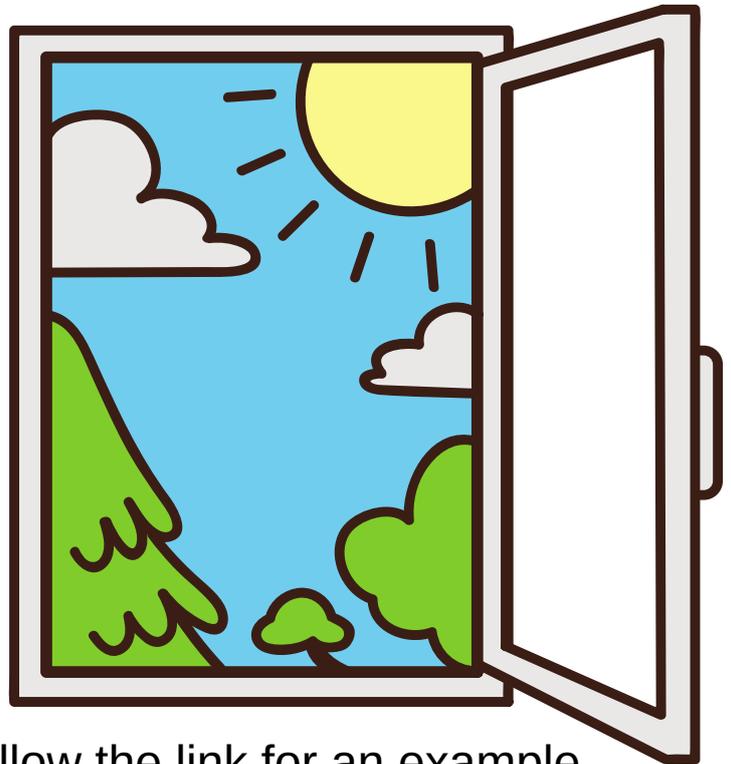


Supporting Carers Newsletter

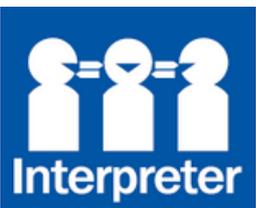
Spring has Sprung

While we are all still living with the restrictions in one form or another the weather is warming up (slowly) and hopefully the kids can all get outside a little more and enjoy some fresh air and sunshine.

Spring is a great time to re think the walks around your local park or streets. Scavenger hunts are a great way to slow down and really see all the wonderful example of nature through changing season. Follow the link for an example of a nature scavenger hunt that could keep the kids entertained for hours!



<https://www.ecoexplorers.com.au/downloads/free-australian-scavenger-hunt-print-out/>



Contact RIAC at
referrals@riac.org.au

or

03 5222 5499



RIAC acknowledges all Aboriginal and Torres Strait Islander peoples, the Elders and respected persons (past, present and emerging) and recognise their connection to country, water and community.

Transport assistance for COVID Vaccinations



Victoria is offering free taxi vouchers to help people attend their COVID-19 vaccination appointments. The trial service is open to anyone who receives a Centrelink payment (excluding the Family Tax benefit). Eligible people can arrange a taxi when they book a vaccination appointment by calling the Coronavirus Hotline on 1800 675 398.

How to get proof of your vaccination

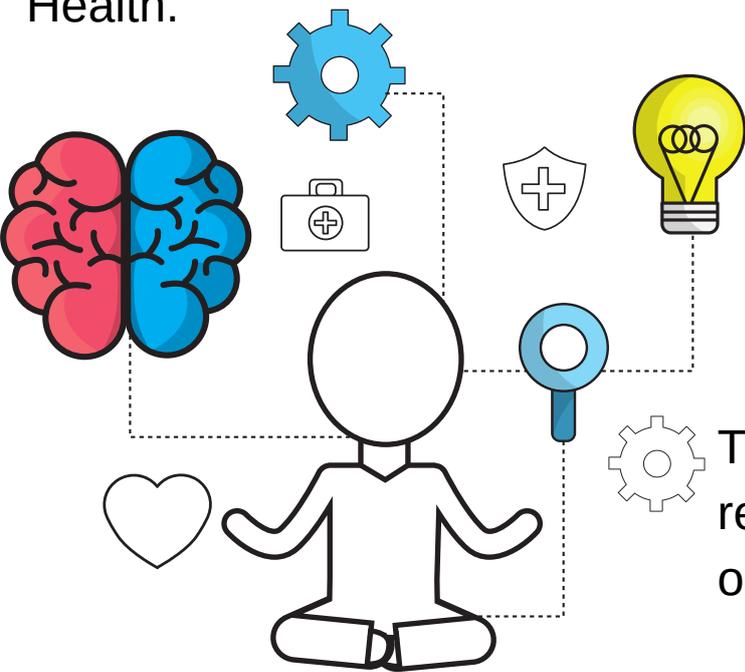
We are starting to see examples where people are having to prove that they have been vaccinated against COVID. Some workers such as those that work in aged care, education and childcare and construction are all now mandated to be vaccinated. Services Australia has a section on their website called getting help during coronavirus that can step you through the process to be able to get your vaccination certificate. This step by step guide asks you a series of questions and then provides you with the next step. See the getting proof of your COVID-19 vaccinations online at

<https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-proof#dc-54059-s-209329-209333> OR book your vaccine today! Call 1800 675 398.



Head to Health

Head to Health is a collaboration between the community, people with lived experience, the mental health sector, and the Australian Government Department of Health.



Resources listed on Head to Health are from trusted Australian service providers and meet the following criteria:

- free or low-cost digital mental health resources
- nationally available, and
- publicly funded.

There are 705 digital mental health resources from Australian organisations. These include:

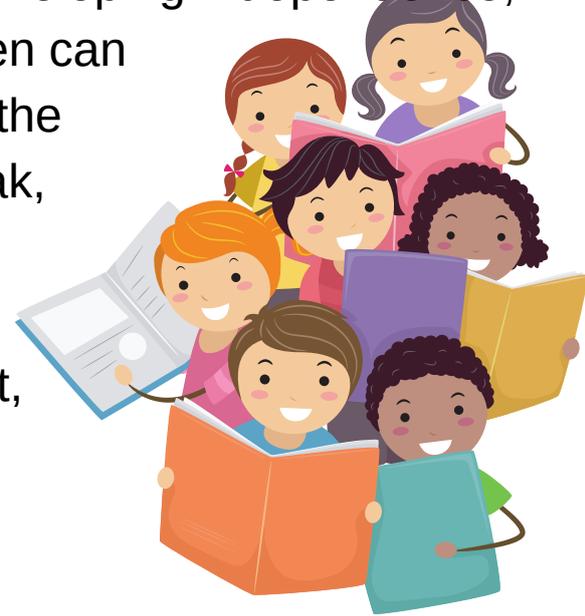
- Evidence-based apps and online programs that can help you build personal skills and track progress
- Dedicated online forums and other peer support services where you can talk to people with similar experiences
- Phone, chat, and email services, if you're looking for confidential, professional support
- Mental health websites created by trusted organisations that give you detailed information and advice on specific mental health topics

See <https://www.headtohealth.gov.au/about-us>

Encouraging Language development

Early language development is a vital part of your child's overall development. It's the foundation for doing well at school, socialising with others, problem-solving, making decisions, developing independence, managing money and working. Before children can learn to read and write, they need to develop the building blocks for literacy – the ability to speak, listen, understand, watch and draw.

There are lots of things you can do to encourage your child's language development, especially through play!



Singing rhymes to very young babies and toddlers is a great place to start. Children will start to see language and communicating as a fun thing to do and what to do more!

Some ideas for rhymes are available at:

<https://www.songsforteaching.com/nurseryrhymes.htm>

Talking to your child and exposing them to as much language as you can as early as you can increase their understanding of words and how language works. There are many many activities that you can do at home without having to buy games, or activities. It can be as simple as role modeling saying please and thank you as you hand a toddler something. You know they can't say that yet, but by you saying it for them you are role modeling how it's done.



As they grow learning that conversations are between more than one person and involve turn taking, listen and responding Jokes can become a fun way to have a conversation. Here are a couple that might make the kids (and grown ups alike) smile

Can February march? No but April may

What do you call a bee from America
A USB

What do you call a belt with a clock on
it? A waist of time

What did the buffalo say to his son at
school drop off? Bison

Why do you never give Elsa a balloon?
Because she'll "Let it Go, Let it Go"

Why did the chicken cross the road?
To get to the farm

What's the difference between boogers
and broccoli

You cant get kids to eat broccoli

Why do cows wear bells?
Because their horns don't work

How do you make a sausage roll?
Push it

What kind of tree fits in your hand?
A palm tree



Rent Relief

The Victorian Government is providing more relief for Victorians struggling to pay their rent with new grants to help them keep their tenancies.

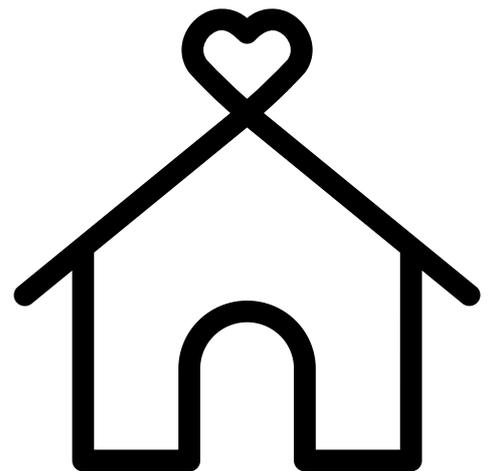
Grants of up to \$1500 will provide direct financial support to renters by making a contribution towards the cost of their rent directly to their landlord on their behalf.

The one-off payment is specifically for renters paying more than 30 per cent of their income in rent who are living in a primary residence to help them maintain safe, secure, and stable accommodation. Grants will be targeted at those who have lost an income of 20 per cent or more due to the pandemic.

There is an annual income limit of \$62,860 for singles and \$94,300 for couples, and to be eligible applicants can't have more than \$2,000 in savings. The landlord and renter will also need to enter into a rent reduction agreement for a period after 27 May 2021.

Applicants who may be eligible include casual workers on holiday and working visas, international students, skilled visa holders, seasonal workers, New Zealand citizens and all refugee and temporary protection visa holders.

see www.premier.vic.gov.au/supporting-renters-and-rough-sleepers-doing-it-tough



National Rural Support and Assistance Guide



Support and services across the country are OPEN and have appointments available, or if you need to talk to someone and helplines available 24/7 If you, a family member or neighbor is experiencing depression, anxiety or stress for any reason including: financial problems, food assistance, workload

pressures, drug and alcohol problems, family issues, parenting, pregnancy, relationship issues or isolation - there is a service that you can contact <https://www.grampianspyreneespcp.org.au>

Life Matters new ABC series

We've Got This: Parenting with a Disability is a new series produced by Eliza Hull. Eliza has a neurological condition 'Charcot Marie Tooth', and she's the ABC's 2018 Regional Storyteller Scholarship recipient.

When Eliza was pregnant with her daughter, she felt unrepresented in every one of the countless parenting books.

Discouraged, she was prompted to develop a project sharing the stories of parents with disabilities in a way that could accurately represent each family's life.

The series explores the complexities that parenting with a disability brings, whilst also challenging the stigmas and stereotypes.

This can be accessed at:

www.abc.net.au/radionational/programs/lifematters/features/weve-got-this-parenting-with-a-disability



Family Friendly Freezer meal ideas



If like me you are often getting home and then thinking "oh no what am I going to feed them for tea tonight"?

If only there was something healthy and home made in the freezer that I could just pull out and stick in the microwave and then serve!

I went googling and found these recipes that you can cook in advance and then freeze for later.

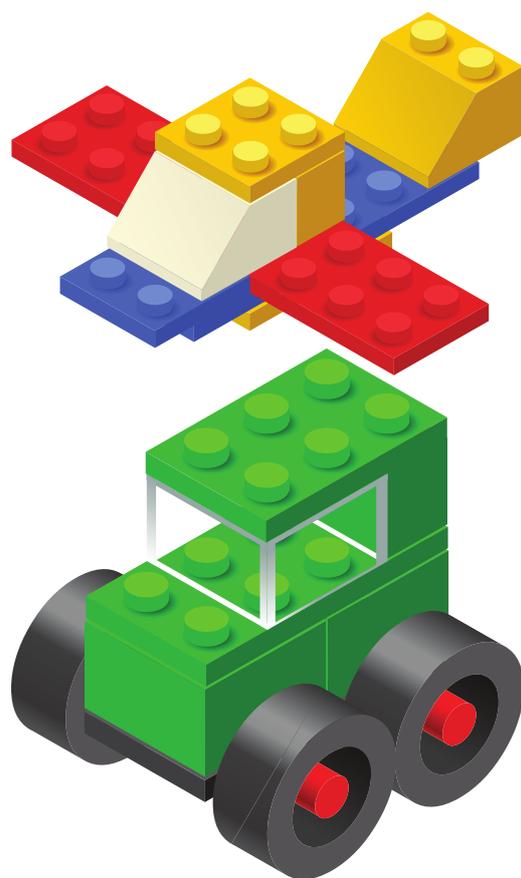
I'm going to have a go at Beefy baked Ravioli

See these ideas at <https://thrivinghomeblog.com/kid-freezer-meal-post/>

Do your kids love Leggo?

Do you have a leggo box full of leggo and the kids just seem to move the pieces around but are not really building? The Brickit app will scan you leggo box and then provide suggestions and instructions on lots of things they can build with the bricks they already have! It even shows them where in their box the price is, as long as they don't move it all around! This app is free and could be helpful to those that like the structure of knowing what they are going to build...and.. it is is a form of reading information which will add to the literacy development as well... win - win!

Check it out at <https://brickit.app>



What do RIAC Advocates help with?

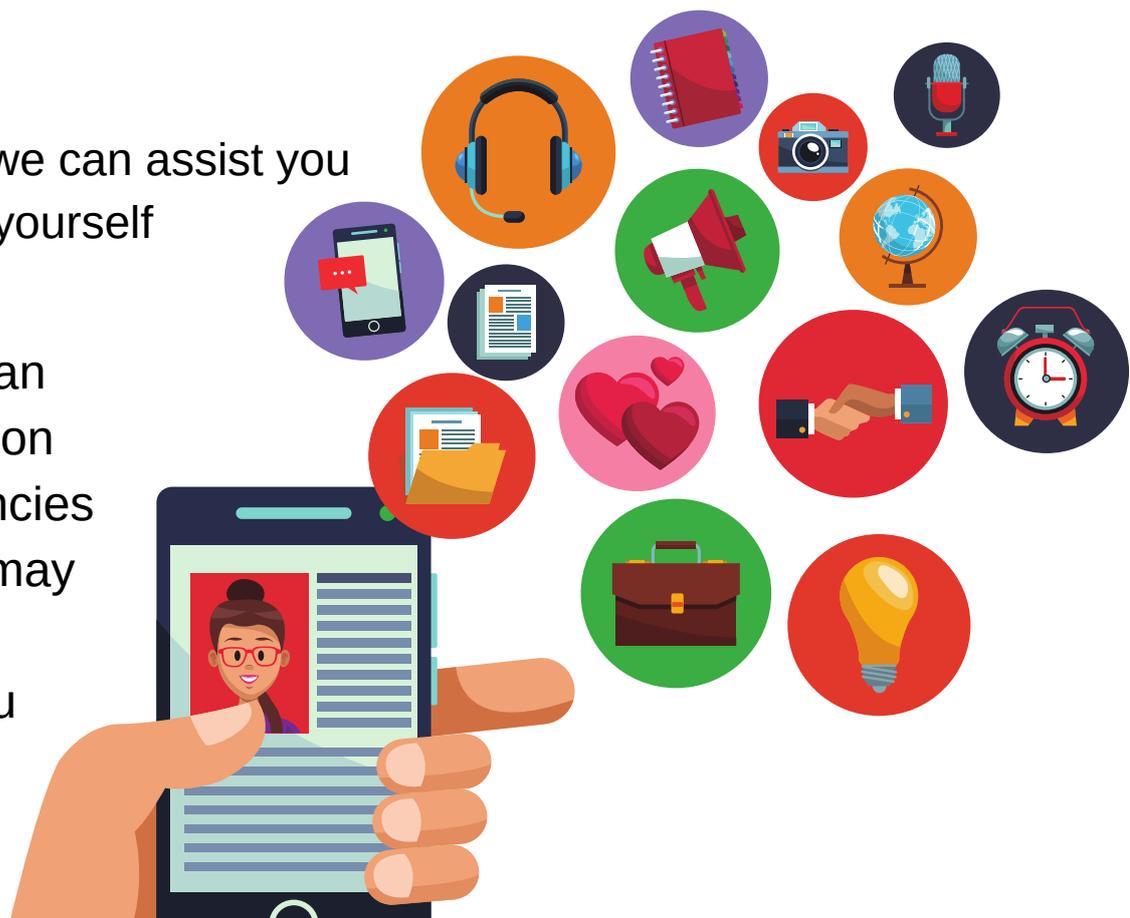
Through advocacy we stand alongside you. We'll ensure your voice is heard, that you're fairly treated and that you have the help you need to make any decisions.

From speaking on your behalf to being alongside you in meetings, some common examples of our advocacy support includes:

- Voice – we ensure your voice is heard at meetings
- Resolutions – we can assist you to resolve any problems or complaints
- Letters – we can write a letter with or for you
- Self-Advocacy – we can assist you in advocating for yourself
- Referrals – we can provide information about other agencies or services that may be of further assistance to you



See our website at
RIAC.ORG.AU for more
information



RIAC Forms Clinics

Bendigo, Swan Hill and Mildura!

- Are you needing support to understand and complete your paperwork?
- Do you find Centrelink Forms confusing?
- Do you need support completing housing applications?
- Do you need someone to look over your supporting evidence for NDIS, Disability Support Pension or any other applications?



RIAC CAN HELP YOU
WHEN: Monthly
WHERE: Bendigo, Swan Hill
and Mildura
COST: FREE

Spaces are limited and bookings are essential

For more information on program service areas and eligibility please contact our intake officer on

0352225499 or fill out our online intake form found at:

www.riac.org.au/contact/

Please complete your forms to the best of your ability and a RIAC staff member can assist you to complete your forms and look at any supporting evidence that you have.

On the day of your appointment please bring all paperwork that you need assistance with, as well as any other relevant documents and information.

***PLEASE NOTE, we are not a legal or medical service and cannot provide medical or legal advice**

Seeking your feedback and Suggestions



We have now put together four issues of this newsletter and would love to know what you think!

Is it covering useful content? Is there something you would like us to highlight?

Are there resources that you would like links to or to know more about?

Got a good news story you would like to share?

Other comments?

If so please let me know either directly through my email at ellen@riac.org.au or through our online confidential survey at:

www.surveymonkey.com/r/RIACAdvocacyfeedback

Or scan our QR code to go to our survey!



HELPFUL CONTACTS

Parentline: Call 132 289: (8am to midnight, 7 days a week)

Maternal and Child Health (MCH) Line: Call 13 22 29 (24 hours)

Family Relationship Support for Carers: Call 1300 303 346 or

Beyond Blue: 1300 22 4636 daily web

Mens Line Australia: Call 1300 789 978 (24 hours)

Orange Door: 1800 512 359 (9 - 5 Monday to Friday)

1800 RESPECT: National Sexual Assault Family Domestic Violence Counselling Service. Call 1800 737 732 (24 hours)



NSDS

SAI GLOBAL



DHSS

SAI GLOBAL



RIAC is committed to: ensuring diversity and equality in regard to disability, gender, race, religion or belief, ethnic origin, marital status, sexual orientation or transgender status.



Health and Human Services