

Whittlesea U3A News Sheet July Edition 2021

TERM 3 Commences on 12th July –17th September 2021

Message from President....

As I am writing this message, I am relieved that the recent COVID outbreak is under control and Whittlesea U3A can recommence classes in venues for third term.



The COVID outbreak has again shown how important it is to comply with regulations and if you have not had a vaccination please do so.

Keep reading the weekly “Wotzon” bullet emailed on a Sunday for updates on changes to classes and new classes and activities being added to our class list.

PLC Campus Update

The Department of Education and Training have installed two disabled portable toilets in our area at the Peter Lalor Campus. The toilet facilities will remain on site until the construction work to relocate Whittlesea U3A in an area adjacent to the Men’s Shed is completed.

The area allocated in the redevelopment of the site allocated to Whittlesea U3A and the Men’s Shed has been approved by the Ministers office. Building work is expected to commence in the second half of 2022.

Expansion of the Whittlesea programs to support seniors use technology.



City of Whittlesea and Whittlesea U3A have agreed to provide Digital Literacy classes to the members of the 81 seniors clubs registered with the City of Whittlesea Ageing Well Team. This initiative will provide Whittlesea U3A with support to expand our classes.

One of the few positive effects of the COVID-19 pandemic has been the recognition that technology is an important tool to enable seniors to connect, access online services and share interests. For members of senior’s clubs, it became imperative to improve their digital literacy, with many learning how to use emails, messaging apps and video conferencing platforms more effectively and for some for the first time.

It is proven that technology is only useful if you have a use for it. At our June ZOOM morning tea, I shared my experience in successfully speaking to my doctor on the phone to request a repeat prescription for a tablet. The Doctor sent the link to the prescription to my mobile phone. My local Pharmacist scanned the code on my phone and dispensed the tablets.

Later in the afternoon after the June morning Tea I received the following email:

“Hi Glen,
Thank you for mentioning your scripts on the My Gov. site. I have just set up my own Health site and all my scripts etc. are there now. I only have to ask my GP for a ‘shared health summary’ for it to be complete. So, I am set for any eventuality thanks to you. I viewed a little video My Gov. had on the Townsville floods, and it mentioned people with scripts held at pharmacies that could not be accessed as the shops were all flooded and closed, but the My Gov. ones worked well. So it pays to go to / zoom in on our morning tea sessions doesn’t it!!?

Beryl”

Let us all look forward to the future with optimism and enthusiasm. Stay safe, have your vaccination, and support your friends.



We're looking for volunteers

If you have an interesting skill or hobby that you are willing to share with others we need you to help teach or lead an activity with us, you don’t have to be a professional just have a passion to teach other members. We are always looking for new classes to add to our Course Summary ,if this is you please contact

CLASS COORDINATOR: Judy – 9464 1339 or 0404119189

COMMUNICATION: Natalie –

communication whittleseau3a.org.au (0412 230 561)

OR coordinator@whittleseau3a.org.a

Get Involved with Northern Health’s Consumer Participation program

Our community is what drives us. We are seeking enthusiastic and motivated people who are able to represent the needs and views of patients and other users of our health service. Northern Health is looking for community members who would like to help us:

Build a new Electronic Medical Record that is patient friendly.

Make decisions about the new technology we want to use and invest in by joining our Digital Steering Committee.

Achieve better health outcomes by joining our Community Advisory Committee. This is an opportunity to tell us about how we can best meet the needs of our patients and community.

“Our consumers are highly valued team members. They highlight what matters most to our local community in providing the best patient care.” – Rachael (Northern Health Dietitian).

We offer a staff Buddy to support you and access to regular education and information sessions.

To learn more, please contact:

Sherrilyn Ballard, Consumer Participation Coordinator, Phone: (03) 9495 3313

Email: consumerparticipation@nh.org.au

Or visit: www.nh.org.au/support-us/consumer-community-participation



COVID -19 Information for families



Things to do with the kids locally



Visit parks and playgrounds



Explore walking trails



Go on a picnic



Take your furry friend to a dog park



Go for a bike or scooter ride



Check out all the resources available from your local library

Protect yourself and your family



Continue to check exposure sites.



Remember to keep 1.5 metres distance between yourself and others.



Wash your hands often with soap and running water.



If you have any symptoms get tested and isolate until you get a negative result.



Follow regulations for mask wearing.



If you are eligible, get vaccinated.



SUPPORT IS AVAILABLE

Visit whittlesea.vic.gov.au/covidsupport for more information about food relief, financial assistance, mental health support.



PARENTING DURING A PANDEMIC

The Department of Health and Human Services has a range of resources for parents that you might find useful. Visit dhhs.vic.gov.au/carers-and-children-care-coronavirus

Any symptoms
get tested



LOCAL TESTING LOCATIONS

- Mernda Station
Schotters Rd, Mernda
- Northern Hospital
187 Cooper Street, Epping
- 4Cytte Pathology
52 Childs Road, Epping

Check www.coronavirus.vic.gov.au/where-get-tested-covid-19 for up to date information on operating hours and wait times.

QR CODES

Check in wherever you go

QR codes are now located in all businesses, shops, cafés and community facilities.

If you need assistance to check in please ask the business. Checking in helps contact tracing.

Lalor lazy Walk

A gentle one hour walk through the leafy streets of Lalor, followed by morning tea and a chat.

It would be suitable for those with low fitness levels who would like the companionship of others.

REQUIREMENTS: Comfortable walking shoes, bottle of water, comfortable clothing according to weather

Tuesdays 9.30am– 11am

meet outside Lalor Library Leader Cathy Vindgini



Free telephone interpreter service

131 450

whittlesea.vic.gov.au