



## Hello Hubbers Welcome to Spring!

I hope everyone is in good health and adapting to life restricted by COVID -19.

Spring is finally in the air! How wonderful it is to see the beautiful colours appearing in our local community garden. The blossoms on the fruit trees and the edible flowers highlight the early spring growth. Substantial rain recently gives promise of fertile times ahead. Healthy seedlings giving the promise of a bumper harvest to come. What a great time to get into your garden and start planting.

During these challenging times, where people have been required to isolate, it is not always easy for people to access supplies including fresh fruit and vegetables. It is fantastic to see pop up food swaps appearing on local streets. People are offering up extra produce from their home gardens to share with the community - great work from the **Transition South Barwon Group**.

This highlights the way communities come together and help each other in times of need and that is also something to celebrate.



Grovedale Neighbourhood House acknowledges Wadawurrung Traditional Owners of this land and all Aboriginal and Torres Strait Islander People who are part of the Greater Geelong community today.



See all the green  
at the Grovedale  
Community  
Gardens!







## ASD Parenting Together Support Group

The ASD Parenting Together Support Group is an online group where parents and carers of children with Autism Spectrum Disorder (ASD) can make new social connections and increase their knowledge and confidence in relation to parenting non-neurotypical children.

Parenting and caring for children with lifelong developmental conditions such as ASD can come with additional challenges and stressors. This group of parents and carers is often at an increased risk of vulnerability due to added demands such as increased family stress, financial strain, sleep disruption, managing challenging behaviours, and the coordination of multiple medical and allied health appointments.

The ASD Parenting Together Support Group meets weekly via Zoom video conferencing to help promote social connectedness, life-long learning, and empowerment for parents and carers.

Guest speakers from organisations including AMAZE, the Association for Children with a Disability, and Geelong Meditation Centre will join group sessions to share their knowledge, experience and answer any questions.

**To register or for more information, please contact Community Inclusion by phone or email.**

Once registered, you will receive instructions and a link to access the Zoom Video Conferencing online meeting.

**When:** Every Tuesday of every week from 20 October 2020 to 22 December 2020  
01:00 PM - 02:00 PM

**Contact:** Kerby van der Lee

**M:** 0466 950 453

**E:** [kvanderlee@geelongcity.vic.gov.au](mailto:kvanderlee@geelongcity.vic.gov.au)



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# Geelong Awards: People with Disability 2020



The City has partnered with genU, VALID and the Barwon Disability Resource Centre (BDRC) to deliver the Geelong Awards: People with Disability 2020. Due to COVID -19 restrictions, the awards will be delivered online and recipients will be recognised through a series of short videos that highlight their contributions and achievements. The videos will be released during Inclusion Week 23-27 November 2020.

Nominations will open on Wednesday 9 September 2020 and close 5pm Friday 16 October 2020 and can be made online or via mail.

The four categories include:

**Achievement Award:** Recognises someone who has achieved a significant milestone of success this year.

**Leadership Award:** Recognises someone who has led or advocates for others to achieve a considerable outcome or advancement.

**Advocacy Award:** Recognises someone who has led or advocated for others to achieve a considerable outcome or advancement.

**Voluntary and Employment Award:** Recognises someone who has achieved success or made a substantial contribution to empowering and developing others in the workplace or community.

For further information or to make a nomination please follow the link: <http://bit.ly/GAPWD2020>

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## Humans in Geelong Online Expo 2020 Premieres on Humans in Geelong YouTube

Add a bit of positivity to your life by being blown away by all the amazing, inspirational, creative locals in our community who are making a difference. The Online Expo will be our region's uplifting start to Mental Health Month 2020.

Be inspired by short, snappy, fun and informative clips from the changemakers of our region; the amazing humans who have been featured in our project, and some. These clips will remain available to watch anytime and will reach a wide audience.

Free registration here: <https://www.eventbrite.com.au/e/humans-in-geelong-online-expo-2020-tickets-119716534377>

Please share widely. Something for everyone!

Humans in Geelong INSPIRE – CONNECT – STRENGTHEN Community. Get in touch ASAP if you'd like to be part of this exciting project. [humansingeelong@gmail.com](mailto:humansingeelong@gmail.com)

Promo Video <https://www.youtube.com/watch?v=S8guyh55lcE>



# Join us in celebrating diverse abilities

## Invitation to host a Celebration



International Day of People with Disability (IDPWD) is celebrated on December 3rd each year to increase awareness and understanding of people living with disability. It also provides opportunity to celebrate the many achievements and contributions made by people with diverse abilities.

The City proudly celebrates this event each year to promote an accessible and inclusive culture for everyone and warmly invites your organisation to join the celebrations by hosting a community event, activity or celebration.

Celebrations across the region can be held through Inclusion Week in the lead up to IDPWD: Monday 23rd November to Thursday 3rd December 2020.

The City will support each organisation by providing the following at no cost:

- Promote and include your event in the IDPWD Inclusion Week Regional Program
- Market and promote all events through Geelong Calendar of Events
- Promote all events through [www.GeelongAustralia.com.au](http://www.GeelongAustralia.com.au)
- Promote the Regional Program through The City's social media platforms
- Promote the Regional Program through media advertisements in the Geelong Advertiser, Geelong Independent and Bellarine Times.

## Applications close: Monday 19th October

We look forward to working together to celebrate all abilities and our inclusive community!

**To submit a celebration for promotion and for more information please contact**

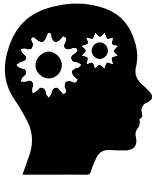
Jane McIntosh:

[P: 03 5272 4357](tel:0352724357)

[E: \[jmcintosh@geelongcity.vic.gov.au\]\(mailto:jmcintosh@geelongcity.vic.gov.au\)](mailto:jmcintosh@geelongcity.vic.gov.au)

# Not coping?

Partners in Wellbeing is a free, confidential service for anyone 16 years and over who is feeling stressed, anxious, worried, overwhelmed or isolated and need emotional support and help to cope.



It's natural to feel a range of emotions such as stress or feeling low, particularly during the coronavirus pandemic.

Experiencing these feelings does not always mean something is wrong.

But if you are not coping or have been feeling distressed, anxious or down for a few weeks, help is available through your local Partners in Wellbeing service.



**Phone 1300 375 330 to get started. You can call for a one-off chat or get ongoing support – this is entirely up to you.**



Partners in Wellbeing can give you one-to-one support to help you improve your wellbeing, develop strategies to cope and get things under control.



Staff at Partners in Wellbeing can keep in regular contact with you to provide emotional support, practical help and help you improve your wellbeing.

Partners in Wellbeing is funded by the Victorian Government and is delivered by Neami National, EACH and the Australian Community Support Organisation (ACSO).

**Neami National:** [partnersinwellbeing@neaminational.org.au](mailto:partnersinwellbeing@neaminational.org.au)

**EACH:** [partnersinwellbeing@each.com.au](mailto:partnersinwellbeing@each.com.au)

**ACSO:** [partnersinwellbeing@acso.org.au](mailto:partnersinwellbeing@acso.org.au)



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# Be COVID Safe

## Coronavirus (COVID-19)

For up to date information about impacts of Coronavirus on City events, services and facilities please go to the [Coronavirus Support page](#)

Phone: [03 5272 5700](tel:0352725700)

Email: [coronasupport@geelongcity.vic.gov.au](mailto:coronasupport@geelongcity.vic.gov.au)

## Information and advice

The Department of Health and Human Services is working with Commonwealth and international agencies to respond to the outbreak of coronavirus (COVID-19).

The best place for up-to-date advice and resources relevant to Victoria is [www.dhhs.vic.gov.au/novelcoronavirus](http://www.dhhs.vic.gov.au/novelcoronavirus) or the 24 hour hotline 1800 675 398.

DHHS has information on [total cases](#), [active cases](#) and [locations](#).

## Latest restrictions

Regional Victoria entered the 'Third Step' on the roadmap to reopening on 17 September. Details can be viewed at [www.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps](http://www.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps)

Face coverings remain mandatory across Victoria: [www.dhhs.vic.gov.au/updates/coronavirus-covid-19/how-safely-wear-face-covering](http://www.dhhs.vic.gov.au/updates/coronavirus-covid-19/how-safely-wear-face-covering)

## Testing

There are daily testing sites available in Norlane, Newcomb and Torquay. Tests can be done on weekdays in Belmont, Newtown and Ocean Grove.

More information on testing in the Geelong region can be found at [www.barwonhealth.org.au/coronavirus/where-to-get-tested](http://www.barwonhealth.org.au/coronavirus/where-to-get-tested)

## We Volunteer

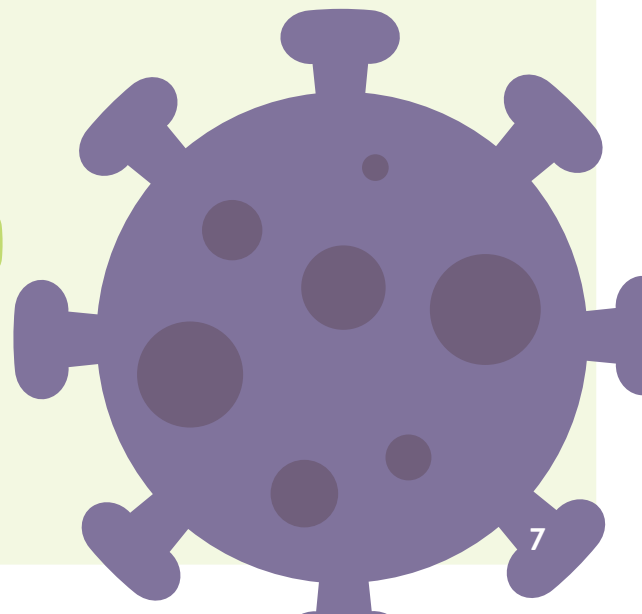
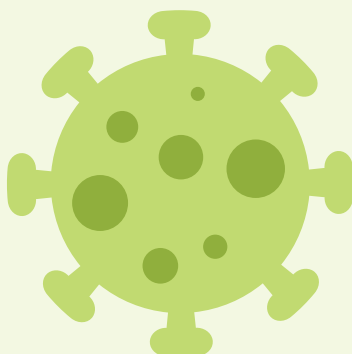
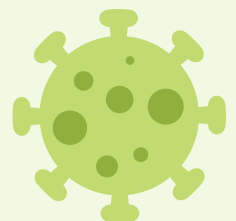
Victorian volunteers play a vital role in a time of crisis.

Volunteers support the frontline workers during emergency responses. Agile, responsive and on-the-ground groups are a vital resource for many communities in times of crisis.

Volunteers provide support and help community organisations respond and recover from emergencies such as COVID-19.

[Volunteers: Apply here](#)

[Organisations: Apply here](#)



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# Food Relief



The COVID-19 pandemic has added stress for many who need emergency food relief across the Geelong region.

Food access insecurity can have detrimental effects on individuals, families and the community. Evidence suggests that not everyone has regular access to food in the Geelong region and that food insecurity is a growing concern.

The COVID-19 pandemic has had a significant impact on the emergency food relief sector, with an increase in people seeking food assistance, whilst also dealing with rapid changes in food availability, accessibility, and affordability resulting from the pandemic. The crisis has also seen people who haven't before, accessing food relief, with some community members having limited resources and support during this time. Organisations have rallied together with the help of volunteers and community support to stand up and meet the need in these challenging times.

There are many organisations that provide food assistance in the local Geelong region. Some have made changes to their services due to the restrictions, and health and safety issues associated with the Covid-19 pandemic. For up to date information on food relief agencies, follow the link: <https://www.feedgeelong.org.au/where-can-i-eat>

Due to changing conditions, restrictions, and considerations for your health and safety we encourage you to call ahead before going out to access emergency food relief or to opt for contactless delivery if available.

**Food relief agencies in the Grovedale area are listed below:**

## **UNITING BARWON – GROVEDALE**

**Address:** The Albert Renshaw Building,  
272 Torquay Rd, Grovedale

**Phone:** 4210 1100

Call to book an appointment which are conducted by phone. Providing vouchers and pre-packaged parcels.

**Hours:** Monday, Wednesday and Fridays.  
9:30am – 12:00pm

## **PLANET SHAKERS GEELONG/ EMPOW+R (FOOD PANTRY)**

**Address:** 147 Marshalltown Road, Grovedale

**Hours:** Sundays 10:30am – 3:00pm

## **3216 CONNECT**

Email or text to make an appointment for a Wednesday food parcel pick up.

**Email:** [3216care@gmail.com](mailto:3216care@gmail.com)

**Text :** 0435 230 810

## **DEAKIN UNIVERSITY**

International Student Advisers

**Phone:** 5227 8617

**VISIT:** <https://www.feedgeelong.org.au/where-can-i-eat>



# GROVEDALE *Grapevine*

The Grovedale Grapevine is compiled and published by Grovedale Neighbourhood House.

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## LAYOUT & DESIGN

Tet Kelly

**TERM 4  
DATES  
PLEASE KEEP  
UPDATED  
VIA  
FACEBOOK.**

**We thank our community  
for all news and updates  
that they share with the  
Grovedale Grapevine.**



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