

The Golden Plains Shire Council's Community Assistance Directory is a guide for local community members to find information on the support services available during the COVID-19 (Coronavirus) pandemic.

Council continues to deliver its many community services across the Shire and we encourage residents to seek the support of the services in the directory, as needed.

For further enquiries, please contact Council's Customer Service at (03) 5220 7111.

COVID-19 GOVERNMENT UPDATES

For regular updates on the current status of, and announcements on, the COVID-19 pandemic, visit the following websites or call these hotlines:

Australian Government's National Coronavirus Helpline: Call for information, updates and advice on COVID-19.

Visit: www.health.gov.au/contacts/national-coronavirus-helpline

Call: 1800 020 080

Australian Government Department of Health: Information on COVID-19 including the current status, symptoms, and how to stop the spread of the virus.

Visit: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

Call: 1800 020 080

Victorian Department of Health and Human Services: Directions on restricted activities and community guidelines for COVID-19.

Visit: www.dhhs.vic.gov.au/state-emergency

Call: 1300 650 172

Victorian Coronavirus Hotline: Call for information, updates and advice on COVID-19 in Victoria.

Visit: www.dhhs.vic.gov.au/coronavirus

Call: 1800 675 398

Government Response to COVID-19 Outbreak: Current response plan on COVID-19.

Visit: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/government-response-to-the-covid-19-outbreak

Call: (02) 6289 1555

EMERGENCY AND ESSENTIAL SERVICES

EMERGENCY RELIEF SERVICES

For information on accessing emergency relief services, please visit this website:

Victorian State Government: Including Emergency Relief Packages for Victorians.

Visit: www.premier.vic.gov.au/emergency-relief-packages-for-victorians-who-need-it-most/

Call: 1800 675 398

CENTACARE

Centacare's Emergency Relief provides financial or material aid to assist people experiencing financial hardship in Central Highlands region. Emergency Relief can be accessed by anyone experiencing a financial crisis which has left them unable to pay for necessities such as food or fuel.

Visit: www.centacareballarat.org.au/

Call: 1300 303 988

FOOD RELIEF SERVICES

There are many food relief services operating during the COVID-19 pandemic. For assistance accessing food, please visit the following websites:

Golden Plains Shire Council

Delivered Meals: The service provides nutritionally prepared frozen meals to frail older people, people with chronic health conditions and people living with disability. The subsidised meals are delivered on a fortnightly basis across the Shire to those who would be otherwise nutritionally at risk. Special diets such as diabetic, vegetarian, low fat, low cholesterol and high fibre are available on request, with individual needs discussed prior to accessing the service.

Emergency Relief Packs: A limited supply of emergency relief packs are available for people in urgent need. The individual packs contain items such as pasta, rice, flour and essential household items including toilet paper.

Call: Council's Customer Service at (03) 5220 7111

Food Relief Services - List of food relief service providers accessible during the COVID-19 crisis.

Visit: www.healthdirect.gov.au/australian-health-services/results/bannockburn-3331/tihcs-aht-23106/food-relief?pageIndex=1&tab=SITE_VISIT

Call: 1800 022 222

Red Cross - People living in Victoria who wish to register for the service are requested to ring the Victorian Government COVID-19 Hotline.

Visit: www.redcross.org.au/news-and-media/media-centre/media-releases/vic-food-supplies-covid-19

Call: 1800 675 398

Food Bank - Supplies food and groceries to charities working in the community.

Visit: www.foodbank.org.au/covid-19/?state=vic

Call: (03) 9362 8300

The Salvation Army, Northside Geelong Community Centre - Emergency relief in the form of food parcels and vouchers.

Visit: www.salvationarmy.org.au/locations/victoria/v193b/northside-geelong-community-centre/
Call: (03) 5275 7771

Ballarat Community Health: SecondBite program - Redistributes surplus fresh food, builds community capacity in food skills and nutrition, and advocates for an end to food insecurity.

Visit: www.bchc.org.au/service/secondbite-at-bch/
Call: (03) 5338 4545

SUPERMARKETS

The following local supermarkets are open to customers, with changes to hours of operation due to the COVID-19 pandemic.

Coles and Woolworths have recommenced deliveries to some parts of the shire.

Woolworths, Bannockburn – Community hours are: elderly and people with disability: 7 to 8am on Wednesday and Friday; and healthcare and emergency services workers: 7 to 8am on Tuesday and Thursday.

Visit: www.woolworths.com.au/Shop/StoreLocator/VIC-Bannockburn-3245
Call: (03) 5281 4100

‘Woolworths Basic Boxes’ are available to support elderly and vulnerable people during isolation.

Visit: www.woolworths.com.au/shop/discover/community/news/basics-box
Call: 1800 000 610

Smythesdale IGA – Operating hours are 7:30am to 7:30pm, every day.

Visit: www.our-stores.iga.com.au/stores/country-grocer-iga-smythesdale/
Call: (03) 5342 8778

TRANSPORT

Golden Plains Shire Council

Golden Connections Community Transport: Service provided by volunteer drivers and/or staff to provide assistance and transport to Shire residents to access medical appointments.

Visit: www.goldenplains.vic.gov.au/residents/my-family/seniors/community-transport
Call: Council’s Customer Service at (03) 5220 7111

AGED AND DISABILITY SERVICES

AGED SERVICES

For advice on supporting loved ones in aged care facilities or in your own home, visit the following websites:

Department of Health and Human Services - COVID-19 plan for the aged care sector in Victoria.

Visit: www.dhhs.vic.gov.au/aged-care-sector-coronavirus-disease-covid-19

Call: 1300 650 172

Australian Government Department of Health - COVID-19 advice for people in aged care facilities.

Visit: www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19/coronavirus-covid-19-advice-for-people-in-aged-care-facilities

Call: 1800 020 103

Department of Health: Home Care Providers - COVID-19 guide for home care providers.

Visit: www.health.gov.au/resources/publications/coronavirus-covid-19-guide-for-home-care-providers

Call: 1800 020 103

Department of Health: Residential Workers - COVID-19 information for health care and residential care workers.

Visit: www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-health-care-and-residential-care-workers

Call: 1800 020 103

Aged Care Quality and Safety Commission - COVID-19 information and resources.

Visit: www.agedcarequality.gov.au/covid-19-coronavirus-information

Call: 1800 951 822

Golden Plains Shire Council's Active Aging and Disability Services team is continuing support to the community through the provision of essential services including personal care, unaccompanied shopping, domestic assistance, delivered meals, property maintenance and community transport.

Also, supporting high need, vulnerable clients to attend medical appointments and shopping for essential food items for clients with no 'natural supports' (no family, friend or other to assist them and they can't access themselves). Domestic Assistance continues for clients who have on-going respiratory/ chronic health conditions and have no natural supports.

Call: Council's Active Ageing and Disability Services team at (03) 5220 7151 or email agedserviceprovision@gplains.vic.gov.au

DISABILITY SUPPORT

For information and resources about supporting people with a disability through the COVID-19 pandemic, visit the following websites:

Department of Social Services - COVID-19 information and support for people with disability and carers.

Visit: www.dss.gov.au/disability-and-carers/information-and-referrals-for-people-with-disability-and-their-supporters-about-coronavirus-covid-19

Call: 1800 643 787

NDIS - COVID-19 information and support.

Visit: www.ndis.gov.au/coronavirus

Call: 1800 800 110

National Quality and Safeguards Commission - NDIS Commission COVID-19 information.

Visit: www.ndiscommission.gov.au/resources/coronavirus-covid-19-information

Call: 1800 035 544

Disability Service Consulting - Disability Pandemic Resources to assist with planning and keeping up to date with the latest NDIS policy responses.

Visit: www.teamdsc.com.au/covid-19

Call: (03) 8899 7804

HEALTH AND MEDICAL SERVICES

MEDICAL CLINICS

Many regular doctors' clinics continue to operate through the COVID-19 pandemic. The following local medical clinics are open to patients:

DOCTORS' CLINICS	ADDRESS	PHONE NUMBER	UPDATES TO SERVICE PROVISION
Smythesdale - The Well: Ballarat Community Health	19 Heales Street, Smythesdale, 3351	(03) 5338 4585	Providing flu vaccinations when stock available.
Bannockburn: Bannockburn Surgery	16 High Street, Bannockburn, 3331	(03) 5281 1481	Providing flu vaccinations when stock available.
Golden Plains Medical Centre	59 Geelong Road, Bannockburn, 3331	(03) 5281 2320	Providing flu vaccinations when stock available.
Teesdale Family Medical Centre	33 Bruce Street, Teesdale, 3328	(03) 5214 9912	Providing flu vaccinations when stock available.
First Point Medical Centre	32 Staughton Street, Meredith, 3333	(03) 5274 9090	Providing flu vaccinations when stock available.

PHARMACIES

Pharmacies are an essential service that will continue to operate during the COVID-19 pandemic.

PHARMACY	ADDRESS	PHONE NUMBER	LINK TO FACEBOOK PAGE	UPDATES TO SERVICE PROVISION
Lethbridge Pharmacy	17A Russell Street, Lethbridge, 3332	(03) 5281 7187	www.facebook.com/Healthline-Pharmacy-Lethbridge-1686295698336627/	Monday, Wednesday, Thursday and Friday: 1 to 6pm
Bannockburn Pharmacy	6 High Street, Bannockburn, 3331	(03) 5281 1519	www.facebook.com/bannockburnpharmacy/	Monday to Friday: 9am to 5.30pm Saturday: 9am to 1pm
Smythesdale Pharmacy	19 Heales Street, Smythesdale, 3351	(03) 5342 8695	www.facebook.com/smythesdalepharmacy/	Monday to Friday: 9am to 5.30pm Saturday: 9am to 1pm
Teesdale Pharmacy	2/1071 Bannockburn-Shelford Road, Teesdale, 3328	(03) 5281 5614	www.facebook.com/teesdalepharmacy/	Monday to Friday: 9am to 5.30pm Saturday: 9am to 1pm
Healthline Pharmacy Meredith	44 Staughton Street, Meredith, 3333	(03) 5286 1428	www.facebook.com/healthlinemeredit/	Monday, Wednesday, Thursday and Friday: 8am to 3pm

ALLIED HEALTH AND SUPPORT SERVICES

Contact the following local Allied Health and Support Service organisations directly for information around service provision and booking appointments for face-to-face or telehealth consultations.

ORGANISATION	SERVICES PROVIDED	SERVICE DELIVERY LOCATION	CONTACT DETAILS
Ballarat Community Health	Podiatry, falls prevention, dietetics, exercise classes	- The Well: Smythesdale - Bannockburn Family Services Centre (dietetics)	(03) 5338 4500 www.bchc.org.au/
Barwon Health	Speech pathology, dietetics, podiatry	- Bannockburn Family Services Centre	1300 715 673 www.barwonhealth.org.au
IntegratedLiving	Podiatry	- The Well: Smythesdale	(03) 5334 1500 www.integratedliving.org.au/?gclid=Cj0KCQjwybD0BRDyARIsACyS8msFFARjuayekdtrHmeHzAV33KWwGI9tByZ7y_J-yoy3-2ZZPUz5DhlaAjP6EALw_wcB
Hesse Rural Health	District nursing, physiotherapy, diabetes educator, occupational therapy, home care package provider	- Bannockburn Family Services Centre - Rokewood Community Health Centre - In home care	(03) 5267 1247 www.hesseruralhealth.net.au/
Waurin Ponds Hearing Clinic	Audiology	- Bannockburn Family Services Centre	(03) 5245 7940 www.waurinpondshearing.com.au/

MENTAL HEALTH

The COVID-19 pandemic has impacted people in varying ways both physically and mentally, with many people feeling anxious, lonely, worried and overwhelmed. The following websites provide valuable resources, support and coping strategies to assist the community through these difficult times:

Life in Mind - Links to mental health support services including Headspace, Kids Helpline, Butterfly Foundation, Reach Out, Black Dog Institute and MindSpot.

Visit: www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19

Call: (02) 4924 6900

Beyond Blue - Mental health support and coping with anxiety during the COVID19 pandemic. Dedicated Coronavirus Mental Wellbeing Support Service and hotline.

Visit: https://coronavirus.beyondblue.org.au/?gclid=CjwKCAjw1v_0BRAkEiwALFkj5tGSDE-LpfdurGD1UQuIk5yOWco1SMZ1VhsSkqPhBvZVFTZkjWRkRoCb9EQAvD_BwE

Call: 1800 512 348

Lifeline - Support, tips and coping strategies.

Visit: www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Call: 13 11 14

Red Cross – Support for mental wellbeing during the COVID-19 pandemic.

Visit: www.redcross.org.au/stories/covid-19

Call: 1800 733 276

Department of Health - COVID-19 Mental Health Plan.

Visit: www.health.gov.au/sites/default/files/documents/2020/03/covid-19-national-health-plan-supporting-the-mental-health-of-australians-through-the-coronavirus-pandemic.pdf

Call: 1800 020 080

Golden Plains Shire Council – Providing a weekly social call to connect with those who feel isolated or alone during this time.

Call: Council's Customer Service at (03) 5220 7111

FAMILY SERVICES AND SUPPORT

FAMILY SUPPORT

For information on family support resources, visit the following websites:

Australian Government Support Payment - Payments to support households, information on eligibility and government payment options.

Visit: www.treasury.gov.au/coronavirus/households

Call: 1800 020 008

Red Cross - Tips to help families stay happy and hopeful during self-isolation.

Visit: www.redcross.org.au/stories/covid-19

Call: 1800 733 276

Services Australia – Information on family payments and child support for people affected by COVID-19.

Visit: www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/if-you-already-get-payment-from-us/families

Call: 136 240

FAMILY VIOLENCE

Research shows that family violence increases during emergencies and natural disasters. The following websites and hotlines are support services that are accessible to anyone experiencing any form of family violence.

Family Violence Support (National) - Includes free confidential counselling and support for victims of family violence.

Call: 1800RESPECT (1800 737 732)

Family violence support (local) - The Orange Door is a free service that helps women, children and young people experiencing family violence and families who need support with the care and wellbeing of children.

Visit: www.orangedoor.vic.gov.au/

Call: 1800 312 820

Safe Steps - 24/7 family violence specialist support service.

Visit: www.safesteps.org.au/

Call: 1800 015 188

The Sexual Assault and Family Violence Centre - Provides 24-hour immediate crisis care and support for anyone who has experienced a recent sexual assault. Also offers free and confidential trauma-informed counselling and case management to support women and children experiencing family violence.

Visit: www.safvcentre.org.au/

Call: (03) 5222 4318

Domestic Violence Resource Centre Victoria - Information and advice on how the coronavirus (COVID-19) pandemic impacts those experiencing family violence and their friends and family.

Visit: www.dvrcv.org.au/help-advice/coronavirus-covid-19-and-family-violence

Call: (03) 8346 520

Support for Immigrant Women - Multicultural Centre Against Family Violence: Help in non-English languages.

Visit: www.intouch.org.au/

Call: 1800 755 988

MENS REFERRAL SERVICES

The following services provide support to men in relation to maintaining positive mental health and wellbeing:

Men's Line Australia - Supporting mental health during COVID-19.

Visit: www.mensline.org.au/wellbeing-blog/looking-after-your-mental-health-during-covid-19/
Call: 1300 789 978.

Men's Referral Service - Access to support services for men.

Visit: www.ntv.org.au/
Call: 1300 766 491

LOCAL SUPPORT GROUPS

With all the changes happening in the community, it is important to stay connected and support our communities. Listed below are some local community support groups:

Ross Creek and Smythes Creek Support Group:

Visit: www.facebook.com/RossCreekSmythesCreekCommunityGroup/

Linton Community Assistance - Connecting community members who are self-isolating or simply finding it harder to get essential items.

Visit: www.facebook.com/groups/510558169895099/#_=_

FINANCIAL SUPPORT

Financial support is available to help community members manage the effects of the COVID-19 pandemic. The Federal and State Governments have announced new measures to provide support to affected employees, businesses and the broader community. For more information, visit the following websites:

Australian Government - Stimulus package information, support for individuals.

Visit: www.treasury.gov.au/coronavirus

Call: 1800 020 008

Centrelink – Information and services available including advice on government payments and eligibility.

Visit: www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19

Call: 136 240

Money Smart - COVID-19 Financial Assistance.

Visit: www.moneysmart.gov.au/covid-19

Call: 1300 208 215

Australian Taxation Office - Support for individuals and employees.

Visit: www.ato.gov.au/General/COVID-19/Support-for-individuals-and-employees/

Call: 13 28 61

FINANCIAL HARDSHIP

National Debt Hotline - Free financial counselling

Visit: www.ndh.org.au/

Call: 1800 007 007

Golden Plains Shire Council - Ratepayers and residents experiencing financial hardship have access to the following financial relief measures from Council:

- Introduction of a Special COVID-19 Financial Hardship Policy for Golden Plains Shire ratepayers
- Suspension of all current debt recovery action for unpaid 2019/20 rates through to 30 September 2020.
- Waive interest on overdue 2019/20 rates through to 30 September 2020.
- Waive penalties for late payment on pet registration fees through to 30 September 2020.
- New payment plans available for animal registration renewals.

For more information call Council's Customer Service at (03) 5220 7111

HELP PAYING FOR GAS, ELECTRICITY OR WATER

The Victorian Government Utility Relief Grant Scheme provides eligible Victorians with Pensioner, Health Care or Veterans Gold cards, and who are facing financial hardship or high rental costs, with up to \$650 on each utility type across a two-year period or \$1,300 for those with a single source of energy. Apply to electricity, gas or water retailers.

Visit: www.services.dhhs.vic.gov.au/utility-relief-grant-scheme-non-mains

Call: Concessions information line 1800 658 521

PHONE & INTERNET DISCOUNTS

Telstra is offering unlimited standard home phone calls for pensioners, abolishing late payment fees for bills from 19 March to 30 June 2020, and discounting fees for customers on JobSeeker payments.

Visit: www.telstra.com.au/covid19

Call: 13 22 00

Optus is offering customers the option of suspending their current plan if they do not require the service, while temporarily waiving late payment fees and suspending disconnection and credit collection activities.

Visit: www.optus.com.au/about/media-centre/coronavirus-support#get-in-touch

Call: 13 39 37

NILS (No Interest Loan Scheme)

Centacare provides the NILS (No Interest Loan Scheme) program in our Central Highlands and Mallee catchments. NILS supports people on low incomes to access small no-interest loans up to \$1,500, to purchase significant or essential new household items, services, medical equipment, tools or educational items.

Visit: www.nils.com.au/

Call: 1300 303 988

BUSINESS SUPPORT

Australian Government - Financial assistance, eligibility and timing for the new government support for Australian businesses.

Visit: www.business.gov.au/Risk-management/Emergency-management/Coronavirus-information-and-support-for-business

Call: 13 28 46

Golden Plains Shire Council - Information on Federal and State Government support and assistance for businesses, as well as the following support initiatives from Council:

- Introduction of a Special COVID-19 Financial Hardship Policy for local businesses.
- Commitment to pay invoices from all local businesses within 14 days to support cash flow.
- Refund of all permit fees for events and activities that have been cancelled or closed as directed by Government.
- Extension of time applications for business related septic tank and planning permits expiring before 30 September 2020 can be lodged at no cost.
- New allowance for commercial businesses to reduce their waste collection arrangements if necessary.
- Free mentoring support for small businesses experiencing hardship.
- Free promotion of local businesses on Council's website and social media with Be Kind to Business
- campaign: goldenplains.vic.gov.au/business/be-kind-business
- Dedicated COVID-19 business support page on Council's website with links to Federal and State
- Government programs: goldenplains.vic.gov.au/business/covid-19-business-support
- Access to dedicated business support officer within Council for local businesses to receive individual assistance.

Call: Council's Customer Service at (03) 5220 7111

CHILDREN AND YOUTH SERVICES

COMMUNICATING WITH CHILDREN DURING THE COVID-19 PANDEMIC

The following links provide information on how to talk to children about COVID-19, as well as fun and engaging resources to keep children entertained and ease their concerns.

Emerging Minds - Resources to assist parents and carers to best support children and reduce worry and distress.

Visit: www.emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/
Call: (08) 8367 0888

Royal Children's Hospital - Supporting children and young people to cope with COVID-19.

Visit: www.rch.org.au/kidsinfo/fact_sheets/Supporting_your_child_to_cope_with_the_COVID-19_pandemic/
Call: (03) 9345 5522

Raising Children - COVID-19: talking with children about physical distancing and self-isolation.

Visit: www.raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-talking-about-distancing-and-isolation
Call: 1800 020 080

Unicef - Six ways parents can support their kids through the COVID-19 outbreak.

Visit: www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19

World Health Organization - Helping children cope with stress during the COVID-19 outbreak.

Visit: www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.

MATERNAL AND CHILD HEALTH

Golden Plains Shire Council - Maternal and Child Health Service continues with modified service delivery, adhering to health and hygiene recommendations of the Department of Health and Human Services, at The Well, 19 Heales Street, Smythesdale; Teesdale Kindergarten, 1107 Bannockburn-Shelford Road; and Bannockburn Family Services Centre, 2A Pope Street.

In order to continue to provide services to families, Council's Maternal and Child Health services are adopting alternative modes of service delivery, including telephone and electronic consultations. To accommodate these changes, services may need to re-schedule some routine appointments. Families with a scheduled appointment will receive a text message containing information on the time and method in which the nurse will make contact. Please note: drop-in and group sessions have ceased until further notice.

For more information on changes to service delivery or to book an appointment, call Council at (03) 5220 7230 or email: earlyyears@gplains.vic.gov.au.

MATERNAL AND CHILD HEALTH HOTLINE: 13 22 29

A free and confidential service available to parents and families with children from birth to commencing school age. The Maternal and Child Health Line is staffed by qualified Maternal and Child Health nurses. Parents can ring the MCH Line 24 hours a day, 7 days a week to get information, support and guidance on issues including child health, nutrition, breastfeeding, maternal and family health, and parenting.

CHILDHOOD IMMUNISATIONS

The childhood immunisation service in Golden Plains Shire is provided by City of Ballarat. All sessions will continue as scheduled. Please note that the City of Ballarat immunisation teams are implementing additional health screening measures with only one primary caregiver and a child to be present during immunisation. Extended family, siblings and partners are requested not to attend. These measures enable essential service delivery to continue, and protects families and the City of Ballarat healthcare workforce.

The following upcoming childhood immunisation clinics will be held in Golden Plains Shire:

Bannockburn Family Services Centre

2A Pope Street, Bannockburn

10.30 to 11.30am, 19 May and 16 June 2020

Linton Customer Service Centre

68 Sussex Street, Linton

11 to 11.30am, 5 May and 2 June 2020

Call: City of Ballarat on (03) 5320 5850

YOUTH SERVICES AND SUPPORT

The following links provide tips and resources to support young people through the crisis.

Headspace - Mental health support for young people under 25 years old.

Visit: www.headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/

Call: 1800 650 890

Red Cross - Talking to children and young people about COVID-19 and tips on easing children's anxiety.

Visit: www.redcross.org.au/news-and-media/news/talking-to-kids-about-covid-19

Call: 1800 733 276

Golden Plains Shire Council is hosting a range of free online engagement activities for young people during the COVID-19 pandemic:

- Motivational Monday: A series of guest presenters
- Trivia Tuesday: Free, fun and fast quizzes from 4:30 to 5pm
- Wellbeing Wednesday: A series of short home-grown wellbeing videos
- Thursday: Virtual Youth Group from 4 to 5pm
- Free Movie Friday: Family friendly movies from 6:30 to 8:30pm

Activities are being changed and added weekly. For further information,

Visit: Golden Plains Youth Facebook page

Email: youth@gplains.vic.gov.au

Call/text: 0439 879 900

Neighboring councils, City of Greater Geelong and City of Ballarat, are also offering a range of activities and experiences for young people. To find out more,

Visit: Ballarat Youth Services Facebook Page

Geelong Youth Facebook Page

BACKYARD BRAIN BREAKS

Backyard Brain Breaks - Golden Plains Shire Council, in partnership with the YMCA, have released a series of 'Backyard Brain Breaks'. These short videos provide families with a daily physical activity 'Brain Break' that children and parents can participate in with little or no equipment needed.

Visit: www.geelong.ymca.org.au/news-gk5-hidden-link/422-backyard-brain-breaks

Call: (03) 5221 8344