

Postal Friend

June 2021



Australian
Multicultural
Community
Services



Dear Postal Friend,

We hope you had a nice start to the year. The past summer had no major bushfires or harsh weather. The pandemic slowed but picked up again recently in Melbourne. Unfortunately, Victorians are in another lockdown.

We are all in this together. Stay strong Victoria.

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COVID-19 updates

Due to Melbourne's lockdown until Thursday 10 June 2021, the current restrictions are:

There are only five reasons to leave your home.

- Shopping for necessary goods and services
- Care and caregiving, including medical care or to get a COVID-19 test
- exercise
- authorised work and permitted study
- get a COVID-19 vaccination.

You must travel only up to 10km from home.

Visitors to your home: You cannot have visitors to your home or visit others except for care and compassionate reasons. Your intimate partner and single person bubble may also visit you.

Face masks must be worn: People aged 12 years or older must wear a fitted face mask when leaving home, unless they have a lawful reason not to.



Visiting hospitals and care facilities: You can attend a hospital or medical facility for the purposes of getting a COVID-19 test, COVID-19 vaccination or seeking medical care.

No visitors are permitted at hospitals unless an exception applies. No visitors are permitted at care facilities, unless an exception applies.

Hospitality and venues:

- Restaurants and cafes can serve takeaway and delivery only.
- Pubs, bars and clubs will be closed, except to serve takeaway food or alcohol.
- Essential retail (like supermarkets and pharmacies) may open, but non-essential retail may only offer delivery or 'click and collect'.
- Beauty and personal care services remain closed.
- Entertainment venues, and swimming pools and sports centres remain closed.
- Religious gatherings and ceremonies are not permitted.



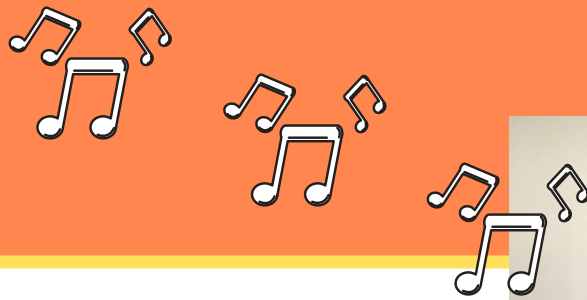


Autumn highlights

We've had amazing client and volunteer stories of people connecting.

Ernest and Joanna

Ernest and his volunteer, Joanna, met between two major lockdowns. He loves music, socialising, and used to see live music and dance in a community club. Joanna is a great listener and one of our most reliable volunteers. During lockdowns, Ernest learnt the guitar. Now, Ernest and Joanna regularly visit local shops, the library or listen to music together.



Joanna and Ernest



Ernest on guitar





Autumn highlights

Halina and Marta

Halina called our volunteer coordinator to express her gratitude for introducing her to Marta. Her volunteer supported Halina through regular phone calls during the lockdowns and visited her as soon as she could. Marta does not drive and there is not much public transport around her. However, Marta still visits and brings Halina's favourite flowers, nasturtium. Thoughtful details and acts of kindness keep us going. Thank you, Marta.





Autumn highlights

Aven and Claudia

Aven met her volunteer, Claudia, last year and they became loyal friends.

“Aven loves art and painting. We visited the National Gallery of Victoria. She has great knowledge about art and explained many pieces,” said Claudia. “We try to do something different every catch up — beach, coffee or simply meeting in her home. Time always flies. This amazing experience allows me to learn from seniors.”



Aven and
Claudia
before the
pandemic

New projects and opportunities

Dear friends,

You're invited to join free workshops and programs for s. Boost your wellbeing, upskill, make new friends and keep informed.

Creative Communities for Carers and Working with Carers for Carers

For carers of someone aged over 65. Attend free outings, exercise sessions and creative workshops by professional artists. To register or to find out more, please contact Lara on lara.jakica@amcservices.org.au or 0432 630 931.

Adult Community Education

Gain new skills to find the right job. Our six free recognised industry courses are now available in City of Maribyrnong, Brimbank, Hobsons Bay, Melbourne, Melton, Moonee Valley and Wyndham. For any questions, please contact Vesna on 0422 226 105 or training@amcservices.org.au



AMCS has free pre-accredited online short courses for you to learn new skills and strengthen your employment options.



JOKES of the month



What do french fries do
when they meet after a long time?



They ketchup!

Why do bees have
sticky hair?

**Because
they use
honeycombs.**



Yesterday I saw a guy spill
all his Scrabble letters on
the road.

**I asked him,
“What’s the word
on the street?”**

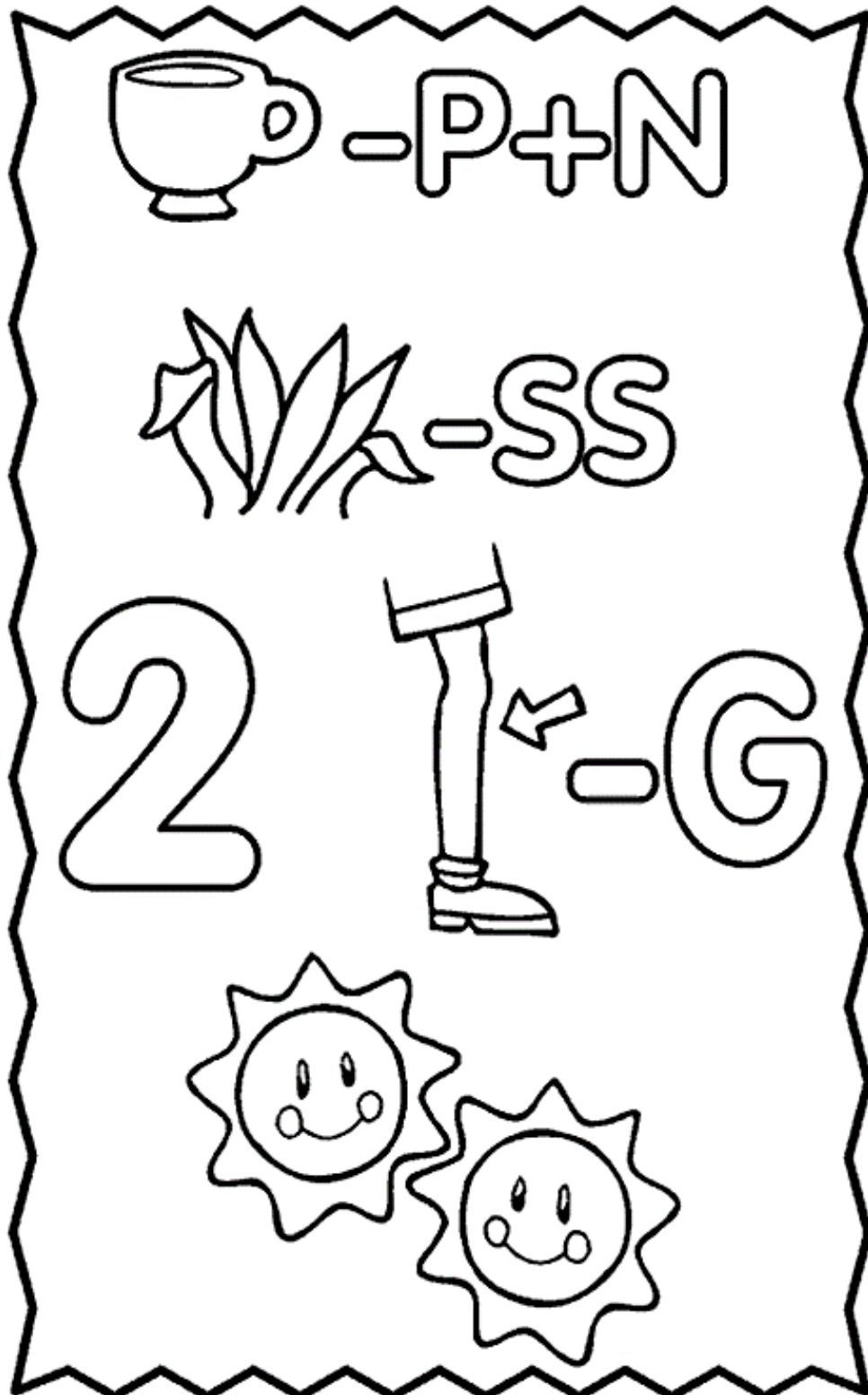
Word puzzle

Contact Lara with your name and answer to enter the draw to win a prize.

One-Word Rebus

Can you solve this rebus puzzle?

Hint: this rebus has a one-word answer.



We would love to hear from you.

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

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