

Community Newsletter

April 2022

Welcome to our first edition of our Community Newsletter. StarHealth are very excited to launch this newsletter and we hope to inform you and assist you to feel safe and re-engage with your Community in a COVIDSafe way.

STONNINGTON LIBRARY
+ INFORMATION SERVICE

Service Update

The Stonnington Library has a range of information sessions and events, where the focus is on fostering community and lifestyle. Topics include:

- Health and wellbeing
- Financial and legal information
- Home and garden
- Resume and job interview skills
- and more



Website: <https://www.stonnington.vic.gov.au/Library/Home>

port phillip
libraryservice

Your local library has a wide range of events, programs and ongoing activities for you to choose from. From book readings and author talks, book clubs for adults, kids and teens, film screenings and even teddy bear picnics!

Website: <https://library.portphillip.vic.gov.au/>



Active Linkage Hubs



Did you know we have our Active Linkages Hubs at various locations including St Kilda Library, Emerald Hill Library and Toorak/South Yarra Library. Our Hubs provide access to RAT information sessions, CovidSafe information, vaccination clinics and information and referrals to a range of health services and social support.

You can find us at one of our Hubs this week

Monday 11th April: Alma Rd, Neighbourhood House, 200 Alma Rd, St Kilda East: 11.00am – 4.00pm

Wednesday 13th April: St Kilda Housing, 55 Alma Rd, St Kilda: 11.00am – 4.00pm

Wednesday 13th April: Toorak/South Yarra Library, 340 Toorak Rd, South Yarra: 10am – 3pm

Thursday 14th April: Grattan Gardens Community Centre, 40 Grattan St, Prahran: 10am – 3pm

Friday 15th April: Emerald Hill Library: 195 Bank St, South Melbourne :
Closed - Public Holiday

**Members of the Active Linkage Hub team,
Sarah and Lawrencea at
Toorak/South Yarra Library.**



Vaccinations provide good protection against COVID-19 and help most people recover at home.

If you have tested positive to COVID-19 using a rapid antigen test you must report the result to the Department of Health, either online or call 1800 675 398. You do not need to report a positive result from a PCR test.

You must isolate for 7 days from the date of your positive test. Whilst in isolation you may be eligible for financial and food support.

Contact the Victorian Coronavirus hotline on 1800 675 398 and select option five (5) for support to access food and other essential items.

Should you require assistance in another language, select option zero (0).

Once your 7 days has passed you do not require another test and are released from isolation.

Want to know where to find one of our Vaccination Clinics?

Monday 11th April: Salvation Army, St Kilda 1.00pm – 7.00pm

Tuesday 12 April: St Kilda Library: 150 Carlisle Street St Kilda 9.00am – 3.00pm

Tuesday 12th April: Sacred Heart Mission, 87 Grey St, St Kilda 10.00am – 2.00pm

Tuesday 12th April: Windana Drug & Alcohol, 88 Alma Rd, St Kilda 3.00pm – 5.00pm

Thursday 14th April: Sacred Heart Mission, 87 Grey St, St Kilda 10.00am – 2.00pm

Thursday 14th April: Horace Petty Estate, South Yarra 10.00am – 2.00pm

Friday 15th April: **Closed - Public Holiday**

Pop-up 'Paediatric' Clinics 5-11yo – No appointment needed

No Clinics this week due to school holidays

Pop-up Vaccination Clinics – No appointment needed

No Clinics this week due to school holidays

ARM yourself
AGAINST COVID-19

australia.gov.au | COVID-19 VACCINATION

How to check in with someone during the COVID-19 Pandemic (Courtesy of Beyond Blue)

Ask if they want to talk about things with you first. It might be that they do not want to and that is OK too. Maybe you are not the right person for them to talk to, but you can make some suggestions.

Silence may seem awkward at first but think of it as a chance for both of you to gather your thoughts. If you are finding it difficult to understand what they are talking about, it is okay to ask them to explain further.

Support is the most important thing you can offer and if they refuse, help them explore their options for how they could begin to feel better

Need help or know someone who does?

Reach out to your family, friends and neighbours and stay engaged and support one another. Isolation and quarantine can be a difficult time.

10 Tips to prepare ahead for Isolation:

1. Ensure you are up to date with your COVID-19 vaccinations
2. Basic medical supplies – thermometer, pain relief and regular medications
3. Ensure you have enough face masks, hand sanitiser if you have to isolate
4. Arrange ahead for someone to deliver supplies to you safely if you have to isolate
5. Plan for home activities
6. Who can look after your children or pets if you have to go to hospital
7. Check for symptoms regularly and get tested as soon as they develop
8. Ensure you have Rapid Antigen tests at home
9. Keep your home well ventilated and have gatherings outdoors
10. Keep an emergency contact list with important phone numbers including your GP



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

Don't forget your flu jab this year

Australia has recorded record low flu numbers during the COVID-19 pandemic but numbers are expected to increase this year.

An annual seasonal flu vaccination is the best way to protect against this. Flu vaccines are available through:

- Your Doctor or General Practice
- Local Council Immunisation Clinics
- Community Health Centres
- Aboriginal Medical Services
- Pharmacies
- Schools through school based immunisation programs for adolescents

Contact us and join our social media via our website:



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



Star Health acknowledge the traditional owners of this land, the Yaluk-ut Weelum clan of the Boon Wurrung people and pay our respects to their elders both past and present. We acknowledge and uphold their continuing relationship to this land.



Star Health is committed to providing an inclusive service, and work environment where individuals feel accepted, safe, affirmed and celebrated. Star Health is committed to equity irrespective of cultural or linguistic background, sexual orientation, gender identity (LGBTI+), intersex status, religion or spiritual beliefs, socio-economic status, age, or abilities.