

# BOUNCEBACK PROGRAMS TO SUPPORT YOU DURING COVID-19

COVID-19 has had a huge impact on us all whether it is due to work instability, lack of social interaction with family and friends or just a general lack of normality in our everyday lives.

To support our communities during this time, we have put together a program of live online events in August covering four key areas; employment, money management, health and wellbeing and financial support from council.

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## Navigating Redundancy Make it work for you!

Mon 10 Aug 7.00 pm – 8.00 pm

#### Zoom

Are you facing redundancy and wondering if you can turn it into an early retirement? You're not alone. You'll be given a clear view of the rules of redundancy to help you make informed decisions. Learn the ins-and-outs of entitlements, taxation of your redundancy, and the rules for accessing your super. A presentation by First State Super.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

## Manningham Council: Financial Relief and Support Information Tue 11 Aug

2.00 pm – 2:30 pm

#### Zoom

Lee Robson, Manager of Community Resilience at Manningham Council will discuss the services and support that council can provide residents during this time of recovery from COVID-19. This session will cover the Council's Financial Relief Package, support for small business and community support. There will also be an opportunity for Q and A.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited





## City of Whitehorse: Financial Relief and Support Information

Thu 13 Aug 2.00 pm – 2:30 pm

#### Zoom

Council understands that many community groups have been impacted by COVID-19 restrictions. Bronwyn Upston from the Community Development Team and Deborah Shambrook from the Economic Development Team at Whitehorse Council will outline the ways in which Council is supporting the community and small businesses in recovery from COVID-19. There will be an opportunity for Q and A.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

# **The New Job Market** Wed 12 Aug 7.00 pm – 8.00 pm

Online |

Bounce Back Programs

#### Zoom

This session will cover current skill shortages and employment trends. We will talk about where the jobs are likely to be, what impact COVID-19 has had on employment trends and what you need to consider when contemplating a career change post COVID-19. Presented by the Skills and Jobs Centre.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited







#### Not a member?

No problem, we can arrange to have a library card posted to your door. Call your nearest branch for assistance



11.00 am – 12.00 pm

#### Zoom

"What's 4 Dinner?" That dreaded question we are met with daily whether we live alone or with others. Kim McCosker, creator of the super successful 4 Ingredients, invites you to a chat about all things pertaining to the kitchen. She's a very passionate homecook and after 37 cookbooks has many practical hints and tips in the kitchen that she's more than willing to share. To save time and money in the kitchen, she cannot stress enough the importance of sitting down each week and creating a simple Menu Plan. Extracting from it the ingredients you don't have and simply shopping for the ones you need. Menu planning saves time, money, unnecessary trips to the shops (and who wants that right now) and the environment with less wastage.Join us as Kim cooks a sample dish or two for you as well and give you a chance to ask questions about cooking and meal planning.

Registration: Register online, places limited

Home Delivery Service

Free Library Home Delivery is now available!



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Register for events at www.wml.vic.gov.au



## Tax Time 2020 Working from Home Mon 17 Aug 7.00 pm – 8.00 pm

#### Zoom

the session.

Cheryl Gordon from the ATO will present on the special issues raised from **COVID-19** which may impact on your tax. This session will cover working from home: what can you claim? The ATO's support measures during COVID-19 (JobKeeper payment, early release of super), how to lodge your tax return and what income you need to declare, and how to protect yourself from scams impersonating the ATO. Zoom invitations will be sent via email prior to

Registration: Register online, places limited

#### Winning Job Interview Techniques Tue 18 Aug 2.00 pm – 3.00 pm Zoom

This session will cover all there is to know about job interviews including how to make a positive first impression, types of interviews, preparation and what kind of questions will you come across in interviews. Great for anyone looking to brush up their skills and build confidence. Presented by the Skills and Jobs Centre. The Skills and Jobs Centre will also be offering free one-to-one follow up sessions

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited







#### Wellbeing: Moving through Change Thu 20 Aug 7.00 pm – 8.00 pm

#### Zoom

Certified Meditation and Mindfulness Teacher and Wellness Coach, Sacha Stewart will guide you through a session on managing change and your emotions. She will discuss techniques for letting go of stress. How to manage emotions when they arise. The power of your thoughts, and the choice to change the internal conversation. Compassion and non-judgement for yourself and others. The session will include a short guided meditation.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

## **Working From Home** Zoom, Social Media and LinkedIn

Fri 21 Aug 10.00 pm – 11:30 am

## Zoom

Learn how to work from home efficiently by utilising tools such as the popular video conferencing platform Zoom. In this webinar, Ready Tech Go will also cover Social media such as LinkedIn, Instagram and Facebook. You will learn how you can use Social media to promote yourself or your business and reach your audience.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited







#### Managing Your Debt Mon 24 Aug 7.00 pm – 8.00 pm

#### Zoom

We all could probably all be a bit better at managing our finances, right? in this session we'll be covering budgeting and managing debt. What are your money behaviour habits – are you a fitbit financier or a social value spender? Learn about finances and super in a simple, easy-tounderstand session.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

#### **Budgets Don't Work** (but this does) Tue 25 Aug 7.00 pm – 8.00 pm **Zoom**

Melissa Browne is a best-selling author, financial columnist for The Age and the Sydney Morning Herald, financial educator, accountant, CEO and entrepreneur who is passionate about helping women particularly live a life by design not default. Her irreverent style has produced books such as Unf\*ck Your Finances and Budgets Don't Work, but this does. Mel teaches you how to financially grow up, and still buy great shoes.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited





# **Crafting the Perfect Resume & Cover letter** Wed 26 Aug 7.00 pm – 8.00 pm

#### Zoom

This session will cover what should be included in a resume, how a resume should be structured, tips to beat the bots and how to write an effective cover letter. Great for anyone looking to polish off their resume and give it a revamp! Presented by the Skills and Jobs Centre. The Skills and Jobs Centre will also be offering free one-to-one follow up sessions

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited



#### Home Eats Cooking 'takeaways' at home Sat 29 Aug 11.00 am – 12.00 pm

#### Zoom

Buying our food ingredients locally is a great, practical way to support small businesses in our community. Angela Ryan from Access Health and Community will be hosting "Home Eats" – a fun and interactive cooking session recreating healthier versions of takeaway favourites at home, using locally bought ingredients. Angela will demonstrate how to cook a couple of these simple, healthy meals, which are suitable for all levels of cooking experience.

Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

#### **Financial Literacy 101** How to survive COVID-19 with your finances intact! Mon 31 Aug 7.00 pm – 8.00 pm **Zoom**

Veteran finance expert Sue West, from MONEY NATTERS presents the essentials of COVID-19 financial information. How are you coping with the financial upheaval imposed on all of us via the pandemic? Financial understanding, and knowing where to look for good financial information, is invaluable. This session will cover living on a budget, working from home, tax, Super and much more. Come along and learn, so you can get the best out of your financial position now and in the future. Zoom invitations will be sent via email prior to the session.

Registration: Register online, places limited

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open for discovery

# COVID-19 UPDATE

ONLINE SERVICES WILL CONTINUE	ASK A LIBRARIAN phone or email assistance	ONLINE PROGRAMS & EVENTS see events guide online	E-LIBRARY COLLECTIONS visit www.wml.vic.gov.au/elibrary
	9 JUNE 2020	22 JUNE 2020	9 JULY 2020
WHAT WILL BE AVAILABLE	<ul> <li>PUBLIC ACCESS TO THE LIBRARY</li> <li>20 people at a time to join, return, browse, and select items. Visits limited to 30 minutes.</li> <li>PREPARED PICK UP</li> <li>Place free reservations online or call library staff to choose for you so your selection is ready and waiting.</li> <li>PUBLIC COMPUTERS/ PRINTING/PHOTOCOPYING Maximum 30 minutes, one session per day</li> <li>BOOK RETURN CHUTES open 24/7 at all branches</li> <li>HOME DELIVERY place a reservation via the library catalogue and contact the library to arrange delivery</li> </ul>	<ul> <li>PUBLIC ACCESS TO THE LIBRARY Up to 20 people at a time (branch size dependent) to join, return, browse, and select items. Visits limited to 60 minutes.</li> <li>PREPARED PICK UP Place free reservations online or call library staff to choose for you so your selection is ready and waiting.</li> <li>PUBLIC COMPUTERS/ PRINTING/PHOTOCOPYING Maximum 60 minutes, one session per day</li> <li>BOOK RETURN CHUTES open 24/7 at all branches</li> <li>HOME DELIVERY FOR VULNERABLE/SELF ISOLATING Contact library staff by phone to arrange home delivery if you are in a vulnerable category or self-isolating.</li> </ul>	<ul> <li>ONLINE ADULTS AND CHILDREN'S EVENTS including author talks, workshops, craft activities and more</li> <li>E-LIBRARY 1000's of digital collections and services, visit wml.vic.gov.au/ eLibrary to access all for free</li> <li>HOME DELIVERY Place a reservation via the library catalogue and contact the library to arrange delivery</li> </ul>
WHAT IS NOT AVAILABLE	<ul> <li>MEETING ROOM BOOKINGS</li> <li>IN-PERSON EVENTS AND PROGRAMS</li> <li>STUDY/READING SPACES</li> <li>NEWSPAPERS</li> </ul>	<ul> <li>MEETING ROOM BOOKINGS</li> <li>IN-PERSON EVENTS AND PROGRAMS</li> <li>STUDY/READING SPACES</li> <li>NEWSPAPERS</li> </ul>	<ul> <li>PUBLIC ACCESS TO THE LIBRARY</li> <li>PREPARED PICK UP</li> <li>BOOK RETURN CHUTES</li> <li>MEETING ROOM BOOKINGS</li> <li>IN-PERSON EVENTS &amp; PROGRAMS</li> </ul>
WHAT WE ASK FROM YOU	PLAN AHEAD AND COME WITH A LIST	MAINTAIN HAND HYGIENE STAY AT HOME WHEN SICK	PRACTICE RESPIRATORY HYGIENE PLEASE HELP KEEP OUR COMMUNITY SAFE

Contact any branch or view website for more information **www.wml.vic.gov.au** 

Register for events at www.wml.vic.gov.au



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