

AccessHC Community Newsletter

Introduction

Welcome to the first edition of the AccessHC Community Newsletter.

The newsletter contains information on how you can continue to access our services. It also offers tips and tricks to stay healthy through the pandemic and stay connected with the community.



Updates to Our Services

Many of Access Health and Community services are still operating during Stage 4 lockdown. Most appointments will now happen via phone or video, and our team will contact you before your appointment with the details. If you need to make or change an appointment, please call [03 9810 3000](tel:0398103000) and press:

- ① for **medical, nursing and pathology**
- ② for **dental services**
- ③ to **change an appointment for other services**
- ④ for **new appointments for other services**
- ⑤ for **other/general enquiries.**

AccessHC is continuing to offer its service to NDIS clients. You can contact the team on [03 9810 3000](tel:0398103000) or ndis@accesshc.org.au

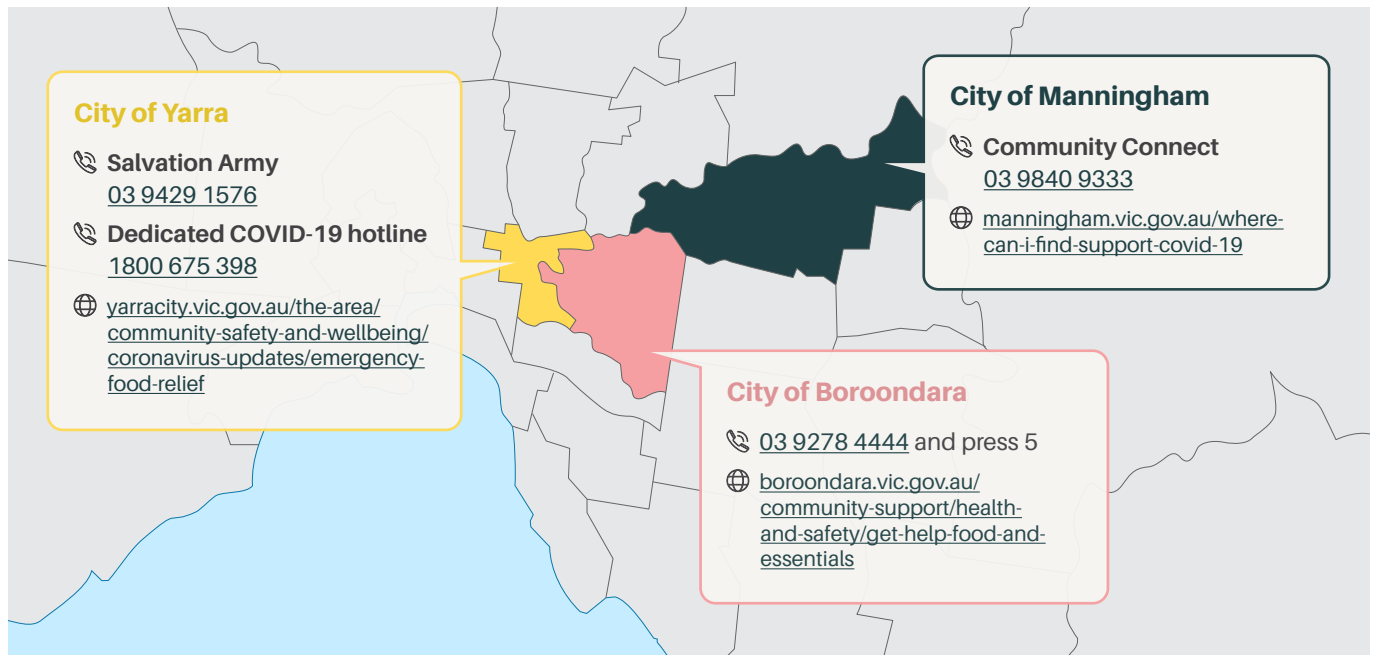
Many of our groups, classes and social programs are now available online. Check out [our website](#) for more details.

As a result of Stage 4 restrictions, Hawthorn Community House Childcare is closed for the rest of the term and will reopen on 5 October 2020.



Support with Food, Finances and Housing

If you need support, food or advice, please contact the service provider in your area. You can also reach out to the local councils for a COVID-19 related support.



Importance of Regular Health Checks

Through the COVID-19 pandemic, it's important that you maintain good health practices. Please stay in contact with your healthcare team and support networks. Remember to keep regular healthcare appointments and look after every aspect of your health, including any regular tests, screening and check-ups. Examples include:

- Blood pressure and cholesterol monitoring
- Cancer screening
- Management of diseases like diabetes, heart disease, depression and anxiety

- Sexual and reproductive health
- Treatment of skin conditions
- Immunisations and wound care.

Many of these checks can be done over the phone or by video to help keep you safe. If your doctor needs to see you in person, they will contact you to arrange a suitable time.

If you have any new or existing health concerns, you can book an appointment with an AccessHC team member on [03 9810 3000](tel:0398103000).



Remote Access Programs

Many of our community programs are now available online. [Hawthorn Community House](#) and [Trentwood at the Hub](#) are running a variety of virtual programs including language courses, cooking classes, book club, music and exercise. Allied Health Group and mental health programs are also available through video link.

For more information on our range of virtual programs and activities, please contact The Hawthorn Community House on [03 9819 5758](tel:0398195758) or Trentwood at the Hub on [03 9006 6590](tel:0390066590). For Allied Health Group and mental health programs, please contact our team on [03 9810 3000](tel:0398103000).

Community Support Brochures

Community support brochures outlining local services have been sent to letterboxes across our community. The brochures contain helpful information on topics including employment, food, keeping in touch, financial help and mental health. Most of the services described are free and are accessible statewide. Available in multiple languages, the brochure offers many helpful hints and resources. If you require more information, or if you didn't receive your brochure, please contact us on [03 9810 3000](tel:0398103000).



Do You Need A Mask?

If you need a mask please contact our reception team or your health professional. We can have 2 masks available for you at your next appointment or arrange to have them sent to you.

We have been issued with reusable and single-use masks by the State Government. Additionally, we have received masks from our supporters at the Methodist Ladies College, Hawthorn Community Chest, Country Women's Association, the Manningham Women's Friendship group, and a Canberra community sewing group. A special thanks to those who sent out masks for our community.



PARENTS' ASSOCIATION



Mental Health Coping Plan

Stage 4 lockdown has caused stress and anxiety for everyone. With this in mind, we wanted to offer some useful tips to help you manage your mental health if you are finding yourself struggling.

- 1 Avoid social media**
 We're all suffering from COVID-19 information overload. To stop the overload, choose one trusted news source for updates and take regular breaks from electronic devices
- 2 COVID-free time**
 Find time every day for COVID-free activities. Activities could include walking your dog, reading a book, doing some exercise or cooking up a storm
- 3 Reach out to your friends and family**
 We all need to connect and interact so set up a call and keep in touch with those closest to you
- 4 Get a good nights' sleep**
 Sleep is important for your physical and mental health. To improve the quality of your sleep,
 - avoid using electronic devices before bed and don't read or watch news as it may increase your anxiety
- 5 Try practising mindfulness**
 Practising mindfulness is a great way to focus on the 'here and now' not the 'what if', helping to reduce fear and anxiety. More information on mindfulness is available on the [Smiling Mind website](#).
- 6 Call our team at Steps Mental Health**
 Feeling stressed, anxious or depressed? Need someone to talk to? Call our team at Steps Mental Health. We can find you the level of mental health support you need. You can visit us on [our website](#) or call us on [1800 378 377](tel:1800378377).



Not Feeling Well? Get Yourself Tested

Do you have the following symptoms?

- Fever
- Shortness of breath
- Constant coughing
- Sore throat
- Chills or sweats
- Loss of senses of smell or taste.

If you answered yes to any of the above, no matter how mild, please get tested. Additionally, if you've come into contact with someone with COVID-19, you must go into quarantine immediately for 14 days and contact your GP. If you develop symptoms during this time, you will need to be tested for COVID-19.

For those that aren't able to leave their home to be tested, there is a Call-to-Test service available. One of our GPs can arrange a referral via telehealth if you meet the criteria. Please call us on [03 9810 3000](tel:0398103000) for further information.

After you've been tested, you must wait at home until you receive your results. If you test positive, you must isolate until you receive clearance from the Department of Health and Human Services (DHHS).

You can keep up to date by following us on [Facebook](#) and [LinkedIn](#) or at accesshc.org.au.



Access Health and Community

☎ 03 9810 3000 🌐 accesshc.org.au

The AccessHC Family of Services Includes:

