



Moora Community Connections



The below information summarises what help/support is available for the community in these challenging times

#4 April 28, 2020

Moora Community Resource Centre

Our doors may be closed but you can still connect with us.

P: 9653 1053

E: mooracrc@gmail.com

Tai Chi Tuesdays

Tai Chi videos posted on the Moora Community Resource Centre Facebook page at 10 am on Tuesday Mornings - join in, call a mate, have fun, stay fit, stay connected, stay healthy, stay safe.

Virtual Stay on Your Feet.

Stay on your Feet exercises posted on the Moora CRC Facebook page on Thursday mornings 9 am same as Tai Chi. Exercise sheets also available at Moora CRC.

COVID-19 coronavirus

Updated social distancing restrictions

The following Indoor and outdoor gatherings can now recommence, for **up to 10 people**, while practising social distancing.

- Exercise:** Outdoor personal training (no sharing equipment)
- Outdoor recreation:** Hiking, camping, recreational fishing, boating and picnics (within your region)
- Indoor, non-work gatherings:** Relaxed for up to 10 persons
- Weddings:** With up to 10 persons

Keep up the great work WA

Continue to practise appropriate social distancing

- Avoid close contact with others:** try to keep at least 1.5 metres away
- Healthy Hygiene:** Wash your hands regularly. Cover your mouth/nose when you cough/sneeze

WA.gov.au

WIN \$100 voucher to your local sports store
1 prize per centre

Avon Community Services

CALLING ALL AVON YOUTH

NARROGIN, MOORA, MERREDIN & NORTHAM

Send us your understanding of COVID-19 and how you're dealing with it.

Be creative – make a poster, a Tik Tok, carton, anything!

SUBMIT TO YOUR LOCAL ACS CENTRE BY MAY 15, 2020

NORTHAM Trish – northam.youth@avoncs.org.au or 0417 068 954

NARROGIN – Mandy – narrogin.youth@avoncs.org.au or 0476 169 174

MERREDIN – Kelly – merredin.youth@avoncs.org.au or 0407 142 697

MOORA – Hayley – moora.youth@avoncs.org.au or 0475 603 598

COVID-19 Support

Moora CRC website has information & support. <http://moora.crc.net.au/covid-19-support.html>

Moora's Mothers Day Madness

Moora CRC is looking to compile a list of Mother's Day gift ideas or thank yous for a special Mum, Grandma, Aunty or even a neighbour. Any local businesses, online stores, (local crafty peeps), local goods or services, please contact us and we will spread the word. It may be a new line, a special offer or just to let everyone know you have stock or services available locally. Support Local and remember the special ladies in our lives.

A new COVID-19 hotline for older Australians to get the critical information they need to stay safe and healthy, by providing an accessible one-stop source for personal support, questions & up-to-date guidelines is now available. Older people and carers are encouraged to call **1800-171-866** to speak to friendly, specially trained staff.

If you are able to help or need assistance with anything, please contact Moora Community Resource Centre on 08 9653 1053 and we will do our best to assist.

Moora
Community Resource Centre
Your local connection

