

CORANGAMITE SHIRE news



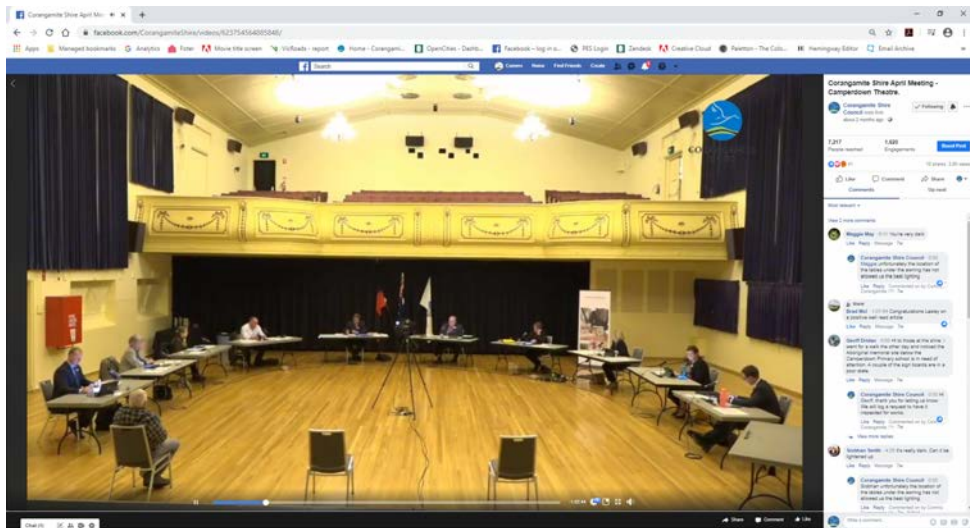
CORANGAMITE
SHIRE

WINTER 2020

- + 2020-2021 Budget at a glance
- + That's how we stroll - Corangamite's walking trails
- + Business profile - Nick Hose Fitness
- + Meet our Youth Mayor - Tess Lourey
- + Let's Talk about mental health



MAYOR'S MESSAGE



Council will continue live streaming its Council meetings.

Pictured: April Council meeting (with social distancing) in Camperdown's Theatre Royal

Welcome to the winter edition of Corangamite News

In this edition, I would like to thank all residents for their patience and willingness to comply with the state and federal directions during the COVID-19 pandemic.

Your co-operation and compliance has resulted in Australia being at the forefront in managing this extremely contagious virus. This has been a very trying time for our communities and we are likely to be living with the pandemic for some time.

As the restrictions ease, we will have to adjust to a new way of living, working and communicating.

Many of our businesses have been severely impacted and will continue to be adversely affected. Many of our fellow citizens have lost their jobs and we will see some businesses close and not reopen.

I urge you to support your local businesses and community as we move forward. This is a time we need to be mindful of all our community members and to make sure no-one is left behind or without support.

You are best placed to do that.

You know who the vulnerable are and you know your community better than anyone else. Please pass on your

concerns to Corangamite Shire or other government support agencies if you know people who may need support.

With all that said, we can also count ourselves extremely fortunate to live in a country that has successfully flattened the curve. A bipartisan approach at top level has ensured we all work together, while the Victorian Government also acted quickly and decisively.

At a local level, Corangamite's strong financial position has enabled us to respond quickly. I'm really proud of the \$4.8 million COVID-19 Recovery Fund aimed at supporting businesses, creating jobs and delivering local projects. Funds have already been distributed through grants programs and Council is busy recruiting 43 new positions as this edition goes to print.

It will be vital that we continue to make progress towards opening up the economy as soon as possible. From here it will be one foot in front of the other. We have made great progress to date. Let's keep it that way.

Mayor



Cr Neil Trotter (Mayor)
South West Ward

neil.trotter@corangamite.vic.gov.au
M. 0407 101 872



Cr Ruth Gstrein (Deputy Mayor)
Central Ward

ruth.gstrein@corangamite.vic.gov.au
M. 0407 320 283



Cr Helen Durant
Central Ward

helen.durant@corangamite.vic.gov.au
M. 0427 115 783



Cr Lesley Brown
North Ward

lesley.brown@corangamite.vic.gov.au
M. 0428 594 684



Cr Jo Beard
South Central Ward

jo.beard@corangamite.vic.gov.au
M. 0417 369 457



Cr Simon Illingworth
Coastal Ward

simon.illingworth@corangamite.vic.gov.au
M. 0431 933 406

COUNCIL MEETINGS 2020

- Tuesday 28 July, 7 pm
Killara Centre, Camperdown
- Tuesday 25 August, 7 pm
Killara Centre, Camperdown
- Tuesday 15 September, 7 pm
Grimwade Rooms, Lismore

For agendas and minutes, please visit www.corangamite.vic.gov.au

Meetings are open to the public, however, residents are encouraged to watch a livestream of the meeting at www.facebook.com.au/CorangamiteShire

Council Meetings can also be viewed on the website after they have taken place.

Budget 2020-2021 at a glance

\$56_M
Total budget

0%
Rate rise

*Average rise, excludes Waste Management Charge

\$4.8_M
COVID-19
Recovery Fund

\$20_M
Capital works

\$5_M
Operating surplus

\$22_M
Rates & charges
income

\$21_M
Grants income

**Debt
free**

\$4.8_M



COVID-19 RECOVERY FUND

Fee waivers*

- No annual registration fees for food premises, accommodation and new businesses
- No permit fees for new or altered domestic wastewater systems
- No planning or building permit application fees
- No interest on overdue rates and charges

Jobs

- 43 temporary jobs focused on short term construction projects and other support roles

Stimulus business grants

\$1 : \$2 grants for impacted businesses.

Categories include:

- Digital
- Diversification
- Traditional advertising
- Forced business closure

* Involves terms and conditions

\$20 MILLION: Capital works program

\$8.7_M



Local Roads Projects

Reseal program \$2.15M

Gravel resheet \$1.18M

Major rehab projects \$2.22M

Bridges \$420K

\$300_k

Cobden streetscape

\$450_k



Timboon streetscape

\$120_k

Public toilet upgrades

Lismore, Lake Bullen Merri, Princetown

\$200_k

Street tree management



\$6.2_M



Twelve Apostles Trail

Construction of Stage 1:
Timboon to Port Campbell

\$70_k



New playgrounds and skate parks

Jubilee Park playground, Skipton
Skipton skate park design
Cobden skate park upgrade

Grants programs

- Community \$50k
- Facade Improvement \$50k
- Facility \$50k
- Business Incentive \$50k
- Events & Festivals \$40k
- Environment Support \$30k

FOR FULL DETAILS VISIT WWW.CORANGAMITE.VIC.GOV.AU/BUDGET



Vale Cr Wayne Oakes

Corangamite Shire Council has paid tribute to Cr Wayne Oakes, who passed away on Thursday 19 March.

He served as Central Ward Councillor with the Shire from 2012 to 2016 and returned to office on a countback in December 2018 following the resignation of Bev McArthur.

“In one form or another I have always wanted to be of service to my community, he said at the time of his re-election. “When I was contacted and informed that fate had smiled on me for a second time, I jumped at the opportunity to return to Council. “

A policeman for 35 years, Cr Oakes moved to Camperdown from Hoppers Crossing with his family in 1986 and never left. He worked at every station from Colac to Warrnambool, except Port Campbell and Timboon, and retired in 2012.

He has been a member of the Lions Club for 20 years, including stints as District Governor, National Membership Chairman (including New Caledonia, PNG and Norfolk Island) and District Membership Chairman and Secretary.

He was Chairman of the Camperdown Uniting Church Council and worked part time at MacQueen’s Funerals.

He was also involved with the Victorian Council of Churches as a carer and chaplain.

Cr Oakes is survived by his wife Judi, daughter Caitlyn Fitzgerald, her husband Tim, and three beloved grandchildren: Herbie, Marlee, and Bronte. His much loved daughter Erin passed away early in his first term as a Councillor.

Mayor Neil Trotter said he and his fellow Councillors felt a great sense of loss.

“Our thoughts are with Judi and the family,” he said.

“Wayne and I were elected at the same time. We came to Council together. Over that time, we developed a friendship.

“He was a conscientious Councillor and his experience as a sergeant of police at Camperdown and throughout the Western District was a valuable asset for him as a Councillor.

“He was level-headed and pragmatic and had great empathy for younger members of the community and those who were socially disadvantaged.

“Wayne was heavily involved in the community and made a large contribution.”



Cr Oakes with Cr Ruth Gstrein at Corangamite Shire’s 2020 Australia Day ceremony.

Council Chief Executive Officer Andrew Mason paid tribute to Cr Oakes on behalf of Shire staff.

“Wayne was a terrific bloke—kind-hearted and loved a chat.

“He had a great love for his family and showed a tremendous amount of energy in his work across the Church, Lions and other community groups.

“He believed in helping people and that even small achievements could make a significant improvement in someone’s life.

“He prided himself on being ‘straight up’ with people and was a dedicated representative who will be missed.”

Cr Oakes had served on the following Council committees:

- Elm Tree Reference Group
- Youth Council
- Chief Executive Officer Performance Review Committee.
- Australia Day Committee
- Corangamite Arts and Culture Steering Group
- Central Pools Advisory Committee
- Lake Bullen Merri and Gnotuk Advisory Committee
- Cobden Aerodrome Committee
- Corangamite Shire team leader for the Great South Coast Ice Challenge

Council elections on horizon

Council general elections will be held on Saturday 24 October.

Local council elections are held in October every four years.

The poll will be by postal vote.

You must be on the State or local council roll by Friday 28 August to be eligible to vote.

Anyone wishing to stand as a candidate must be nominated by noon on Tuesday 22 September.

Ballot packs are distributed via post to every enrolled person in a random order from Tuesday 6 - Thursday 8 October.

The returned ballot papers must be in the mail or in the hands of the Returning Officer by 6 pm on Friday 23 October.

To become a candidate you must be an Australian citizen and enrolled as a voter for the council you wish to stand. There are a number of eligibility requirements to stand for Council.

You can check eligibility requirements at: www.vec.vic.gov.au/CandidatesAndParties/BecomingCouncilCandidate

Candidates can stand for any ward, even if they are enrolled in a different ward.

To enrol, check your enrolment, or find out more about nominating, go to: www.vec.vic.gov.au

Community Care and Aged Care Assistance

Do you, or somebody you know, need some assistance around the house?

We want to be a part of the reason you're able to stay living at home independently.

We have two programs that can help you maintain your independence at home:

- The **Commonwealth Home Support Program** (CHSP) is available to people aged over 65 or Aboriginal people over 50
- The **Home and Community Care for Younger People** (HACCPYP) is available to people aged under 65 or Aboriginal people under 50

What services do these programs include?	
Emergency food support and delivered meals	Essential home modifications (such as ramps and rails)
Referrals to support services	Personal care, home cleaning and lawn mowing
Welfare checks	Shopping support or transport to health appointments

Who else can access these services?	
People of all ages requiring assistance due to:	
Chronic illness	Physical or psychosocial impairment (where not covered by an NDIS plan, or people aren't eligible for NDIS)
Short-term health issues	

How do I get started?	
<p>For people over 65 or Aboriginal people over 50 (Commonwealth Home Support Program):</p> <ul style="list-style-type: none"> • Visit www.myagedcare.gov.au or • Phone 1800 200 422 and request Corangamite Shire as the preferred provider 	<p>For people under 65 or Aboriginal people under 50 (Home and Community Care for Younger People):</p> <p>Make contact with one of our Assessment Officers on 5593 7100 or referrals@corangamite.vic.gov.au and we will speak with you about your needs. We welcome people with diverse needs, treating you as an individual and respecting your needs and wishes.</p>

Support continues in times of COVID-19

Council's community care workers are continuing to provide a range of in-home services including domestic assistance, personal care, unescorted shopping, in-home respite and meals on wheels.

Staff have been in phone contact with more than 450 clients every few weeks to conduct wellbeing checks and ensure clients have access to essential items and support. All clients have been called every one to two weeks just to make sure everyone is doing OK.



Service Coordinator Chloë McGowan

If you know someone residing in Corangamite Shire who may need support, please contact us on 5593 7100 to discuss.



Sharee Court (left) and Victoria Lovejoy on the Ballarat-Skipton Rail Trail.

Walking to wellness

Getting outside to exercise has been a welcome relief for many Shire residents during the coronavirus social distancing period.

Corangamite Shire has a wealth of accessible trails and walking paths to help maintain the physical and mental wellbeing of residents with a wide range of abilities.

Later this year, Corangamite and Golden Plains Shires will upgrade the Ballarat-Skipton Rail Trail with new signage, seating and tables, bike racks and safety corrals at major highway crossings.

Eight kilometres of the trail is in Corangamite and Skipton's Sharee Court is a regular user.

"We bring our dogs out here for a walk; we ride our horses out here," she said.

Sharee is a member of a walking group with colleagues from Beaufort & Skipton Health Service.

"We do a two-day walk. A bus picks us up and drops us off. We stay at a motel or hostel."

"A lot of cyclists use the rail trail. They come out from Ballarat."

For those who aren't as fit, there is the 800 m Jubilee Park Trail or 3.5 km town trail.

"There are people who walk the town loop for general health and wellbeing," Sharee said.

Fellow walker and nature lover Victoria Lovejoy said the trail was "an absolute asset for people who want a place to walk quietly".

"There are people who use it for the wine trail. They come from Ballarat and ride to Beaufort, then they pick up the Pyrenees Wine Trail. They catch the train from Melbourne to Ballarat.

"The trail is a brilliant school holiday project. You can pack a picnic lunch. Set the teenagers off early and start an hour later with the little ones on bikes."

Further south, the 34 km Camperdown to Timboon Rail Trail is a valued asset to the Camperdown, Cobden and Timboon communities. It's a safe corridor for recreational activities, it has historic appeal and provides a tremendous natural outdoor experience to users.

From Camperdown, the route captures views of Lake Bullen Merri on the way

to Naroghid, then, passes through Cobden Golf Course, Elingamite and Glenfyne, crosses the Curdies River and finishes in Timboon. State and Local Government funding has been made available to connect the southern end to Port Campbell.

Public consultation has recently been undertaken to finalise detailed designs of the 19-kilometre trail, with construction expected to start in spring. Member for Western Victoria, Gayle Tierney announced \$4.5 million towards the Twelve Apostles Trail Stage 1 – Timboon to Port Campbell in mid-May. Corangamite Shire has allocated \$2.22 million for the trail in its 2020-2021 Budget. For details, visit www.corangamite.vic.gov.au/12apostlestrail



Proposed Twelve Apostles Trail

That's how we stroll

Where are your nearest walking trails?

SKIPTON:

- Ballarat to Skipton Rail Trail (Corangamite section) 8 km
- Jubilee Park trail 800 m
- Town trail 3.5 km

LISMORE:

- Town to cemetery return 3.5 km
- Town circuit 3 km

DERRINALLUM:

- Mount Elephant Trail 5 km
- Derrinallum to Mount Elephant 8 km
- Township circuit 6 km

DARLINGTON:

- Cemetery to Speedway return 2 km
- Historic hotel to Mount Emu Creek 3 km

CAMPERDOWN:

- Camperdown to Timboon Rail Trail 34 km
- Mt Leura and Sugarloaf trail network 6 km
- Clocktower and indigenous garden 2 km
- Queen's Park Reserve loop 1 km

TERANG:

- Lake Terang circuit trail 4.5 km
- Town walk 2.5 km

NOORAT:

- Alan Marshall Trail, Mount Noorat 2 km return
- Terang to Noorat walking track 6 km

COBDEN:

- Cobden Lake walking path 2.1 km
- Circuite de Savage 4 km

TIMBOON:

- Power Creek Trail 2.5 km
- Timboon Rail Trail (to trestle bridge return) 10 km
- Town circuit 8 km

SIMPSON:

- Heytesbury Park Walk 1 km
- Town circuit 2 km

PORT CAMPBELL:

- Town circuit 3.5 km
- Headland walk 1.5 km

PRINCETOWN:

- Gibson Steps to rec reserve 8 km
- Boardwalk 2 km



Terang to Noorat walking track



Alan Marshall Trail, Mt Noorat



Cobden Lake walking path



Camperdown to Timboon Rail Trail



Princetown boardwalk



Lake Terang circuit trail



Mt Elephant walking trail

BUSINESS PROFILE



Nick Hose at Camperdown gym, Nick Hose Fitness.

Up to the challenge

Having your business closed down by coronavirus restrictions was just about the worst birthday present you could get, especially with your first baby on the way.

Camperdown gym Nick Hose Fitness had to shut under government coronavirus restrictions on 23 March—its owner's 31st birthday.

Nick got creative and turned what could have been a dark time into an opportunity.

With the support of his loyal clients the entrepreneur found two new ways to do business and used the down time to improve his premises.

"It was a bit 'What are we going to do?'" Nick says.

"I went milking cows on weekends to pay the bills. The bills don't stop."

He started by taking his fitness sessions online, to keep people moving their bodies for physical and mental health.

"We just thought, 'We've got to get our people, our clients, over this bridge. It's up to us to keep people exercising. We said, 'We're pressing on as normal, just doing it at home'.

"Online is not great because people's connections aren't great around here, but it did the job.

"We mainly kept the exercises basic

and pretty much no heavy weights, so you could perform them without hurting yourself.

"It was more about just getting together. The main thing is keeping the social connections. They don't come just for the exercise. They come for each other. They're accountable to each other."

Rather than letting his gym equipment sit idle, Nick generated income by renting it out for people to use at home.

"The idea arose somehow and I quickly whipped a post up on social media.

"The message was 'If you can't come to the gym, we'll come to you'.

"People jumped on it like wildfire. I had calls from NSW."

"The equipment went mainly to members and a few trusted people in the area.

"It was a great source of income when there was no income at all—and no promise of income.

"Everyone was really good about paying for it and being loyal and supportive.

"People realised how important small businesses are and also how much we rely on their support."

A third way Nick made an opportunity from adversity was by lining the metal

Love
WHERE YOU
LIVE



When you spend **\$100** at a local business, **\$68** stays in the community, generating **3.5 times more value for the local community.**

wall of the building which improved the gym's insulation and appearance.

He and his father, Anthony, did the work and Zac White did the painting.

"We thought 'There's going to be no better time to do it than now'. It would be impossible to do that amount of work if we were open."

A small wall was also removed and when the gym was allowed to reopen on 22 June—three weeks after its fourth birthday—it had three separate spaces, each of which can accommodate 20 people under government guidelines.

"We're not likely to have 60 people here at one time," Nick said.

"We have 250 members but they come in organically. They have different jobs, lifestyles and training patterns."

Nick said a massive thank you to the people who had supported the business through the challenging time.

"It makes you appreciate what you have. I couldn't be more excited to get back into it."

"My main hope was we would be open by the time the baby arrived."

At the time of going to press, Nick and Anna's new arrival was expected "any day now".

Nick Hose Fitness
2 Brooke Street, Camperdown
www.nickhosefitness.com.au

Here to help

If you're in business, you've had to make a lot of changes in the past few months.

Things have been changing quickly and all the information can be overwhelming. Our Economic Development Team is here to help. If you need assistance with sorting through information, resources or funding please contact us via email ecodev@corangamite.vic.gov.au or phone 5593 7100.

Visit corangamite.vic.gov.au/covid-business for links to key Federal and State Government support packages, financial support and counselling, and other resources specific to coronavirus-related issues.

More time to register pools and spas

Pool and spa owners have an extra five months register them.

The 1 June deadline has been extended to Sunday 1 November.

Safety barriers must be assessed by a registered private building surveyor or inspector who will issue certificates of compliance or non-compliance, which owners will need to lodge with Council.

New inspection compliance certificates will be required every four years.

Owners wishing to do their own initial safety assessment can be guided by the following Victorian Building Authority checklists at www.vba.vic.gov.au

For more information, go to www.corangamite.vic.gov.au/poolsandspas or call us on 5593 7100.

New business grants

Traditional Advertising Grants Program

Shire businesses can now apply for up to \$2,000 on a \$1: \$2 basis to advertise with local newspapers, radio stations and community newsletters.

The \$50,000 Traditional Advertising Grant Program is part of Council's \$180,000 package to help restart the local economy after the COVID-19 downturn.

To be eligible, businesses must be located in the Shire, have a valid ABN, employ no more than 20 full-time equivalent staff, and need to have received funding through a State or Federal COVID-19 program, showing that they have been financially impacted by the pandemic.

You are ineligible if your business has already received two of the Shire's business stimulus grants -

1. Forced closure
2. Diversification
3. Digital.

The program opens 1 July with guidelines and online application forms available at:

www.corangamite.vic.gov.au/grants

For more information, contact Stephanie Hargreaves on 5593 7100 or email stephanie.hargreaves@corangamite.vic.gov.au

Retail Area Façade Improvement Program

Grants of up to \$3,000, on a \$1: \$2 basis, are available to local businesses and shop owners wanting to improve the appearance of their premises.

Planning fees will be waived as part of the program, but building permit fees will still apply.

Grants can be used for:

- Painting the façade
- Cleaning the existing façade
- Removing redundant signage, air conditioning units and hoardings
- Minor repair, maintenance or reinstatement of missing elements
- Minor repairs to existing tile or stone accents
- Minor repairs to structural elements and awnings
- Repairs or replacements of verandahs
- Installation of store lighting visible from the street

Guidelines and application forms are available at:

www.corangamite.vic.gov.au/facade

For more information, contact Tammy Young on 5593 7100 or email tammy.young@corangamite.vic.gov.au

Applications close Monday 10 August.

Wastewater grants for new homes

New homebuilders in Darlington, Derrinallum, Lismore, Noorat and Princetown can apply for a one-off grant of up to \$5,000 to install a wastewater system.

Those six towns don't have sewerage systems, adding to the cost of building new homes. For further information, and to find out if you qualify, go to www.corangamite.vic.gov.au/Wastewater-Contribution or contact Council's Environmental Health Unit on 5593 7100.



New Youth Mayor, Tess Lourey

Tess Lourey appointed Youth Mayor

An active Youth Council member since 2018, new Youth Mayor Tess Lourey has performed her duty as youth secretary as well as being involved in all aspects of event planning, promotion and delivery.

This includes managing catering at multiple large scale events, including last year's Youth Fest.

"I've loved being able to build community events with my fellow councillors for the community to enjoy," Tess said.

"I've enjoyed meeting like-minded people and I've learnt skills I never thought I would."

Those skills include public speaking, documentation, leadership and, especially during the coronavirus pandemic, online engagement and social media Cooking with Tess videos.

The Year 12 student is a member of Mercy Regional College's Leadership Group.

A long-term member of Terang-Mortlake Football Netball Club, she umpires all grades of netball, and junior basketball.

Tess says she aims to lead from the front.

"I enjoy working with other people to develop their ideas, and making sure the youth of Corangamite have a voice.

"If any young people would like to contact me with issues they would like us to address they can email me at youthservices@corangamite.vic.gov.au

GYMNASTICS-BASED PROGRAM

for preschool-aged kids during school term.

GROW. EXPLORE. DISCOVER.

PLAY

INDEPENDENCE

LEARN

STRUCTURED PROGRAM

CREATE

CAMPERDOWN (OLD STADIUM)
Wednesdays 9:15 & 10:30 am

TERANG (STADIUM)
Thursdays 9:30 am

Classes are \$5.80 per child, or \$10.50 for two children and \$14 for three children from the same family.

For more information contact Corangamite Shire on 5593 7100 or visit www.corangamite.vic.gov.au

Derrinallum streetscape begins



Works earmarked for the coming months had been identified as priorities by the community in discussions with Council last year. They include:

- An increase in size of parking bays along the shopping strip as well as installation of ramps to all access parking bays
- Refurbishment of street furniture including seats and picnic tables
- Extension of the existing gravel path east within the median (pictured - under construction)
- Installation of a new barbecue and shelter at the location of the existing barbecue in the median
- Improvements to the interior of the toilet block as well as improved directional signage for the toilets

The plans can be found at:

www.corangamite.vic.gov.au/Derri-Streetscape



Cobden residents Chloe Gibson and Cr Jo Beard like to recharge in the fresh air.

Let's Talk about mental health

Ambassadors Chloe Gibson and Cr Jo Beard

Let's face it. Most of us are great at talking, but are we saying the right things and asking the right questions?

Two Shire mental health advocates are encouraging residents to have a chat with friends and family to share their thoughts and frustrations following coronavirus isolation and impacts

South Central Ward Councillor Jo Beard and her fellow Cobdenite Chloe Gibson are both ambassadors for Let's Talk. The community-based initiative was founded in 2016 as a response to mental health issues in the community.

"Understanding the message behind Let's Talk resonated with us both because we know when we shared our struggles, and spoke openly, it enabled us to deal with them," Jo said.

"In my role as a public face, having a platform, hopefully sharing my story empowers other people to do the same. That's something we all need to be able to do and yet it's something that seems difficult for many.

"It's OK not to be OK, especially in this time. Taking that first step to talk about how you feel is really important. Some people do need professional

help and that's OK too. Just as we both found out, the initial talk is the first step."

Uni student Chloe, 21, has come home from Melbourne to study remotely surrounded by family, open spaces and fresh country air.

In her role as a Let's Talk ambassador, she speaks to school groups about getting rid of the stigma of mental health.

"I get people to talk about it, or at least realise it's important," she said. "I try to focus on using teachers or school counsellors for support. Telling my story, which began in year 10—they can resonate with it.

"We're trying to promote that it's not a weakness. It's the same as any physical health concern and needs to be treated the same."

Chloe said returning from Melbourne to live with her family during the pandemic has allowed her to focus on what she is grateful for.

"It's been up and down. There have been times where I've been over it. I'm trying to be grateful that I can come

National COVID-19 hotline:

1800 675 398

www.dhhs.vic.gov.au/coronavirus

www.health.gov.au

Emotional support

Mental Health Services:

1800 808 284

South West Healthcare:

5593 6000

Colac Area Health: 5232 5100

Headspace: 1300 276 749

beyondblue: 1300 224 636

www.beyondblue.org.au

Lifeline: 13 11 14

Seniors COVID-19 Support Line:

1800 171 866

Kid's Helpline: 1800 551 800

MensLine: 1300 789 978

www.blackdoginstitute.org.au

www.facebook.com/letstalksouthwest

letstalksouthwest

home to the family and a loving home where I feel safe.

"It's important to ask how they are too. That reminds you you're not the only one. I talk about what's going on in their life and what's going on in mine. You know you're not alone."

Jo agrees gratitude is a powerful tool.

"For me, it's all about appreciating life more, what's actually important, and finding what makes me happy. It's not about the outside. I used to be able to fake that. Now it's about me being happy on the inside as well.

"Humour is a big thing for me. Getting out in the fresh air in the amazing environment we have locally – turning off from negative influences, like the news, for a little while to recharge."

If you need extra support outside your family and friendship circle, try contacting some of the organisations above.

Don't be afraid to shop around until you find what works for you.

GET TESTED IF YOU'VE GOT THESE SYMPTOMS

If you have any of these symptoms, however mild, get tested and stay home.



Fever



Runny nose



Sore throat



Cough



Chills or sweats



Shortness of breath



Loss of sense of smell or taste

Getting tested means you keep yourself, your friends, family, workplace and your community safe.

It's not over yet.

STAYING
APART | KEEPS
US | TOGETHER

Find out where to get tested, visit vic.gov.au/CORONAVIRUS

