

## GRANT SUCCESS

We have recently been successful in obtaining additional grant funding to assist in the running of the Register and its activities.

We made an application to the Geelong Community Foundation for grant funding to assist in the implementation of our new database and to update our office operations. We were delighted to receive a grant of \$12,500.



In our February Newsletter we advised of our successful application for a grant from the City of Greater Geelong to run a series of morning teas for Registrants and their friends and we have since received a further grant (\$1,870) under their Community Recovery Grant program to assist the Register in raising awareness within our local community of the Register and our operations.



## AT THE OCEAN GROVE MORNING TEA, FRANK MET HIS CARE CALLER CAROLYN



## BCSR QUARTERLY NEWS

Hello Registrants and welcome to Winter and our second newsletter for 2022.

### BCSR Morning and Afternoon Teas

A heartfelt thank you for your support of our recent Morning and Afternoon Teas at Moolap, Portarlington and Ocean Grove.

What a lovely opportunity it was to have our Volunteer Callers and their respective recipients meet for the first time – some after many years of chatting about family, local and world events, politics and religion.

For those who attended, we will be contacting you to see if you thought that the events were worthwhile and to hear any suggestions for improvement that you may be willing to share.

We acknowledge our sponsors - City of Greater Geelong, King's Funerals, Coles Ocean Grove and Van Loon's Wallington for their generosity. We appreciate the presentations made by Bellarine Community Health, Bellarine District Police, Cherished Pets and Compassionate Hearts on the Bellarine, and would like to thank Shedding the Blues, Noble Foods and Christian's Bus lines for their contribution to the success of the events.

A special thanks to our Volunteers who organised, attended and set up the venues, who assisted with RSVPs and bus bookings, who covered shifts for others as well as those who quietly completed all the associated administrative tasks.



### BCSR Volunteering Victoria Finalist

You may have seen local media items regarding the Bellarine Register being selected as a Finalist in the Volunteering Victoria COVID - 19 Resilience Awards.

Whilst we did not win the title, we were certainly very proud to be invited to Government House to be acknowledged for our efforts on your behalf during 2021.



### Volunteer Recruitment

BCSR is looking to expand its Volunteer base and areas of expertise. If you, or someone you know, is interested in helping out with Care Calls, Grant Writing, Promotional Stands or writing articles for the Local Media, please contact me on 0448 754 671 for a chat.

Your contribution has the potential to be life changing.

Till next time.

A handwritten signature in black ink that reads "Leonie Saundry".

**Leonie Saundry**  
Chairperson  
Bellarine Community Support Register.

## STAY WELL THIS WINTER

### Free flu shots for all Victorians

2022 is a bad flu season as Victorians return to normal activities.

To help you stay well this winter, the Victorian Government is providing free flu vaccinations for everyone aged 6 months and over throughout the month of June.

You can book your free flu vaccination from 1 June to 30 June with your GP or pharmacist.

### What you need to know

To stay well this winter, get your influenza (also commonly referred to as the flu) shot as soon as possible and keep your COVID vaccinations up to date.

You can get your flu shot and COVID vaccination at the same time.

The flu vaccine is free for people who are more at-risk from suffering complications from the flu.

Stay at home if you're unwell – don't go to work or school.

Most people can safely recover from the flu and COVID at home.

Keeping your distance from others, hand hygiene, good ventilation and mask wearing are still the best ways to avoid getting sick.

See your doctor before you are sick so they can help you make a treatment plan. This will help you get the right care, if and when you need it.

Your doctor is the best person to help you if you are unwell.

### Time between vaccinations

You can get your flu shot at the same time you get your COVID vaccination.

If you have had COVID but are no longer sick you can get your flu shot right away.

You should wait three months after having COVID to get your next COVID vaccination.

If you are sick with the flu, wait until you feel better to have the flu or COVID vaccination.

<https://www.betterhealth.vic.gov.au/stay-well-this-winter>



## LIFELINE



Lifeline has launched a 24/7 crisis text service to expand its support for Australians struggling with the challenges of the COVID-19 pandemic.

The Lifeline Crisis Support Text Service is now available 24 hours a day, 7 days a week via confidential text message to 0477 13 11 14.

### What to expect

You'll be asked for some personal details, such as your age and location, but these are optional and you can choose to remain anonymous. You'll then be connected to a trained Lifeline Crisis Supporter. You can text them anything that's on your mind - no matter how overwhelming, they are there to listen.

### About the service

Lifeline offer confidential one-to-one chat short-term support with a trained Lifeline Crisis Supporter for people who are feeling overwhelmed or having difficulty coping.

### How Lifeline can help

Lifeline listen without judgement and provide a safe space to discuss your needs, worries or concerns. They will work with you to explore options for support.

For more information visit:

<https://www.lifeline.org.au/crisis-text/>

What's on your mind? We can chat about anything, no matter what you're going through.

No judgement here, it's a safe space. Let me know what's going on.



## WELCOME TO A NEW LITTER

Bellarine Community Support Register Chairperson Leonie Saundry cares for Cara, a breeding dog for Seeing Eye Dogs Australia.

The beautiful golden Labrador, Cara gave birth to four guide dog puppies on May 9 – three boys and one girl. Mum, babies and grandparents are all doing well.



# FREE

## Emergency Wallet Card

POLICE  
AMBULANCE  
FIRE BRIGADE  
VICTORIA POLICE  
CALL 000

**Bellarine Community Support Register Inc.**  
 Name of Card Holder: ID No. 1234  
 Mrs Jane Citizen  
 In the event of an accident or become ill,  
 my next of kin, doctor's name and health  
 details are kept at the Register at the  
 Bellarine Police Station, 41 The Parade,  
 Ocean Grove, Victoria 3226 Australia  
 Telephone in Australia: 03 52920898  
 Telephone International: +61 3 52920898

**REGISTERED CHARITY**  
 www.bellarinecommunitysupportregister.org.au

**All Ages**  
**All Abilities**  
**In case of emergency**  
**Confidential & Secure**  
**Personal Information Service**  
**Accessible only to the Police**  
**On file at Bellarine Police Station**  
**Managed by Endorsed Volunteers**

**BELLARINE COMMUNITY  
SUPPORT REGISTER INC.**

Feel safe. Feel secure. Have peace of mind.

## SCAM ALERTS FROM SCAMWATCH

Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams.

### Here are two important tips from Scamwatch:

1. COVID19 #scam texts urging you to order free test kits are still doing the rounds. DO NOT CLICK on links in unexpected messages! If unsure, log into your inbox by typing my dot gov dot au in the address bar.
2. Never give a stranger your banking details over the phone or remote access to your computer – even if they claim to be from a known organisation.

For more information visit the Scamwatch website:

<https://www.scamwatch.gov.au/news-alerts>

Tuesday, 17 May

## SCAM

Medicare: You have been in close contact with someone who has contracted COVID-19. You must order a free Test Kit at: [REDACTED]

Wednesday, 30 December 2020

A

NHS: We have identified that you are eligible to apply for your vaccine. For more information **SCAM** and to apply, follow here : [REDACTED]

11:18

9:36

< 6

SCAM

audio

FaceTime

info

Text Message  
Today 9:03 am

We have issued a new video communication regarding COVID-19 restrictions and how to protect yourself against the coronavirus: [REDACTED]

Telstra 4G 3:03 pm 76%

<

SCAM

Text Message  
Today 2:52 pm

You've received a new message regarding the COVID-19 safety-line symptoms and when to get tested in your geographical area. Visit [REDACTED]

Text Message  
Today 5:45 am

## SCAM

**IMPORTANT MESSAGE FROM WESTPAC**

For the safety of our customers due to the recent COVID-19 virus, all customers are required to review and update their personal details. You will be unable to use Westpac services until you have done so. Please go to [REDACTED] or call us on 132 032.

**BELLARINE COMMUNITY SUPPORT REGISTER INC.**

PO BOX 819 OCEAN GROVE VIC 3226 TELEPHONE: 0480 228 674

# DONATION FORM

NAME: \_\_\_\_\_ ID NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I ENCLOSE A DONATION OF: ☐ \$5 ☐ \$10 ☐ \$20 ☐ \$100 ☐ Other: \_\_\_\_\_  
Please tick the appropriate amount.

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 **127 715 209**.

**BELLARINE COMMUNITY SUPPORT REGISTER INC**

Proudly supported by

**Kings** FUNERALS  
HERE FOR YOU

If undeliverable please return to:  
**Bellarine Community Support Register**  
PO Box 819  
Ocean Grove Vic 3226



**POSTAGE  
PAID  
AUSTRALIA**