

MACEDON RANGES ADAPTABLE AND RESILIENT

To slow the spread of COVID-19 the government asked all Australians to stay home and maintain physical distance. Initially, all gatherings stopped - businesses and schools closed, social clubs stopped meeting, people started working from home, families became disconnected and face-to-face courses and training ceased.

However, the Macedon Ranges community demonstrated their resilience and adapted to the new social environment of physical distancing. The Macedon Ranges Health and Wellbeing Partnership used social media to promote examples of adaptability, with the hope of inspiring other groups to maintain their social connections.

Short 3-minute videos were produced to showcase these examples of adaptability and resilience. These were shared via Facebook by the Macedon Ranges Health and Wellbeing Partnership to increase the reach of the message #AdaptableAndResilient. Click on videos below to play.



Two locals, Lee Sandwith and Paul Tagell developed a web and facebook page (Kindtown) to support local businesses and provide an online platform for people to socially connect and reach out for help.

Lee talks about why they set up Kindtown Kyneton and why it has been so successful.



Men's Sheds are a place for a man to go, someone for a man to talk to and something for a man to do. It's a place where men can connect and talk about their health.

Ken Reither, Chair of Gisborne Men's Shed talks about how their club members stayed connected during Covid-19 physical distancing.



Spice Intergenerational Playgroup meet in aged care facilities so that younger people can share and connect with older people of different abilities.

Katy Condliffe talks about how the playgroup stayed socially connected with their 'Granny friends' during times of physical distancing.



Lancefield & Romsey Neighbourhood House set up a Community Support program to help people stay at home to slow the spread of Covid-19.

Vivien Philpotts, Coordinator of Lancefield Neighbourhood House explains how volunteers supported people in need during this time.



Libraries are an important hub for social connection and support for the whole community. There are group activities and events for all age groups and interests.

Lucy Mayes, Manager of Engagement, Goldfields Library Corp discusses how some library activities have successfully transitioned online and other existing on-line services have had greater up-take.

