

Keeping in touch

22 October 2021

# NEWSLETTER

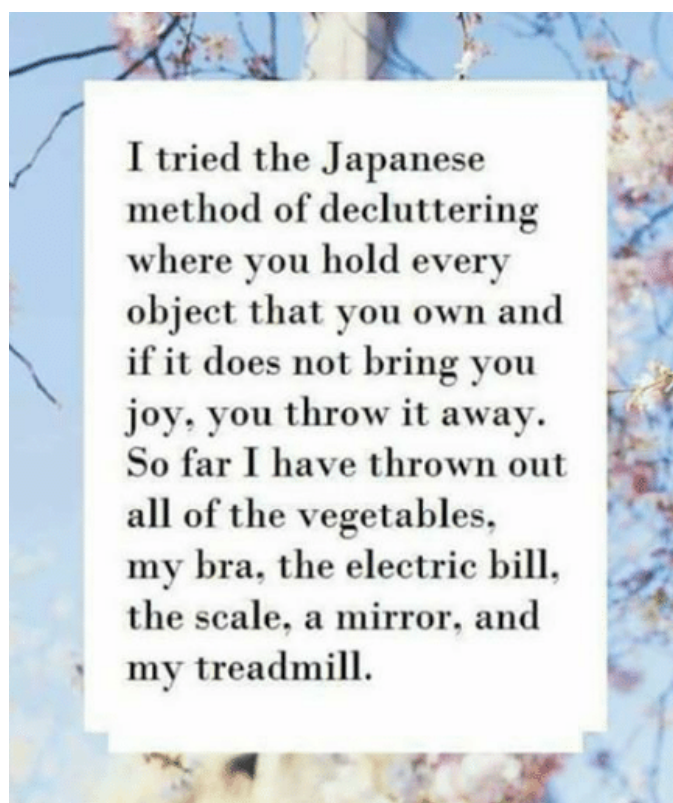


Hello all!

I'm pleased to be sending you this message knowing that many of you share increased freedom with recent lockdown restrictions lifting. We hope you have been able to get out and about safely doing more of what you enjoy.

- **Changes to LITH office days** - We have made some changes to the days the Learning in the Hills (LITH) office will be open. With the exception of our Meditation in the Park classes running midday for two more Mondays, the LITH office will only be open Tuesday - Friday 9.30am-2.30pm until December.
- **Changes to office staffing** - Louise, our wonderful Administration office volunteer is taking a well earned break and we hope to see her back in December. In the meantime, I (Anita) will continue to work from the office Wednesday - Friday most weeks and Stephanie and Pat will be in the office Tuesdays and Wednesdays. Mary will be helping out some Thursdays and Amal some Fridays. I will include more information and a picture of our office volunteers next newsletter.
- **Classes start week of Monday 7 Feb**  
A reminder to those who may have missed our email last week, we have transferred all registrations that were in place for this Term 4 until Term 1, 2022. Anyone seeking a refund is welcome to contact the office and request one.
- **Workshops in December**  
We are in the process of organising some workshops for the remainder of 2021. Many of these will be face to face and some will be online. Stay tuned for more information promoting when they will run so you can sign up.

Stay healthy, From Anita and Louise



It's Get Online Week and we want to share some important internet safety tips:

## Passwords - Think random.

It's important that we all know and follow some simple tips to stay safe online. Don't use meaningful words like family or pet names for passwords. These are easy to guess if people have information about you. Try using three or more random words that are easy to remember but hard to guess, like "tableshirtflower". Making a story out of them can make them easier to remember.

**Top tip: Never give your password away. Treat your password like your bank PIN number and keep it to yourself.**



## Social Media

Social media is great for sharing things with family and friends, but it's important to practice good safety. Privacy settings are there so you can control who can see the information you share online. Limit information to people you know, like friends, family and colleagues, who you're happy seeing your posts.

**Top tip: Don't reveal too much about yourself.**

Limit giving out your personal details on social media. This includes things like your home address, phone number or email address. Keeping your personal information private can help protect your data, money or identity from being stolen.



## Beware of Scams

Scams exist in person and online. When online always be wary of scams. There are simple measures you can take to stay safer online. Never give out any login details in a phone call, email or on a website that you did not initiate yourself. Instead, always contact the company through their official website or the phone book to check whether they tried to contact you.

**Top tip: Scamwatch ([scamwatch.gov.au](https://scamwatch.gov.au)) contains lots of useful information about staying protected from scams and how to identify when something's not right.**

## Viruses

Viruses can attack your computer, tablet or phone and cause damage or data theft. Viruses can be spread through malicious links and email attachments. Only click on links or attachments you are expecting from websites or personal contacts you know.

**Top tip: Prevention is the best protection! Never click on a link you are unsure of.**

Where available, use free or paid antivirus software. Make sure to check your antivirus software is current and up-to-date.

The Be Connected website has free information about lots of topics including using a phone, zoom, google earth etc.

Visit **[beconnected.esafety.gov.au](https://beconnected.esafety.gov.au)** to get explore what is available.

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

**Mental health and other support is available**

- Covid Mental Wellbeing Support Service - 1800 512 348
- Older Persons Covid-19 Support Line - 1800171866
- Domestic Violence Support Line - 1800 737 732
- MensLine Australia - 1300 789 978
- Lifeline 13 11 14
- Hills Community Aid - 9639 8620



# MOVING FORWARD

Moving Forward is an education and peer support program for women who have been or who are currently experiencing Domestic or Family Violence. The program of small group workshops is aimed at strengthening and empowering women at any stage of their journey.

Wednesdays Nov 10 - Dec 1 - 3 hours a week for 4 weeks  
at Castle Towers Community Hub

## TOPICS INCLUDE

- Healthy Relationships
- Work and Study Options
- Housing
- Finance and Budgeting
- Self Care

Morning tea included  
Childcare available upon request

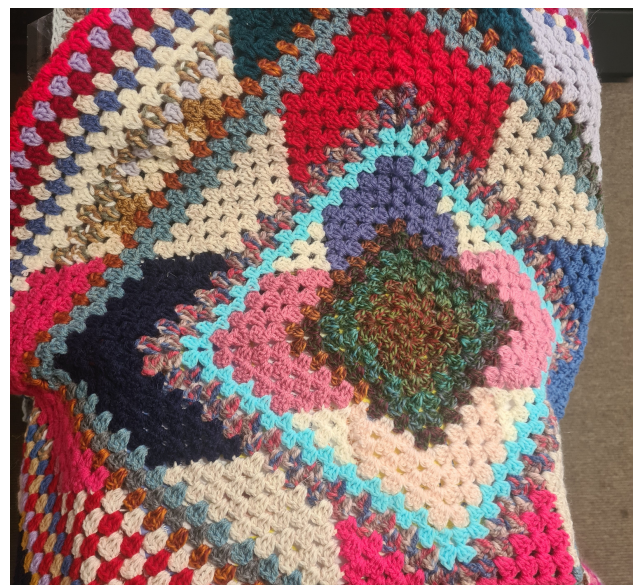


Registrations and more information call 0415337638  
or email [safecommunities@hca.org.au](mailto:safecommunities@hca.org.au)



## What's been happening?

We loved having people attend our recent Get Online Week workshops showing people how to use Zoom and also Mygov to access their Vaccination certificates. Pic below. If you missed out on the class but want to know more, look up the info on [www.beconnected.esafety.gov.au](http://www.beconnected.esafety.gov.au)



Thanks to Kerrie Jones from our Mahjong class who has been busy during lockdown crocheting rugs for the Mount Druitt Hospital Hospice as requested in a past newsletter. We will be sure to pass them on.