

15 July 2020

## IMPORTANT NOTICE COVID-19 UPDATE

The Victorian Government has reintroduced stage 3 restrictions on Greater Metropolitan Melbourne effective 11.59pm on Wednesday July 8 2020. Restrictions will be in place until 11.59pm on Wednesday 19 August 2020.

This is a Stay at Home order. There are four reasons that you can leave home (see Housekeeping Notices) Otherwise, you must stay home. Under these restrictions it is not possible to hold the currently scheduled Residents Committee meeting, Residents' Forum or Annual General Meeting. New dates will be advised as changes to restrictions are announced.

It is essential for us all to **stay safe** and **protected** as much as possible; we have a duty of care to ourselves and the wider community.

Access free Wi-Fi on ground floor. Please see staff for the password.



## Housekeeping Notices

Some Frequently asked Q and A's concerning stage 3 restrictions:

**What are the reasons I can leave home for?**

You can only leave home for **FOUR REASONS**

1. Shopping for food or other essential items
2. To provide care giving, for compassionate reasons or to seek medical treatment
3. For exercise (outdoor exercise **only**, with only one other person or members of your household)
4. Work or study, if you cannot work or study from home.

**Can I have visitors to my home or visit friends and family?**

**NO**, the only time you can have visitors or visit others is to either receive or provide caregiving, providing services or for compassionate reasons.

**Can I visit restaurants, cafes or pubs?**

**ONLY** for take away food and drink.

**Maintain social distancing**

**PLEASE** consider the well being of others

**You must ONLY go out for the four reasons above.**

Should you choose to go on outings because you are restless be aware that Victorian Police are issuing fines of \$1652 for those caught outside their homes for reasons other than work, exercise, purchasing essential items, receiving healthcare or caregiving requirements.

The Hester Canterbury Newsletter is uploaded on the Hester website under 'news'.

[www.hestercanterbury.com.au](http://www.hestercanterbury.com.au)

***Please remember to wash your hands often and well.***

This is one of the best safe guards against COVID-19 being spread in the community.

***Please ensure all visitors are essential.***

Do you need your cleaner to come every week, or would every second week be manageable?)

***Please ensure all visitors sign in and out of the guest book, have their temperature taken and use hand sanitizer.***

These safe guards are for the benefit of all in our and the wider community.

***We can get through this if we pull together and do the right thing for the greater good for all.....***

### ***A New Chapter (3 to be precise)....***

***New restrictions mean we can't go out for a meal so why not get the meal to come to you?***

Please find attached the frozen food menu (and order forms) available from Chapter Three café on Maling Road.

Please complete your order form and give to Alexia by lunch time of a Tuesday. She will collect your orders of a Thursday.

All meal selections are made in house by the Chapter Three chefs (including one of the owners). All dates are **PRODUCTION** dates, not **BEST BEFORE** dates so meals may be kept for up to 8 months frozen.

Why not take the hassle out of having to cook at least one night a week?

### **Face Masks**

Both **Maling Road Pharmacy** (phone 9836 4039) and **Surrey Hills Pharmacy** (phone 9888 5544) have face masks in stock.

It is now being recommended that when you cannot maintain physical distancing that you wear a face mask.

**Week Four of the Winter Menu starts on Monday 20 July.  
Please place any orders by lunchtime the Thursday before.  
Bon Appetit!**



**Hester**  
Canterbury

Please forward any contributions for future newsletters to Alexia for inclusion.

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