

## Coronavirus pandemic - useful phone numbers

### Groceries

You can now purchase groceries over the phone. Coles and Woolworths also offer 'community hour' which allows only certain people in the store.



**Woolworths: 1800 000 610**

**Community hour –**

(elderly & people with disability entry only):

7am – 8am Mon, Wed & Fri



**Coles: 1800 061 562**

**Community hour –**

(elderly & people with disability entry only):

7am – 8am Mon, Wed & Fri



**IGA: 1800 018 384**

**Meals on wheels:**

**02 8219 420**



**Foodbank: 02 9887 4144**

Foodbank is a charity providing food relief during the pandemic.

### Medication

The Home Medicines Service will deliver Pharmaceutical Benefits Scheme and Repatriation Pharmaceutical Benefits Scheme prescriptions to your door via Australia Post services.

Contact **your local pharmacy** to see if they offer this service.

### 24/7 information line

If you are unsure of what service, you require call

**Service NSW on 13 77 88**

any time or day and they will direct your call.



### National Coronavirus Helpline

For general advice regarding the Coronavirus call: **1800 020 080**  
This number operates 24/7.



### Doctors' appointments

'Telehealth' services are now available. This means you can have your doctors' appointment over the phone. Contact **your doctor's office** to arrange this.



### Flu vaccines

All people aged 65 years and over are eligible for a free flu shot.

You may be able to have yours at home.

For enquiries call **1300 066 055**

NOTE: This number will redirect you to your local Public Health Unit.



### Local Council

Your local council may be offering services for older Australians.

Call **the office of Local Government** to find out:  
**02 4428 4100**



### Telecross

**Red Cross** can provide you with a daily telephone call to check on your wellbeing through their 'Telecross' service.

For more information call:  
**1300 885 698**



### Mental Wellbeing Support

Struggling to cope during the Coronavirus outbreak? You can call **Beyond Blue** on: **1800 512 348** or **Lifeline** on: **13 43 57** to talk it through.



**CPSA**



**COMBINED PENSIONERS & SUPERANNUANTS ASSOCIATION**

For any additional enquiries please call the CPSA Infoline: 1800 451 488



# Message from A/Minister for Seniors, Geoff Lee MP

## Services available to seniors during the COVID-19 pandemic

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Dear Member,

The COVID-19 situation is constantly changing, and it is essential that you stay up to date on the response to the pandemic. The best way to look after ourselves and each other is to follow the latest NSW Health advice.

We know that people over 70, and people with underlying health conditions are at greater risk of serious illness because of COVID-19. The safest option is for seniors to stay at home and limit face-to-face interactions with other people.

I'm asking all of you to be safe. Don't take the risk. It's not worth it.

It is my priority to share with you the latest advice so we can keep our seniors safe and well.

### Information

For reliable, up-to-date information about what you should do during this time, please visit the NSW Government website at [www.nsw.gov.au](http://www.nsw.gov.au).

If you need any help please call the 24/7 Service NSW hotline on 13 77 88.

### Staying connected whilst in isolation

There has never been a more important time for us to stay in touch with family and friends. I encourage you to keep in touch in other ways by calling regularly, trying new technologies or writing letters. If you know of someone who might not have someone they can call on, I encourage you to reach out. You can also call 1300 885 698 (Telecross) to register for a daily wellness call.

Last week I launched the *Combatting Social Isolation for Seniors during COVID-19 Grant Program*, which offers one-off grants from \$10,000 to \$100,000 for organisations to provide engagement opportunities for seniors during the COVID-19 pandemic in 2020. Applications are open now and will close on 26 April. For more information, head to:

<https://www.facs.nsw.gov.au/inclusion/seniors/overview/chapters/what-we-are-doing-under-the-strategy/combating-social-isolation>

### Groceries and essentials

- **Woolworths** [woolworths.com.au](http://woolworths.com.au), 1800 000 610

In addition to the community hour and priority delivery service already implemented, Woolworths has introduced the 'Woolworths Basic Box' – a package that provides essential products to customers who are currently unable to visit Woolworths stores, including the elderly, people with a disability, those with compromised immunity and people in mandatory isolation. You can find out more information by calling or visiting the Woolworths website.

- **Coles** [coles.com.au](http://coles.com.au), 1800 061 562

Carers, friends and neighbours of seniors can also shop on behalf of seniors during Community Hour, from 7am to 8am every Monday, Wednesday and Friday.



- **Foodbank** [foodbank.org.au](http://foodbank.org.au) 02 9887 4144

Charities such as [Foodbank](http://Foodbank) are also providing food relief at this time. Visit [Ask Izzy](#) to find your local charity for food and grocery relief.

- **Meals on Wheels** [nswmealsonwheels.org.au](http://nswmealsonwheels.org.au), 02 8219 420

#### Getting your medications

- The Home Medicines Service is available for seniors to have their Pharmaceutical Benefits Scheme (PBS) and Repatriation Pharmaceutical Benefits Scheme (RPBS) prescriptions delivered.
- Australia Post is offering pharmacies free Express Post-delivery to mail medications to vulnerable members of the community. Please **call your local pharmacy** to see if they offer this service.

#### Doctors' appointments

The Commonwealth Government has made telehealth services available to all Australians. This means you can have your appointment with your regular doctor via a video call, like on FaceTime or Skype. I encourage you to get in touch by phone with your doctor's office to arrange this.

#### Councils

Your local council may be offering services to help older residents. You can [find your local council online](#) or call 02 4428 4100 for assistance.

#### Seniors Card

Seniors Card are releasing regular updates with information and a range of discounts from their business partners through their weekly newsletter:

[www.seniorscard.nsw.gov.au/news-activities](http://www.seniorscard.nsw.gov.au/news-activities)

If you don't have a NSW Seniors Card or Senior Savers Card you can apply for one free at [www.seniorscard.nsw.gov.au/membership](http://www.seniorscard.nsw.gov.au/membership)

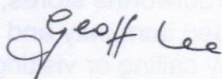
#### More information

If you are still not sure what service is best for you, you can call **Service NSW** 24 hours a day, 7 days a week on **13 77 88**.

#### Thank you

I sincerely thank all CPSA staff and members on your continued efforts in supporting people in our communities. This is a challenging period for all of us. Your assistance is crucial to help seniors get through this while staying safe and healthy. We will get through this together if we are sensible. Stay at home, but call your neighbours, friends and family. Let's respect each other and what's right for ourselves and others.

Yours sincerely,



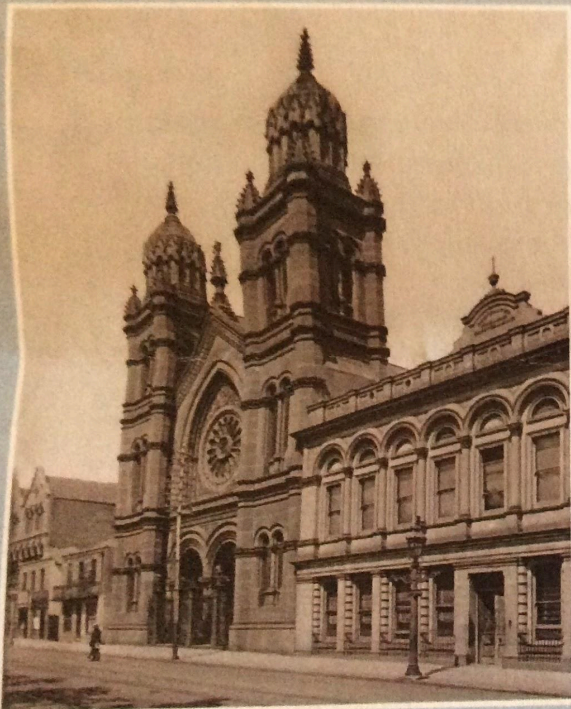
Geoff Lee MP

**Acting Minister for Sport, Multiculturalism, Seniors and Veterans**

Photos from our 2020 February outing to the The Great Synagogue.



## The Great Synagogue in Sydney 1878-2018



The Great Synagogue, Sydney, Henry King, c. 1880-1900  
PHOTOMUSEUM OF APPLIED ARTS AND SCIENCES

The building of The Great Synagogue on Elizabeth Street in Sydney in 1878 was the visionary statement of a confident Jewish congregation. This exhibition explores the history and architectural significance of the building which has become a heritage landmark and a symbol of the Jewish community's history. In eight thematic sections, it features rare photographs presented with corresponding documents, artworks and objects from the AM Rosenblum Jewish Museum and other historical collections.







Photos from our 2019 October outing to the ANZAC Memorial





















Judith Dunn, our August speaker. She was from the Royal Australian Historical Society





a couple of photos from our visit to Sydney Town Hall in Aug 2019

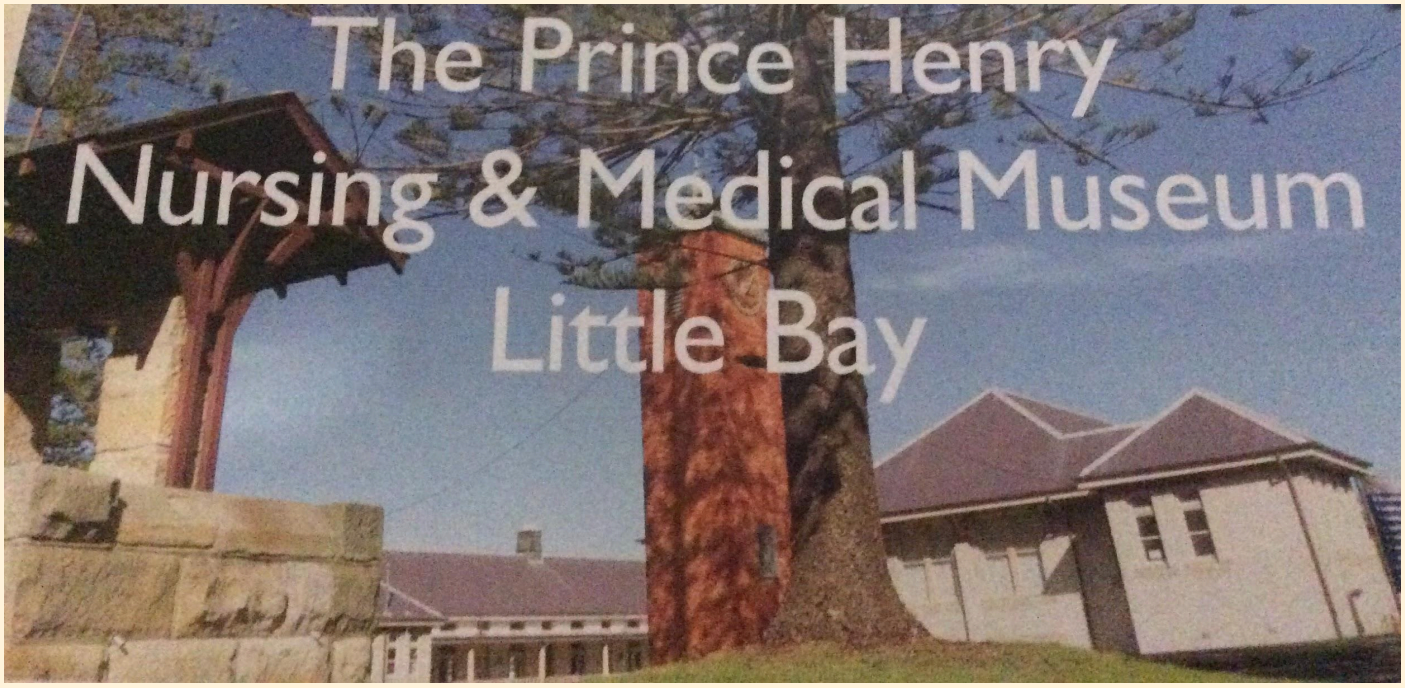




Some photos from our May outing.



# The Prince Henry Nursing & Medical Museum Little Bay















A couple of photos of Rod Bower, our February guest speaker.









In lieu of our December luncheon we visited St Stephens Uniting Church Sydney for a light lunch







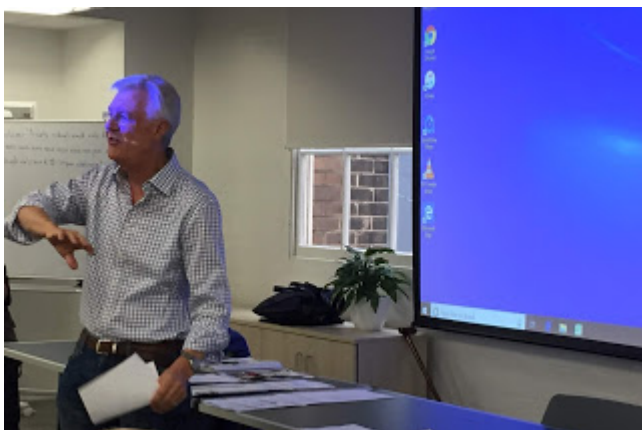






Three photos from our October meeting.

The speaker was Professor Ed Davis, President of ABC Friends NSW and ACT.























Photographs from our June Social visit to the Female Orphan School in Parramatta









