

Parenting in a Pandemic: links to support families



This document aims to provide links and ideas to assist families navigate life during COVID-19. We are living in an unprecedented time which is impacting our daily lives at home, school and workplaces. Many families report they are facing financial difficulties, increased anxiety, mental and physical health issues in a new or increased way. These challenges, combined with parenting and caring for self and others is a focus of the Communities for Children Voice of the Family work and the following is provided in response to this. Some information relates specifically to the Greater Bendigo region with other being relevant on a State or National level. All information is correct at September 11, 2020 however please ensure personal responsibility to confirm accuracy on current stated restrictions and health information as some information changes rapidly.

Bendigo specific links:

- **City of Greater Bendigo:** A [COVID-19 Relief and Recovery Helpline](#) has been established. This is a single point of contact for residents to get access to local information about emergency housing, food relief, financial assistance, business information, counselling and mental health support. People can contact the Helpline by: Phone: 5434 6237 – Monday to Friday, 8.30am – 5pm or Email: covid19relief@bendigo.vic.gov.au
- **Bendigo Community Health Services** provides COVID information in [Karen, Dari and Dinka](#). <https://www.bchs.com.au/>

- **HeadtoHelp hub** Bendigo Community Health Services CEO Gerard Jose said the **HeadtoHelp** hub would play a vital role in supporting people in need across Greater Bendigo, particularly during this Coronavirus pandemic. "Bendigo Community Health Services welcomes the opportunity to further support people in need in our community through the new **HeadtoHelp** hub," Gerard said. "We are well aware there are people out there struggling through this Coronavirus pandemic who are not getting the help they need and this initiative is the opportunity to reach out to them and provide that valuable support." Our staff are committed to **HeadtoHelp** and we believe this can make a real difference in the community." Our **HeadtoHelp** hub will run from the Kangaroo Flat site at 19 Helm Street from 8.30am to 5pm, Monday to Friday, with anyone needing support to call **1800 595 212** for an appointment. <https://www.bchs.com.au/blog/671-bendigo-headtohelp-hub-for-those-in-our-community-missing-out-on-mental-health-support>
- **Bendigo Reads** Joining together for Bendigo children to support early language and literacy development. <http://www.bendigoreads.com.au/>
- **Goldfields Library** 'Library in your Loungeroom'. The key elements for families are: Virtual Story time and Fun Activities for Kids at home. ncgrl.vic.gov.au

Victoria

- **Department of Health and Human Services Coronavirus**
<https://www.dhhs.vic.gov.au/coronavirus>
- **Victorian Government Roadmap to Reopening**

From 11:59pm 13 September, some restrictions will be eased across Victoria. Regional Victoria and Melbourne Metro each have their own roadmaps, relating to how many active cases are currently in the community. This link provides a detailed breakdown of the changes and a copy of each roadmap.

<https://www.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps>

- **Victorian Government Regional Restrictions**
https://www.vic.gov.au/sites/default/files/2020-09/Victoria-coronavirus-roadmap-regional_0.pdf

National



- **University of Queensland COVID-19 Parent Resources**

The coronavirus (COVID-19) pandemic has upended family life around the world. To help parents manage the changes they are facing in these uncertain times, the Parenting and Family Support Centre has developed these [downloadable resources](#) for parents.