

# LEST WE FORGET



**THERE** might not have been a marching parade or two-up, but ANZAC Day 2020 was still given observance and respect across the region with Currajong participants particularly going to great lengths to get involved in the ANZAC experience. On behalf of everyone at Currajong, to all our servicemen and women, thank you! (FULL STORY INSIDE)

## INSIDE



Jackson cooks for Firies



It's been another big week





# ANZAC DAY



LEFT: Amanda Clifton holds an ANZAC booklet while Jeanette Lovett showcases her biscuit baking and poppy-making skills; TOP: Jaime Nielsen and Cherie Lovett alongside their ANZAC display.

# ANZAC SPIRIT ON DISPLAY



It wasn't like any other ANZAC Day but it didn't matter to Currajong residents who stood outside with poppies, wreaths and candles as one, as part of the Driveway Dawn Service initiative to commemorate ANZAC Day 2020.

"For residents at Russell Street like Bonnita Brady and staff, it was a chance to pay their respects to our fallen heroes and the sacrifice they made," said Currajong's Dane Millerd.

"While previously they'd have marched, this year many of our residents and participants have found other creative ways to engage in the ANZAC Day experience," he said.

"From making wreaths and poppies through to flags - everyone has been active and love to be a part of the experience."

At Westview, residents Shane Spicer and Timbo Wheeler (pictured) made ANZAC biscuits while Amanda Clifton designed ANZAC Day booklets.

"I know everyone has had a great time finding expressive ways to acknowledge this special day," said Dane.

"It's been fantastic to see and I want to say a big thanks to our staff for their efforts too," he said.

"And to all our servicemen and women - thank you and lest we forget."



# There's always something going on at





# CORONAVIRUS (COVID-19): Looking after your Mental Health

## RESPONDING TO UNCERTAINTY



COVID-19 is changing the way we work and the way we live. We are part of an evolving situation where we don't know what will happen next. Feeling uncertain, overwhelmed, scared, sad, confused or angry is common and expected.

The good news is we can learn to live with uncertainty and respond in positive and productive ways.



### Practical tips

- **Be aware of your thoughts and feelings.** Check in with yourself every day and remember some days will be better than others. Recognise triggers for stress and anxiety, breathe and seek support when needed.
- **Keep informed via official sources.** Get the latest news on COVID-19 from trusted sources. Mainstream media and social media are often sensationalised. It is also important to take a break (even from trusted sources).
- **Focus on things you can control.** Let go of the things out of your control. Focus on eating and sleeping well, and exercising at home or outside while maintaining physical distancing.
- **Maintain a positive outlook.** Use positive coping statements to help you stay calm and keep perspective. For example, 'There is a lot of uncertainty in the world that makes me nervous, but I can manage it if I focus on the things in my control'.
- **Stay connected by phone and online.** Keep in touch with friends, family and colleagues by phone, email, videoconferencing or messaging applications.
- **Look after yourself and others.** Reach out to colleagues, friends, family or people in your community who may need some extra assistance. One example is people having the added pressure of extended caring responsibilities.
- **Find opportunities to tell positive stories.** Share positive images of people who are looking after others, sharing their resources or who have supported a loved one.
- **Respect those providing essential services.** Acknowledge the hard work of health care workers, truck drivers and everyone working in essential businesses to keep us safe.



### Self Help Tools

- Beyond Blue Wellbeing Plan template
- My Compass Self-Help Tool
- Mindspot Online Mental Health Assessment
- Mood Gym Interactive Mental Health Program
- HeadGear Worker Mental Health Assessment



# JACKSON COOKS FOR FIRE & RESCUE



## *'Action' Jackson fires up in Currajong Kitchen*

JACKSON Collier hasn't been at Currajong long but he's already leaving a great impression on everyone.

From his silky licks on his Maton guitar to now Masterchef in the Currajong Kitchen - he is certainly taking opportunities to try his hand at a number of activities and skills. The latest culminating in cakes for our Fire & Rescue NSW Parkes 417.

"It is just another way to say thank you to our front line essential workers," said Indigo Kriedemann of Currajong.

"Organisations like Fire & Rescue NSW Parkes 417 are a credit to themselves and the community," she said.

"We just wanted to let them know how grateful we are here at Currajong."

Fire & Rescue NSW Parkes 417 Zack Gibson (*top left*) was rapt with the gesture and paid tribute to Currajong and Jackson for the gesture.

"We are very thankful and like Currajong we appreciate all they do as front line essential service," Zack said.

"Jackson is a an outstanding young man and a great cook," he said.

"I have no doubt everyone at the station will love the cakes too!"

The Currajong Kitchen has been in full swing over the past few weeks and been well received by the essential service sector from medical professionals to firefighters and police.

"It's these small tokens of goodwill that will get us all through and it's great the participants of Currajong are finding such ways to contribute positively to the community during such a difficult time," Zack said.

"Thank you!"









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



## Welcome to Currajong Oscar Brown!







# CORONAVIRUS (COVID-19): Looking after your Mental Health



## MAINTAINING A BALANCED LIFESTYLE

Everyone needs to stay at home more to help slow the spread of COVID-19. We need to make maintaining a balanced lifestyle a priority. The reality is we may be living and working with COVID-19 restrictions for some time, which makes our physical health and the positive impact that has on our mental health more important than ever. The mental health continuum can help you identify when things are out of balance and get you back on track.



### Coping

- Staying active, eating well and maintaining healthy habits
- Focused, productive and able to maintain a positive routine
- **ACTION:** Keep checking in with yourself, stay positive and connected.

### Reacting

- Skipping meals, not taking enough breaks or going outside
- Unable to concentrate, engage with others and/or stick to a healthy routine
- **ACTION:** Reach out to a close friend, family member, colleague or connect with the Employee Assistance Program (EAP).

### Not Coping

- No physical activity, irregular sleep and lack of appetite
- Unable to maintain a routine or cope with daily life and/or disconnected from family, friends, colleagues and community
- **ACTION:** Contact your GP, a counsellor or psychologist, EAP or other support services (see below).



### Self help tools

- [Beyond Blue Wellbeing Plan](#)
- [Black Dog Self-Care Planning](#)
- [My Compass Self-Help App](#)
- [Mindspot Online Mental Health Assessment](#)
- [HeadGear Worker Mental Health App](#)
- [SportAus Find your 30 minutes of activity](#)



### Support services

- Beyond Blue: 1300 22 4636
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- COVID-19 Telehealth Services



### For more information

- [Australian Government](#)
- [Victorian Health](#)
- [Health Direct](#)
- [Australian Psychological Society](#)
- [World Health Organization](#)
- [Beyond Blue](#)





# Another big week at Currajong ...



## 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.*







