



Week Two



PERSONAL

Stay connected and/or seek support: keep in touch with your family, friends, colleagues or professional support services by phone, video call, social media or email. Zoom or Facetime chats with friends and relatives that live far away is a great way to lift your spirits, share a cup of tea or a wine while you chat.

FAMILY

Safe Internet Use: At the moment we are all using the internet far more than usual. It is very important for our family safety - either the children (grooming by predators) or the adults (scams) - to ensure you are safe when you are using your tablet, laptop, phone or PC. The eSafety Commissioner has put together some webinars for parents and carers of children and young adults to help you keep safe. The following link: <https://www.esafety.gov.au> has a number of different webinars including a very useful one for children aged 7-12 titled Keeping safe and healthy online and another titled Helping Seniors Get Online. The most important thing to know is that NO Government department or bank will ask you for your personal identifying details in an email.

DO NOT PROVIDE THIS INFORMATION TO ANYONE VIA THE INTERNET!

You can join a webinar for parents and carers. Webinars are free. According to the safety website www.esafety.gov.au, 'these live seminars explore the latest research and expert advice for using technology safely.'

The webinars are found here.

<https://www.esafety.gov.au/parents/webinars>

One up coming webinar is below that may be of some use during this time.

Keeping your sanity and supporting your kids online

This 30 minute webinar is suitable for parents and carers. The dates for the webinar are:

Monday 4th May 1-1:30pm

Wednesday 6th May 8:30-9pm

Tuesday 12th May 8:30-9pm



FRIENDS

If you and a member of your household are out walking your pet or just taking a stroll or having a cup of tea or a cold drink on your front verandah, you may see (at an appropriate distance) someone else to wave to across the park or across the street. This is one way of catching up with someone else while keeping your distance.

Or maybe Facetime or phone a friend while you have a cup of tea, coffee or a study break to reset your body for the next task.

Try and contact your branch members that may be socially isolated and talk to them.

COMMUNITY/NEIGHBOURS

- **Write:** a letter or email to the residents in an aged care facility. Resurrect the age old art and share some photos of your garden or a story about how your family is coping with living within the current guidelines. Residents are missing visits from family so any contact from outside will be greatly appreciated and be a great aid to their mental health.