



Week Eight



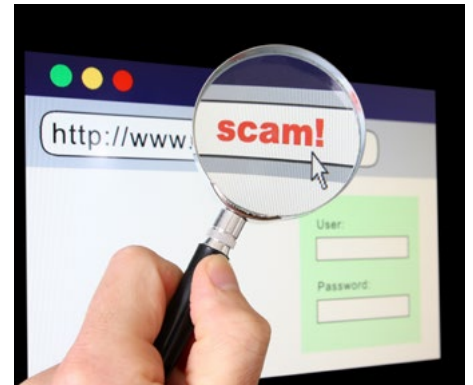
PERSONAL

How is your fitness programme going? Are you ready to return to a gym or happy to keep doing a home exercise programme? Have you been able to use technology to establish a fitness programme with your fitness trainer or a friend? Logging in to a fitness zoom session or a video is a great way to inspire you to keep up the good work.



FAMILY

Identity theft has raised its ugly head during the Covid-19 lockdown. Time for a family discussion about this topic and to check you have strong passwords and that you are not opening phishing emails on your phone, tablet or laptop. If it looks dodgy it probably is! If you aren't sure about the legitimacy of a message. Check with the sender before you open the link.



FRIENDS

Have you explored the online classes or events that your local council, library or community centre are running? Some are running free events. You will be able to discuss them with friends if they cannot attend.

COMMUNITY/NEIGHBOURS

Woo Hoo! The National Gallery of Victoria is opening on the 27th June. What a great location to visit for a different perspective than our life of the past ten weeks. Go along for a visit if you can this weekend or in the school holidays and follow the "label tour" which guides visitors on a trail between works that look at empathy, friendship and relationships. Things that we have all had tested over the lockdown period. You will be reminded about social distancing during your stay and hand sanitizer will be available.

This could be a great time to learn new skills or do something you never had time for before. You can learn basic sewing or to knit scarves via YouTube and then donate the item later to your local charities when they open. You can provide food assistance to those who are experiencing food insecurity. Many students are unable to feed themselves at the moment. Councils and universities have established a community food pantry to feed these students. Helping your community by donating food and financial assistance will make you feel you have made a difference to your community.