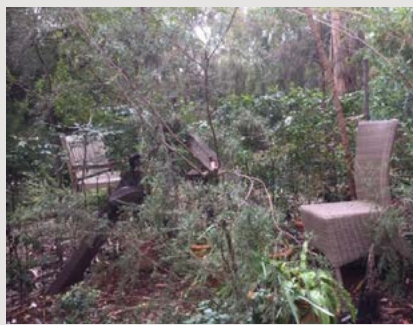


# Ageing Well in Nillumbik

Staying Safe & Connected | April 2020



**Images above:** neighbours in Eltham practicing social distancing without being emotionally distant.

Share your ways of connecting with your neighbours, email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

If you need this document in another format please contact us on **9433 3111**.

## Hello readers

**We sincerely hope that this bulletin finds you and your family safe and healthy. We are living in uncertain times, and now more than ever we are being called on to look after ourselves, our families, our neighbours and our communities with kindness and compassion.**

In response to the social distancing measures implemented to try to reduce the spread of COVID-19 (Coronavirus) disease, the *Ageing Well in Nillumbik* newsletter will temporarily become a more regular publication, from a quarterly 10 page newsletter, to a shorter, fortnightly bulletin. The updated *Staying Safe & Connected - Ageing Well in Nillumbik* bulletin will cover similar positive ageing themes to other editions, with additional information about keeping well as an older person during the health pandemic that we find ourselves in.

We acknowledge that the situation is changing rapidly, and all attempts have been made to ensure that the information contained here is accurate at time of printing, however we encourage you to contact the service or group directly to confirm.

Please contact us directly on **0437 676 617** or [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) if you have any concerns, questions, feedback, or if you just want to chat.

For information, updates and advice about the outbreak of the Coronavirus disease, please continue to monitor the Victorian Government's Department of Health and Human Services website: <https://www.dhhs.vic.gov.au/coronavirus>



[nillumbik.vic.gov.au](http://nillumbik.vic.gov.au)

# Getting Help at Home

## Services

If you have family, friends or neighbours who are able to help with purchasing essential items, please consider asking them to support you. If you don't have anyone who can help, there are other services that can assist.

### Council services:

- Nillumbik Shire Council's Delivered Meals program contact **0409 730 755**
- Community transport program (for medical appointments and shopping for essential items) contact **9433 3723**
- If you are receiving Council aged care services (delivered meals, home help, community transport), these will continue unless you request a temporary suspension

### Wider community:

- Woolworths Priority Grocery Services: [www.woolworths.com.au/shop/discover/priorityassistance](https://www.woolworths.com.au/shop/discover/priorityassistance) or Woolworths 'Basics Box' <https://www.woolworths.com.au/shop/discover/community/news/basics-box>
- There are a number of local businesses who are offering free or low cost delivery to certain suburbs and townships in Nillumbik. Please visit [facebook.com/visitnillumbik](https://www.facebook.com/visitnillumbik) on Facebook for updates.

It can be really hard to ask for help at this time, especially if we have lived our lives helping others. But now, for everyone to keep as safe as possible, and considering the impact of COVID-19 on older people and people with chronic health conditions, we're asking that you all try to stay at home as much as possible, and ask for help where you can.

## Medical support:

If you are feeling unwell:

- Telehealth appointments are available where you can receive medical advice from your healthcare professional via video or phone, rather than attending in person. There will be some conditions where this is suitable, and there will be others that require you to attend the clinic. Call your GP to see if this is a suitable option for your health care needs, and have your Medicare card on hand.
- Free pharmacy monthly delivery service through the Home Medicines Service. Contact your pharmacy to find out more.
- If the above options are not suitable for you – please contact Council on **9433 3138** and we will try to connect you with the support or service that you require.

## Staying socially connected

If you or your loved one is struggling with isolation, or if you are concerned about a friend or a neighbour, there are a growing number of support services available in the community focusing on telephone and virtual friendships:

- FriendLine is a national support service that offers a cuppa and a conversation - available for free to anyone who needs to reconnect or just wants a chat. Call and speak with a friendly volunteer on **1800 424 287** from 6 to 8pm, Tuesday to Thursday, and from 2 to 5pm on weekends.

Opportunities to stay connected will continue to be updated over coming editions. Keep an eye out and let us know if with us if you hear of anything that might be useful to someone else. We encourage you to reach out to neighbours and friends as much as you can.



## Gardening tips

Now that we have all been asked to stay at home as much as possible, we have plenty of time to tend to our gardens (if we are lucky enough to have one!).

### This week's garden tip:

"Carrots are easy to grow. All you need is the right mixture in the soil, and one that has worked for me is Osmacote garden soil mixed with 30% fine sand then blood & bone, and a little bit of potash. Also compost & horse manure helps! My suggestion is growing seeds in a greenhouse then transplanting to the garden ensuring only ONE seedling to the hole. Sounds simple but hard work setting up. You can also sow parsnips in the same soil mix as carrots. The most important thing I have learnt is to look after the soil and it will look after you with a good crop. I have built a protective barrier around my garden area to protect against the deer, kangaroos, rabbits, and birds and this also serves as a protective barrier against the scorching sun in summer"

- Don, 87, Eltham resident

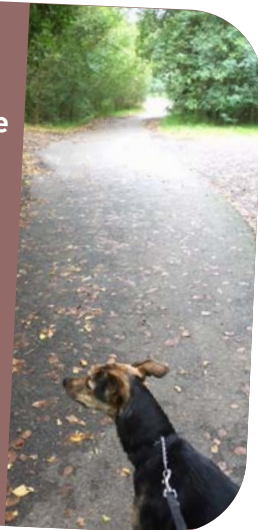
## Taking care of yourself

We know that staying inside for long periods of time with very limited to no social contact can have negative impacts on our mental and emotional health. We'd love to hear from you about what steps you are taking to look after yourself, and encourage you to share them more widely – you never know who you might inspire.

### This week's health tip:

"A walk with the dog in the park twice a day in the sun is delicious. Being mindful of the 'repair cafe' concept, I have repaired a number of holes in my socks! It's important for people to speak daily by phone with family and friends. My neighbours are fantastic. Chairs have been set up here metres apart for us to chat across the wire fence!"

- Pamela, Eltham resident



Over the coming weeks, we'll be sharing tips on how you can exercise safely at home, and other ways you can keep active. Let us know what you're doing at home to keep physically healthy.

## INSPIRATION

"When you go out and see the empty streets, the empty stadiums, the empty train platforms, don't say to yourself, 'it looks like the end of the world'. What you are seeing is love in action. What you are seeing, in that negative space, is how much we do care for each other, for our grandparents, for our immune-compromised brothers and sisters, for people we will never meet.

People will lose jobs over this. Some will lose their businesses. And some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store, or just watching the news, to look into that emptiness and marvel at all of that love.

Let it fill you and sustain you.

It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness."

- Unknown neighbour



## Advice from a neighbour

The below advice might be useful, and was sent in by a Hurstbridge resident.

**“I sent this to a friend many years ago, and she recently reminded me of it...”**

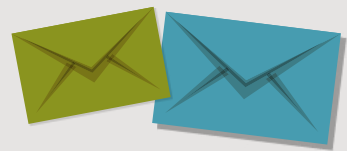
**Everyday:**

- 1. Do something for someone else**
- 2. Do something for yourself**
- 3. Do something that you don't want to do but needs doing**
- 4. Do some physical exercise**
- 5. Do some mental exercise**
- 6. Do some form of prayer or meditation which includes counting your blessings**

**I have tried to adhere to these 6 suggestions although I must admit that I am not too diligent with number 4.”**

## Keep in touch

Would you like to receive a letter or picture from a community member?



Council is keen to set up a program linking children and young people with older people. No private information will be shared.

Get in touch with us on **0437 676 617** or email **positive.ageing@nillumbik.vic.gov.au** if you would like to take part.



**Nillumbik Shire Council**

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