

COVID-19 UPDATE



Advice for Nutrition Australia NSW Community

Valued members, clients, volunteers and supporters,

Since our last update regarding the June/July COVID-19 lockdowns in Sydney, the situation has continued to develop.

The NSW Government has advised that stay-at-home orders have been extended until 11:59 PM Friday 16 July 2021 and applies to all areas under the current orders: Greater Sydney, including the Blue Mountains, Central Coast, Wollongong and Shellharbour. Restrictions for regional areas have also been extended. In addition, announcements on July 9 indicate stricter stay-at-home measures as we endeavour to keep our communities safe. *For the latest details and updates please visit the NSW Government's COVID-19 website.*

Many of those in our network, like so many Australians, may be feeling overwhelmed during this difficult time. The situation is bringing many unprecedented challenges to our lives and prolonged exposure to COVID-19 related stress and tight restrictions can have lasting impacts on our mental health.

NANSW is doing our part in protecting the community and supporting mental health and wellbeing. We are constantly reviewing the latest advice and all our operations have been adapted to minimise risk to our volunteers, students, staff, clients and customers. Our priority is to ensure the safety and wellbeing of everyone at Nutrition Australia NSW, while maintaining support to people in need during this difficult time.

Our responses to the current COVID-19 situation include:

- Mandatory work from home for office staff, consultants and volunteers
- Postponement or replacement of in-person events and services with video conferencing delivery where possible
- One on One Consultation will continue to operate (following strict personal hygiene guidelines)
- New and innovative ideas are being explored to bring our healthy eating and well-bring programs to corporates/and or individuals
- Increased promotion of key messages and advocacy through digital content via e-news, website, social media, videos, and more

NANSW remains committed to maintaining our high-quality services for corporates, schools and childcare, councils, community groups, and individuals – whether via digital conferencing technology, or in-person pending health orders and advice. We thank our consultants, staff, volunteers and community supporters who are continuing to provide assistance to needy communities. We extend our appreciation to NSW Department of Health for their continual support of our vital work.

If you have any questions, please contact Head Office on admin@nutritionaustraliansw.org.au

Regards,



Barbara Ward
President

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