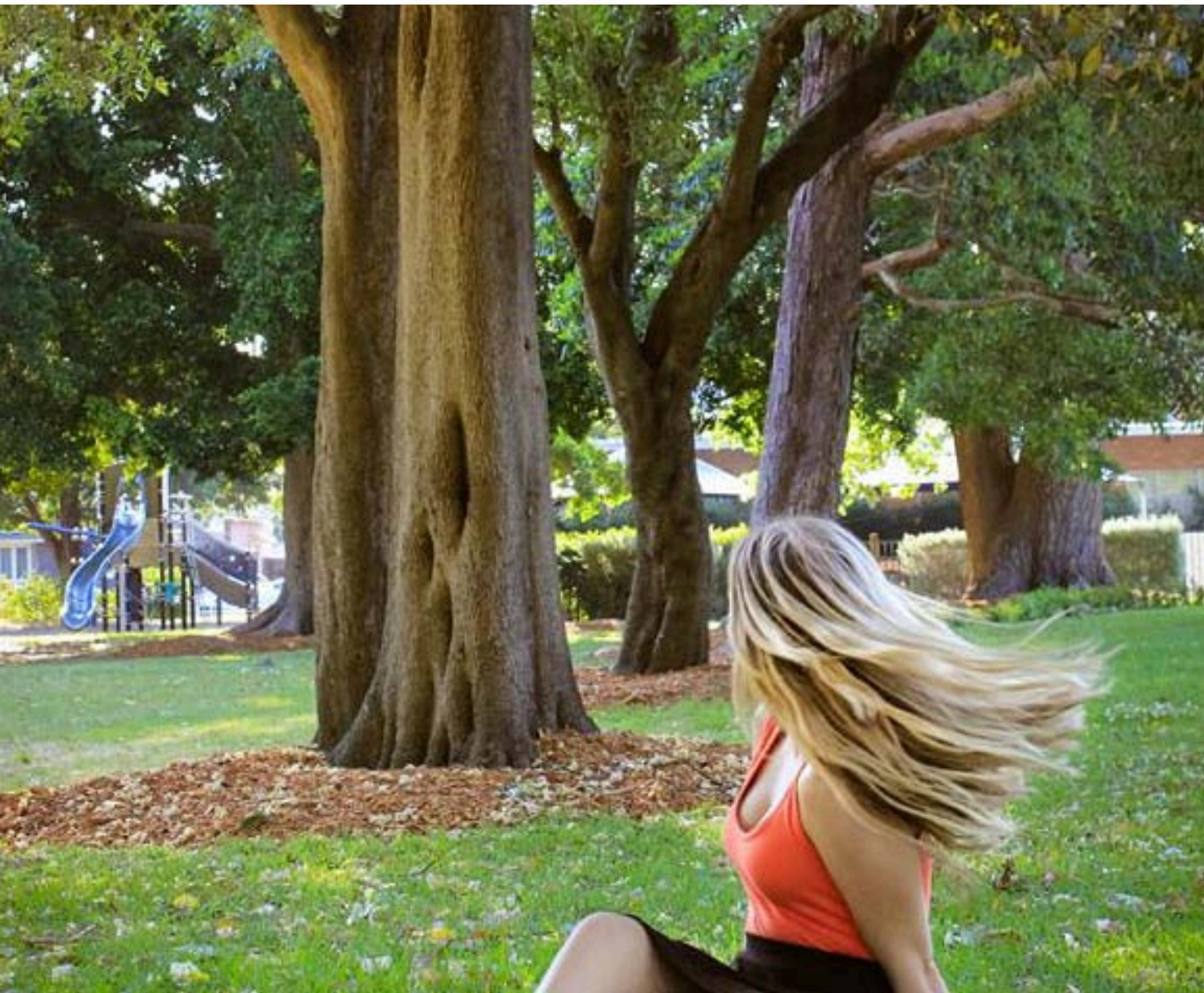




Bayside Community News

OCTOBER 2021

ROAD TO RECOVERY



MESSAGE FROM THE MAYOR



Congratulations Bayside, and New South Wales, we are finally on the road to recovery following two turbulent years as we have worked through a global pandemic.

The Road to Recovery looks promising, but we are not out of the woods yet.

It is important that as a community we continue to do the right thing and follow the Health Orders as they are slowly eased to allow us more freedom to move around and enjoy the things we have missed during lockdown.

Council's \$3.6 million COVID-19 financial relief package, for both the community and businesses, is still in place.

The key benefits provided are:

- ▶ An extra \$100,000 for community grants;
- ▶ No interest charged on over-due rates or late payments;
- ▶ Waiving and refunding all hire fees for sporting clubs;
- ▶ Full rental waivers for commercial tenants who are unable to operate their businesses because of the current COVID-19 restrictions, providing that the equivalent rental relief is passed on to any sub-tenancies;
- ▶ Waiving fees for the hire of community buildings; and
- ▶ For dog owners, 24/7 off leash access at Mutch Park and Lady Robinson Beach.

Council has also waived fees until December 31 for:

- ▶ Outdoor dining and footway trading;
- ▶ Workzone permit; and
- ▶ Development Application fees for residential applications to the value of \$100,000 or less.

I am looking forward to guiding Council through this recovery stage.

Together with my fellow Councillors we are all working to provide support and assistance wherever possible.

A handwritten signature in black ink, appearing to read 'Bill Saravinovski', written over a light blue background.

Cr Bill Saravinovski
Mayor

ROAD TO RECOVERY



CHANGES TO THE 70% ROADMAP

With the first vaccination milestone being reached, the NSW Government is also easing a number of restrictions as part of the Reopening NSW roadmap. The changes to the 70 percent roadmap from 11 October include:

- ▶ Up to **10 fully vaccinated** visitors (not counting children 12 year old and under) to a home (previously five).
- ▶ Up to **30 fully vaccinated** people will be able to attend outdoor gatherings (previously 20).
- ▶ Increasing the cap for weddings and funerals to **100 people** (previously 50).
- ▶ Indoor pools will also be re-opened for swimming lessons, squad training, lap swimming, and rehab activities.

On the Monday after the State clears the 80 percent double vaccination hurdle further restrictions will be relaxed:

- ▶ Up to **20 visitors** (excluding children 12 and under) to a home (previously 10).
- ▶ Up to **50 people** will be allowed to gather outdoors (previously 20).
- ▶ Up to **3,000 people** will be allowed to attend controlled and ticketed outdoor events (previously 500).
- ▶ Nightclubs will be permitted to reopen for seated drinking only (no dancing), and masks will no longer be required in office buildings.

All roadmap freedoms at 70 and 80 percent will continue to be for fully vaccinated people only.

All school students will also now return to on site learning with a range of COVID-Safe measures in place by 25 October, with the second and third stages of the return to school plan now combined. Kindergarten, Year 1 and Year 12 students will still return to face-to-face learning on 18 October, with all other years now returning one week later on 25 October.

Workers in regional areas who have received one vaccination dose will be permitted to return to their workplace from 11 October and will be given a grace period until 1 November to receive their second dose. Regional areas are those outside Greater Sydney, the Blue Mountains, Wollongong, Shellharbour and the Central Coast.

Full details at: www.nsw.gov.au/media.../nsw-on-road-to-reopening

For the latest information on COVID-19 in NSW visit: www.nsw.gov.au/covid-19

OUR REOPENING ROADMAP

We are opening our services; some are back to normal and others are currently being delivered differently. The safety of our communities, customers and staff is our top priority as we work to help stop the spread of COVID-19.



Customer Service Centres

Eastgardens and Rockdale Customer Service Centres reopen Monday 25 October. Monday to Friday from 8:30am to 4:30pm.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn indoors, numbers limited to the 4 sqm rule.



Bayside Garden Centre

Now open. Monday to Friday from 7:30am to 3:45pm. Saturday from 9am to 2pm.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn indoors, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.



Libraries

FULLY VACCINATED PATRONS:

Eastgardens and Rockdale Libraries reopen Monday 25 October. Monday to Friday from 8:30am to 5pm.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn indoors, numbers limited to the 4 sqm rule.

FOR ALL LIBRARY MEMBERS:

'Click and Collect' is still available at Eastgardens and Rockdale Libraries:

- ▶ Monday to Friday from 8:30am to 5pm
- ▶ Saturday from 9:30am to 4:30pm
- ▶ Sunday (Rockdale only) from 1:30pm to 3:30pm

Requirements: QR code or sign in, face mask to be worn, contactless collection of reserved items at entry to library only.

Library programs and activities will resume in 2022.



Angelo Anestis Aquatic Centre

Pool and Gym are open. Monday to Friday from 5:30am to 9pm. Saturday and Sunday from 6am to 8pm.

Learn to swim classes, fitness and aquatic programs will resume on Monday 18 October.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn in all indoor areas, including the gym, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.

Botany Aquatic Centre

Open 7 days, 6am to 7pm.

Learn to swim classes, fitness and aquatic programs will resume on Monday 25 October.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn indoors including foyer and amenity blocks, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.





Fitness and Recreation Centres

Arncliffe Youth Centre

Reopens on Monday 25 October, Mondays to Fridays from 9am to 4pm.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn indoors, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.

Botany Golf Course and Pro Shop

Open 7 days, 6am to 6pm.

Requirements: Proof of vaccination, QR code or sign in, face mask to be worn inside Pro Shop and public amenities, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.

Tennis Courts

Open for bookings with adherence to the Public Health Order.

Fully vaccinated numbers restricted to 2 sqm rule.

Unvaccinated restricted to 2 players only.

Parks and Foreshore

Available for public use with adherence to the Public Health Order.

Fully vaccinated groups of 20.
Unvaccinated groups of 2.

The 2 sqm rule still applies outdoors.

Squash Courts

Mutch Park Squash Courts remain closed until further notice.



Halls and Community Centres

All Bayside Council community centres, halls, meeting rooms and Senior Citizen Centres will be available for hire from Monday 25 October.

Requirements: Proof of vaccination for all users, members or attendees, QR code or sign in, face mask to be worn indoors, numbers limited to the 4 sqm rule indoors and 2 sqm outdoors.



Community Recycling Drop Off

Open from Saturday 16 October at Botany Depot and Saturday 6 November at Bexley Depot.

Saturday from 7am to 2pm.

Council staff will empty the contents of your vehicle (there is a limit of 3 cubic metres/1 box trailer equivalent).

Council staff will wipe down your vehicle door handles with hospital-grade Viraclean disinfectant.

No more than 4 vehicles will be allowed into the site at any one time. Please don't forget to bring proof of residence within the Bayside Local Government Area.

Requirements: Proof of vaccination, QR code check in, proof of Bayside residence, face mask to be worn and you must always remain in your vehicle.

For more information visit: www.bayside.nsw.gov.au

PROOF OF COVID-19 VACCINATION

There are several options to receive your 'proof of COVID-19 vaccination':




- ▶ Download your COVID-19 digital certificate via the Express Plus Medicare mobile app or your Medicare online account through myGov at: <https://my.gov.au>

You can add your COVID-19 digital certificate to your Apple Wallet or Google Pay.

Instructions are available on the Services Australia website at: www.servicesaustralia.gov.au

- ▶ If you can't get proof online, your vaccination provider can print your immunisation history statement for you.
- ▶ Call the Australian Immunisation Register on 1800 653 809 (Monday to Friday 8am to 5pm) and ask for your statement to be sent to you. Note that it can take up to 14 days to arrive in the post.
- ▶ If you're not eligible for Medicare you can call the Australian Immunisation Register and request your certificate be mailed to you.

You can also add your COVID-19 certificate to your digital wallet using the Individual Healthcare Identifiers service (IHI service) through myGov.



BAYSIDE LET'S DO THIS

▶ Book your COVID-19 vaccination today at nsw.gov.au



COVID-19 التطعيم ضدّ 

دعونا نأخذ اللقاح.



COVID-19 疫苗接种 

让我们去
接种疫苗吧。



COVID-19 का टीकाकरण 

आइए टीकाकरण
करवाएं।



LOCAL COVID-19 CLINICS

To find a testing centre near you on the NSW Government's COVID-19 testing clinics list at: www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics

If you need to isolate after your test and you're unable to work, you may be eligible for a \$320 payment. For more information visit:

www.service.nsw.gov.au/transaction/apply-test-and-isolate-support-payment

TESTING ONLY

Bexley Histopath Pathology

Drive-through.
339 Forest Road, St Mary and St Mina Coptic Orthodox Cathedral, Bexley.
Monday - Sunday: 8am - 4pm.
Wheelchair accessible but patrons must remain in vehicle.

Brighton Le Sands / Arncliffe Histopath Pathology

Drive-through.
Cnr Spring & West Botany Sts, Riverine Park, Arncliffe.
Monday - Friday: 8am - 6pm.
Wheelchair accessible but patrons must remain in vehicle.

Carlton 4Cyte Pathology Clinic

Drive-through and walk-in.
261 Princes Highway, Carlton.
Entry via Ecole Street, off Princes Highway.
Monday - Sunday: 8am - 8pm.

Hurstville Community Health Care

Drive-through.
34 Wonoira Road, Hurstville.
Monday - Friday: 9am - 4pm.
Wheelchair accessible.
Children under 5 years old are not tested at this clinic.

Hurstville 4Cyte Pathology

Drive-through.
8 Ormonde Parade, Hurstville.
Monday - Sunday: 9am - 6pm.
Wheelchair accessible.



Mascot Lavery Pathology

Walk-in.
135 Baxter Road, Mascot.
Monday - Sunday: 8am - 6pm.
Wheelchair accessible.

Rockdale 4Cyte Pathology

Drive-through.
594-596 Princes Highway, Rockdale.
Monday - Sunday: 8am - 8pm.
Wheelchair accessible but patrons must remain in vehicle.

Sans Souci Georges River Sailing Club

Drive-through.
Riverside Drive
Monday - Sunday: 8am - 6pm.

West Botany Street Netball Courts

Drive-through.
Rockdale Womens Sportsfields, 310 West Botany Street, Rockdale.
Monday - Friday: 9am - 3pm.

TESTING AND VACCINATION

Mascot International Airport Histopath Pathology

Drive-through. Centre Road P9. Clinic is at the Arrivals Express Pick-up Carpark, Mascot.
Monday - Sunday: 8am - 8pm.
Wheel chair accessible but patrons must remain in vehicle.
Appointments required for vaccinations both AstraZeneca and Pfizer.

St George Hospital

Kensington Street, Kogarah (Enter via Gate 3).
Monday - Sunday: 8am - 8pm.
Wheelchair accessible.
Children under 12 months will be referred to Emergency.

VACCINATION ONLY

Alf Kay Eastlakes Community Centre

Walk-in. Pfizer only.
2 Florence Avenue, Eastlakes.
Monday - Friday: 10am - 1pm.

Daceyville PCYC

Walk-in. AstraZeneca & Pfizer.
26A Bunnerong Rd, Daceyville
Monday - Friday: 10am - 1pm.

St Matthews Church

Walk-in. AstraZeneca & Pfizer.
Corner Botany Road and Lord Street, Botany
Monday - Friday: 10am - 4pm.
From Monday 18 October to Friday 22 October.

STAYING APART | KEEPING TOGETHER

COMMUNITY ONLINE PROGRAMS

Connect with your community online. We have a variety of classes, workshops, and inclusive boredom-busting activities you can enjoy online this month!

The Lunch and Learn Sessions will be held each weekday at 1pm, they are all live and free!

It is easy to register for these online sessions, follow Bayside Council on Eventbrite to check out what's coming up each week. If you would like the schedule emailed, we can send it direct to you or look for the schedule on our socials and eNewsletter. Need to keep the kids entertained while you join? We are also running a series of free online Youth Sessions targeting ages 12-25, details can also be found on the Eventbrite link below.

Want the schedule emailed? Let us know at haveyoursay@bayside.nsw.gov.au

Follow us on Eventbrite: www.eventbrite.com.au/o/bayside-council-9844748198



Online Toddlertime

Video, craft and picture book released **Tuesdays at 10:30am**
Facebook.com/BaysideLibrariesNSW

LUNCH AND LEARN SESSIONS

Mindfulness Monday	Meditation skills, focus of breathing, increase focus and ease into the week with mindfulness.
Talking Bayside Tuesday	Hear the latest on Council's projects that are open for community feedback. Each week we will feature a new project.
Wellbeing Wednesday	Classes, speakers and a range of wellbeing initiatives to get you through the week.
Topical Thursday	Talks and discussions on interesting topics with guest speakers.
Flashback Friday	Hosted by our Library team they will explore all things past and the rich cultural history of the Bayside Local Government Area.

YOUTH SERVICES VIRTUAL DROP-IN

Age
12+

Join in on a range of free online activities and virtual events for young people aged 12-25 living in Bayside. Registrations with proof of age and residency are essential on Council's website at: <http://baysideyouthservices.eventbrite.com>

MONDAY

18
OCT 25
OCT

Yoga & Meditation 5:30pm - 6:00pm

Start your week with movement, meditation, and breathing techniques. Improve your flexibility, balance, and strength through Yoga.



TUESDAY

19
OCT 26
OCT

Fit @ Home 5:30pm - 6:00pm

Fun, high energy and strengthening fitness classes. These will include HIIT, pilates, zumba, and tabata.



WEDNESDAY

20
OCT 27
OCT

Cooking @ Home 5:30pm - 6:30pm

Online cooking workshop, learn easy, low cost and healthy recipes you can repeat when you're in need for a feed. Enjoy all new recipes.



THURSDAY

21
OCT 28
OCT

Filmmaking on your Phone 5:30pm - 6:30pm

Filmmaking on your phone. Learn the fundamentals of filmmaking, character creation, storytelling, acting and editing.

FRIDAY NIGHT VIRTUAL EVENTS

22 OCT Virtual Escape Room

6:15pm - 7:30pm

As a team, you will solve riddles and complete puzzles against the clock, with the goal of 'escaping the room'. You will need to work with your team to crack the code.



29 OCT Masterpiece in 60 Minutes

6:00pm - 7:00pm

Get creative and paint the Mona Lisa in an hour, art pack will be sent out. RSVP by 1pm Friday 15 October.





SMALL BUSINESS PLANNING TOOL - COVID-19

According to Safe Work Australia, there are a number of steps you can take in an effort to mitigate the spread of coronavirus when operating your business.

Step 1 - What Work can My Small Business do?

Consider and ask yourself:

- ▶ What you can and can't do according to current Work, Health and Safety regulations and public health orders.
- ▶ How can I keep my workers and customers safe?
- ▶ What can I do to ensure the wellbeing of everyone and enforce any new changes to my business operations?

Step 2 - Plan and Prepare to Operate During the COVID-19 Pandemic

Consider:

- ▶ What might be the health and safety risks arising from my business during the COVID-19 pandemic?
- ▶ What measures can I take to keep my workers, customers and visitors safe in my workplace - both physically and psychologically?
- ▶ Have I addressed and consulted with your employees about any new and existing risks?
- ▶ Inform others of the steps that are to take if they become ill. Make sure you can provide resources for them if and when this issue may arise.
- ▶ Prevent the spread by enforcing physical distancing, frequent cleaning of the workplace and better managing the hygiene of yourself, employees, customers and visitors.
- ▶ Update the public and other businesses you may work with about any changes to your operation.

Step 3 - Monitor and Review

- ▶ Continuously check to ensure that your workers are safe and create an environment where they feel comfortable to talk with you about any concerns they are experiencing.
- ▶ Keep updated with public health directions and WHS advice.
- ▶ Always check for new risks and work to keep them managed.

Visit: www.safeworkaustralia.gov.au/doc/small-business-planning-tool-covid-19

DESKERCISE

STRETCHING TO RELIEVE TENSION

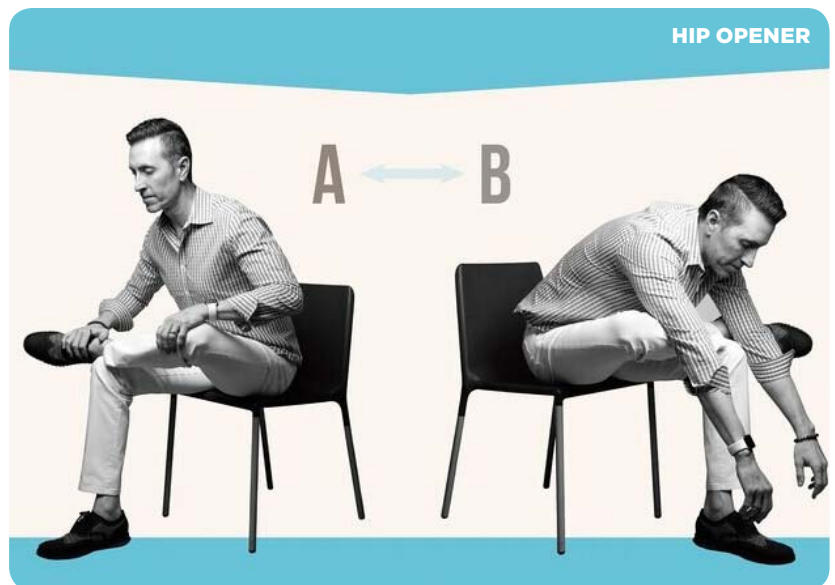
In the age of the pandemic, working from home has become the new normal. COVID-19 has introduced to us a great deal of changes and challenges - among them is the struggle to move about freely.

Confined to our desks and home offices, it is at times difficult to muster the motivation to take a break from work or school. And so, it is important to take periodic breaks from your work to prevent excessive physical and mental strain! Think about having a stretch to relieve the tension of your neck and shoulders and enjoy some circulation in your legs. Be it a small or big space, there is always a stretch that can accommodate you!

It is important to take a deep breath and focus on slow and steady movement, holding each stretch for around 10 to 20 seconds. Try not to over-extend yourself. Here are a few stretches you can perform during your work or school day to take the edge of your joints and muscles:

1. HIP OPENER

Sitting on the edge of your chair ensure your feet are hip width apart and directly underneath your knees. Cross one ankle over the opposite knees and stretch forward, slowly and gently.



2. NECK ROTATION

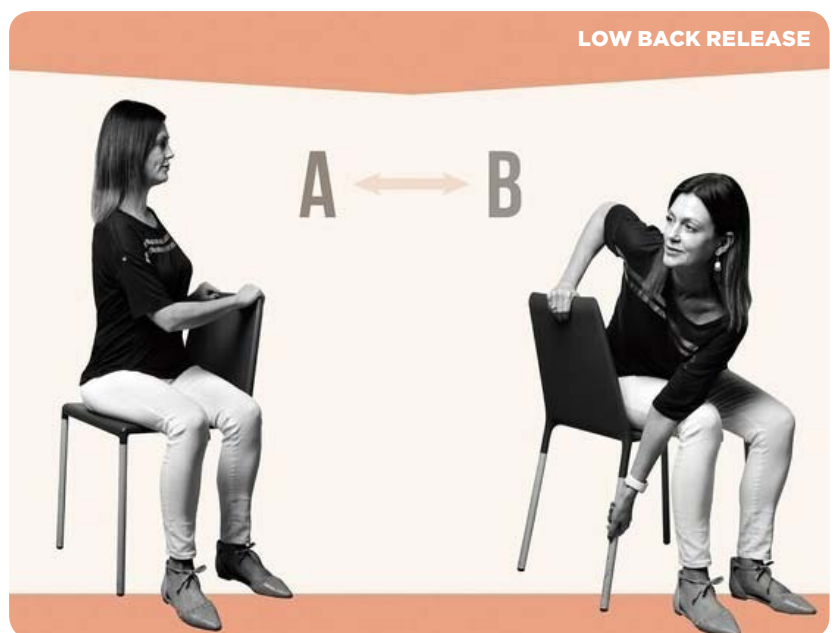
Standing straight, ensure your feet are shoulder width apart. Gently rotate your head to the side until you feel resistance. Hold for a count of two and repeat on the other side.

3. HEEL RAISES

Standing straight, hold onto a chair or other suitable surface. Lifting your heels off the ground, come into a raised position.

4. LOW BACK RELEASE

Sitting sideways on your chair, hold the back of the chair with one arm. Rotate the front of your body towards the back of the chair which you are holding with your arm. With the other arm, attempt to reach your opposite knee or further. Repeat on the other side.



COMMUNITY CONNECT GRANTS

COVID-19 COMMUNITY CONNECT GRANTS PROGRAM

Recognising the significant impact COVID-19 is having on our local community, Council is offering COVID-19 Connect Grants to assist eligible applicants that continue to provide services that meet the immediate needs of vulnerable community members.

Funding is available of up to \$5,000 per application.

Applications must meet specific objectives in addressing the technology gap and/or immediate operational expenses that are as a result of having to change service provision to online due to the current Public Health Orders to vulnerable clients. In particular, people who are either First Nation people, people aged 65+ years, people from culturally linguistic and diverse backgrounds, young people, and people with a disability.

HOW TO APPLY

Before completing the application form refer to Council's COVID-19 Connect Grants Guidelines for further information. Applicants are strongly advised to contact the Community Capacity Building team on 9562 1597 or 9366 3680 to discuss their proposed application.

All applications are submitted online. The online application system allows you to save, develop and print out your application before you submit it.

Apply for a grant at <https://baysidensw.smartygrants.com.au/COVID19Connect>

HSC RESCUE!

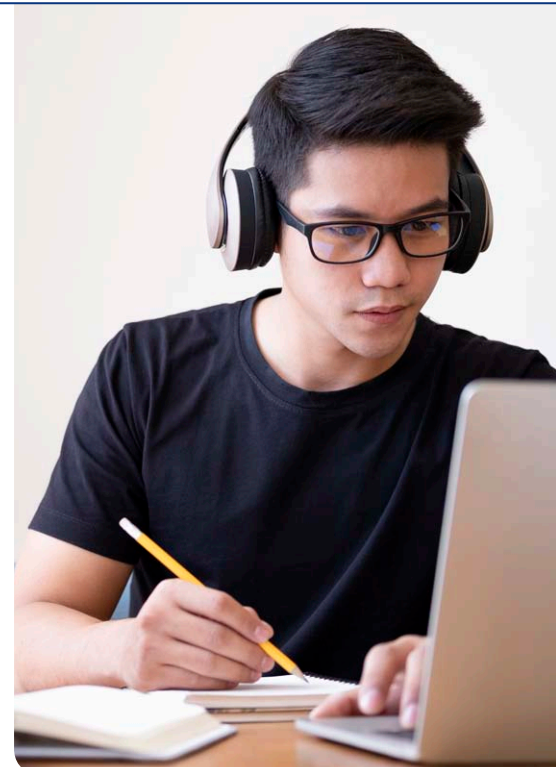
HSC rescue is an annual support program delivered in collaboration between Bayside Council, Georges River Council, NSW Health, Headspace, 2Connect, and 3Bridges.

This year it will be delivered online due to COVID-19. It includes many great support tools including a free tutoring program for Year 12 students! Our [@HSC.Rescue Instagram page](#) will provide all the relevant tips and strategies, including links to other sites. Visit: www.instagram.com/hsc.rescue/?hl=en

For assistance or more information contact the library at: rockdale.library@bayside.nsw.gov.au

Feeling anxious or emotional about your upcoming HSC? Exam time is stressful. Check out this 5 senses game, that you can do anytime, anywhere to reduce your anxiety and bring you back to the present moment at: https://drive.google.com/file/d/1TvCTHGGPO1wIDAGKfg1_fesFNyqw200n/view

If you need help, reach out to a friend, family member or phone Lifeline on 13 11 14 or Headspace on 1800 650 890.



EXPLORE OUR PARKS

With an extensive and diverse array of natural environments Bayside is the perfect place to indulge your sense of adventure. Many of us are itching to get out and about to exercise or simply enjoy the outdoors.

To escape to your local park or nature setting can be therapeutic and offer a sense of calm. Bayside's range of parklands, wetlands and sporting fields can offer an opportunity to stop and take a breath of fresh air, enjoy sporting activities with family and friends, or enjoy a stroll with your furry friend.

The stay-at-home orders have certainly introduced us to alternative ways to entertain and keep busy with attractions in our local council area. Here are just 5 of some of our favourite natural gems in Bayside.

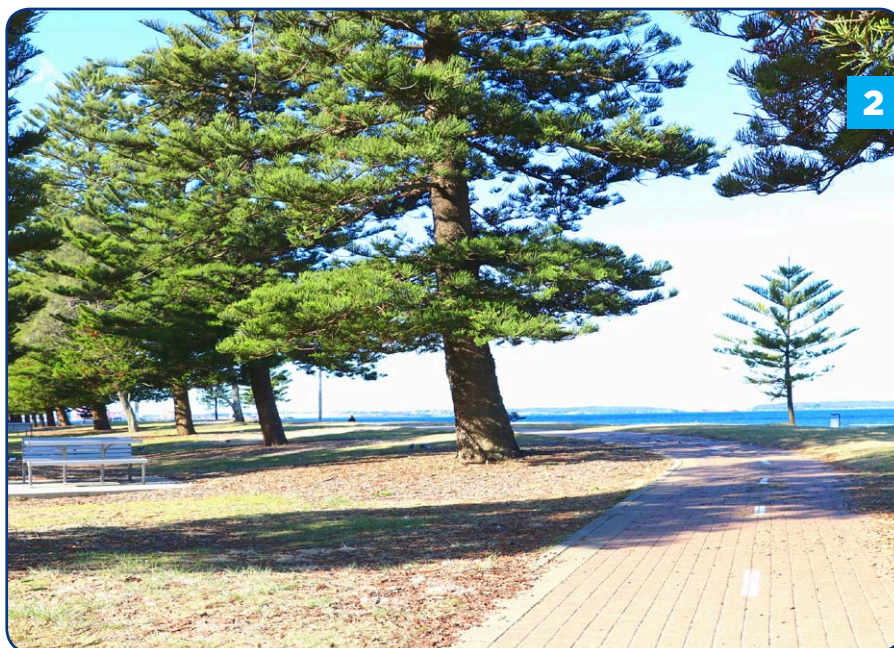
1. BEXLEY OVAL SPORTING FIELDS AND PARK

Located in the heart of Bexley, on Donnan St, is the Bexley Oval and adjacent park. Whilst the oval often play host to a range of sports like rugby and cricket, the large surrounding parkland is equipped with a fantastic playground and flying fox, batting cages and sheltered seating areas. It is the ideal place to let the kids roam and explore or picnic.



2. DEPENA RESERVE

A popular spot enjoyed by locals all over bayside, Peter Depena Park is situated in Dolls Point and boasts a panoramic view of Botany Bay and surrounds. Named in 1961, after instrumental alderman Peter Depena whose idea it was to maintain the council land, the Parkland is bordered by a number of cafes and features biking and walking paths, an extensive playground and sheltered bbq and picnic areas.



3. RHODE STREET RESERVE

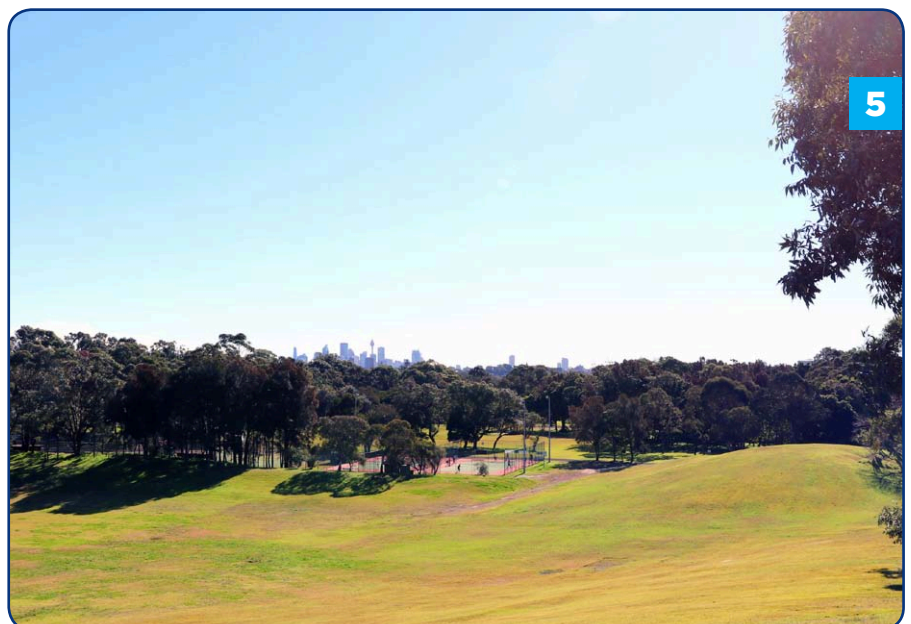
Neighbouring Grace Campbell Reserve in Hillsdale, Rhodes Street Reserve is the perfect spot to train with its available exercise stations and pathways for all activities: biking, walking or running!

4. SIR JOSEPH BANKS PARK

A favourite among Bayside parklands is the historical Sir Joseph Banks Park, previously the site of the Botany Zoological and Pleasure Gardens throughout the mid-1800s. The park which is home to such attractions as wetlands, local wildlife, native fauna, mazes, walking and biking trails and a off-leash dog areas, offers a refuge from the surrounding urban life for families and all walks of life! Check out the zoo sculptures at the parks entrance which pay homage to it's past-life as one of Sydney's first zoos.

5. MUTCH PARK

With the recent addition of a skatepark and squash and tennis courts made available to residents via Bookable - Mutch Park is located on Wentworth Avenue in Pagewood. It's a great place to entertain the family, whether you choose to skate, people watch or picnic. There is enough open space to also play footy or Frisbee with friends, family or even your dog!



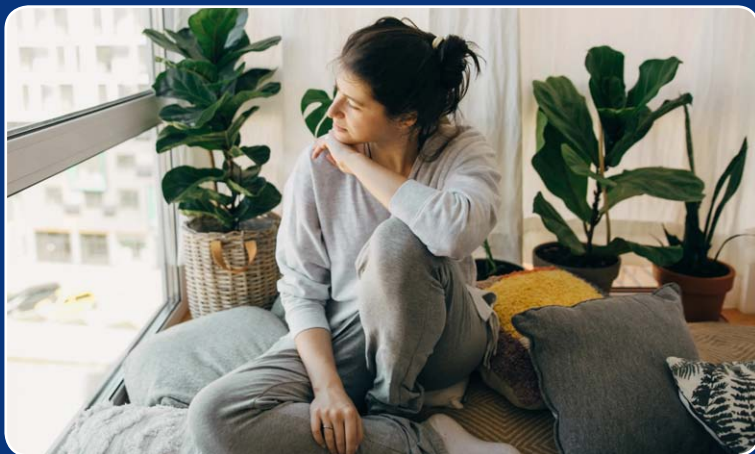
MORE INFORMATION...

OFF LEASH DOG AREAS

The 24/7 dog off-leash areas at Lady Robinsons Beach, Kyeemagh and Mutch Park, Pagewood have been extended until 1 December 2021.

Please stay within these areas. Council is noting an increase of dogs found outside of the off-leash restricted area between gates 60 and 61 at Lady Robinsons Beach, Kyeemagh.

Dog walking is not permitted on any other part of the beach and foreshore, be that on-leash or off-leash. Council Rangers have been providing warnings for dog owners but have now transitioned to issuing fines.



COVID-19 TEST AND ISOLATE SUPPORT PAYMENT

If you need to self-isolate and are unable to work while waiting for your COVID-19 test result, you may be eligible for the 'COVID-19 test and Isolate support payment'.

This now available to all eligible NSW workers at: <https://apply.service.nsw.gov.au/c19-test-isolate-payment/personal-details-page>

Contact us:

Monday to Friday 8:30am – 4:30pm

Phone **1300 581 299 | 9562 1666**

Email **council@bayside.nsw.gov.au**

Web **www.bayside.nsw.gov.au**

