



Useful Resources

Personal Support

Police

Emergency: 000

Police Assistance Line 131 444

Beyond Blue 1300 224636

<https://www.beyondblue.org.au>

Lifeline 13 11 14

<https://www.lifeline.org.au>

Domestic Violence hotline 1800 737 732

Domestic Violence Resource Centre Victoria

<https://www.dvrcv.org.au>

Waverley Community Info and Support Centre

www.monashwaverleycis.org.au

Provide: Practical support, Information, Emergency relief, Referral services

Orange Door

<http://www.orangedoor.vic.gov.au>

Provide: Free service for adults, children, and young people who are experiencing or have experienced family violence and families who need extra support with care of children.

Wire 1300 134 130

www.wire.org.au

Free support, referral and information for all Victorian Women.

Safe Steps 1800 015 188

safesteps.org.au

Victoria 24/7 Family Violence Support Services

Mensline Australia 1300 78 9978

<https://mensline.org.au>

Telephone and online counselling service for men with emotional health and relationship concerns

Men's Referral Service 1300 766 491

<https://ntv.org.au>

Provides free, anonymous and confidential telephone counselling, information and referral to both men and women.

DVRCV (03) 8346 5200

www.dvrcv.org.au

Domestic Violence Resource Centre Victoria

Seniors Rights Vic 1300 368 821

<https://seniorsrights.org.au>

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

Government Contact Details

Police
Emergency: 000
Police Assistance Line 131 444

Monash Council
9518 3555

Federal Member for Hotham
Clare O’Neil MP
9545 6211

Federal MP for Bruce
Mr Julian Hill MP 9791 7770

State Member for Mulgrave
Mr Daniel Andrews – Premier
9548 5644

State Member for Mount Waverley
Mr Matt Fregon 9561 0511

State Member for Burwood
Mr Will Fowles 9809 1557

Medical Support

Pharmacy online
1300 074 Phone orders & Enquiries
Pharmacist Advice 02 9389 0202
<https://www.pharmacyonline.com.au>

Nurse on Call 1300 60 60 24
<https://www2.health.vic.gov.au/primary-and-community-health/primary-care/nurse-on-call>

Doctors on Demand
<https://www.doctorsondemand.com.au>

Doctor Home Visiting Service
13SICK National Home Doctor 137475

Shopping

Woolworths 1800 000 610

<https://www.woolworths.com.au>

Online shopping or a Basic Box- Available for \$80, the 'Woolworths Basics Box' will contain meals, snacks and a few essential items. The price also includes contactless doorstep delivery by Australia Post. Customers not confident shopping online will have the option to be supported through their order over the phone.

Coles 1800 455 400

<https://www.coles.com.au>

Coles Online Priority Service (COPS) will be launching soon for customers who are unable to easily access a Coles Supermarket. This service will allow these customers to purchase their essential items online and have them delivered to their home.

Older Australians who don't have internet access can call the My Aged Care contact centre on 1800 200 422 for help with food and necessities. You must be registered with My Aged Care to access this service.

The Happy Apple 9370 8426/9689 8669/0497 772 533

<https://happyapple.myfoodworks.com.au>

Delivery of fresh fruit, vegetables, meat, fish, bakery and grocery lines. Glen Waverley area delivery days Tuesday-Friday. New customers accepted.

Australian Butchers Store

<https://butchersstore.com.au>

Ph: (03) 8560 2642 (Boronia Store)

Free home delivery

Meals

Tender Loving Cuisine 1800 801 200

<https://www.tlc.org.au>

TLC provide frozen meals delivered to your door.

Dine AMic 8669 0587

<https://www.dineamic.com.au>

Fresh meals (not frozen) delivered.

Grant's Meals 9762 1023

<http://grantsmeals.com/index.html>

Fresh home style meals delivered to your door.

A Warning from the ACCC

Australians are being urged to be on the lookout for convincing COVID-19 themed scams currently doing the rounds.

The Australian Competition and Consumer Commission (ACCC)'s Scamwatch issued a warning on Wednesday, revealing scammers are “falsely selling coronavirus-related products online, and using fake emails, phone calls or text messages to try and obtain personal data”.

Scams reported to the ACCC include:

- Phishing emails and phone calls impersonating entities. These include the World Health Organisation, government authorities, people confirmed to have the coronavirus, and legitimate businesses such as travel agents and telecommunications companies
- People receiving misinformation about the coronavirus, being sent by text, social media and email
- Products claiming to be a vaccine or cure for the coronavirus
- Investment scams claiming coronavirus has created opportunities.

The ACCC have provided some simple steps to avoid getting scammed:

- Be aware of fraudulent emails claiming to be from experts. For the most up-to-date information about the coronavirus, visit the [Department of Health](#) and the [World Health Organization \(WHO\)](#).
- Be careful of fake online shopping sites requesting unusual payment methods and search for reviews before purchasing. No vaccine or cure presently exists for the coronavirus.
- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Don't open attachments or click on links in emails, text messages or social media messages you've received from strangers — just press delete.
- Never respond to unsolicited messages and calls that ask for personal or financial details — just press delete or hang up.
- Always keep your computer security up to date with anti-virus and anti-spyware software, and a good firewall.
- If you are planning to donate, do your research. If you are donating to an established charity or not-for-profit organisation, ensure it is registered and that you are on its official website by searching the [Australian Charities and Not-for-profits Commission Charity Register](#).
- Stay up to date with latest consumer advice relating to COVID-19 (coronavirus) on the ACCC website at: www.accc.gov.au/covid-19.

Christian Resources

GWAC Resources

Listen to online Services here <https://www.gwac.org.au>

Download the GWAC App here

For Android users https://play.google.com/store/apps/details?id=au.org.gwac.app&hl=en_AU

For Apple users <https://apps.apple.com/au/app/gwac-app/id1332851397>

Helpful Bible Verses

God is faithful

I will never leave you or forsake you. (Heb 13: 5)

He will not let your foot be moved; he who keeps you will not slumber... The Lord will keep your going out and coming in from this time on and for evermore. (Ps 121: 3,8)

I believe that I shall see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; wait for the Lord. (Ps 27: 13-14)

Security in salvation

(Jesus said) I am the Good Shepherd. The Good Shepherd lays down his life the sheep... My sheep hear my voice. I know them, and they follow me. I give them Eternal Life, and they will never perish. No one will snatch them out of my hand. (Jn 10: 11,27-28)

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord... And I will bring you back to the place from which I sent you into exile. (Jer 29: 11-14)

... For the Lord has comforted his people, and will have compassion on his suffering ones... Can a woman forget her nursing - child, or have no compassion for the child of her womb? Even these may forget, yet I will not forget you. See, I have inscribed you on the palms of my hands... (Isa 49: 13,15-16)

You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me... (Ps 139: 5-6)

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. (Eph 2: 8-9)

Anxiety and fear

...do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand... For I, the Lord your God, hold your right hand; It is I who say to you, "Do not fear, I will help you." (Isa 41: 10, 13)

... Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go. (Josh 1:9)

... My God will fully satisfy every need of yours according to his riches in glory in Christ Jesus. (Phil 4:19)

Comfort

The eternal God is your refuge and underneath are the everlasting arms. (Deut 33:27)
He who dwells in the shelter of the most high will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. (Ps 91:1-4)

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Phil 4:7)

I keep the Lord always before me; because he is at my right hand: I shall not be moved. Therefore my heart is glad, and my soul rejoices; my body also rests secure. (Ps 16:8,9)

He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his bosom, and gently lead those with young. (Isa 40:11)

Grace

(the Lord) said to me, "My grace is sufficient for you, for power is made perfect in weakness." So... whenever I am weak, then I am strong. (2 Cor 12:9,10)

For by grace you have been saved through faith and this is not your own doing; it is the gift of God... (Eph 2:8, but also vv 4-10)

What we do know, and what we don't

The secret things belong to the Lord our God, but the revealed things belong to us and to our children forever, to observe all the words of this law. (Deut 29:29)

(In other words, we don't know all that God knows, but we do know many things that he has told us, and can hang on to them.)

Love and Hope

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have Eternal Life. (Jn 3:16)

In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. (1 Jn 4:10)

The thought of my affliction and my homelessness is wormwood and gall!
My soul continually thinks of it and is bowed down within me.
But this I call to mind, and therefore I have hope:
the steadfast love of the Lord never ceases,
his mercies never come to an end;
they are new every morning
great is your faithfulness...
Although he causes grief,
he will have compassion
according to the abundance of his steadfast love;
for he does not willingly afflict or grieve anyone. (Lam 3:19-23, 32-33)

I will give you the treasures of darkness and riches hidden in secret places, so that you may know that it is I, the Lord, the God of Israel, who call you by name. (Isa 45:3)

... And I saw the holy city, the new Jerusalem... And I heard a loud voice from the throne saying, "See, the home of God is among mortals. He will dwell with them; they will be His peoples, and God himself will be with them; He will wipe every tear from their eyes. Death will be no more; mourning and crying in pain will be no more, for the first things have passed away." (Rev 21:1-5)

Forgiveness

He does not deal with us according to our sins, nor repay us according to our iniquities. For as the heavens are high above the earth, so great is his steadfast love towards those who fear him; as far as the east is from the west, so far he removes our transgressions from us. (Ps 103:10-12)

I, I am he who blots out your transgressions for my own sake, and I will not remember your sins. (Isa 43:25)

if we confess our sins, he who is faithful and just will forgive our sins and cleanse us from all unrighteousness. (1 Jn 1:9)

Prayers

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord.

Amen.

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord. **Amen.**

Heavenly, Most Loving, Gracious Father, we come before you to humbly ask that you comfort us in our moments of loneliness. Be our shelter in the midst of the storm. Walk beside us every step of the way. Lord, at times we feel so alone, crying out for attention, in desperation, looking for some sort of acknowledgement from a single soul. Remind us that you are always there, right at our side, whenever we call. No matter the time, the hour, the situation, Oh Lord, you have promised to never leave us nor forsake us. Give us strength to carry on. Let us always remember that You are our friend and our companion in our time of need. In your mercy hear our prayer. Amen

Dear Lord,
I pray for my friend right now. I pray that you will help them with the struggles they are going through in this season. For you know exactly what they need in this moment. Draw near to them and let them feel your presence. Open their eyes, ears, and hearts to you. Help them have the discernment to hear your voice as you lead them in their next steps. Speak to them as they read your word and bring verses of encouragement and comfort to their attention. I pray that you will calm any fear or anxiety they may be feeling. Replace it with the confidence to obey your word and to trust you. I pray that your guidance will be clear to them from this day forward. In your name, I pray. Amen.

Dear Loving Father

You are the loving God of all the nations and peoples on this earth. Please look with mercy and compassion on all you have created. This day we ask for your help. Please deliver us from the coronavirus and limit its impact on Australia and the world. In your mercy bring a swift end to this crisis. Please protect with your loving care those we love- our families, friends and neighbours. Let your fatherly hand guide, shelter and strengthen them. Cast out all anxious fears and doubts.

Give us an increasing trust in you and fill our hearts and minds with your peace. We pray for those around the world now struggling with COVID-19. Heal and comfort those who are sick and suffering. Protect and guide the health professionals who are at the front line. Please give wisdom and courage to those who bear responsibility for confronting this challenge. We ask these things through the powerful name of Jesus, Amen