

COVID-19 and Member Welfare

The impact of COVID-19 is spreading far and wide and has resulted in the closure of all non-essential services. SLSQ would like to offer the following suggestions for coping with the social, emotional and physical deficit created by the current circumstances.

As an organisation that many look to for support within the community, we have the opportunity to lead by example in our response to COVID-19. We encourage all members to strictly abide by the current restrictions on social interaction and remember the potential risk to lives that non-compliance creates.

SLSQ would like to offer the following suggestions for member welfare at this time:

Social interaction

Make a commitment to keeping in contact with friends, family and fellow clubbies. Utilise Facetime, Zoom meetings, send a text or call. Call your grandchildren to read them a bedtime story. Challenge a friend to an online board game, join online communities such as MeWe or create a club group-chat. Create a roster within your club to ensure isolated members get a weekly phone check-in.

Looking after our mental health

It is understandable that many of our members will be worried at this time. Health and safety concerns, changes to our usual routine, job loss and financial losses can be devastating. We call on our members to offer support to one another at this time. We encourage our members to seek out regular phone contact with their peers or more formal assistance such as:

Mindspot – free telephone or digital mental health assessment, treatment and resources on coping with COVID-19. Phone 1800 61 44 34 or <https://mindspot.org.au/>

Lifeline 13 11 14 or <https://www.lifeline.org.au/about-lifeline/contact-us>

Kids helpline 1800 55 1800 or <https://kidshelpline.com.au/>

Routine

Keep your regular routine as best you can. Routine is important for our mental and physical well-being. Stick to your sleep schedule and continue to get dressed and go about your day as normally as possible. Schedule times for laundry and cooking to ensure a sense of order and normality at this chaotic time.

Recreation

Utilise the spare time you may have to study, read, learn a new skill or work on a project. Encourage club members to utilise SLSA e-learning options and create a weekly e-learning challenge, complete with a virtual meeting to discuss any learnings or queries.

Exercise

Social distancing and gym closures don't have to put an end to exercise. As an important part of physical and mental health, it is essential to remain active. Challenge your club members to take turns to suggest a daily at-home workout routine to be completed virtually. You may like to create your own program or even provide a link to a preferred online workout.

SLSQ are here to support our members! We encourage all clubs to provide any ideas or suggestions that might benefit others at this time. What is working for you? We would love to hear about it! Send any good news stories or other suggestions to the member welfare officer : agore@lifesaving.com.au

