Street, Pakenham 3810

Fon: 03 5941 2389

admin@livinglearning.org.au

Outlook Community Centre

24 Toomuc Valley Road, Pakenham 3810

Fon: 0427 911 935

outlook@outlookvic.org.au

Aborijinal mo Tores Stret Aelanda

Aboriginal Men's 24-hour Crisis Support Hotline

Tokabaotem. Brata wetem Brata. Ringim Dardi Munwurro blong tokabaot ol problem blong famli vaelens, olsem wanem blong lukaotem ol pikinini, komunikesen, seperesen, o stres blong stap insaed long wan rilesensip.

Fon: 1800 435 799

Bunurong Health Service

Helt Sevis blong ol Aborijini. Helt mo kea blong laef folem ol stret fasin blong kalja.

Fon: 03 9794 5933

Dardi Munwurro women's online support group

Dardi Munwurro onlaen sapot grup blong ol woman hem i wan sevis we i sapotem ol woman we oli stap helpem ol pikinini wetem rimot lening.

Wataem: Evri Mande long Okis

Taem: 1:00–3:00 klok long aftanun

Rejistresen: Plis kontaktem tim long Dardi Munwurro yunit blong ol woman blong kasem Zoom link.

Fon: 0428 987 905 or 0419 550 981

Elizabeth Hoffman House

Sapot mo kaonsel sevis blong ol Aborijini woman mo pikinini blong olgeta we oli fesem famli vaelens.

Fon: 1800 796 112

Monash Health

Aboriginal Health Service. Helt mo kea blong laef folem ol stret fasin blong kalja.

Fon: 1300 342 273

Kraesis sapot

Blong kasem moa kraesis sapot sevis, kontaktem ol namba ia:

1800 RESPECT 1800 737 732

Aboriginal Men's 24 hour Crisis Support Hotline: 1800 435 421

Beyond Blue: 1300 224 636

Kids Helplaen: 1800 55 180

Lifeline Crisis Hotlaen: 13 11 14

MensLine Australia (1300 78 99 78)

Safe Steps 24/7 Famli Vaelens crisis service 1800 015 188

Polis Asistens Laen blong ripotem pablik gataring we i ova long 2 pipol, olgeta we i no folem sosol distansing mo aesolesen folem loa.

Fon: 13 44 44

Famli Vaelens Sapot Sevis

Safe Steps 24/7 Famli Vaelens kraesis sevis 1800 015 188

Kids Helplaen: 1800 55 180

1800 RESPECT 1800 737 732

Polis Asistens Laen: 13 44 44

Windermere: 1300 946 337

Sapos yu wan Komuniti grup o rilif sevis provaeda mo yu wantem infomesen blong yu i stap long daerektri ia, plis imelem Cardinia Shire Council long emergency@cardinia.vic.gov.au



Cardinia Shire Council

Civic Centre

20 Siding Avenue, Officer

PO Box 7

Pakenham 3810 (DX 81006 Pakenham)

Fon: 1300 787 624

Imel: mail@cardinia.vic.gov.au

Intanet: cardinia.vic.gov.au

National Relay Service (NRS)

TTY: 133 677 (askem 1300 787 624)

Toktok mo Lisen (spij-i-go-long-spij rilei): 1300 555 727 (askem 1300 787 624)

Translator Interpretation Service

131 450 (askem 1300 787 624)