

Dear Neighbours,

Let's hold hope for all that we love - movies, live music, sport, visiting families and friends all that makes us feel good. They will return!

In the meantime let's stand together to protect and care for each other.

You may discover a wonderful neighbour. Maybe you can reach out and support someone down the road. By caring for one another we can emerge a stronger community from this pandemic!

We hope this flyer of information we have collated helps you get the support you may need so that you can keep your spirits up.



Children & Young People	Children & Young People	Food
 <p>Art activity packs for collection or delivery for those in isolation Online Play sessions via zoom Venny Minecraft group – join other local kids for supervised online play. P 9376 0589 E info@thevenny.org.au FB TheVennyInc Insta @the.venny.online</p>  <p>Gallery 3031 free weekly art & craft projects for kids 5-12 Code Club Competition with prizes P 9376 6366 E info@kenhouse.org.au FB kensingtonneighbourhood.house.com</p>  <p>Virtual Y- On-line platform with loads of fitness, nutrition, wellbeing, family and youth content. Workout and train at home; delicious recipes and Healthy Living Magazine; mindfulness practices; learning at home activities for the family; engage with others through the Youth Hub https://virtually.ymca.org.au/</p>  <p>Wellbeing and mental health support to young people and families via social media, online group Zoom sessions, phone and video conferencing. Individual or family case management, advocacy and referrals. Limited financial and material aid support. P 9663 6733</p>	 <p>Life Melbourne is a local Nth Melb church Weekly Youth video chats in small groups https://lifeau.org/epic/ Adventure kids online services every Sunday at 9am, 11am & 5:30pm https://lifeau.org/kids/</p> <hr style="background-color: #ffff00;"/> <p style="text-align: center;">Food</p>  <p>Food Pantry open 24/7 – help yourself or donate non-perishable food items 89 McCracken St, Kensington</p>  <p>Breakfast daily 9.15am – 10am Lunch daily between 12noon – 1pm Limited takeaway meals, coffee, material aid from window on Flemington Rd Monday to Friday 10am-1pm P 93296733 268 Abbotsford St, Nth Melb</p>  <p>Fresh and non-perishable Food parcels available for collection Tuesday and Friday 2-5.30pm. Supported by Food Bank Victoria, Hotham Mission and local food gardens 85 Kensington Rd, Kensington</p>  <p>Food and Personal Care packages for people who are in mandatory self-isolation. Delivered to door. P 1800 675 398</p>	 <p>Harvest fresh herbs (free) Next to 56 Derby St, Kensington</p>  <p>Food Parcels – call or SMS P 0484 062 862</p>  <p>Free cooked meals on Wednesdays M 0451766640 P 1300 722 333</p> <hr style="background-color: #00aaff;"/> <p style="text-align: center;">Seniors</p>  <p>Online and telephone programs - Yoga, Meditative Movement, Tai Chi, Gentle Exercise, Afternoon Melodies and Community Call Clubs P 9658 9658 M 0417 881 235 www.melbourne.vic.gov.au</p>  <p>Knitters & Crocheters help us Yarn Bomb the giant tree in our backyard. All ages. P 9376 6366 E info@kenhouse.org.au</p> <hr style="background-color: #ffff00;"/> <p style="text-align: center;">Family Support</p>  <p>For all residents, including maternal and child health, parenting services, playgroups, immunisations and family support and counselling. P 9658 9658 Covid support directory https://www.melbourne.vic.gov</p>

Rent



Tenants Union Victoria has information and an email support service to help private renters understand their rights and responsibilities.

www.tenantsvic.org.au/advice/coronavirus-covid-19/

Mortgages

Some banks have eased conditions of loan repayments for customers in financial hardship, including deferring or restructuring home loan repayments. Ask your bank.

Homelessness



Assessment, referral, advocacy and financial assistance to help people access housing.

P | 9689 2777 Mon-Fri 9am-5pm

P | 1800 825 955 after hours

iap@unison.org.au

Financial



Online **financial resources** for existing customers www.servicesaustralia.gov.au/individuals/help-emergency

Crisis payments phone line **132 850**



Information, referral and support services including Emergency Relief.

P | 9672 2099 www.cisvic.org.au

Financial



Debt Help – Confidential and free debt coaching to help you become debt free. Money Matters – **Free Budgeting** courses
M | 0451766640 P | 1300 722 333



Australian Government

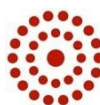
Providing financial assistance to support Australians through the coronavirus pandemic. Includes income support payments, payments to support households and temporary early releases of superannuation.
www.australia.gov.au

Fitness



Limited **sports equipment** available to hand out to local families.
Tennis Courts at Kensington Banks are available for hire (play one on one or with your family unit).
P|9376 6133
www.kensington.ymca.org.au/sports/tennis-court-hire

Conversations



Join an online conversation with other men <https://www.facebook.com/gatheringmen/>



Face2FaceOz conversations via Zoom 'A burden shared is a burden halved' - Sundays or Wednesdays at 10.30am
E.simonh@face2faceoz.com.au

Neighbourly Help



The Kensington Good Karma Network has over 9000 people who are willing to help others. Find on Facebook to join.
Kensington Good Karma Network

Wellbeing

Connect with nature for at least half an hour each day, great **walks** down the Stockyard route and more.
www.victoriawalks.org.au

A great workbook to help you **build resilience** during isolation
<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

Lifeline 13 11 14

Beyond Blue 1300 22 4636

Kids Helpline 1800 55 1800

The Venny Inc 9376 0589

1800RESPECT domestic & sexual violence
1800 737 732

LGBTQIA peer driven support
1800 184 527

Alcohol or drug related issues
1800 888 236

Western Integrated Family Violence Committee website central repository for all current family violence COVID-19 resources: www.wifvc.org.au/statewide-family-violence-news

Libraries



The library has lots of digital materials, including ebooks, eAudiobooks, music and movies. Book clubs, conversation clubs and story times are also online. If you need book recommendations, check out our podcasts or eBook Valet service. Library membership is free, find out more at melbourne.vic.gov.au/libraries

The Kensington Community Network is a network of local organisations and community members with an interest in working collaboratively to ensure the wellbeing and amenity of the Kensington community.

If you would like to know more about the Kensington Community Network contact Deb at Unison Housing on 9371 2000 or Carolyn at the Kensington Neighbourhood House on 9376 6366.