

Our Gunyah

Special Edition - 17th April 2020

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EAPA Update

GGAC have been approved to conduct EAPA assistance via telephone. Please contact us if you require any assistance.

GGAC Care Packages

Over the past few weeks we have received a lot of requests for support in providing some basic essential grocery items. With the support of Tamworth Aboriginal Medical Centre, the National Indigenous Australians Agency and Gunida Gunyah we will be able to provide “care packages” to a large number of our clients across the region, these will be delivered over the next week or two. Our staff will be doing a knock and drop to avoid face to face contact and assist with social distancing. If you or anyone you know is struggling in getting the essential grocery items please let us know and we will attempt to assist you. Priority will be given to the most vulnerable community members.

Accessing mental health services in NSW

March 2020



Many people may be feeling anxious, worried or afraid as new steps are introduced to stop the spread of COVID-19.

Looking after the mental health of ourselves, friends and family is an important part of staying well.

There are a number of high quality services we can access free from home.

The below websites have a mixture of self-guided mental health resources and programs as well as one-on-one connection to professionals through webchat, online counselling and phone services.

Gateways to Mental Health online services

Find out more about online and telephone services available across NSW

NSW Mental Health Services	Categorised List of NSW Mental Health Services	https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx
Head to Health	Navigation platform for links to Australian online and phone supports	https://headtohealth.gov.au/
Health Direct	Direct links to e-therapy services	https://www.healthdirect.gov.au/
Lifeline	Online resources, phone counselling, text chat and webchat	https://www.lifeline.org.au/

Individual websites

Target	Platform	Resources	Link
General population	Beyond Blue	Online resources, webchat, phone calls, online forums	https://www.beyondblue.org.au/
	Lifeline	Online resources, phone counselling, text chat and webchat	https://www.lifeline.org.au/
	Black Dog Institute	Online resources and online clinic	https://www.blackdoginstitute.org.au/
	Thiswayup	Online courses to improve mental health. Free access to anxiety courses till 30 April	https://thiswayup.org.au/
	Mycompass	Online personalised self help tool designed by Blackdog	https://www.mycompass.org.au/
	Mental Health Online	24/7 support, programs and e-therapists	https://www.mentalhealthonline.org.au/pages/signup
	MindSpot	Free online clinic, resources, and courses	https://mindspot.org.au/
	ECentre Clinic	Run by Macquarie University, free online mental health courses	https://www.ecentredclinic.org/

Target	Platform	Resources	Link
Children & young people	Kids Helpline	Phone, webchat and email counselling	1800 55 1800 https://kidshelpline.com.au/
	Headspace	Phone, webchat and email counselling	https://headspace.org.au/
	Mood Gym	Online course designed for ages 15-25	https://moodgym.com.au/
	ReachOut	Online coronavirus resources Has reviewed mobile apps and tools to help you look after your health and wellbeing.	https://au.reachout.com/ https://au.reachout.com/tools-and-apps
	The Brave Program	Free online anxiety program for children	https://brave4you.psy.uq.edu.au/child-program
Parents and teachers	Black Dog Institute	Online resources	https://www.blackdoginstitute.org.au/news/news-detail/2020/03/22/coronavirus-reassuring-your-child-about-the-unknown
	Emerging Minds	For children and their families. Resources, webinars, toolkits	https://emergingminds.com.au/
	The Brave Program	Free online program for parents	https://brave4you.psy.uq.edu.au/child-program
24 hour suicide risk & emergency lines	Lifeline	Crisis support	13 43 57 https://www.lifeline.org.au/
	Suicide Call Back Service	Online counselling, video chat and phone services	1300 659 467 https://www.suicidecallbackservice.org.au/
	NSW Mental Health Line	Staffed by mental health professionals to put people in contact with a local mental health service	1800 011 511
Men specific	MensLine	Resources, phone and online counselling – including for fathers.	https://mensline.org.au/
New parents	PANDA	Resources and help for new parents	https://www.panda.org.au/
	Mum Mood Booster	Online interactive treatment sessions	https://mummoodbooster.com/public/
	COPE	Online resources for new parents and families	https://www.cope.org.au/new-parents/

what's *Fit activity* for kids *your name!*

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Anzac Biscuits

Ingredients

2 cups rolled oats
2 cups plain flour
2 cups coconut
1 1/2 cups sugar
250 g butter
4 tbs golden syrup
1 tsp bicarbonate of soda
2 tbs boiling water



Method

1. Turn oven to 160°C. Lightly grease oven trays.
2. Place oats, flour, coconut, sugar in big mixing bowl.
3. Melt butter and golden syrup in saucepan. Take off heat.
4. Mix baking soda and boiling water in a cup. Add to melted butter mixture in the pan. Quickly add to big mixing bowl. Mix well.
5. Roll tablespoonfuls of the mixture into balls. Place on trays 5cm apart. Press lightly with fork.
6. Bake for 20 minutes.



The Pepper and Soap Experiment for Kids: Easy Science Activity To Do at Home

Show kids the importance of washing their hands while they learn about the surface tension of water.

**Read on to learn how to chase the "pepper" germs away!
All you need is water, black pepper, and dish soap.**

You will need:

A shallow bowl or dish (a pie plate works well if you have one), water, ordinary black pepper, and some liquid dish soap.

Step 1

Cover the bottom of your shallow dish with water.

Step 2

Sprinkle black pepper across the surface of the water. Note how the surface tension of the water causes the pepper flakes float.

Step 3

Stick your finger in the centre of the dish; did anything happen? Not much right? You probably just got some pepper flakes stuck to your finger. Now imagine that the pepper flakes are germs.

Step 4

Now dip the tip of your finger into the liquid dish soap—you don't need much.

Step 5

Now stick that finger into the centre of the dish. What happens? Your soapy finger chased those pepper flakes to the edges of the plate! Dish soap is formulated to break the surface tension of water, which is why it is so effective on greasy, dirty dishes. And it wasn't until you added soap to the bowl that those "germs" were chased away.

This is the reason grown-ups are always nagging you to wash your hands with soap!

