



Week Thirteen



PERSONAL

As sweeping Stage four restrictions, including night-time curfew are imposed across Melbourne and as regional Victoria is under stage three restrictions, we are all wondering how we are going to get through the next few weeks to remain sane and on top of things. This is the time to start something new, maybe something you always wanted to do but did not have the time. Some ideas include:

1. Plant a herb garden – You can make an order for some seedlings online. Herbs need water and minimal care. There is nothing more satisfying than cooking with fresh herbs.
2. Sewing – Practice doing some sewing and start a simple project. Stop postponing and start experimenting with new ideas and new projects.
3. Reading – If sewing is not for you, pick up a book and start reading. If you are not sure what to read, check out if your library is offering a delivery service. Or borrow e-books and audio books. You can also view e-magazines and digital newspapers.
4. Gardening – Have you always wanted to have a nice and relaxing corner in your garden where you can sit down and read? Why not start to plan it now, and as soon as there is a nice day coming up you can start executing your plan.

FAMILY

We are all suffering from lockdown fatigue. This is however an opportunity to spend some time with the family. These are some ideas for things to do together in the family:

1. Get together with your family members and go through your kitchen cupboards and do a clean-up – Organising the content of your kitchen cupboards is therapeutic. This is the time to clean out this junk drawer and add some labels to your jars. Don't forget to coordinate your jars and organise them in a more accessible way.
2. Have you ever baked a bread at home? There is nothing better than the smell of fresh bread. It is a great way to come together as a family and share it with a cup of tea. It smells heavenly and the satisfaction of making your own bread is great. It also tastes much better. Aside from the nutritional value and the fact that you can pick what type of ingredients you use, baking your own bread is good for your mental health. Many people admit feeling better when they bake at home as there is something therapeutic about baking.
3. If baking bread is not your thing but you like cooking, why not try a new recipe. There are so many recipes on Youtube or you may like to look at your old magazines or online.





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FRIENDS

As mentioned before it is important during lockdown not to isolate yourself. This is crucial. The main thing is to think about the best ways to stay in touch with friends and family.

1. Have you thought about taking up a cooking class? There are many online classes you can join. For example, you can watch Jamie Oliver cooking on Keep Cooking and Carry On or you can watch Australian cooks such as Maggie Beer, Neil Perry or Mitch Orr who is teaching some Italian classics.
2. Discover some of Melbourne's architecture and history during lockdown by checking your local library website and discovering iconic buildings via a virtual tour.
3. You can also travel virtually with the family to see the 2020 Melbourne International Film Festival streaming Australia-wide from 6 August. For more information go to <https://miff.com.au/?welcomed=1>



COMMUNITY/NEIGHBOURS

Did you know that you can order online a range of items such as coffee, wine, pasta, fresh produce and more. This will help small businesses. Some of these items can be sourced from the Vic Market as many traders can do online delivery. Check their website first as you can pre-order and pick up without leaving your car <https://qvm.com.au/pickup/>. You may also like to check in your local area to see what is available.