



8 July 2020

Dear Wintringham residents

Re: COVID19 Update – Stage 3 restrictions

Head Office

136 Mt Alexander Road
PO Box 193
Flemington Victoria 3031

T 03 9376 1122
F 03 9376 8138
E admin@wintringham.org.au
www.wintringham.org.au

ABN 97 007 293 478

I hope this letter finds you well in these challenging times. I'd like to reassure you that we remain focused on continuing to provide you with the support you need during this COVID-19 pandemic.

As you may have heard, metropolitan Melbourne and Mitchell Shire have been placed under Stage 3 restrictions for six weeks commencing midnight 9 July 2020.

Government have advised there are **only four reasons to be out**:

- Shopping for what you need - food and essential supplies
- Medical, care or compassionate needs
- Exercise, as long as it meets public gathering requirements
- Work and study if you can't work or learn from home

What else do **Stage 3 restrictions** mean for you?

- All gatherings are restricted to no more than two people
- Social distancing rules should also be observed (1.5 metres between yourself and other people)
- People should be staying in their own homes

Based on this information, **only one visitor is allowed in your house at one time**, it should be kept to less than two hours, no visitors are allowed to stay overnight.

If residents do not comply with these restrictions, Wintringham will have no alternative but to contact the Police. This is for your own safety, the safety of other residents and the community.



There is also strong advice for those people aged over 70 years, for those older than 60 years of age with existing health conditions, and for Indigenous Australians aged over 50 years, to stay home and seek help for things like shopping. For your own protection, I encourage you to stay home as much as possible.

Please contact your case manager or support worker if you require any help including help getting food, medication and essential supplies.

What can you do to stay safe?

You play an important role in reducing the spread of the virus. Please continue to:

- Wash your hands often with soap and water, before and after eating and using the toilet
- Cough and sneeze into your elbow, not your hands
- Keep your distance from other people
- Stay home if you can
- Discuss symptoms with your doctor
- Notify Wintringham if you are unwell

Do you need more support?

If you are finding it hard to cope during the pandemic, Beyond Blue offer a Coronavirus Mental Wellbeing Support Service 24 hours a day, call 1800 512 348 or you can also chat online at <https://coronavirus.beyondblue.org.au/general/chat-online.html>

Please take care during this difficult time, and don't forget that our team is here to help you get through this.

Thank you for your continued support.

Yours sincerely



Bryan Lipmann AM
CEO / Founder

