

# Postal Friend

November - December 2020



Welcome to Postal Friend's sixth newsletter.

Keep updated with our latest news, social inclusion programs and stories from the wider community.

We also invite you to contribute with your story, an image or a creative piece!

## In this issue

COVID-19 updates	2
November highlights	4
Special story	6
Jokes of the month	8
Colouring competition	9
Contact us	10

## COVID-19 updates

Dear Postal Friend,

Melbourne has had some great results with keeping COVID-19 at bay. However, there are still some restrictions, which AMCS need to respect. The Department of Health and Human Services has issued the following regulations as of 23 November.

**Leave home:** No restrictions but stay safe. Public gatherings include up to 100 people outdoors.

**Visitors to your home:**

Victorians are now permitted to host gatherings of up to 30 people in their homes.

**Face masks:** You must carry a mask with you, but you have to wear it ONLY in shopping centres, supermarkets, large stores, public transport, taxis and ride shares.



## **Visiting hospitals and care**

**facilities:** No restrictions but different facilities have their own rules.

**Hospitality:** Indoor and outdoor entertainment venues can now seat 75 people in a fixed seat capacity.

**Retail:** Hairdressing, beauty and personal services are open where a face covering can be worn.





## November highlights

As the government restrictions on visitations ease, new friendships start to emerge. Seniors have met their volunteers in person and shared their hobbies and stories.

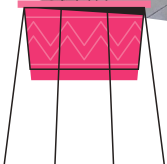
Gina and her new volunteer, Emma, started phone calls during restrictions and they formed a bond straight away with their mutual passion for gardening. On 9 November, they met in person at Gina's backyard and discussed gardening and admired the thriving plants.



Gina's garden with her cat



Volunteer Emma (left)  
and Gina







## November highlights

Our Greek client, Theodora, was excited to meet her volunteer, Rebecca, who also speaks her language. Theodora loves clothes shopping, cooking and welcomed us into her home with a freshly baked cake. She showed us her amazing recipes and gave tips and wisdom about food preparation. Rebecca loves Theodora's stories and drives for 30 minutes to meet her weekly. They will go shopping together very soon.



Volunteer Rebecca (left)  
and Theodora



## Special story

Dear Postal Friend,

During lockdown, we introduced Postal Friend as one of the many alternatives to keep in touch with you. As restrictions ease, we can start increasing our volunteer visits and social activities.

Due to the amount of positive feedback we received, we are pleased to announce that Postal Friend will continue. However, instead of monthly issues, we will have Postal Friend come out quarterly. This is our last issue for the year, and you will receive the next edition in March. We hope we can all celebrate the end of this unusual and difficult year and wish for the New Year to bring positive changes and joy to everyone.

**On behalf of AMCS, we wish you a happy festive season and hope you spend it in good health and happiness.**



## Special story

Many cultures celebrate the New Year on different days, and we will reflect on them as they come. Let us look at how the world celebrates this time of year.



Christmas market in Berlin.

Many people stay up late to see the old year out and the New Year in. Different countries in the world ring church bells, toot horns, blow whistles and shriek sirens. In most European countries, the festive season begins with the Christmas theme and famous Christmas markets.



The Colmar Christmas Market in France lit up with decorations.



Christmas market in Wraclaw, Poland.

In Australia, New Year's Eve is in the middle of summer where we can enjoy outdoor events. The Sydney Harbour Bridge displays a splendid firework show and big city squares swarm with people and live concerts.



**Do you have a special way to celebrate New Year's in your culture and tradition? Please share your stories and photos with us for our next issue.**





# JOKES of the month



WHAT DO YOU CALL  
A PIG THAT DOES  
KARATE?

A pork chop.



WHY DID THE BIKE  
FALL OVER?

It was two tired.

Parade



# Colouring competition

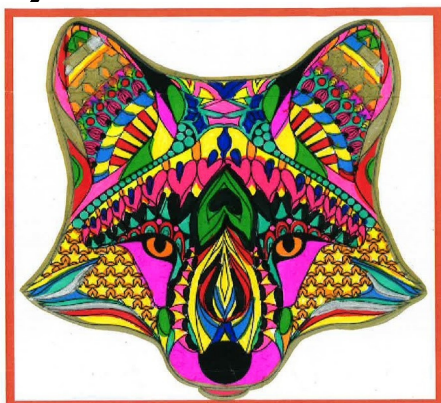
Colour in this tree and send the image back to us for a chance to win a prize.



COLOURING

**Winner**

MARIA LEV



Congratulations,  
you will receive your prize in  
the mail soon.



## **We would love to hear from you.**

Please send any interesting stories, funny jokes or creative artwork to:

Dr Lara Jakica

Coordinator of Volunteer Programs

Ph: 0432 630 931

Email: [Lara.Jakica@amcservices.org.au](mailto:Lara.Jakica@amcservices.org.au)

For more information about AMCS and our services, please contact:

Australian Multicultural Community Services

Email: [info@amcservices.org.au](mailto:info@amcservices.org.au)

Website: [www.amcservices.org.au](http://www.amcservices.org.au)

Melbourne Office

Suite 111, 44-56 Hampstead Road

Maidstone VIC 3012

Phone: (03) 9689 9170

Geelong Office

Suite 6/79 High Street

Belmont VIC 3216

Phone: (03) 5241 2446

