

COMMUNITY UPDATE



BULOKE
SHIRE COUNCIL



Buloke Shire COVID-19 Update

How have you been feeling? How have your friends and family been going through this uncertain period?

Remember to check in on people, let them know you are thinking of them and look forward to the better times ahead of us all.

It is normal to feel overwhelmed or even stressed at such a time. It's important to remind yourself that this is a normal reaction and it will pass.

Remember that Council is here for you during this health alert and that we remain committed to community safety and wellbeing. Council also has an obligation to look after staff, volunteers and Councillors.

There are plenty of ways to support other people, or be supported if you are feeling anxious or uncertain. Here are some key agencies that can help:

Lifeline Australia

A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe. 13 11 14 or www.lifeline.org.au

Kids Helpline

A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years. 1800 551 800 or www.kidshelpline.com.au

Beyond Blue

Mental health information and support for all Victorians with dedicated coronavirus mental wellbeing support. 1300 224 636 or www.beyondblue.org.au

HeadSpace

Online and telephone support and counselling for 12 - 25 year olds, their families and friends. 1800 650 893 or www.headspace.org.au/eheadspace/

1800RESPECT

Confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse. 1800 737732 or www.1800respect.org.au

East Wimmera Health Service

Mental Health and Social Work Clinicians. Contact Central Intake Administration to arrange an appointment on 5477 2222 or e-mail intake@ewhs.org.au

Remember always ring 000 in an emergency.

Minimising disruption is a high priority, second only to the health and wellbeing of the community. Council will continue to keep the community updated and you can find a range of resources and a full list of affected services at www.buloke.vic.gov.au/coronavirus-covid-19-health-alert.

For the latest updates on the COVID-19 from the Federal Government's Department of Health visit www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert.



Thank You for Being Involved!

A big thank you to everyone who got involved in the Buloke Playspaces Project online consultation! Over 140 people completed the online surveys and we received great feedback which will inform the next stage of the project, the design of a draft concept plan.

This will include outcomes to be built in the short term and more aspirational elements to be worked towards in the longer term.

Great spaces now and into the future!

#BuildingABetterBuloke

Take Away Food Safety Tips

During the current COVID-19 pandemic many businesses are offering take away menus and solutions.

Food businesses have a responsibility to serve food that is safe to eat and Council is working with these businesses to ensure responsibilities are being met.

However, there are some basic measures you can take that will minimise the risk of food poisoning when buying take away.

When you have takeaway food, either eat it within a few hours or take it home and put it in the fridge immediately. Make sure that it is eaten within a couple of days. Throw out any high-risk food that has been left in the temperature danger zone of between 5 °C and 60 °C for more than four hours.

For more food safety information including high risk foods and hints for buying food visit

www.betterhealth.vic.gov.au/health/HealthyLiving/food-safety-when-eating-out



Resealing Program Begins

Council's latest resealing program has commenced.

Council contractor Inroads are currently working across the Shire including on the pictured Banyenong-Jeffcott Road.

Take extra care when travelling in road work zones.

#BuildingABetterBuloke



Read All About It!

It was great to read the recent news of state government emergency support for local newspapers. So many publications are currently suspended, online only publishing or worse.

An advertising boost worth more the \$4.7 million will see state government advertising in more than 100 papers each week for the next six months.

Council understands the importance of the newspapers that service our communities.

The Buloke Times, North Central News and Sea Lake Wycheproof Times Ensign are highly valued parts of our way of life.

Council continues to support each of these publications every week by placing a half or full page Community Update advertisement. Like the one you are reading now. They are each a key plank in how we communicate to residents.

Thank you to everyone involved at each of our local papers for the role you are playing during the COVID-19 pandemic.

#BulokeKind #BulokeSafe #BulokeCaring #BulokeStrong

