



MELBOURNE SOUTH YARRA RESIDENTS GROUP INC.

Established by the residents of South Yarra in 1969

Bulletin re COVID-19

Many MSYRG members have expressed concern for others in our South Yarra community who may be self-isolating or who lack support in these dark times.

MSYRG sends you this Bulletin with information that may be useful

PLEASE FORWARD THIS BULLETIN TO NEIGHBOURS AND FRIENDS

NB: This information may change at any time!!!!

OUR DOMAIN VILLAGE NEEDS OUR SUPPORT

Finer Fruit South Yarra is open and always getting items onto the shelves as they empty quickly. 9866 2746

Domain Dry Cleaner has reduced hours: Monday-Friday 8am to 5 pm and Saturday 9 am to noon. This may change depending on any new government restrictions. 9866 1774

The 7/11 is open usual hours

Botanical Pharmacy: 9866 2634 info@botanicalpharmacy.com.au Open and is an essential service. They ask that you or your Dr email a prescription; they will dispense it and have it ready for collection.

Domaine brasserie: 9820 1922. Reduced menu takeaway only. Open 6 am to 4 pm 98201922

Gilson have a Take Away and Delivery Service 7am-2pm and 5pm-9pm. 98663120

Entrecote open for Takeaway coffee and food 7am-2 pm. 98045468

The Golden Triangle open for TakeAway 5.30- 9 pm. 98203633

Botanical, Matilda, Bacash, & Bistro Gitan are closed.

St Kilda Road-Toorak Road West area has some shops open including PO, bottle shop and chemist.

South Yarra Senior Citizens Centre, Fawkner Park is closed until 19 April 2020

Woolworths Priority Assistance has home deliveries to help the elderly, people with disability, those with compromised immunity and those in mandatory isolation. To apply for Priority Assistance delivery, please complete the form at www.woolworths.com.au/priorityassistance. Woolworths has also introduced a dedicated hour for the elderly and people with disabilities to shop between 7am and 8am

Coles Online Priority Service (COPS) is now delivering food and grocery essentials to elderly and vulnerable members of the community, please check www.coles.com.au for details how such customers can assess COPS. Coles trading hours are 7am to 8pm every day, with the first hour of trade on weekdays exclusively for customers who hold a government-issued Pensioner Concession Card, Commonwealth Seniors Health Card, Companion Card, Seniors Card, Disability Card and Health Care Card.

South Melbourne Market

The traders and the market have started an order and pick up service - order by a particular time Wednesday and pick up in their car park Thursday afternoon. It is a little out of the area but may be a very useful service for those that drive and do not want any contact.

<https://southmelbournemarket.com.au/pick-up-service/>

Emergency Relief Packages For Victorians Who Need It Most (Victorian Government)

Victorians in mandatory self-isolation running short on food and unable to have any dropped-off by friends are now eligible for a "food and personal care package", with a two-weeks supply of items like long-life milk, pasta, canned fruit, cereal and sugar, as well as some personal care items. People wishing to request a pack should call Victoria's dedicated Coronavirus hotline on 1800 675 398 or visit

www.dhhs.vic.gov.au/coronavirus

INFORMATION FROM THE CITY OF MELBOURNE

CoM continues to closely monitor the situation, working with the Victorian Department of Health and Human Services (DHHS) and the Australian Government Department of Health. The City of Melbourne Novel has a dedicated coronavirus webpage for the [latest updates and response to the COVID-19 situation](#). This page covers a range of frequently asked questions and is updated daily.

(<https://www.melbourne.vic.gov.au/community/health-support-services/health-services/Pages/novel-coronavirus.aspx>)

For up-to-date information, please refer to the [Department of Health and Human Services](https://www.dhhs.vic.gov.au/information-public-novel-coronavirus) (<https://www.dhhs.vic.gov.au/information-public-novel-coronavirus>)

DO YOU KNOW SOMEONE WHO NEEDS HELP? Here is a CONTACT CARD

that you may like to cut out, fill in and use to reach out to others in our communities. If you identify anyone who may be particularly vulnerable and at risk, please advise them to contact CoM **9658 9658** and ask for **Ageing and Inclusion** or email MSYRG secretary@msyrg.com.au and we will make sure to pass onto to CoM

HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail

A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

Phone or online counselling support and crisis support services

[Lifeline](#) - provides crisis counselling and suicide prevention services. Phone: 13 11 14 (24 hours a day, 7 days a week). [Lifeline online chat](#).

[Suicide Call Back Service](#) - provides online and phone counselling if you or someone you know is feeling suicidal. Phone: 1300 659 467. [Suicide Call Back Service online chat](#).

General counselling and mental health support

[Beyond Blue](#) - online and phone mental health support. Phone: 1300 22 4636 (24 hours a day, 7 days a week). [Beyond Blue online chat](#).

[Care in Mind](#) - online and phone counselling for people living, working, or studying in Melbourne's northern, central, and western suburbs. Phone: 1300 096 269 (24 hours a day, 7 days a week). [CareinMIND online counselling](#).

[eheadspace](#) - confidential mental health and wellbeing support for young people (12 - 25 years) and their families, including information, support, and health services. Phone: 1800 650 890 (9am - 1am, 7 days a week). [eheadspace online chat](#).

[MensLine](#) - professional telephone and online support and information service for Australian men. Phone 1300 78 99 78 (24 hours a day, 7 days a week). [MensLine online counselling](#).

[Mindspot](#) - free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call 1800 61 44 34 (8am - 8pm, Monday - Friday; 8am-6pm, Saturday).

Specialist areas

[1800Respect](#) - confidential counselling, information and support for people impacted by sexual assault, domestic or family violence and abuse via phone or online chat. Phone: 1800 737 732 (24 hours a day, 7 days a week). [1800Respect online chat](#).

[Butterfly Foundation's National Helpline \(ED HOPE\)](#) - confidential service that provides information, counselling, and treatment referral for people with eating disorders, and body image and related issues. Phone: 1800 33 4673 (8am - midnight).

[Directline](#) - confidential alcohol and drug counselling and referral service. Phone: 1800 888 236 (24 hours a day, 7 days a week). [Directline online counselling](#).

[Switchboard Victoria](#) - telephone and web counselling, information, and referral service for LGBTQI people. Phone: 1800 184 527 (3pm - 12am, 7 days a week). [QLife Webchat](#).

Private providers of meal delivery

**FOOD DELIVERIES by various providers
suggested by CoM for people who would like to organise private meal delivery.**

Diabetes Meals online 1300 79 89 08 <https://www.diabetesmealsonline.com.au/>

Katrina's Kitchen
Frozen meals delivered Mon-Fri 9569 0488 <http://katrinaskitchen.com.au/>

My Goodness Organics
Delivery only on Sunday \$90 min order <https://mygoodnessorganics.com.au/>

Meals in a moment
Frozen meals delivered weekly on a Monday 9580 7906 <https://www.mealsinamoment.com.au>

Nourish'd 0434 878 004 <https://nourishd.com.au/about-us/>

Dineamic Healthy Meals: recommended by a member 8669 0587 www.dineamic.com.au

UNIVERSITY OF MELBOURNE TIP SHEET

The University of Melbourne has developed a tip sheet on managing stress and anxiety during the COVID-19 pandemic which you may also like to draw from:

<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

STAYING IN CONTACT WITH FAMILY & FRIENDS

ZOOM/SKYPE/FACETIME/WHATSAPP are all tech savvy ways of staying in contact with family and friends. In particular we draw your attention to ZOOM which is the latest great way for family and friends to live chat and audio-conference. It is free for 40 minutes. Download the App, and set up

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MSYRG 25/03/2020