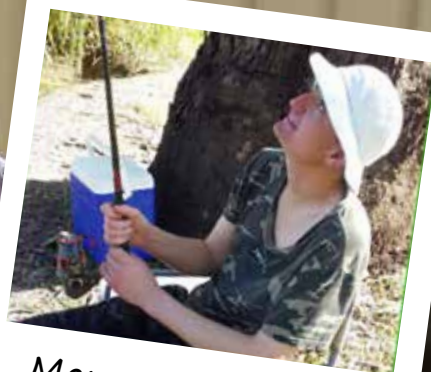




INSIDE



Arts and crafts



More outdoor fun

THANKS MUM

Happy
Mother's Day
Mum

#StayAtHome



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I support the
ndis

PARTICIPANTS KEEP ACTIVE & CREATIVE

IT'S been a big month to say the least but it hasn't dampened the spirit or slowed down any of the participants at Currajong Disability Services.

Whether it be cooking cupcakes or muffins in the Currajong Kitchen through to sports or creative pursuits like rock painting and writing, Currajong Disability Services relays help to provide life with opportunities for all of its participants.

"We have worked really hard on creating an open and supportive culture," said Currajong Disability Services' Dane Millerd.

"The results of our great day program, caring staff, involved families and willing participants is there for all to see in our stories," said Dane.

"We have participants achieving lifelong goals with us from writing their first book through to acting, jewellery making, getting a job, to even living independently," he said.

"We've always cared about our people and many are starting to notice the extra one per centers we do and coming to us for support."





FROM PAGE 2

Jay Crouch is a great example of what life with opportunities at Currajong can do for participants.

"Jay, like us all, has his good and bad days but he seems happier and is living his best life," said Dane.

"If he isn't painting or on his scooter he is out and about shopping and learning life skills," he said.

"We not only strive to see our people achieve their goals but we also want them to learn everyday life lessons too."

There's always something going on at



TOP LEFT: Nettie and Kaz with rollers in their hair;
TOP RIGHT: John Carey with his Mother's Day card;
MIDDLE (L-R): Wade Cannon with his Mother's Day card creation while Doug, Timbo and Jase say G'day!





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.



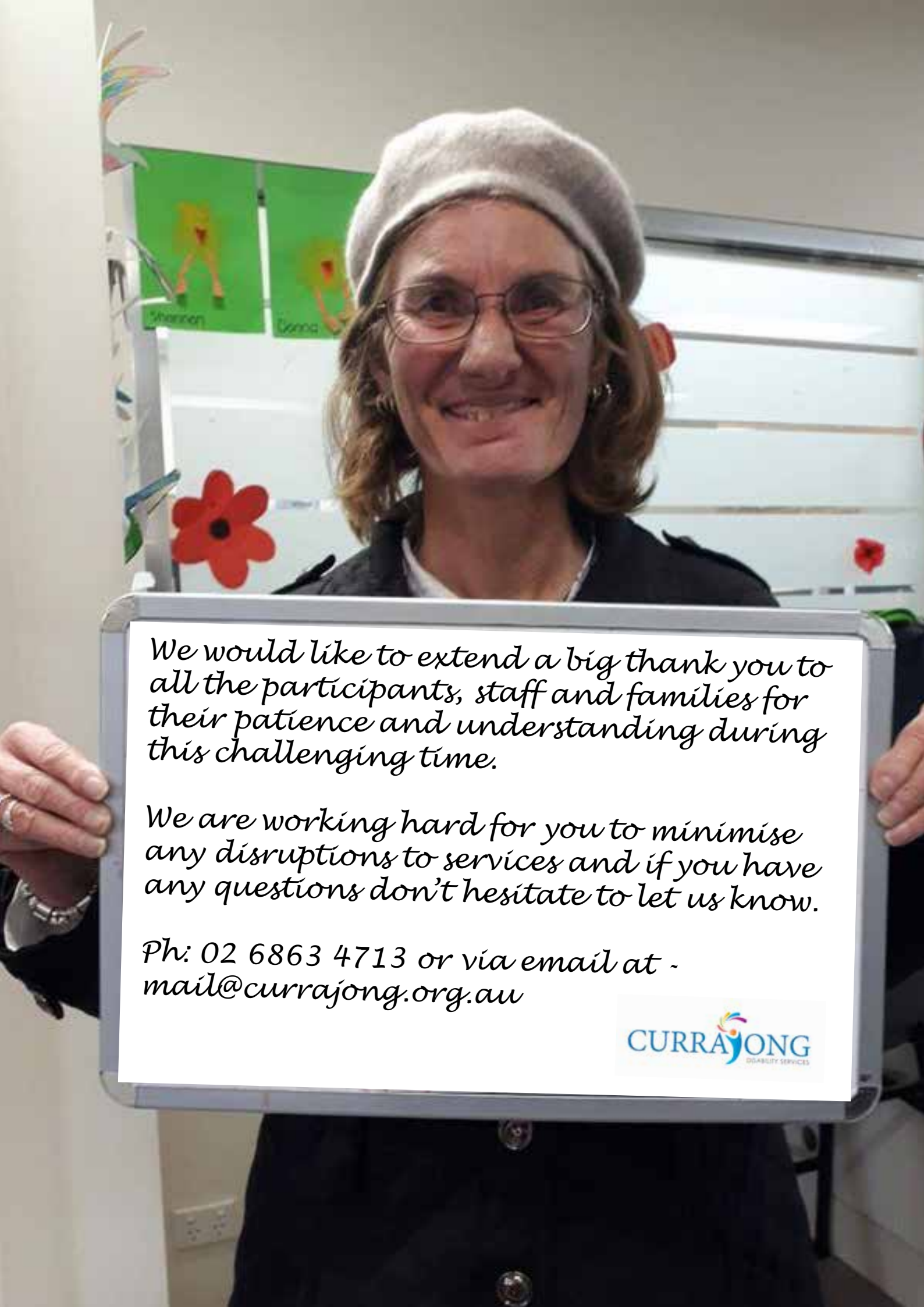
Practical tips

- **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

A woman with glasses and a grey beret is smiling and holding a large white sign. In the background, there are colorful drawings on a wall, including a green one with a yellow figure and a red flower.

We would like to extend a big thank you to all the participants, staff and families for their patience and understanding during this challenging time.

We are working hard for you to minimise any disruptions to services and if you have any questions don't hesitate to let us know.

*Ph: 02 6863 4713 or via email at -
mail@currajong.org.au*



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

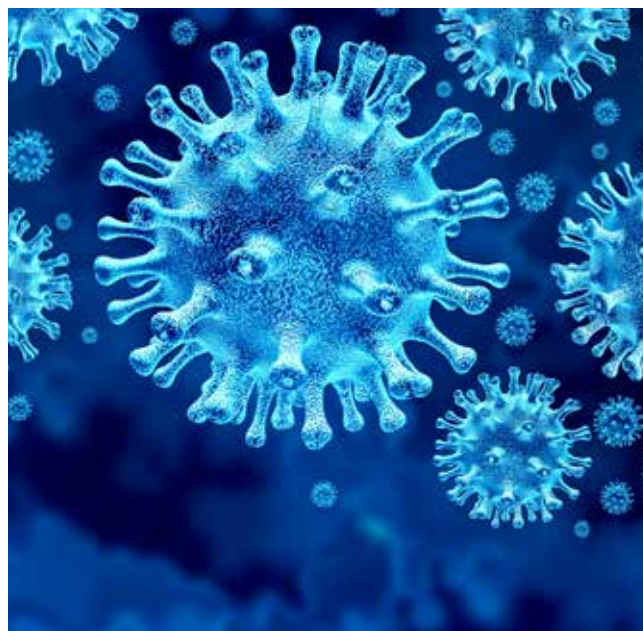
We'll pay you \$750 from 31 March 2020 if you're getting an eligible payment on any day between 12 March to 13 April 2020.

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

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



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TO SUSTAIN & ENHANCE INDEPENDENCE
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Registered NDIS Provider



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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 ...



CURRAJONG
DISABILITY SERVICES



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.



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



SUPPORTING OTHERS IN TIMES OF UNCERTAINTY

COVID-19 is an evolving situation that has changed the way we live, work and connect with family, friends and colleagues. Each day, we learn new ways of adapting to COVID-19. Everything from working from home to physical distancing and separation from our loved ones.

Making these changes can take a significant toll and impact the way we think, feel and act. If someone you know needs some extra support, we've put together some tips to help you reach out and start a conversation.



Practical tips

- **Stay connected.** Keep in touch via phone, video conferencing and online platforms. Consider routinely checking in with others – e.g. scheduling activities such as sharing a virtual lunch or dinner with friends, family and colleagues.
- **Recognise the signs.** Be aware of behaviour changes, such as tone of voice, loss of focus and/or no longer participating during check-ins. Others may show signs of feeling overwhelmed, scared, confused or angry.
- **Help others focus on what they can control.** Be positive and encourage self-care. Talk through a daily routine that supports healthy habits, such as getting enough sleep, eating well and engaging in relaxing activities.
- **Show support and acknowledge their experience.** Be accepting and non-judgemental. Take the time to listen and ask what would help them feel more supported.
- **Know your boundaries and when to seek outside support.** If someone needs professional support, talk to them about the services available. Use the helpful services listed below.
- **Check in with yourself.** It can be difficult to see someone in distress. Make sure you take care of yourself.



This fact sheet is designed to help:

- Parents and families*
- Friends and community members
- Managers and colleagues

*This guidance is a useful starting point for talking with children about COVID-19.



Support services

- [Beyond Blue: 1300 22 4636, COVID-19 guidance](#)
- [Lifeline: 13 11 14, COVID-19 guidance](#)
- [R U OK?: conversation tips, flow chart](#)
- [Heads Up strategies for healthy workplaces](#)
- [Supporting children during COVID-19](#)
- [COVID-19 Telehealth Services](#)



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