



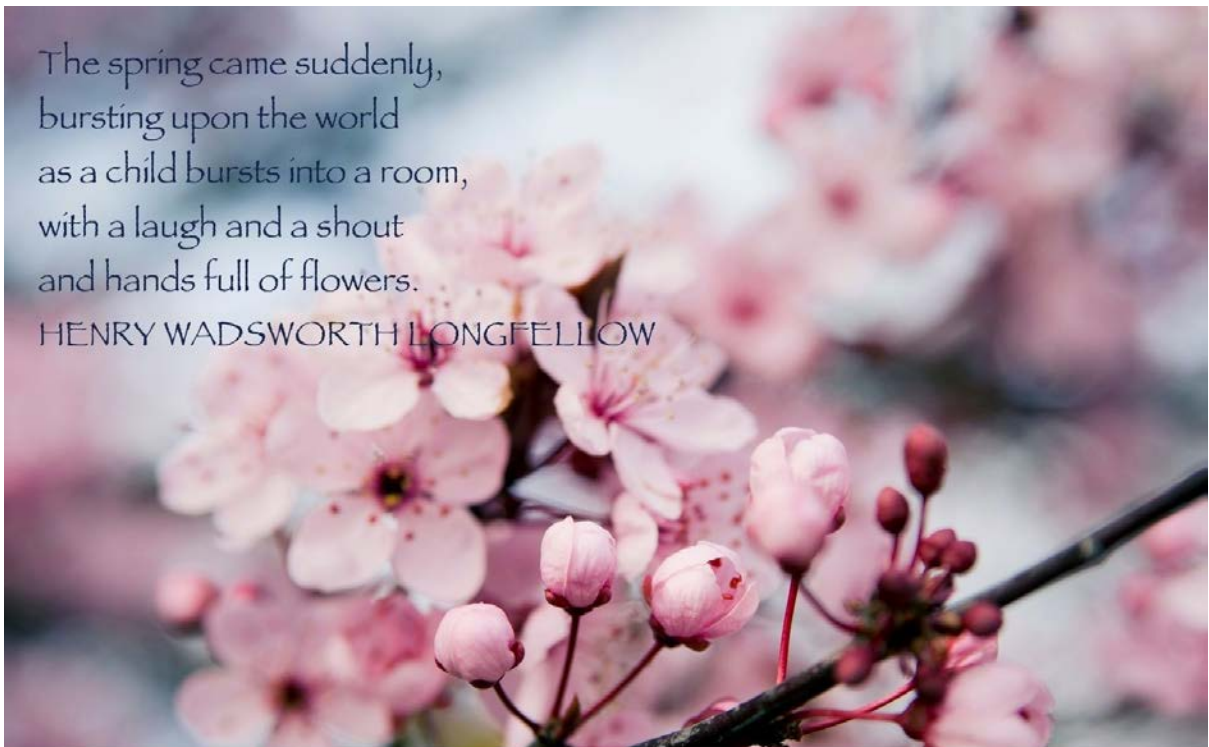
SouthEast
Housing Co-operative Ltd

Housing Futures

SEPTEMBER 2020

The spring came suddenly,
bursting upon the world
as a child bursts into a room,
with a laugh and a shout
and hands full of flowers.

HENRY WADSWORTH LONGFELLOW



QuotesIdeas.com

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From the CEO



Spring has indeed burst upon us – but the Covid 19 lockdown continues...

This means some changes to how our cooperative does things in the final stanza of this year. Most notably, the Annual General Meeting originally scheduled for November has been pushed back to February 2021, when hopefully we can again gather and tend to the formal (and informal) proceedings of SouthEast.

Also, given the circumstances we will not be able to hold our Christmas party in December. The Board and staff are currently working on ways to mark this annual event without the usual public gathering (more to come).

In the interim I am so pleased to report that there have been no Covid 19 cases recorded amongst the membership, Directors, or staff – let's hope that this remains the case...

Stay safe everyone,

A blue ink handwritten signature, appearing to read 'Steven Morrissey', with a stylized flourish at the end.

Steven Morrissey
Chief Executive Officer

Annual General Meeting



Postponed to 22 February 2021

Due to Covid 19 social distancing rules and other restrictions this year's AGM will be postponed to 22 February 2021. Members will receive notifications in the usual manner for retiring Board positions, the meeting time, place, and location and date and agenda. SouthEast rules do not permit general meetings to be conducted electronically so rules changes are required to repurpose the AGM to cope with any future pandemic.

We need 2 Member Directors!

There are two vacancies on the board that directors are keen to fill:

The Rules allow for up to ten directors:

- Three independent directors
- Seven member directors

Currently we have:

- Three independent directors
- Seven member directors, of which two retire at the next AGM

Bottom line: ***we need two member directors.***

PRACTICE SOCIAL DISTANCING, PRACTICE GOOD HYGIENE, AND WEAR YOUR MASK!

Benefits of being a director.

- *Your opportunity to add value to SouthEast*
- *Personal development through the support of mentors, other directors, and staff*
- *Deeper understanding of your co-op*
- *Education – directors receive training relevant to directorship and governance*
- *Compensation - \$100 attendance fee, travel reimbursements, contribution to home internet expenses etc...*

Happy to hear from any member that may be interested in taking up this opportunity. **Free training available. Please contact CEO Steven Morrissey on 9706 8005, or Chairperson, Andrea Lee on 0411 629 707 with any queries.**

Members Annual Christmas Party

The Board gave considerable thought to all the Covid 19 circumstances and decided that due to the uncertainty around what restrictions will be in force in the lead up to the festive season this year the Annual Members Christmas celebrations will be held over to a date to be advised. Members will be kept informed of future Covid safe alternatives.

Maintenance during Lockdown

Current Stage 4 Lockdown restrictions only allow for Emergency Maintenance to be undertaken. This includes:

- burst water service
- blocked or broken toilet system
- serious roof leak
- gas leak
- dangerous electrical fault
- flooding or serious flood damage
- serious storm or fire damage
- failure or breakdown of any essential service or appliance provided by a landlord or agent for hot water, water, cooking, heating, or laundering
- failure or breakdown of the gas, electricity, or water supply
- any fault or damage in the premises that makes the premises unsafe or insecure

- an appliance, fitting or fixture that is not working properly and causes a substantial amount of water to be wasted
- a serious fault in a lift or staircase.

All contractors must have a Covid Safe Plan and tenants have the right to ask them to comply with the wearing of face masks, to practise social distancing, to wear gloves, and to wash their hands with sanitiser. Before entering a property, tenants have the right to ask contractors if they are healthy and if not sure the tenant has the right to ask the contractor to leave. Tenants must also advise staff and or contractors if they or household members are unwell and self-isolate and must contact your GP and advise the SouthEast office on 9706 8005.

DHHS - Financial support for coronavirus (COVID-19)

Source: <https://www.dhhs.vic.gov.au/financial-support-coronavirus-covid-19>

If you need financial support and can't access further information via the links in this newsletter, then please contact the office on 9706 8005 or by email dale.carroll@sehc.org.au during business hours.

There are a variety of financial support packages for people and businesses impacted by coronavirus (COVID-19) including financial, job and business support. If you are seeking mental health support, visit our [Mental health resources page](#).

Centrelink JobSeeker recipients

Are you receiving Centrelink's JobSeeker payment? If you have a Pensioner Concession Card or Health Care Card, read about your concession entitlements. Find out more about [concessions and benefits](#).

Worker support payment

The worker support payment is a one-off \$1,500 payment for Victorian workers who, as of 20 June, have been instructed to self-isolate or quarantine at home because they are either diagnosed with coronavirus (COVID-19) or are a close contact of a confirmed case.

The worker support payment recognises that the requirement to self-isolate or quarantine at home can cause a financial burden for some individuals and families who are without incomes during this period. [Discover more and find out who is eligible](#).

\$450 Coronavirus (COVID-19) Test Isolation Payment

The Victorian Government is providing a \$450 Coronavirus (COVID-19) Test Isolation Payment to support Victorian workers, including parents and guardians, who are required to self-isolate while you wait for the results of your coronavirus (COVID-19) test. Find out how you can apply for the [\\$450 Test Isolation Payment](#).

Emergency relief package

An emergency relief package contains essential food and personal care items for vulnerable Victorians who are needing to quarantine or isolate due to coronavirus (COVID-19).

Delivery of a free emergency relief package can be arranged for people who are unable to access food themselves or do not have support available to them. [Learn more about who is eligible for the emergency relief package and other support available for accessing food.](#)

Rent relief grant

If you are experiencing rental hardship due to coronavirus (COVID-19), you may be eligible for assistance. Rent relief grants for Victorians experiencing rental hardship, as a result of the coronavirus (COVID-19) pandemic, provide a one-off grant to help Victorian renters maintain safe, secure and stable accommodation. The \$80 million rental assistance fund provides rent relief payments of up to \$3,000 to Victorians experiencing rental hardship due to the coronavirus (COVID-19) pandemic. [Read more about the grants and eligibility.](#)

Lost your job or income due to coronavirus (COVID-19)

Find information about support available if you have lost your job or had your income affected by coronavirus (COVID-19). [Find out more on the Victoria Government website.](#)

Extreme hardship support program

The Extreme Hardship Support Program can provide financial assistance, information and referrals to people living in Victoria who are experiencing significant hardship as a result of the coronavirus (COVID-19) and who are unable to access other forms of Victorian Government and Commonwealth Government income support. The program may support for temporary and provisional visa holders and undocumented migrants with little or no income, savings, or community support.

[Find out more about the Extreme Hardship Support Program \(Word\)](#)

[Extreme Hardship Support Program - Factsheet for community services providers \(Word\)](#)

No-interest loans scheme

Small amount, no-interest loans are available to all eligible Victorians through Good Money community finance outlets in Morwell, Geelong, Collingwood and Dandenong and a network of 77 local community organisations across Victoria.

The No Interest Loans Scheme (NILS) provides individuals and families on low incomes with access to safe, fair, and affordable credit.

Loans are available for essential goods and services such as fridges, washing machines, car repairs and medical procedures for up to \$1,500, repayable over 12 to 18 months. Find out more at the [Good Money website](#) or the [NILS website](#)

In response to the coronavirus (COVID-19) pandemic, No-interest Household Relief Loans of up to \$3000 are also now available to support low-income households with the costs of rent and utilities, repayable over 24 months. Find out more at the [Household Relief website](#)

[Find out more about the package, which provides support for businesses, workers and the community.](#)

Coronavirus (COVID-19)

healthdirect

How to avoid infection or spreading the virus



Wash your hands regularly with soap and water for at least 20 seconds



Avoid touching your eyes, nose or mouth



Cover your mouth or nose when coughing or sneezing



Use only disposable tissues, and dispose of them immediately after use



Avoid close contact with anyone showing respiratory symptoms



Monitor travel advice on Smarttraveller [smarttraveller.gov.au](https://www.smarttraveller.gov.au)



Stay at home when you are sick

Mask Wearing Tips

Almost everyone in Metropolitan Melbourne and Mitchell Shire must now [cover their face when they leave the house or face a \\$200 fine](#).

There are a few exceptions and you don't have to rush out and buy hundreds of disposable masks. Here are the dos and don'ts of wearing masks in Victoria.

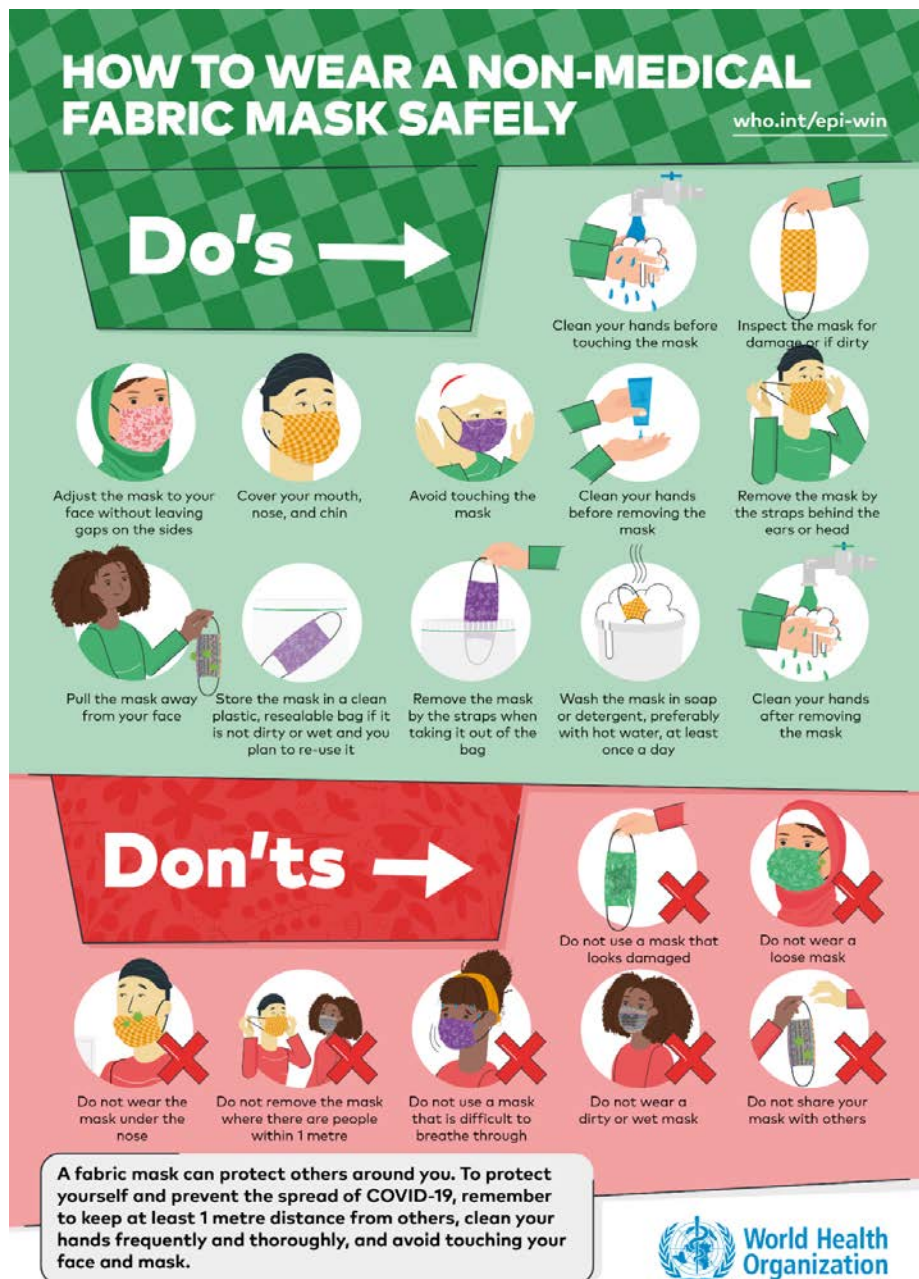
How do you wear a mask?

The most important thing is that the mask or face covering covers your mouth and nose and is snug. Not your forehead or your chin — it needs to cover your airways.

Victoria's Chief Health Officer, Professor Bret Sutton has some handy tips on how to wear masks.

PRACTICE SOCIAL DISTANCING, PRACTICE GOOD HYGIENE, AND WEAR YOUR MASK!

- Make sure there are no holes in the mask.
- Don't touch the outside of the mask and make sure you wash your hands thoroughly before you put it on and after you take it off.
- If you wear glasses or have a beard [there are a few tips and tricks to make sure your mask is fitted properly.](#)
- For single-use surgical masks, make sure the coloured side is facing outward, make sure there are no tears or holes, and if there's a metallic strip at the top of the mask make sure it's positioned against the bridge of your nose. The Victorian Government also has a [thorough guide on how to correctly wear different types of masks.](#)



How Mindfulness Can Help You Navigate the Covid19 Panic

Source: <https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/>

Your mindfulness practice can help you mitigate not only the fear and uncertainty of COVID-19 but can even help you quit touching your face all day.

• BY [KELLY BARRON](#)



deagreez/Adobe Stock

Each day, headlines bring news of the coronavirus and the actions people are taking to not get sick. Schools and offices are closing. Travel plans and conferences are getting cancelled. There's been a run on everything from black beans to toilet paper. The stock market is a roller coaster.

As frightening as the virus, is the uncertainty it's causing. Amid the fear and uncertainty, I'm reminded of why I practice mindfulness.

A fellow meditation teacher recently encouraged her students to check inside and see what all the fear and uncertainty is stirring up. You've been training for this, she told them, and now it's time to use your practice. That's wise advice and will remain so as the COVID-19 situation evolves in the days, weeks and likely months ahead.

PRACTICE SOCIAL DISTANCING, PRACTICE GOOD HYGIENE, AND WEAR YOUR MASK!

Sometimes we think of mindfulness as fluffy and soft. But mindfulness is built for difficulty. It's like a Hummer without the gas guzzling, capable of traveling over rough terrain while keeping its occupants above ground.

Investigating fear with mindfulness

Lately, I've been mindful of the one-to-one correlation between the news I've been reading and my own reactivity. Some of it is prompting prudence. I bought a bottle of 409 All Purpose antibacterial cleaner—just in case.

But when I felt apprehensive about going to the gym for a workout, I paused and felt my fear—the heat in my chest, the racing thoughts, and the images of me getting sick. I went to the gym, washing my hands carefully before coming home.

If we're not mindful of our fear, it will overwhelm us and that's rarely a good thing. When we face something threatening such as a fast-moving virus, it's normal to be afraid. This sort of thing is like catnip for our brains, which are hardwired to scan for danger. Reading blaring headlines or watching alarming news about the coronavirus plays into our nature, and not in a good way.

If we're not mindful of our fear, it will overwhelm us and that's rarely a good thing.

We can bring mindfulness into the fray to settle our nerves. And we can notice whether binging TV news invites a wise response to forgo a family reunion in a coronavirus hotspot like Seattle or if it's stirring panic, urging us to line up at Costco before the doors open to buy jumbo rolls of Quilted Northern just in case the end is near, and the only solution is lots and lots (and lots!) of toilet paper.

Whenever fear arises—whether triggered by a mysterious virus or not—we can stop and investigate it. We can learn to see it not as a monolithic feeling, but as a fleeting experience with movable parts—sensations, thoughts, images and so on.

In doing so, we can become intimate with the patterns of our personal brand of fear. We can notice where somatic angst shows up in our body. We can listen to the speed and content of our mental chatter. We can watch images appear in the theatre of our mind and more clearly see the story that's projected.

When fear is mindfully broken down in this way, it becomes workable. It can even wisely inform our next steps. Feeling into the discomfort of uncertainty can birth new perspectives and having the mental flexibility to consider another option creates an island of safety in the midst of uncertainty.

Mindfulness and Covid 19

There's also something wholeheartedly practical about mindfulness and its power to combat a pernicious virus.

We can notice, for example, how often we touch our face. This is something we apparently do more than 20 times an hour and is a sure-fire way to catch a virus, as our hands can pick up coronavirus from hard surfaces and transfer it to our eyes, nose, or mouth. We can make a practice of not touching our face. We also can wash our hands more frequently, noticing the sensations of the warm water and the slippery soap.

Instead of shaking each other's hands, we can look each other in the eye and send loving-kindness—wishing each other health, safety, and peace.

Instead of shaking each other's hands, we can look each other in the eye and send loving-kindness—wishing each other health, safety and peace. That's the soft side of mindfulness. And it works in tough times, too. In fact, in stressful times it's worth leaning into the compassionate side of mindfulness. It's worth remembering our shared humanity. And it's particularly worth paying attention to the biases, judgments, and condemnations that arise from fear and separate us from each other.

In many ways, COVID-19 has shown us just how connected and how much the same we really are. All of us—and some of us more than others—are vulnerable to getting sick and none of us wants to become ill. Viewed through the lens of interconnectedness, practicing mindfulness as the coronavirus spreads is not only a way to care for ourselves but a way to care for everyone around us.



4 MINDFULNESS PRACTICES TO Navigate Coronavirus Panic

BY KELLY BARRON



1. MINDFULLY WASH YOUR HANDS

Feel the warmth of the water as it flows over your palms. Notice whether washing your hands this way is a pleasurable act of self-compassion.



3. GO ON A MEDIA DIET

It's important not to unnecessarily trigger fear. Check the news once or twice a day and stick to official sources.



2. FACE OFF

Refraining from touching your face not only helps you avoid the coronavirus, it also can carry over to quell other habits.



4. EMBRACE UNCERTAINTY

Take a breath. Feel your feet on the floor and kindly say to yourself: "Right now, this is the only moment I'm living in."

PRACTICE SOCIAL DISTANCING, PRACTICE GOOD HYGIENE, AND WEAR YOUR MASK!




24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling


 openarms.gov.au

 1800 011 046

Lifeline


Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Having a tough time and need someone to talk to right now? The following services are there to listen and help you out. They are confidential and available 24/7.



1800 015 188

Telephone and online services

Source: <https://www2.health.vic.gov.au/mental-health/mental-health-services/support-and-intervention/telephone-and-online-services>

There are telephone and online support services for people affected by mental health issues, with targeted services on issues or for groups in the community.

Service	Focus	Phone number	Operating hours
Emergency	Emergency assistance	000	24 hours/7 days
<u>NURSE-ON-CALL</u>	Expert health advice from a nurse	1300 60 60 24	24 hours/7 days
<u>Area mental health services triage</u>	Generally, the first point of contact for people seeking a specialist mental health response that will identify the urgency and nature of response required	Phone numbers are available in each area	24 hours/7 days
SANE	People affected by complex mental health issues	1800 187 263	10am – 10pm weekdays
<u>ARAFEMI</u> <u>Carer Helpline</u>	People affected by mental illness	1300 550 265	9am – 5pm weekdays
Headspace	Young people aged 12–25	1800 650 890	Telephone: 10pm to 1am

Service	Focus	Phone number	Operating hours
			Online counselling: 1pm to 1am
Parentline	Parents and carers with children from birth to 18 years	13 22 89	8 am–midnight/7 days
<u>Safe Steps (Family Violence Response Centre)</u>	Family violence support	1800 015 188	24 hours/7 days
<u>Gay and Lesbian Switchboard</u>	Gay, lesbian, bisexual, transgender and intersex (GLBTI) communities.	9663 2939 or 1800 184 527	Mon–Thurs 6 pm–10 pm Fri–Sun 6pm–9pm
<u>Sexual Assault Crisis Line Victoria</u>	Victims/survivors of past and recent sexual assault	1800 806 292	5 pm–9 am/7 days
Griefline	Support for experiencing loss and grief, Lines open from Midday to 3am 7 days per week	1300 845 745	12 noon–3 am/7 days
DirectLine	People impacted by drug use	1800 888 236	24 hours/7 days
<u>Family Drug Help</u>	People impacted by drug use	1300 660 068	9am–9pm weekdays
PANDA	Post or ante natal depression	1300 726 306	9 am–7 pm weekdays
<u>Gambling helpline</u>	Gambling	1800 858 858	24 hours/7 days
<u>OCD and Anxiety helpline</u>	Anxiety disorders and depression	1300 269 438 or 9830 0533	10am–4pm weekdays
<u>Bush support line</u>	People in rural and remote areas	1800 805 391	24 hours/7 days
<u>Suicide call back</u>	24-hour crisis support and counselling	1300 659 467	24 hours/7 days

Active Minds

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Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Government Contacts

Australian Government Department of Health web site

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Switchboard 02 6289 1555 Freecall 1800 020 103

National Coronavirus Helpline

Call this line if you are seeking information on coronavirus. The line operates 24 hours a day, seven days a week. 1800 020 080

Victorian Department of Health and Human Services (DHHS)

Coronavirus hotline

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated coronavirus hotline on 1800 675 398.

Please keep Triple Zero (000) for emergencies only.

Telephone enquiries

For all general enquiries to the Department of Health and Human Services phone: 1300 650 172 (local calls free within Victoria, except mobile phones).

International, interstate, and mobile callers' phone: (+613) 9096 9000.

For Centrelink enquiries please ring 132 468

For NDIS enquiries please ring 1800 800 110

SouthEast Contacts and Support

Maintenance



T: 03 9706 8005

F: 03 9706 8558

Email: michelle@sehc.org.au

Tenancy



T: 03 9706 8005

F: 03 9706 8558

Email: joy@sehc.org.au

Management

Steven Morrissey, CEO



T: 03 9706 8005

F: 03 9706 8558

Email: steven@sehc.org.au

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Privacy: SouthEast is committed to protecting your privacy and complying with all applicable privacy laws. If you have any questions or comments about our privacy practices, we can be contacted at PO Box 7141, Dandenong 3175, Phone: 03 9706 8005, Fax: 03 9706 8558.

Publications: Key publications including tenant policies and procedures can be viewed on the SouthEast website at www.sehc.org.au.