



# COVID-19 COMMUNITY SUPPORT GUIDE

**STAY UP TO DATE**  
[armadale.wa.gov.au](http://armadale.wa.gov.au)  
9394 5000 |   

  
CITY OF Armadale

# MAYOR'S MESSAGE:

## Our commitment to safety and wellbeing



**The Coronavirus (or COVID-19) pandemic is an unprecedented global event that is having a massive impact on our day-to-day lives. While the City of Armadale operations adapt to this ever-changing situation, our community is always at the forefront of our minds.**

Be assured, we stand with you and beside you - our community, in these challenging times.

We've developed this booklet that we will hope will be helpful in providing important information and useful links that may assist during this health emergency. There's something for everyone.

Where possible, you can also stay up to date via the **City's COVID-19 information hub**.

**STAY  
UP TO  
DATE**



**9394 5000**



**[info@armadale.wa.gov.au](mailto:info@armadale.wa.gov.au)**



**[armadale.wa.gov.au](http://armadale.wa.gov.au)**

Please continue to be kind, show patience and be considerate of one another. Continue to follow the rules around social distancing, they're there to protect not only you, but others. The safety and wellbeing of everyone will require us to unite, with the common goal of staying safe and not spreading the virus.

I have great confidence in the resilience and generosity of this community and together, we will navigate what lies ahead.

*We're in this together. Stay safe.*

**Cr Ruth Butterfield**

Mayor, City of Armadale

*\*This information was printed on 9 April 2020 and was current at the time of publishing.*

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# WHAT IS CORONAVIRUS?

**COVID-19 is a respiratory illness caused by a new virus, first reported in December 2019 in Wuhan City in China.**

## SYMPTOMS

Symptoms include **fever, flu-like symptoms** such as **coughing, sore throat, fatigue and shortness of breath**. The virus can spread from person to person, but **good hygiene can prevent infection**.



**SORE THROAT**



**FEVER**



**COUGH**



**SHORTNESS OF BREATH**

## HOW IT SPREADS

The virus can spread from person to person through:

- close contact with an infectious person (including in the 24 hours before they had symptoms)
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face
- COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly.

## WHO IS MOST AT RISK

In Australia, the people most at risk of getting the virus are:

- travellers who have recently been overseas
- those who have been in close contact with someone who has been diagnosed with COVID-19
- people in correctional and detention facilities
- people in group residential settings

People who are, or are more likely to be, at higher risk of serious illness if they get the virus are:

- Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions
- people 65 years and older with chronic medical conditions
- people 70 years and older
- people with compromised immune systems

# STAY UP TO DATE.

**Stay up to date with the most current, trusted and factual information on the Department of Health website, which is updated daily and can answer the questions below:**

- What is COVID-19?
- What are the COVID-19 symptoms?
- How do I seek medical attention if I think I have COVID-19?
- How do you get tested for COVID-19?
- Who needs to self-isolate and how do they self-isolate?
- How do I protect myself and others from COVID-19?
- What is social distancing and how can I practice it?
- Who is most at risk of getting COVID-19?
- How does COVID-19 spread?

## FOR MORE INFORMATION VISIT

[www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#what-is-covid19](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#what-is-covid19)

## CORONAVIRUS HEALTH INFORMATION LINE

**1800 020 080** (operating 24hrs/day, 7 days per week)

## DOWNLOAD THE APP

[www.wa.gov.au/government/covid-19-coronavirus](https://www.wa.gov.au/government/covid-19-coronavirus)

## COVID-19 CLINIC

**The State Government has opened a COVID-19 clinic at Armadale Health Service, so our community can be serviced close to home, if testing is required.**

The COVID-19 clinic is open from 8am to 8pm daily, located at the **Armadale Health Service** (Ground Floor, 3056 Albany Highway, Mount Nasura). To learn more about the testing eligibility criteria refer to the WA Department of Health website <https://www.ahs.health.wa.gov.au/Our-services/COVID-Clinic>

If you are sick and think you have symptoms of COVID-19, seek medical advice. If you want to talk to someone about your symptoms, call the **National Coronavirus Helpline** for advice **1800 020 080** – the line operates 24 hours a day, seven days a week.

# WHAT IS SOCIAL DISTANCING?

One way to slow the spread of viruses is social distancing – also called physical distancing. It means less contact between you and other people.



## STAY AT HOME UNLESS IT IS ABSOLUTELY NECESSARY TO GO OUTSIDE.

You are permitted to leave home for the essentials, such as:

- ✓ **SHOPPING FOR FOOD**
- ✓ **EXERCISING** – in a public space such as a park, limited to no more than 2 people
- ✓ Going out for **MEDICAL NEEDS**
- ✓ **PROVIDING CARE OR SUPPORT** to another individual in a place other than your home
- ✓ **GOING TO WORK IF YOU CANNOT WORK FROM HOME**

## Practical things you can do, to protect yourself and others from COVID-19:

- **Cancel all indoor and outdoor non-essential gatherings**
- **Practice good hand and cough/sneeze hygiene**
- **Avoid handshaking** and other physical greetings
- **Regularly clean shared high-touch surfaces**, such as kitchen benches and doorknobs
- Increase the amount of **fresh air** by opening windows or adjusting air conditioning
- Buy more goods and services online so you **limit visits to the shop**
- **Use tap and pay instead of cash**
- **Consider what outings are necessary**

# GOOD HYGIENE IS IN YOUR HANDS.

## WASH YOUR HANDS

thoroughly with soap  
and water for at least  
20 seconds to prevent  
passing on germs.  
Dry your hands.



HELP  
**STOP** THE  
**SPREAD**  
AND STAY HEALTHY

## SANITISE YOUR HANDS

Rub your hands together with hand sanitiser, covering all surfaces of both hands, including between your fingers and up around your fingertips and nails. Rub hands together for 30 seconds to allow your hands to completely absorb the product and the hand sanitiser to completely dry.

## KEEP THAT COUGH UNDER COVER

Always cough and sneeze into your elbow or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.



# SUPPORT IS AVAILABLE.



Support is available if you are concerned about COVID-19 or are distressed because you are in self-quarantine or sick. If you would like to talk to someone, there are a number of services here to support you.

- **Mental Health Emergency Response Line 24/7 Crisis Support:** **1300 555 788** (metro), **1800 676 822** (regional)
- **Crisis Care:** **1800 199 008**
- **Samaritans 24/7 Crisis Line:** **135 247**
- **MindSpot:** **1800 614 434** or [mindspot.org.au](https://www.mindspot.org.au)
- **headspace:** visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on **1800 650 890**
- **Kids Helpline:** **1800 55 1800** or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- **ReachOut:** [reachout.com.au](https://www.reachout.com.au)
- **SANE Australia:** **1800 187 263** or [sane.org](https://www.sane.org)
- **Youth Beyond Blue:** **1300 224 636** or [youthbeyondblue.com](https://www.youthbeyondblue.com)
- **Samaritans Youthline WA:** **1800 198 313**
- **Lifeline:** **13 11 14** or [lifeline.org.au](https://www.lifeline.org.au)
- **Suicide Call Back Service:** **1300 659 467** or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- **beyondblue:** **1300 224 636** or [beyondblue.org.au](https://www.beyondblue.org.au)



# FINANCIAL SUPPORT.



State and Federal Governments are offering small businesses financial assistance, with economic response packages updated frequently. Visit Australian Government – The Treasury and the Australian Taxation Office for the latest information.

- **The Treasury:** [www.treasury.gov.au/coronavirus](http://www.treasury.gov.au/coronavirus)
- **Australian Taxation Office:** [www.ato.gov.au/Individuals/Dealing-with-disasters/In-detail/Specific-disasters/COVID-19/](http://www.ato.gov.au/Individuals/Dealing-with-disasters/In-detail/Specific-disasters/COVID-19/)
- **Business.gov.au:** <https://business.gov.au/risk-management/emergency-management/coronavirus-information-and-support-for-business>

## OTHER HELPFUL SERVICE PROVIDERS:

- **Anglicare (Financial Counselling):** 9394 9200
- **CAIRS** (Communicare Armadale Information and Referral Service): 9399 9617
- **Financial Counselling Helpline:** 1800 007 007 or [www.financialcounsellingaustralia.org.au](http://www.financialcounsellingaustralia.org.au)
- **Legal Aid Advice Line:** 650 579
- **The Salvation Army:** 9442 5700
- **Citizens Advice Bureau:** 9221 5711 or email [cab@cabwac.com.au](mailto:cab@cabwac.com.au)

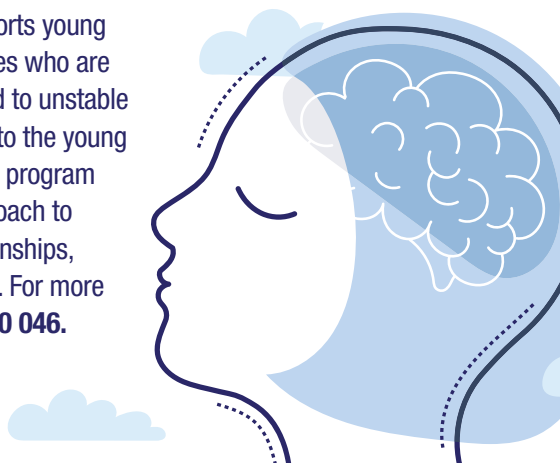
# KEEPING PHYSICALLY & MENTALLY HEALTHY.

Keeping mentally fit is just as important during these unsettling times. If you or a family member is feeling the emotional toll, there is a range of resources online.

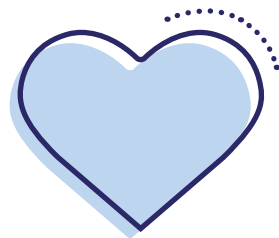
## NATIONAL 24/7 CRISIS SERVICES

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)
- **beyondblue:** 1300 224 636 or [beyondblue.org.au](https://beyondblue.org.au)
- **ReachOut:** [reachout.com.au](https://reachout.com.au)
- **SANE Australia:** 1800 187 263 or [sane.org](https://sane.org)

- **R U OK?:** Can help you identify signs that you or a loved one are not OK, and have dedicated information on the importance of staying connected [www.ruok.org.au](https://www.ruok.org.au)
- **headspace:** Are available to assist young people experiencing stress and anxiety. Visit [headspace.org](https://headspace.org) to find your nearest centre or call headspace on **1800 650 890**
- **Kids Helpline:** A free, private and confidential telephone and online service specifically for young people. Phone **1800 55 1800**.
- **MercyCare Reconnect:** Reconnect supports young people aged 12-18 years and their families who are experiencing family conflict which has led to unstable accommodation or could eventually lead to the young person being unable to stay at home. The program uses an early intervention, outreach approach to address family conflict, strengthen relationships, and help to stabilise living circumstances. For more information and referrals, phone **1800 800 046**.



- **Minnawarra House:** All classes are cancelled. Online counselling is available by calling **9497 1413** to arrange a booking. Emergency food relief is no longer operating.
- **1800 Respect: 1800 737 732**
- **Mens Line Australia: 1300 78 99 78**
- **Women's Domestic Violence Helpline: 1800 007 339**
- **Family Violence Service:** Phone **1800 600 476**
- **Family Law Outreach Service:** Phone **6253 9500**
- **Gosnells Community Legal Centre:** Tuesday-Friday 9:30am-12:30pm, and 1:30-3:30. **Gosnells Community Lotteries House**, Suite 1/2232 Albany Hwy. Phone **9398 1455**



If you are feeling emotionally challenged, it is best to avoid alcohol and drug use. It is vital to keep yourself physically and mentally stable for you and your loved ones.

While our day-to-day lifestyle could potentially change, it is important for households to maintain healthy relationships. If you have any concerns around your safety or the safety of your children should you have to self-isolate in a dangerous home situation, please reach out to service providers.

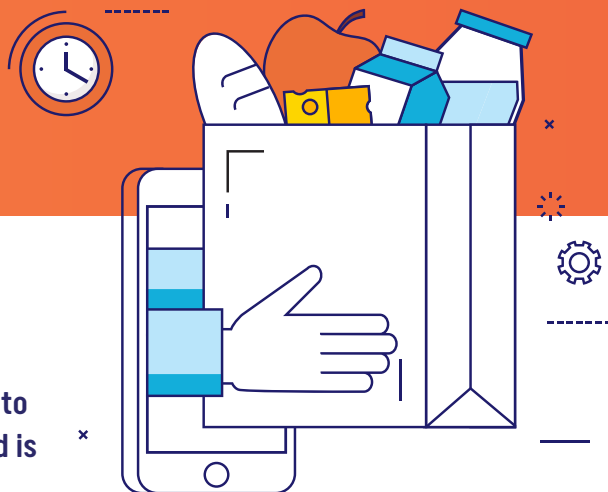
## AUSTRALIAN RED CROSS

Follow the **Emergency Services (WA)** Facebook page for updated posts  
[www.facebook.com/RedCrossEmergencyServicesWA/](https://www.facebook.com/RedCrossEmergencyServicesWA/)

For updated key messages and support tips visit [www.redcross.org.au](https://www.redcross.org.au)

# FOOD SERVICES.

Service providers that offer food parcels to the vulnerable community are also feeling the pinch. Not only are they unable to stock their shelves, but demand is now higher than ever before.



- **Foodbank WA:** [www.foodbank.org.au/WA/mobile-foodbank/?state=wa](http://www.foodbank.org.au/WA/mobile-foodbank/?state=wa)
- **ERConnect:** [www.erconnect.org.au](http://www.erconnect.org.au)
- **Greendale Centre:** Takeaway meals for Seniors (\$10) Monday to Friday:  
Call **9399 5393** and register your order by 10am on the day of collection.
- **Crossways:** Takeaway meals and food pantry services and emergency relief:  
Call or email for assistance **9495 2033** or [admin@crossways.org.au](mailto:admin@crossways.org.au)
- **Salvation Army:** Food parcels on Wednesday mornings.  
Call **9497 1803** Wednesday morning to register.
- **Byford Baptist Church: Food Market on Thursdays** starting at 11am-12pm for those in need. **746 South Western Highway, Byford.**
- **Woolworths and Coles Supermarkets:** are offering online and delivery services for customers. Eligible customers include seniors, people with a disability and those with compromised immunity or who are required to self-isolate.  
Visit [www.woolworths.com.au/shop](http://www.woolworths.com.au/shop) or <https://shop.coles.com.au/>

# HEALTHY FOOD IDEAS.

**Wanting to try some new food, learn how to cook a different cuisine or just try out a new recipe?**

**Livelifighter** has hundreds of healthy, delicious recipes available on their website here: [www.livelifighter.com.au/Recipe](http://www.livelifighter.com.au/Recipe)

There are recipes to suit all types of families, fussy eaters and cater to various dietary requirements!

**Eat for Health** Provides meal ideas based on the recommendations from the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. Visit [www.eatforhealth.gov.au/eating-well/healthy-recipes](http://www.eatforhealth.gov.au/eating-well/healthy-recipes)

## FOOD SAFETY

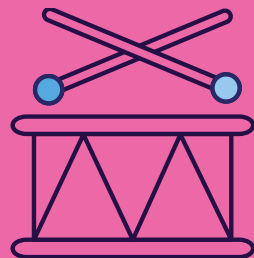
**Best before** - Food labels are date marked to give a guide to how long food can be kept before it begins to deteriorate or may become unsafe to eat. The two types of date marking are 'use-by' dates and 'best before' dates.

Foods labelled with a best before date are still safe to eat after this date as long as they are not damaged, deteriorated or perished – but they may have lost some of its quality after this date. Common best before foods include cereals, grains and pulses, biscuits, sauces, chocolate, sugar, flour and frozen foods.

**Use by dates** - Foods labelled with a use-by date must be either eaten or thrown away by that date. Even if the food looks fine, it may be unsafe to eat because the nutrients in the food may become unstable or there may be a build-up of bacteria and toxins. Foods that commonly have a use-by date include milk, raw meat and sliced meats.

**Storing and cooking your food** – ensure you follow food storage instructions such as 'keep refrigerated' and 'store in a cool, dark place'. Following such instructions can help you to kill any harmful bacteria that may be present and to avoid food poisoning.

# ASSISTING CHILDREN THROUGH COVID-19.



There are several organisations who are assisting children and families throughout COVID-19. These organisations are offering family tips, playgroup at home, online safety kits for parents and health references.

- **Telethon Kids Institute:** Has some valuable information on how to quarantine individuals in your home if you have contracted COVID-19 and how to discuss COVID-19 with your children [www.telethonkids.org.au/news--events/news-and-events-nav/](http://www.telethonkids.org.au/news--events/news-and-events-nav/)
- **The Raising Children Network:** Has a list of resources available on what COVID-19 is and how to help your child navigate this pandemic. [www.raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia?bblinkid=210693412&bbemailid=19985777&bbejrid=1411988839](http://www.raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia?bblinkid=210693412&bbemailid=19985777&bbejrid=1411988839)
- **Babysits:** has set up some community resources and virtual tutoring to help parents and carers during this difficult time. Babysits can also arrange a babysitter for you [www.babysits.com.au/community-resources/1171/online-tutoring-job-for-babysitters/](http://www.babysits.com.au/community-resources/1171/online-tutoring-job-for-babysitters/)
- **The Fathering Project:** delivers resources, programs and events specific to the engagement style and needs of dads and father-figures. While face-to-face meetings and catch ups have had to cease, The Fathering Project still has a strong online presence to assist families during this time [www.thefatheringproject.org/at-home/community-message/](http://www.thefatheringproject.org/at-home/community-message/)
- **Keeping Kids Safe Online** – No doubt our kids will be utilising the web if they are confined to home. The e Safety Commissioner has developed a handy outline for parents and carers to keep children safe while online. [www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers?fbclid=IwAR0IaL0ahnQLCEpDN5TU-TEt3Dnyr3ju5owfceTbDtk7C3yHEF\\_cXoaQl4](http://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers?fbclid=IwAR0IaL0ahnQLCEpDN5TU-TEt3Dnyr3ju5owfceTbDtk7C3yHEF_cXoaQl4)

# ACTIVITY IDEAS FOR KIDS.

- Build a cubby house
- Make some playdough
- Bake a cake
- Paint with water
- Set up camp in the back yard
- Sit down for a movie marathon (and maybe even write a review)



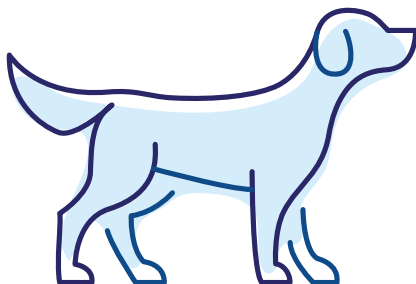
- Learn an instrument

## YOUTUBE CHANNELS

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- Kids Learning Tube
- Mike Likes Sciences
- Science Max
- SoulPancake



- View a virtual museum or zoo
- Build the tallest tower with lego or blocks
- Make your driveway an artists canvas and draw some happy pictures with colourful chalk
- Have a teddy bears' picnic
- Indoor scavenger hunt
- Hide a treasure and draw your own treasure map for Mum or Dad to find



## ACTIVITY IDEAS FOR ANIMALS

- Walk your dog
- Play tug-o-war with your dog
- Pat your cat/dog
- *Don't have a pet?* Consider fostering one from a rescue group

# HUMAN CONNECTION.

Human connection is now more important than ever. While we need to practice social distancing, we can still connect as neighbours and a wider community through other avenues.



- **Keep in touch with your neighbours and friends** via telephone, FaceTime or slip a kindness card in their letterbox. This can introduce yourself and offer your help.
- Using Skype, Zoom, WhatsApp etc. you can have conversations, **dance parties**, have a **virtual games night**, **take lunch breaks together**, **share good news** and **funny stories**, and watch Netflix together (**Netflix Party**).
- **Check in on others**, particularly those living alone or feeling anxious.

## VOLUNTEERING & HOW YOU CAN HELP

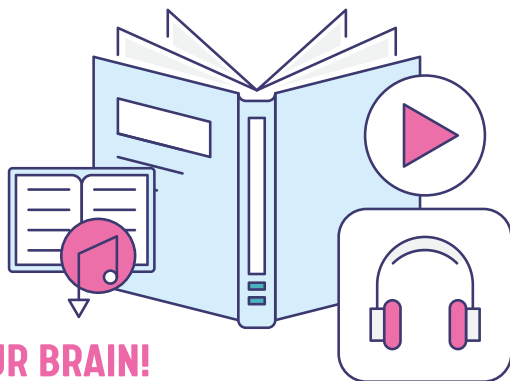
- **St John WA** is seeking volunteers in various roles during this pandemic.
- **Volunteering WA** has an online register where you can sign up to assist as an Emergency Support Volunteer.
- **The Australian Red Cross** is seeking more plasma and blood donors.
- **Foodbank WA** is seeking donations from the community. Donations can be dropped off directly to their main premise located near the Perth Airport.





# ACTIVITY IDEAS FOR ADULTS.

- Sort and tag your digital photos
- Listen to some great podcasts
- Join a virtual book club
- Catch up on movies & TV shows
- Listen to some TED talks
- Listen to Podcasts
- Check out the online resources your libraries have to offer
- Declutter the house
- Prep and freeze some meals for when you're back at work
- Have a bubble bath
- Learn phrases in a different language
- Read a book
- Try some new recipes
- Complete a puzzle
- Revamp your garden
- Try meditation or mindfulness
- Do yoga at home or a workout
- Get some (safe) sun exposure to increase your Vitamin D



## E-LIBRARY – FOOD FOR YOUR BRAIN!

Want something to do that is 'not just Netflix' to get you through these tough times? Visit the Armadale Libraries e-Library <https://library.armadale.wa.gov.au/e-library> to access a range of online services!

These resources are all free, can be accessed from anywhere with a PC, tablet or mobile phone, and all you need is your library card and a login set up to access.

Looking for eBooks, movies, magazines, digital media, or learning activities?

Or maybe you want to improve your english or learn a new language?

There's something for everyone at the e-Library!

# WORKING FROM HOME.

Like many people across the nation, people are being encouraged to work from home to reduce the spread of coronavirus.

If you are working from home, creating a healthy office environment is better for your health as well as productivity.



## REMEMBER TO:

- **Take a break every 30 minutes you are sitting**  
(stand up, do some stretches or take a walk)
- **Stretch to relax and release the muscles that tighten with sitting**  
(see Ten Easy Office Moves resource)
- **Eat healthy foods and stay hydrated**

## TEN EASY OFFICE MOVES

See link below for pictures/PDF of the Ten Easy Office Moves resource from Healthier Workplace WA [www.healthierworkplacewa.com.au/resources/coordinator-tools/coordinator/educational-tools/?page=2](http://www.healthierworkplacewa.com.au/resources/coordinator-tools/coordinator/educational-tools/?page=2)

## FREE WI-FI HOTSPOTS

The City offers Wi-Fi hotspots at Memorial Park and the Jull Street Mall.



# STAYING ACTIVE AT HOME.

**It is important as a community, as a family, as individuals that we all take care to physically and mentally withstand what is to come.**

The team at the Armadale Fitness and Aquatic Centre is working behind the scenes to show you how to keep moving at home! If you are a member, check in for daily updates on what exercise routine you can implement in your home, in your backyard, on your balcony or out in nature (provided you consider social distancing).

Staying active is so important for both mental and physical health, so until the Armadale Fitness and Aquatic Centre (AFAC) and Armadale Arenas are operating as usual, they will be making it easy for everyone to 'work-in' from the comfort of their home.

## VIRTUAL WORKOUTS

Access virtual workouts on the [Armadale Fitness and Aquatic Centre YouTube channel](#). Here, the amazing team from AFAC will be uploading a range of 'at home' workouts for you to try. Subscribe to their channel or keep an eye on their 'Virtual Workouts' playlist to see their latest fitness videos.

## MY WELLNESS

**Download the free MyWellness app** on your mobile and select 'Armadale Fitness and Aquatic Centre' as your home club, for virtual fitness on the go! The team from AFAC will be posting regular exercise routines, ranging in difficulty to suit all fitness levels.

## LES MILLS ON DEMAND

Sign up to Les Mills On Demand to access over 800 Les Mills workout videos. It's free for 60 days, register at <http://link.lesmillsondemand.com/SHhc>. Thereafter, a discounted rate of \$22.50 per month is payable directly to Les Mills if you wish to continue to access the service. Please note that you'll be asked to provide payment details at sign up, which will only be charged after the free 60 day period. With Les Mills On Demand, you'll have access to the classes you know and love such as BODYPUMP™ and BODYATTACK™. The kids can get active too with BORN TO MOVE™. Classes range in duration and cater for all fitness levels.

# LIBRARY ONLINE SERVICES.

Whilst the City's library's doors are closed -  
they still offer online streaming for members  
<https://library.armadale.wa.gov.au/e-library>



- **Borrowbox**: makes it easy to access eAudiobooks online, through your Library and Bolinda. Enjoy reading bestselling eBooks and listening to the most popular eAudiobooks from your favourite Australian and international authors everywhere you go.
- **Kanopy**: If you're interested in independent, foreign language, classic or documentary films, you're in luck! Get out your library card and sign up for Kanopy, the Library's newest on demand video streaming service.
- **RBDigital Magazines**: is a database of free downloadable magazines, which can be read on your PC or tablet.
- **Wheelers**: A range of eBooks with a focus on non-fiction, plus teen and children's titles which can be downloaded using your library card number and PIN.
- **Overdrive**: Access to the Western Australian Libraries Digital Media Collection.
- **eReading Room**: Kids and teen's eBooks and eAudiobooks, powered by Overdrive.
- **Busythings**: is an online resource for the early years that includes 115+ fun learning activities that help children learn important skills in the key learning areas of creative development, problem solving, reasoning, numeracy, communication, language and literacy and knowledge and understanding of the world.



- **Storybox Libraries:** Storybox is a beautiful online Reading Room. A place where the wonderful world of Australian Children's Literature is on permanent exhibit. It connects children with literature through film, providing an interactive experience via a range of storytellers.
- **Mango Languages:** Learn a language or improve your English speaking skills with Mango Languages. Mango is an online program that makes language learning fun. Each lesson is focused on practical, common conversation skills and includes instruction on vocabulary, pronunciation, grammar, and culture. Travelling soon? Try Mango before you go! Choose from 72 languages or for those learning English as a Second Language - there are courses for speakers of 21 languages. The Mango Languages app is available for iOS and android.



## STORYTIME

There will be an exciting new storytime session available every Tuesday on the [City of Armadale YouTube page](#).

## BABY RHYME TIME & TODDLER ROMP

From Wednesday 22 April you will also be able to view Baby Rhyme Time and Toddler Romp sessions on alternate weeks.

# SUPPORT ARMADALE LOCAL



During this unprecedented time many businesses are still operating - of course there is your favourite café with that special blend of coffee, restaurants with takeaway and delivery services, but remember your local deli, car servicing and more. They all need your support more than ever before. There are many ways to spread your \$\$\$\$ and love to support local:

## ENGAGE on social

media posts - like, share and comment to help increase their online presence

## GIVE FEEDBACK

Post a positive review on Google or Facebook to increase search ranking and review scores

## PAY IT FORWARD

Purchase a gift voucher for Mother's Day, or a birthday present for when this pandemic is over.

## OTHER WAYS YOU CAN HELP:

- For your next date night - order dinner from your favourite local restaurant - don't forget to add a picture to social media and tag the business!
- Take a picture of your latest purchase - it might be clothing/food/garden purchases, and tag using **#SupportArmadalelocal**.
- Buying online? Try to support local if possible - you will be surprised at how many are offering online payments so you don't need to leave your safe sanctuary.
- Create those family traditions for takeaway nights - like pizza Sunday, Tuesday curry or Friday fish and chips!
- If you are a local business still operating and would like to be included in the business listing on the City's website, email [info@armadale.wa.gov.au](mailto:info@armadale.wa.gov.au) - we would like to help you during the COVID-19.

# #SUPPORTARMADALELOCAL

These are just a few of the local businesses operating near you...

## TAKEAWAY FOOD

- **Orchard Espresso:**  
Shop 7/21 Jarrah Rd, Roleystone  
[www.facebook.com/orchardespresso](http://www.facebook.com/orchardespresso)
- **Avocados:**  
2 Mount Street Kelmscott, Brookton Highway  
Cnr. Mount St & Brookton Hwy  
[www.avocadosperth.com](http://www.avocadosperth.com)
- **Naked Apple Cider**  
1088 Brookton Hwy, Karragullen  
[www.nakedapplecider.com.au](http://www.nakedapplecider.com.au)
- **Coffee Club Armadale**  
Armadale Shopping Centre, Jull St, Armadale
- **Bean Thru**  
89b Jull Street. Armadale  
[www.facebook.com/beanthruaus](http://www.facebook.com/beanthruaus)
- **The Pink Deli**  
1A Melody Street Kelsmcott  
[www.facebook.com/thepinkdeli](http://www.facebook.com/thepinkdeli)
- **The Organic Circle**  
Shop 1, Pioneer Village, 7 Albany Hwy, Armadale. [www.theorganiccircle.com.au](http://www.theorganiccircle.com.au)
- **C.Y. O'Connor**  
11 Erade Drive (Cnr Warton Road), Piara Waters  
[www.cyopub.com.au](http://www.cyopub.com.au)
- **Armadale Park Café**  
197 Jull St Armadale  
[www.facebook.com/ArmadaleParkCafe](http://www.facebook.com/ArmadaleParkCafe)
- **Wok in a Box Armadale**  
Armadale Shopping Centre, Jull St, Armadale  
[www.wokinabox.com.au](http://www.wokinabox.com.au)
- **Sizzler Kelmscott**  
Albany Hwy & Davis Rd Kelmscott  
[www.sizzler.com.au/restaurants/kelmscott](http://www.sizzler.com.au/restaurants/kelmscott)
- **Brook 508 Cafe and Restaurant**  
508 Brookton Hwy, Roleystone  
[brook508cafe.com.au](http://brook508cafe.com.au)
- **Hogs Breath Cafe Kelmscott**  
2938 Albany Highway, Kelmscott  
[www.hogsbreath.com.au/location/kelmscott](http://www.hogsbreath.com.au/location/kelmscott)

## SERVICES

- **Armadale Automotive**  
1 / 4 Dickens Place Armadale  
[www.armadaleautomotive.repcoservice.net](http://www.armadaleautomotive.repcoservice.net)
- **Crossroads Mechanical**  
1 / 9 Haydock Street Forrestdale  
[www.facebook.com/crossroadsmechanical](http://www.facebook.com/crossroadsmechanical)
- **Always Electrical**  
9 Byron Road Armadale  
[www.facebook.com/alwayselectrical.au](http://www.facebook.com/alwayselectrical.au)
- **Plumbco**  
Unit 5/15 Alex Wood Drive, Forrestdale  
[www.facebook.com/Plumbco-Perth-Pty-Ltd-2251196811867990/](http://www.facebook.com/Plumbco-Perth-Pty-Ltd-2251196811867990/)
- **Reece Plumbing Centre**  
5 Gillam Drive, Kelmscott  
[www.reece.com.au](http://www.reece.com.au)



*\*This information was printed on 9 April 2020  
and was current at the time of publishing.*

**STAY UP TO DATE**  
**armadale.wa.gov.au**  
**9394 5000** |   

  
CITY OF **Armadale**