



## COVID-19 UPDATE 9 July 2021



### Advice for the SHARE SMR Inc Community

Dear SHARE Community,

As we work towards protecting the health of our communities, 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. For the latest details and updates please visit the NSW Government's COVID-19 website [here](#). To view COVID-19 information translated into over 40 languages, click [here](#).

Due to this, **our fitness classes have now moved online**. From July 12 to July 16, participants who have enrolled in Term 3 can join us for daily fitness classes via Zoom featuring our popular programs including Tai Chi, Yoga, Zumba, Fitter and Stronger and Active and Fit. We will also host free live online Tai Chi classes open to the public. To find out more, please visit our [website](#).

Classes will recommence in person pending health advice from NSW Government. Please note that there may be capacity restrictions due to the re-imposition of the one person per 4 square metre requirement.

Though necessary to keep us safe, these restrictions are having a significant impact on the mental health of many vulnerable members in our community. In our network of over 4000 older people living in Georges River, Liverpool, Inner West, Canterbury Bankstown, and more, we know that stress levels are high, and many feel lonely and isolated. That is why SHARE is stepping up our free Community Care Services to help in any way we can. This includes:

- COVID-19 Community Food Hampers
- Community Transportation Services
- Community Care Support Hotline

To access any of the above, please read more on our [website](#) or give us a call on 8580 0628.

We encourage all to stay safe, follow the advice of NSW Health and get vaccinated when possible. Look after your mental health and overall wellbeing by continuing to stay active during this time – exercise safely indoors, in the backyard, or take a short walk around the block. Choose healthy meals and snacks throughout the day, such as a piece of fruit, sliced vegetables, yoghurt or a handful of nuts. Keep in regular contact with friends and family over the phone to stay socially connected.

Our Head Office remain available for information and advice, please contact us via email [info@share.org.au](mailto:info@share.org.au) or call on 8580 0628.

Regards,

Adrian Prakash  
General Manager

"At SHARE, We Care"

