

Sewing group presses on



THE Currajong Disability Services Sewing Group continues to come up with creative and innovative ways of staying afloat with umbrella bags the latest addition to the range of items they have produced. With more rain predicted, there's no better time to bring out the new umbrella bag!

"We've gone from drought to rain and with rain comes umbrellas and umbrella bags," said Deitre Jackson of the Currajong Disability Services Sewing Group.

"Our participants have decided to come together to make some umbrella bags.

"When enough have been made we will make a decision on what will be done with them - we are currently exploring a few different ideas at the moment," Deitre said.

Recent rains have seen around an eighth of the state out of drought but more is needed especially in the Central West.

"There are predictions of more rain," Deitre said.

"So keep an eye out for the umbrella bags.

"And a big well done to our group for a great effort!"

INSIDE



Jujubes stacked & packed



Autism Awareness Month



Information on income support payments for people already getting a payment



centrelink

You don't need to do anything

If you already get a Centrelink payment, you don't need to contact us to get additional payments. This includes the two lump sum \$750 Economic Support Payments to support households and the \$550 additional Coronavirus Supplement. This will happen as part of your usual payment. You can't nominate a particular day to get your payment.

Economic Support Payments

FIRST LUMP SUM PAYMENT

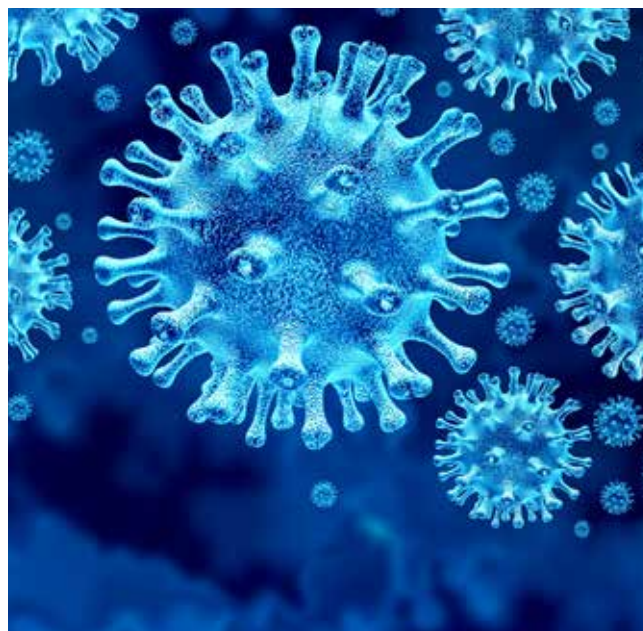
We'll pay you \$750 from 31 March 2020 if you're getting an eligible payment on any day between 12 March to 13 April 2020.

To be eligible for the first payment, you must be residing in Australia and getting one of the following payments, or hold one of the following concession cards, at any time from 12 March 2020 to 13 April 2020:

- Age Pension
- Disability Support Pension
- Carer Payment
- Parenting Payment
- Wife Pension
- Widow B Pension
- ABSTUDY (Living Allowance)
- Austudy
- Bereavement Allowance
- Newstart Allowance
- JobSeeker Payment
- Youth Allowance
- Partner Allowance
- Sickness Allowance
- Special Benefit
- Widow Allowance
- Family Tax Benefit Part A
- Family Tax Benefit Part B
- Double Orphan Pension
- Carer Allowance

- Pensioner Concession Card (PCC) holders
- Commonwealth Seniors Health Card holders
- Veteran Service Pension
- Veteran Income Support Supplement
- Veteran Compensation payments, including lump sum payments
- War Widow(er) Pension
- Veteran Payment
- DVA PCC holders
- DVA Education Scheme recipients
- Disability Pensioners at the temporary special rate
- DVA Income support pensioners at \$0 rate
- Veteran Gold Card holders
- Farm Household Allowance

If you're a Commonwealth Seniors Health Care Card holder, you'll need to make sure we have your bank account details. You can update your bank account details through myGov using your Centrelink online account.



Australian Government
Services Australia

servicesaustralia.gov.au

AUTISM MONTH STILL CRUCIAL DESPITE CANCELLATIONS



INSET: Parkes Mayor Ken Keith with Angela Wilson of CASNAG; **MAIN:** Blue Dish photo by Jay-Lee Zagrovic from last year's Blue Dish celebrations at the CSIRO Parkes Observatory.

APRIL is World Autism Awareness Month and despite COVID-19 scuppering plans to light The Dish blue, education and awareness of autism is as important as ever.

Angela Wilson, President of the Central West Autism & Special Needs Group, was bullish when talking about cancellations.

"The cancellation of our blue dish events was incredibly disappointing but we will be back bigger and better than ever in 2021," said Angela.

That certainly doesn't mean Autism Awareness Month is redundant this year, with the events from previous years really starting to make an impact,.

"I do believe we are starting to make some progress with creating new awareness in the community.

"I think the more visible we are, the more conversations are generated and the more the community feels like they have a greater understanding of autism," said Angela.

According to Autism Spectrum Australia, one in 70 Australian's have autism. It is a lifelong developmental condition, with all people on the spectrum affected in two main areas: social communication and repetitive patterns of behaviour.

Angela said it's crucial the community educates themselves about autism, because that's what will lead to greater acceptance.

"With this understanding comes acceptance, which is what our main goal is as we desire to see our children and adults with a disability in the community feel like they have a place here," said Angela.

"We want to see their differences celebrated!"

(Courtesy of PCP)

There's always something going on at Currajong!



For the latest info go to - <https://www.ndis.gov.au/>

I support the
ndis



How to protect yourself, mob and community from COVID-19.

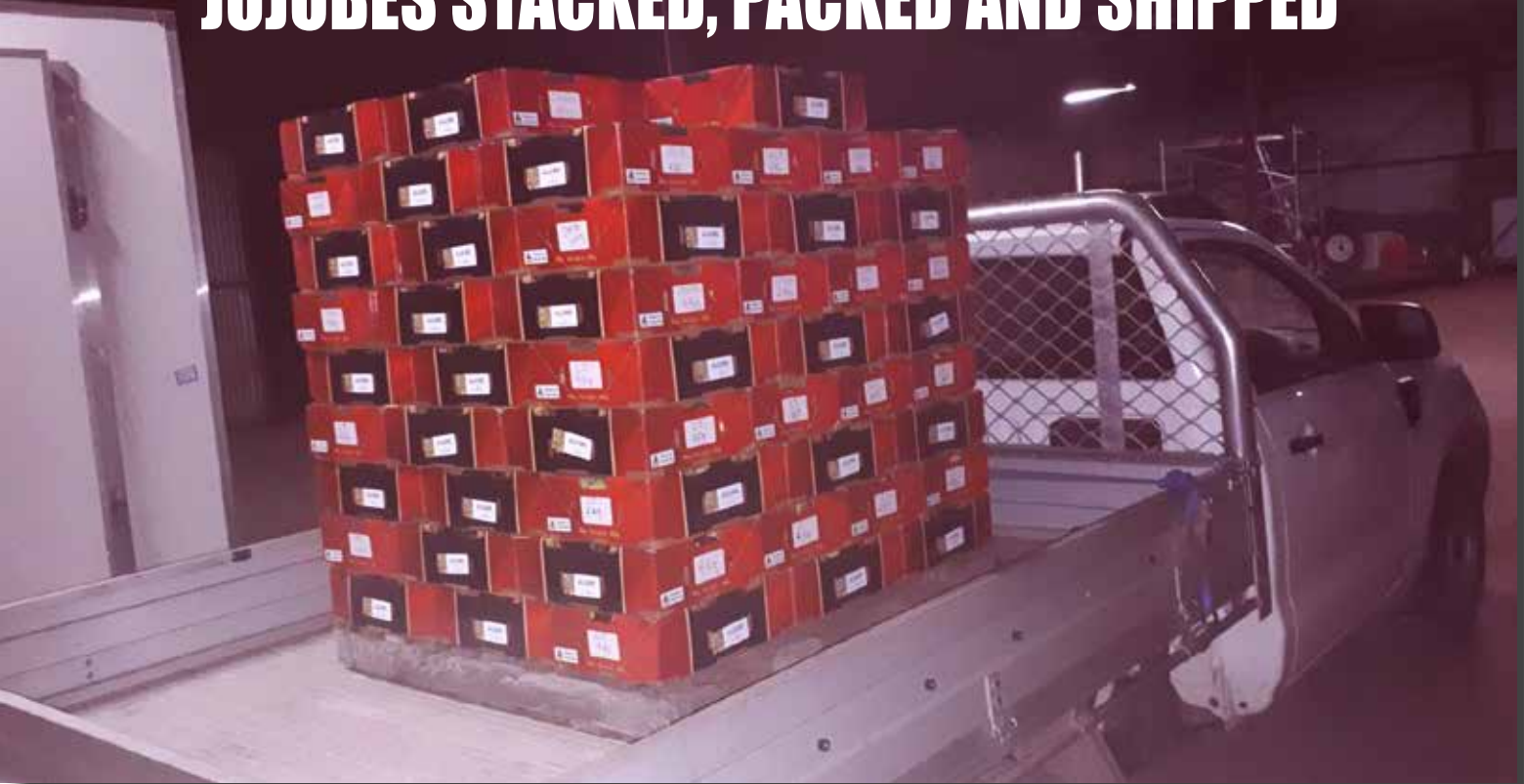
- Clean your hands for at least 20 seconds with soap and water, or an alcohol-based hand rub
- Cover your nose and mouth when coughing/sneezing with a tissue or a flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Stay home if you are sick
- Don't touch your face after touching other surfaces



WESTERN NSW LOCAL HEALTH DISTRICT COVID-19 (CORONAVIRUS) CALL CENTRE 1300 066 055

*This information is made available to support our Aboriginal communities to reduce your risk through the COVID-19 (Coronavirus).
We all have a responsibility to make smart decisions to protect our families and communities.*

JUJUBES STACKED, PACKED AND SHIPPED



IN a pleasant sight for what has been a hard month for many, the first batch of jujubes have been freighted from Orange down to the markets in Sydney. Despite drought, thunderstorms and then COVID-19 all playing a part, the jujubes have finally been picked, sorted and packed.

For Wayde Kriedemann and the dedicated staff, board members and participants who have helped it is a welcome relief.

"For most of the time we were worried about not enough water," Wayde explained.

"The drought was long and hard and there were (and still are to some extent) challenges with water.

"Then by the end of the cycle we were mindful of how much water we were getting because of the rain," he explained. But in the end it didn't matter as Wayde along with Neil Unger, Peter Barber, Greg Duffy, his wife Chris and Ray Nielsen picked the jujubes just in time for the first 100 boxes to be freighted to Sydney from Orange and another load about to go.

"There's another load ready as well," said Wayde.

"Both batches are about 800kgs.

"It is a great start to the jujube business for Currajong," said Wayde.

It certainly is!



Information on income support for Coronavirus



centrelink

Have you ever received income support?

You may already have a Centrelink Customer Reference Number (CRN). This may be from when you got student or family payments or even from when your parents received benefits for you. CRNs don't change. You have a number for life. If you previously had a CRN, you can use that number now to go online to make a claim.

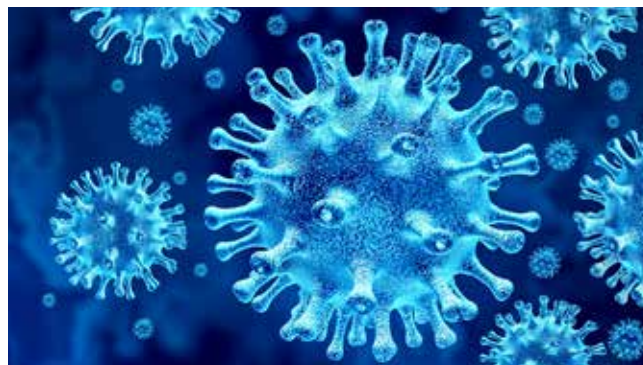
Please take the time to look for this number. It will help you claim quickly. Your CRN may be listed on old bank statements, letters or documents from your educational institution.

I've never received income support or can't find my CRN

There are three things you need to do as a priority.

[my.Gov.au](https://my.gov.au)

1. Create a myGov account at **my.gov.au** – it's quick and easy to do. You'll need an email address, mobile phone number and to answer some basic questions. Once you've created your account, link it to a government service, like Medicare or the Australian Taxation Office. Once you do this, you'll get a prompt to register your intention to claim a Centrelink payment.
2. Register your intention to claim a Centrelink payment. This simple process will let you give basic details so we can contact you later to help you with your claim. It's important you complete this process and give correct details. This process also enables us to backdate your payment if your claim is successful.
3. You'll need a CRN. The easiest way to do this is to wait until we contact you after you've registered your intention to claim a payment. You can also contact **132 850** and answer some simple questions about your identity to get your CRN. You'll need to have details of your passport, driver licence or birth certificate.



Once you've completed these steps and set up your Centrelink online account, you can start your claim for an income support payment. You'll need some supporting documents (including your CRN). We're updating the online claim to reflect new Government policy and legislation that aims to support Australians affected by Coronavirus. This will take time.

Due to a large number of claims, it will take time for us to contact you. Remember, your payment will be backdated if you registered your intention to claim a payment.

You may choose to do your full claim through myGov using your Centrelink online account without registering your **intention to claim**. To do this you'll need to know your CRN.

Accessing Services Australia

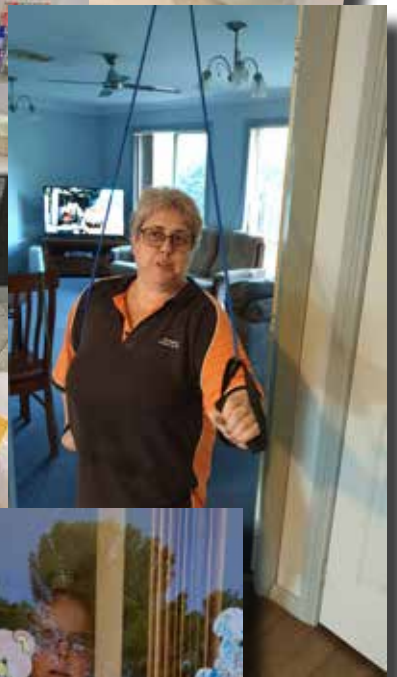
In line with the current advice from the Australian Government Chief Medical Officer, there's a reduction in the number of people in service centres to maintain social distancing practices for the health and safety of customers and staff. If you choose to come to a service centre it's likely you'll experience a delay. If you're waiting in a queue you must practice social distancing.

Our job seeker line **132 850** has extended hours of operation from 8am to 8pm local time on weekdays and 9am to 5pm local time on weekends.



Australian Government
Services Australia

servicesaustralia.gov.au



CURRAYONG
DISABILITY SERVICES



CURRAYONG
DISABILITY SERVICES

#CLAPFORCARERS GETS HUGE SUPPORT

AMID the chaos and confusion of the past few weeks as COVID-19 continues to force everyone indoors, a positive story emerged last Sunday March 29 from Parkes and Currajong Disability Services - a united display of acknowledgement and appreciation of those at the front line in our industry - support staff and health workers. It was a social media concept that quickly took hold during the rolling restrictions placed upon the global populace and Currajong was quick to get involved.

"Our staff have worked tirelessly in a challenging once-in-a-century event," said Dane Millerd of Currajong Disability Services.

"Their effort and dedication has been second to none and their worth to our participants, their families and the community is immeasurable.

"With critical pressure and strain on our system we can't thank all our front line staff enough - they are the heartbeat of our organisation," Dane said.

The impact will continue to be felt for some time according to government medical officers making the need for experienced and dedicated staff for organisations like Currajong all the more important.

"We live in a smaller regional community so when something like this happens it is all hands on deck," said Dane.

"Everyone has stepped up so we can minimise disruption as much as possible.

"Acknowledgements like the one on Sunday evening are the least we can do - these people are heroes who are putting their well-being at risk to help the needs of others and we can't express how grateful and appreciative we are!"

It isn't just care staff though under the pump. Emergency personnel are staring down the barrel of increased call-outs and tough enforcement measures.

And those in the mental health sector will be needed more than ever.

To all these workers and the everyday Australians doing their bit to combat the COVID-19 crisis - we thank you.

If you need help in a crisis, call Lifeline on 13 11 14.

For further information about depression contact Beyond Blue on 1300224636 or talk to your GP, local health professional or someone you trust.

The hashtag #ClapforCarers started in the UK to support frontline care and health workers. Congrats to all involved from Currajong for supporting this great initiative.

**WESTERN NSW LOCAL HEALTH DISTRICT COVID-19 (CORONAVIRUS) CALL CENTRE 1300 066 055**

DIDJA KNOW?

Simple steps for hand hygiene.

- After coughing and sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After using the toilet
- After handling animals
- When your hands are visibly dirty

Coronavirus Important Contact Information
National Health Direct Line: 1800 020 080
Follow the Western NSW Local Health District Facebook Page or go to our website: wnswlhd.health.nsw.gov.au
Western NSW Covid-19 Call Centre by contacting your local hospital and pressing 0 for the Covid-19 Call Centre -
Operating 8am to 5pm Monday to Friday

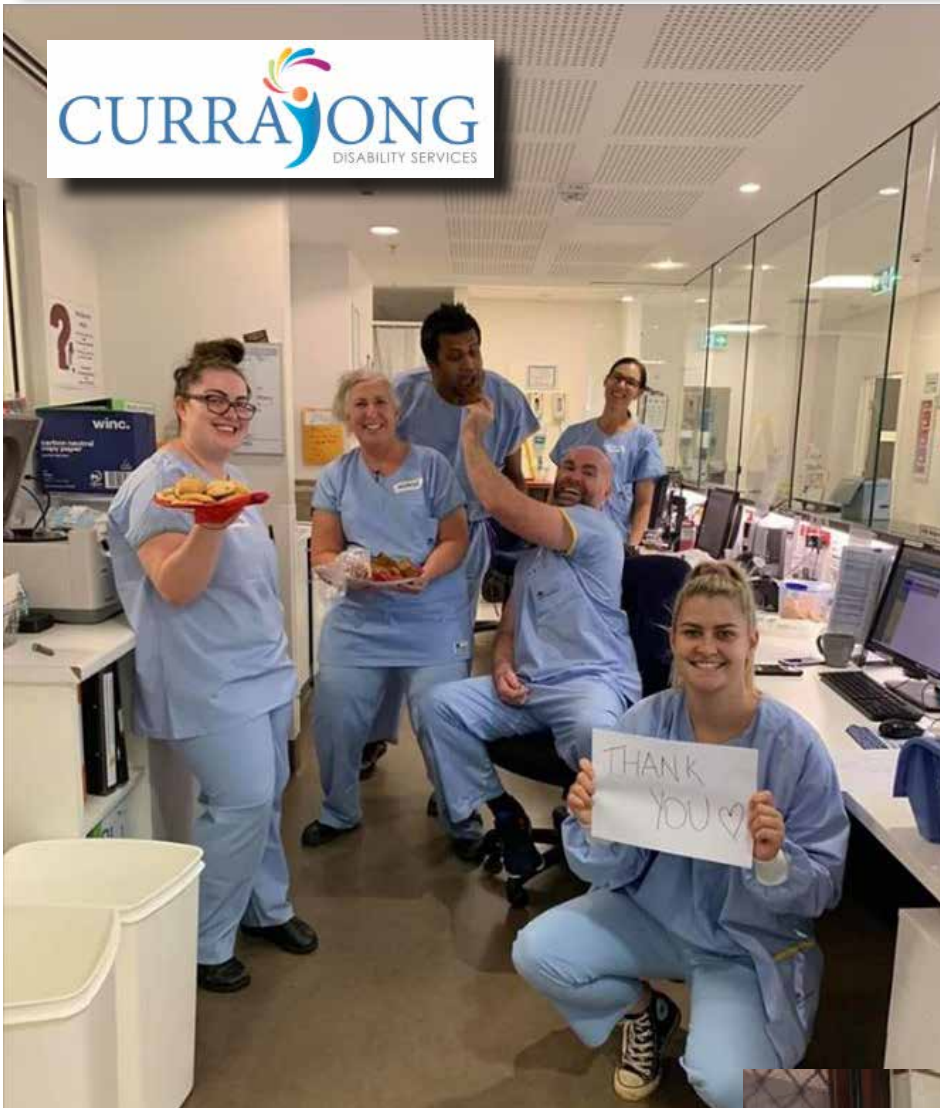


Our Health District
Living Well Together

Another big week at Currajong ... Easter



Thank you frontline health professionals! We appreciate you!



THIS past week some of our participants have been very busy! Chris and Jason Spicer decided to make some flummaries for Parkes Hospital frontline care and medical staff to acknowledge all the extra effort they have put in over the past few weeks.

"The boys have done very well," said Indigo Kriedemann.

"They wanted to do something different so we suggested this to Parkes Hospital.

"They agreed and I know they are very grateful!"



COVID-19

LIFESPAN ON DIFFERENT SURFACES



air

3 hours - includes moisture from coughs/sneezes, fog, dust, medical gas



copper

4 hours - includes taps, draw handles



non-porous surfaces

4+ days- includes door knobs, elevator buttons, hand rails, light switches



cardboard

24 hours - packages and mail unlikely to transmit COVID-19



plastic

2-3 days - includes bottles, plastic bags, containers



glass

9 days - includes mobile phones, use disinfectant wipes not alcohol wipes

Source: World Health Organisation

7 NEWS
.com.au



CURRAJONG
DISABILITY SERVICES

www.currajong.org.au