

Library Re-opens



Photo Galleries

Life with opportunities



Fun in the sun in Forbes ...



CURRAYONG
DISABILITY SERVICES



AMAZING FORBES - TOP LEFT: Nettie, Jaime, Jay and Kazza at the park in sunny Forbes; ABOVE: Brayden gets a haircut as Shane and John enjoy lunch at the Ski Dam and Nettie poses with a bunny. ABOVE RIGHT: Trevor feeding ducks at the lake; INSET: Kyal Sauer at Ben Hall's grave.

LIBRARY OPENS

IT'S been nearly three months since the doors closed but the Parkes Shire Library is now finally open again.

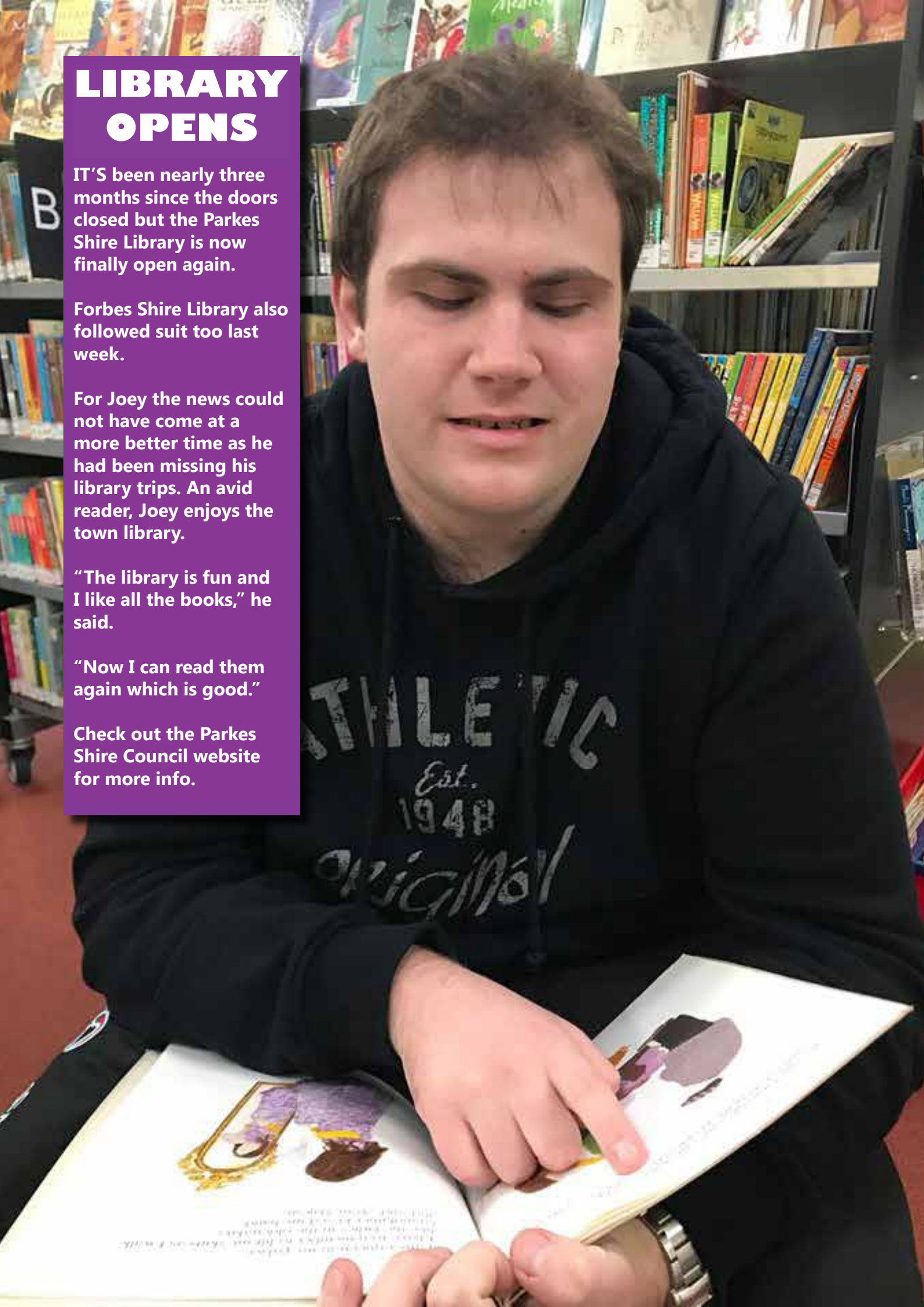
Forbes Shire Library also followed suit too last week.

For Joey the news could not have come at a more better time as he had been missing his library trips. An avid reader, Joey enjoys the town library.

"The library is fun and I like all the books," he said.

"Now I can read them again which is good."

Check out the Parkes Shire Council website for more info.



There's always something going on at

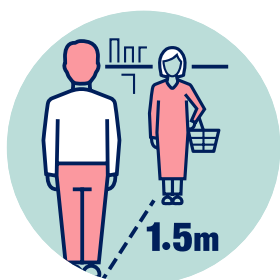


TOP (L-R): Jason Spicer dribbles a soccer ball; Shannon does some gardening; Karen and Mark at Cecile Street. BELOW: Jay, Kaz, Nettie and Jaime at the Albion Park sign in Forbes.



Keeping everyone safe: Physical distancing

helps stop the spread of COVID-19 between people



**Stay 1.5 metres
or 2 big steps
away from other
people.**



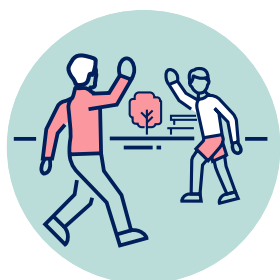
**Follow NSW rules
for gatherings
(individual and
business).**



**Limit visits with
family or friends.
Talk to them on
the phone or
online instead.**



**Outdoor exercise
is OK but stay
1.5 metres away
from others.**



**No shaking
hands, hugging
or kissing other
people.**



**Get tested if
you have any
symptoms.
Self-isolate until
you get your test
results.**

Stay Safe



**Wash your hands
with soap for at
least 20 seconds
or use a hand
sanitiser.**



**Cough or
sneeze into
your elbow or
a tissue. Throw
the tissue away
immediately.**

COVID-19 symptoms



Fever



Cough



**Sore
throat**



**Shortness
of breath**

For more information

Call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.



**Looking for an
NDIS provider?**

**Call us on
6863 4713!**

CURRAYONG
DISABILITY SERVICES





Free legal advice

in Forbes

Legal Aid NSW lawyers can help you with problems like these:

- Marriage breakdown
- De Facto relationships
- Parenting
- Property
- Domestic violence
- Child support
- Fines
- Centrelink
- Discrimination
- Tenancy and housing
- Credit, debt and mortgage
- Scams and unfair deals
- Complaints about how you've been treated
- Work issues
- Consumer issues
- Car Accidents

Due to coronavirus, we are providing advice by phone only



**1st Tuesday of the month
Call 6362 8022 to make an appointment**



**For free legal help at other times,
call LawAccess NSW on 1300 888 529**

FREE

ROBERT HITS NAIL ON HEAD WITH EXPANDED NDIS POWERS

THE NDIS Amendment (Strengthening Banning Orders) Bill 2020 will be introduced in Parliament this coming sitting, according to the Mandarin and AAP.

Under the new laws, NDIS Quality and Safeguards Commissioner Mr. Graeme Head would be able to ban unsuitable providers and workers from working with NDIS participants.

Head would be able to apply banning orders to people even if they are not currently working in the NDIS, according to NDIS minister Stuart Robert.

“Mr. Head will be charged with regulating National Disability Insurance Scheme providers and will be granted expanded powers to better protect the scheme’s participants,” Mr. Robert said.

“This means workers who have left the NDIS, including where they have been fired due to unsuitable behaviour, can be banned from re-entering the field,” he said on Monday.

The proposed measures follow the death of South Australian woman Ann Marie Smith, who had suffered from severe pressure sores and malnutrition after being left in a cane chair every day for more than a year.

The commission has been investigating the case.

Banning orders are currently only used by the NDIS commissioner in “the most serious of cases”, Robert noted.

The details of providers and workers who have been banned can be found in the NDIS Provider Register.

** Additional info courtesy of Shannon Jenkins and The Mandarin.*



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](#)



ARE YOU EMPLOYED OR DO YOU VOLUNTEER MAKING OR SELLING FOOD?

SITSS00050 Statement of Attainment in Food Handling

COURSE DESCRIPTION:

If you work or volunteer preparing or selling food then you probably need hygiene skills. This short course includes the knowledge and skills you need to handle food safely during the storage, preparation, display, service and disposal of food. In just 5 hours you will complete SITXFSA001 Use hygienic practices for food safety and your Statement of Attainment in Food Handling.

WHO SHOULD DO THIS COURSE?

If you work in a kitchen environment such as cafes, restaurants, bars, hospitals or aged care facilities, volunteer at charity BBQs or work in the school canteen, this course is for you.

COURSE REQUIREMENTS:

There are no entry or course requirements to participate.

WHAT WILL I LEARN?

At the completion of the course you will be able to determine the safe temperatures for food safety, wash your hands professionally and know how to pack and label food correctly for safe storage.

Many businesses such as food stalls or charity BBQs require you to have this unit of competency for their insurance.

HOW TO GET INVOLVED:

Forbes - Tuesday 16 June; 9:00am – 2:30pm.

Enrol online or come meet the team at your local campus. To find out the eligibility criteria speak to our friendly customer service representatives.

COURSE SNAPSHOT

Location: TAFE NSW

Course: SITSS00050
Statement of Attainment Food Handling

Cost: This course is fully funded for eligible students.

TAFE NSW Government-subsidised fee (for eligible students):

Note: This course is now online. You will need an iPad, smart phone or a computer/laptop to join us from you home.

Your teacher will present live and be with you every step of the way. You will be able to ask questions and interact with course mates.

CONTACT US TODAY!

For more information

Phone: 68628100 or 68539100 or
68919000

Website: www.tafensw.edu.au

TAFENSW

RTO 90003. This document is correct at the time of printing: March 2020.
*Terms and conditions may apply.



Young Aboriginal Men's Wellbeing Mental Health & Fatherhood

Young Aboriginal Men's Wellbeing Mental Health & Fatherhood

11 JUNE | 1-2pm



PHOTO: Edward Foote. Filming for sms4ATIsdads.

Craig (Bourkie) Hammond & A/Prof Richard Fletcher

Hear what young paps have to say

EXPLORE THE IMPORTANCE OF INTERGENERATIONAL STRENGTHS, CORTISOL LEVELS & BEING ON COUNTRY

"There's definitely a uniqueness about being an Aboriginal dad because we actually still practice a lot of our culture, or what culture we have left that has been passed down through generations."

www.changingthestorywebinar.eventbrite.com.au

Email Ashleigh.May@newcastle.edu.au

Phone Richard Fletcher 0429 152 405

Find out what respected academics & leading researchers Mark Wenitong, Mick Adams & Ray Kelly had to say & join this follow-on interactive forum with those working in community to give young dads a voice and a place to stand.

"When I first found out my partner was pregnant, it just really, it was like a wakeup call, made me realise that I can't go around getting in trouble or drinking around like I used to."

"Yeah, it's good to have someone relying on you all the time; you're a bit more responsible and you're a bit ... yeah, a bit more grown up I suppose."

This activity is a partnership between University of Newcastle and Mission Australia Communities for Children (Inala to Inswich) funded by the Australian Government



11 JUNE | 1-2pm



June

- * Alzheimer's and Brain Awareness Month
- * Cataract Awareness Month
- * Hernia Awareness Month
- * Men's Health Month
- * Myasthenia Gravis Awareness Month
- * National Aphasia Awareness Month
- * National Congenital Cytomegalovirus Awareness Month
- * National Safety Month
- * National Scleroderma Awareness Month
- * Scoliosis Awareness Month
- * National Cancer Survivors Day (June 7)
- * Men's Health Week (June 10–16)
- * Family Health and Fitness Day (June 13)
- * World Sickle Cell Day (June 19)
- * PTSD Awareness Day (June 27)
- * Helen Keller Deaf-Blind Awareness Week (June 28–July 4)

