

## A MESSAGE FROM THE COMMITTEE

**Due to the ongoing COVID19 pandemic and resulting Stage 3 restrictions in place, the Register Office has been forced to close for an indefinite period.**

As we are not working from the office, messages left on the Office phone cannot be picked up. Any contact with the Register is best made via email to [bpsupportregister@bigpond.com](mailto:bpsupportregister@bigpond.com) or to the BCSR mobile phone during BCSR hours 9.30am – 12 noon, by calling **0480 228 674**.

## TELEPHONE CALLS TO REGISTRANTS

Our amazing volunteers from the Register have kindly offered to continue making care calls to our Registrants during this isolation period due to COVID19.

All volunteers have been and will be making calls from their homes and their own phones. This symbolizes our volunteers' desire to keep you connected during this time.

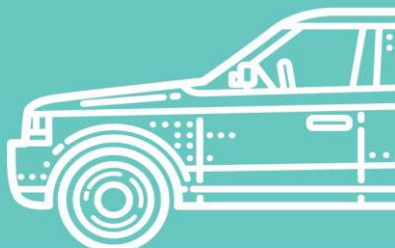
If you would like a care call from us, please call the Office mobile number 0480 228 674. You may opt for weekly, fortnightly or monthly care calls and you can even nominate a particular time for your call. Think about it. Our volunteers are always ready for a chat.

## LIVING ON THE BELLARINE & NEED SUPPORT?

IN RESPONSE TO THE SPREAD OF COVID-19,  
BELLARINE COMMUNITY HEALTH IS OFFERING THE  
FOLLOWING SUPPORT:

- TRANSPORT TO HEALTH APPOINTMENTS
- PICK-UP AND DELIVERY OF PRE-ORDERED FOOD
- PHARMACY SCRIPT PICK-UP AND DROP-OFF

**CALL  
03 5258 0835  
TO DISCUSS  
YOUR NEEDS**



This response relates specifically to the COVID-19 pandemic.  
All requests will be prioritised based on need.  
Vehicle availability is limited.

BCH will offer assistance around the Bellarine including:  
Barwon Heads, Ocean Grove, Wallington, Drysdale, Curlewis,  
Clifton Springs, Leopold, Marcus Hill, Mannerim, Queenscliff,  
Point Lonsdale, Portarlington, Indented Head & St Leonards.

## REGISTER NEWSLETTER

You might normally receive your Register newsletter by email, but as a consequence of our office at the Bellarine Police Station being closed, we have had to mail out all copies of the current issue.

This has resulted in significant cost increases of printing and postage.

We fund all our operations from the generous donations of our registrants and our sponsor, Bellarine Memories.

Our Treasurer reminds us that donations can be made directly to our Bendigo bank account or by mail to our PO Box. See details on the back of this newsletter.



## COVID19 - CORONAVIRUS

### Symptoms

If you have serious symptoms such as difficulty breathing, call 000 for urgent medical help.

Symptoms include:

- # Fever
- # Sore throat
- # Shortness of breath
- # Coughing
- # Fatigue

If you are sick and think you might have COVID-19, check your symptoms using Healthdirect's Coronavirus (COVID-19) Symptom Checker <https://www.health.gov.au/resources/apps-and-tools/healthdirect-coronavirus-covid-19-symptom-checker>

### Protect others and stop the spread

We can all help slow the spread of COVID-19 in Australia.

To protect others you must:

- practise good hygiene
- practise social distancing
- follow the limits for public gatherings
- understand how to self-isolate if you need to

If you have a confirmed case, you must isolate yourself to stop the virus spreading to other people.

### If you're concerned

You can call the National Coronavirus Helpline for information and advice about COVID-19.

**National Coronavirus Helpline 1800 020 080**

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

This information has been taken from the Australian Government website -

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>



## COVIDSafe App



The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19). This helps health officials support and protect you, your friends and family. The app is now available from the Apple App Store and Google Play.

### About the app

The COVIDSafe app is part of the Department of Health's work to slow the spread of COVID-19. Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus.

### COVIDSafe app help

For troubleshooting and answers to your questions about the COVIDSafe app, you can use our online help any time <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app/covidsafe-help> or call our helpline on 1800 020 080.

## THANK YOU TO OUR WONDERFUL VOLUNTEERS

While we are unable to gather to celebrate you and all that you do, the Bellarine Community Support Register Committee takes this opportunity to thank each and every one of our wonderful volunteers and acknowledge the generous contribution you make to our Register and to the Bellarine community.



## CURRENT COVID19 (coronavirus) SCAMS

### About COVID-19 scams

Scamwatch has received over 2000 coronavirus-related scam reports with over \$700 000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams.

If you have been scammed or have seen a scam, you can make a report on the Scamwatch website, and find more information about where to get help.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you.

Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation.

Visit the Scamwatch news webpage - <https://www.scamwatch.gov.au/news-alerts> for general warnings and media releases on COVID-19 scams.

### Tips to protect yourself from these types of scams:

Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.

Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.

Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority — just press delete or hang up.

## FROM THE COMMITTEE

Register Committee members were involved in a Strategic Planning Workshop on 28 February 2020.

We were very pleased to have Jane from Bellarine Aged Care Association, Karen from Bellarine Community Health attend as well as a brief visit from Senior Sergeant Adrian Bickley, Officer in Charge of Bellarine Police Station.

Snr Sgt Bickley reinforced the importance of the role played by BCSR in helping vulnerable members of the community feel safe.

We reviewed our current situation, our strengths and weaknesses and looked at the future operation of the Register under the guidance of our facilitator, Marilyn, who did a fantastic job in keeping us on track and on time. Thank you Marilyn.



**BELLARINE COMMUNITY SUPPORT REGISTER INC.**  
PO BOX 819, OCEAN GROVE. VIC 3226 TELEPHONE: 03 5255 3968

## DONATION FORM

NAME: ..... ID NUMBER: .....

ADDRESS: .....

I ENCLOSE A DONATION OF: Please circle the appropriate amount.

\$5    \$10    \$20    \$100    Other \$ .....

All donations of \$2 and over are income tax deductible.

Receipts will be issued only on request. Please tick the appropriate box. YES  NO

Donations will be accepted at any Bendigo Bank Branch in the Geelong Region.

Our account details are: BENDIGO BANK Branch 633 108 Account 127715209.

Receipts will be issued only on request.



## BELLARINE COMMUNITY SUPPORT REGISTER INC.

Proudly supported by

**bellarine memories**<sup>®</sup>  
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If undeliverable please return to:

**Bellarine Community Support Register**

PO Box 819

Ocean Grove Vic 3226

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