

Jewish Community Council of WA – COVID-19 Response

The JCCWA, in conjunction with the Executive Council of Australian Jewry, has activated its Crisis Management Committee to coordinate an effective response to combat the effects of the COVID-19 pandemic on our Jewish Community.

With the support of key Perth community organisations, Menora Charity Fund, Perth Hebrew Congregation, Dianella Mizrahi, Temple David Congregation, Chabad Noranda and CSG-WA, the JCCWA will strive to ensure that our community has its essential needs met.

Through contact with community members and leaders we have identified key areas in which individuals are feeling vulnerable and have begun working towards providing assistance through this pandemic, eg:

- 1) Distribution of essential goods (including food and medicine)
- 2) Social support
- 3) Mental health support
- 4) IT advice and assistance (to facilitate minimal physical interactions)
- 5) Religious service (such as online minyanim and shiurim)

JCCWA's Crisis Management Committee will continue to receive the advice of respected professionals from a variety of fields. Councils of experts have been established to advise on medical matters, technology and communication, social support and religious affairs.

Medical Update

There is a lot of medical information available on the various forms of media and it is important to be careful about what you read. Corona virus has serious implications for older people and those who have other medical illnesses, but for most it is similar to a flu like illness. As a community we need to be mindful to avoid the spread of the virus to those who are more vulnerable. *Social distancing, for the time being, remains the most effective means identified to deter the spread of the virus. We implore you to practice this.*

A regularly updated and reliable source of information can be found at:

https://healthywa.wa.gov.au/Articles/A_E/Coronavirus

You will find that your community organisations are taking extra precautions for their members. They are doing so based on the advice they have been given to keep our community safe.

Mental Wellbeing

During this time of increased uncertainty many of us feel added stress and anxiety. While we may be thinking about the physical effects of the virus, it is also important to care for our mental health. Reach out to family and friends for support if you are struggling. Please see the WA government advice for mental health and assistance to access professional support:

<https://www.mhc.wa.gov.au/about-us/news-and-media/new-updates/looking-after-your-mental-health-during-the-covid-19-pandemic>

Contact

If you are in need of assistance of any kind, simply want to talk to someone or wish to offer assistance, do not hesitate to reach out:

Email: office@menora.org.au

Phone: **9375 5059**

Joan Hillman OAM
President
JCCWA



Friday, 20 March 2020