

# Delacombe Community Newsletter

## We want your feedback!

Tell us what you think about the newsletter to go into a draw to win one of five \$50 vouchers.

How would you like to receive the newsletter?

What would you like to see in it?

How can it be improved?

How often would you like it?

Call or email Ballarat Neighbourhood Centre to tell us your thoughts and go into the draw.  
Phone: 5329 3273 or Email: [reception@ballaratnc.org.au](mailto:reception@ballaratnc.org.au)

## Staying safe

Step-by-step advice

- If you are feeling unwell **do not go to work**.
- Check your symptoms - you may have coronavirus (COVID-19) if you have any of the following: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose and loss of sense of smell or taste.
- **Get tested** at a nearby testing location if you have any of the symptoms. Return home immediately.
- Wait for your test results. Do not go to work or go out shopping, stay at home. It usually takes between 1 and 3 days for your results to be returned to you.
- If you are worried your results are taking too long you can call a service provider for more information.
- If you are worried you will lose pay while you wait for your results you may be eligible for a \$450 Coronavirus (COVID-19) Test Isolation Payment.
- If you test negative, go about your normal activity, following the restrictions for your location.
- If you test positive we will contact you. You will need to self-isolate for 14 days. Do not go to work. If you are worried you will lose pay you may be eligible for a \$1500 Coronavirus (COVID-19) Worker Support Payment. If your condition worsens contact your doctor or a health professional.
- If you become very unwell and are having trouble breathing contact triple zero (000), you may need to be admitted to hospital. If you have tested positive, you must isolate until you receive clearance from the Department of Health and Human Services. Once you have been cleared you can resume your normal activity, following the restrictions for your location. Isolation for positive test result of coronavirus (COVID-19) is at least 10 days – however this depends on how long your symptoms persist.

There's lots of information on our website - [www.ballaratnc.org.au](http://www.ballaratnc.org.au)

### What's Inside?

03 What's Happening at BNC  
Word Search - Just for Fun!

02 Ballarat COVID-19 Testing Centres

04 Working for Victoria

# BALLARAT COVID-19 TESTING CENTRES

## Lucas Community Hub

### Appointment required

Book Online - [bit.ly/2Q7cfLA](https://bit.ly/2Q7cfLA)  
or call 03 4311 1571

### Location

Lucas Community Hub (Corners  
of Merz Street  
and Eleanor Drive, Lucas)

### Hours

Monday to Friday 8:15am - 10pm  
Saturday and Sunday 9am - 5pm



## Ballarat Community Health

### Appointment required

Call 1800 054 172

### Location

Senior Citizens Hall  
16 Little Bridge Street, Bridge Mall

### Hours

Monday to Friday 9am - 4.30pm  
Saturday and Sunday 9am - 2pm

Other clinics may be added from time to time

**24-hour Coronavirus  
Hotline 1800 675 398**

# POSTUREWORKS DELACOMBE'S 1ST BIRTHDAY

It's been an honour for us at Postureworks the last year to be so warmly embraced by the Delacombe and surrounding communities. So we'd like to say thank-you and give back. So for the 7th - 11th of September we'll be offering complimentary Spinal Health Checks for any Delacombe & surrounding community residents.

Please call 5303 0458 for any enquiries or to make a time.

501A WILTSHIRE LANE DELACOMBE.



## What's happening at the Ballarat Neighbourhood Centre?

Our Kitchen Social Enterprise students have been cooking up a storm since Easter. Our students have gained valuable work experience from cooking about 150 meals every Friday for 100 local families in need.

With the help of community donations and our partners Ballarat Community Health, The Hidden Orchard, Foodbank, Freight Bar and Restaurant, we use the SecondBite food collected from local supermarkets Woolworths, Coles and Aldi to make our meals. Delacombe Bunnings have been very generous by donating us shopping bags too.

To organise a meal for you or your family, please call 5329 3273. An appointment is required for all meal collections.



Photo courtesy of The Courier

# Do you need assistance finding work?



**Are helping Victorian jobseekers find work and employers find workers. This includes people who have lost their jobs, or businesses who need more workers due to the impacts of coronavirus (COVID-19).**

Over the next few months a number of local jobs will become available through the Working for Victoria program.

Whilst our office is closed to the public, our Jobs Victoria Work and Learning Centre Work Force Development Advisors are still available to help you.

All applicants must register with Working for Victoria **AND** the Sidekicker websites.

- <https://www.vic.gov.au/workingforvictoria>
- <https://sidekicker.com/au/>

If you need assistance or more information on the Working For Victoria program, contact us to arrange an appointment.

## Here at the Jobs Victoria Work and Learning Centre we offer:

- Job search support
- Links to traineeships and apprenticeships
- Access to accredited training
- Interview skills and CV preparation
- Training in workplace culture
- Work experience support
- Connection with local employers
- Referrals to related support

## Contact us to make an appointment:

Ballarat Neighbourhood Centre  
 Ballarat South Community Hub,  
 11 Tuppen Drive, Sebastopol  
 Phone: 5329 3273  
 Email: [reception@ballaratnc.org.au](mailto:reception@ballaratnc.org.au)  
 Website: [www.ballaratnc.org.au](http://www.ballaratnc.org.au)

This newsletter is proudly produced by the Ballarat Neighbourhood Centre.

 5329 3273

 [www.ballaratnc.org.au](http://www.ballaratnc.org.au)

 [reception@ballaratnc.org.au](mailto:reception@ballaratnc.org.au)

 11 Tuppen Drive, Sebastopol

 [www.facebook.com/BallaratNC](https://www.facebook.com/BallaratNC)