



Ormond JFC Community Care Centre Services and Resources

Ormond JFC's Child Safety Officer, Kirstie Edwards, also has years of experience in managing family services, allied and mental health teams. She understands that during these uncertain times some parents might prefer to speak directly to gain the best advice for their situation.

Kirstie is kindly donating her time to enable this, and confidentiality of information shared is ensured (in line with legislation).

To contact Kirstie, please email Mentor@ormondjfc.com.au or phone 0478 310 145

Free Supermarket Vouchers - we have free supermarket vouchers available to club families who need assistance with basic necessities. In the strictest of confidence, please contact Kirstie on 0478 310 145 or email

Get the right information

It is critically important you responding to information that is as current and reputable as possible. At the moment this appears to be via our government sources and of course, [WHO](#).

Please be mindful of what comes up on your and your child's social media stream.

[Federal Government Updates](#)

[Victoria Government Updates](#)

[Better Health Myth Buster](#)

[Victorian Mental Illness Awareness Council Updates and Information](#)

This association has been providing regular and accurate updates for their community.

[American Centre For Disease and Prevention](#)

Some good information covering all aspects of the virus.

You can also see below for helpful hints on talking to your child about COVID-19.

Below video is a short video on supporting children through community disasters by Emerging Minds.

<https://vimeo.com/394049129>

Article on how to talk to your children about COVID-19

[The Conversation Article](#)





Referrals to Services

There will be changes to the way these below services operate and some may even cease for a period. If this information is not contained on their websites, please call them directly. If you are unsure which service you need, Kirstie is more than happy to assist you in navigating the options.

Local Council Services

Generally, eligibility for these services work according to a resident's proximity of where they live, work, study or play in relation to the service. Each usually have a great variety of group related programs, which have ceased at this time, but are worth keeping in mind for future.

Glen Eira Youth Services

Provision of one to one support.

[Glen Eira Youth Support Information](#)

Ph: 9524 3676

Kingston Youth Services

Provision of one to one support (call to see if taking new clients)

[Kingston Youth Services](#)

Ph: 1300 369 436

Bayside Youth Services

Provision of one to one support

[Bayside Youth Services Website](#)

Ph: 9599 4622

Local Community Health Centres

Connect Health & Community

Bentleigh East and Cheltenham.

Connect Health has counselling for all ages; pre-school to Older Adult.

[Connect Youth Services](#)

One to one practical supports and counselling.

[Connect Counselling Services](#)

One to one therapy; including Psychology, Social Work and Counselling.

Ph: 9575 5333

Star Health

St.Kilda, South Melbourne, Prahran and Bentleigh

[Star Generalist Counselling](#)

[Star Mental Health Program for moderate presentations and ongoing support](#)

[Children's Services, including psychology](#)

Ph: 9525 1300

Other Mental Health Services

Headspace Bentleigh and Elsternwick

One to one support for young people 12-25 years.





Bentleigh

[Bentleigh Website](#)

Ph: 9076 9400

Elsternwick

[Elsternwick Website](#)

Ph: 9076 7500

[Advice for Young People Coping with Stress around COVID-19](#)

Blokes Psychology

Psychology for Males of all Ages.

Highbett and Scoresby. Also offering online and telephone at this time.

Great social media profile, with awesome podcasts and interviews.

<https://blokespsychology.com.au/>

Ph: 9994 1721

A Path To Follow

Customised Mental Wellbeing Support for Young People, Families and Small Business.

www.apathtofollow.com.au

Ph: 0478310145

Relationships Victoria

Provider of specialist family and relationship services.

<https://www.relationshipsvictoria.com.au/services/>

Ph: 1300 364 277

Online Services and Resources

Online Services

Reach Out

Parents

Self-Help Forums, Fact Sheets, Online Group Forums and one to one support options.

[Help For Parents](#)

Young People

Self-Help Forums, Fact Sheets & Online Group Discussions

[Help For Young People](#)

Eheadspace

For parents and young people

eheadspace provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help

<https://headspace.org.au/eheadspace/>

Mindspot

Government initiated website for the assessment and treatment of depression.

<https://mindspot.org.au/coronavirus>





Parent Line

Telephone and online counselling service for parents with children 0-18 years.

[Parentline Website](#)

Ph: 13 22 89

Kids Line

Telephone and online counselling service for young people to 25 years. Also have great FB and Insta Accounts.

<https://kidshelpline.com.au/>

Ph: 1800 55 1800

Life Line

For cases of mental health emergency and suicide prevention. Telephone, online chat and text service. All ages.

<https://www.lifeline.org.au/>

Ph: 13 11 14

[Lifeline article on coping during COVID-19](#)

Sane Australia

For parents

General mental health resources, referral services and fact sheets for all ages.

<https://www.sane.org/>

Beyond Blue

[Beyond Blue General Site](#)

Referrals and resources for adults.

[Beyond Blue Young People's Site](#)

Referrals and resources for adults.

Below is a link to Beyond Blue's advice for mental wellbeing during covid.

[Looking after your mental health during Covid-19](#)

Men's Line

Telephone and online counselling; for men and those who care about the men in their lives.

24 Hours.

<https://mensline.org.au/>

Ph: 1300 78 99 78

Online Informational Resources

Raising Children

Gov initiated website for Australian parents and families.

[Talking to Your Children About COVID-19](#)





Go Zen

For parents

American site that has resources around managing stress and building resilience in your children (and yourself). Below link is to a video series. I recommend the first one.

[Go Zen Anxiety and Covid-19 videos](#)

Emerging Minds

For parents

Has reputable resources and options for online training around supporting young people's mental wellbeing.

[Toolkit For Preparing and Supporting Kids Through Community Trauma](#)

Positive Minds Australia

Holistic Mental Wellbeing Service for Young People (SA) offering free resources for parents and educators to support youth mental wellbeing.

<https://positivemindsaustralia.com.au/free-resources/>

Self Care

A collection of podcasts and poetry for however you're processing or experiencing the COVID-19 pandemic.

[Self Care Podcasts](#)

Center for Adolescence Studies

[Self Care Article](#)

Other Useful Information

Learning at home for the kids

Scholastic

[Scholastic Learn From Home Modules](#)

Twinkl Online School Modules

FREE-for short time-up to Year 10.

The trusted home of teacher-created planning and assessment materials and teaching resources aligned to the Australian Curriculum.

[Online Modules](#)

Rebecca Sparrow

I feel like my purpose is to help teenage girls traverse that tricky path from childhood to adulthood. My great passion is helping teen girls (and their parents) navigate high school friendships, have a more positive experience online and understand that despite what society tells them they are enough just as they are. Below is a resource compiling loads of home ideas shared by her followers.

[Rebecca Sparrow Learn From Home Modules](#)





Family Violence Services

Safe Steps

Emergency Advice

<https://www.safesteps.org.au/>

24/7

Ph: 1800 015 188

Orange Door

Non urgent advice

<https://orangedoor.vic.gov.au/>

Ph: 1800 319 353

Need Financial Assistance?

Emergency Relief Help

Community Information & Support Victoria

<https://www.cisvic.org.au/>

Glen Eira Council

[Glen Eira Emergency Relief](#)

Bayside Emergency Relief

[BAYCISS](#)

Pekalach Elsternwick

Crisis Food and Goods only- Check their FB feed for when they are open during the crisis. @pekalack

Thursday Grocery stall

pekelachmelbourne@gmail.com

SMS 0468330613

Some Financial Tips from Our Treasurer

Control your expenditure

Review and eliminate all **"idle" expenditure**. For example, that gym membership you rarely use.

While food, utility bills, health care and many other costs are essentials, **review discretionary expenditure** and just spend where it means something to you and makes a difference. Certainly, buy a take away coffee a few times a week if that's something you really enjoy, but if you're buying 2 each day calculate the weekly and monthly cost - you might be shocked.

To identify discretionary expenditure, sit down and list all the things you spend money on. If you pay most of your bills on credit card review the last 6 months of statements and make some decisions. Ensure you are never spending more than you earn. Visit the government [MoneySmart website](#) to find out more about budgeting, and good money management. There are also resources to assist those in financial distress.





Eat more at home - reduce take away and eating out. Plan your meals for the week ahead and create your shopping list to achieve this.

It's amazing how popping out to grab some milk can turn in a \$100 event. Just get what you need – use your list and stick to it. Try to limit how many times you go to the shops for food items – every visit increases your spend. Eat first, then go to the supermarket. Studies show we buy more than we need when we go to the shops hungry.

Shop around for your car, house and contents or private health insurance - you may be surprised how much you can save.

Personal life insurances or income protection insurance can often be purchased via superannuation. Speak with your super fund to see if you can obtain this in super instead of paying the premiums yourself. Speak to the experts in our IAW team for some feedback on this if you need to.

Work with your bank to control your financial commitments

The 4 major banks have announced measures to assist customers. If you have a mortgage, some may let you move to interest only payments for a while. Others may entertain a repayment holiday for a number of months. Speak with your lender/loan broker and see if you qualify. Many banks are also offering super low rates on 2-3 year fixed loans which may help if there's an opportunity for you to refinance some or all of your loan.

Save high interest costs on credit cards by considering using redraw capacity on your home loan to pay off credit cards. Then reduce your credit limits or chop up your cards - don't spend money you don't have.

Similarly avoid temptation using buy now pay later schemes to purchase goods at shops or on-line. The cost of not meeting the 4 regular payments is extreme and again you are spending money you don't have and therefore may not be able to repay.

Make sure you know what help you can access

Ensure you take advantage of any [Centrelink or Taxation benefits](#). Family tax benefit can be claimed as a fortnightly payment to assist with the cost of raising children. Speak with your accountant or Centrelink to discuss how it works.

Benefits such as rental allowances should be explored and the government has announced Jobseeker payments will be doubled for those who are now out of work due to COVID-19

How to protect your cash flow temporarily

If you rent, speak with your landlord about reducing the rent temporarily. Most property investors would rather retain a great tenant than not earn an income at all on their investment property.

Contact service providers who issue large annual or quarterly invoices (council rates, insurance companies, energy providers, etc) and see if you can move to monthly payments. Beware of any fees or extra costs, but it may help with cash flow.

Speak to your family about your situation and what measures that you want to put in place and why. You will need to pull together to help and support each other at this time.





Speak with your kids – especially if they often have their hands out. We all want the best for our kids but meeting constant demands for the best brands and most expensive shoes might need to be moderated. It also may be a great opportunity to educate your children about basic money management and the value of money.

Contact Kirstie Edwards

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