



COVID-19 INFO SHEET FOR AGA MEMBERS – MARCH 25

General Information

From Wed 25 March, the ACT has more measures in place that are extended from the partial lock down we are already in as a response to the ongoing COVID-19 pandemic. This means that all non-essential services will be closed to protect public health.

For the ACT, this includes:

- Pubs & Registered Clubs
- Gyms & indoor sporting venues
- Cinemas, entertainment venues, casinos and night clubs
- Restaurants and cafes will be restricted to takeaway and/or home delivery
- Religious gatherings & places of worship (excluding small weddings and funerals that comply with the 4m2 rules)
- Amusement parks and arcades
- Indoor and outdoor play areas
- Community recreation centres, health clubs, fitness centres, yoga, barre, spin facilities, saunas, wellness centres
- Public swimming pools
- Auction houses
- Real Estate auctions and open house inspections
- In store beauty therapy, tanning, waxing, nail salons, tattoo parlours, spa and massage parlours excluding allied health related services, ie physio)
- Food courts within shopping centres will only be able to sell takeaway, shopping centres themselves will remain open

For general information on COVID-19 you can call the Coronavirus Health Information Line on **1800 020 080**.

If you are concerned about your health or want to access up-to-date information as the situation unfolds, please visit the ACT Health website [here](#)

If you want to access support through the relief package announced by the Australian Government you can do it online at MyGov [here](#) or by phoning **132 850**.

Please note, if you are already on a payment you do not need to contact Centrelink to access this extra support, it will happen automatically. Also, Centrelink is under extreme pressure right now, so unless you have no income and need urgent support, it may be good to wait a few days before getting in touch.

AGA Shutdown

Based on expert advice, it is clear our community must now adapt across all environments, including the workplace, to help slow the spread of the virus. If we don't, more onerous and restrictive measures will be introduced. As such AGA House will remain closed and all staff will be working from home until further notice.

We are working to deliver online group activities to our members where we can, so please keep an eye out on Facebook and on our website for more information. You can also reach out at support@genderrights.org.au and staff will be able to respond between Monday and Friday during business hours.

The Friday Centre will continue to operate by phone or email. Call **0403 085 772** or email fridaycentre@genderrights.org.au and our Peer Navigators will be available to respond between 1pm and 6pm every Friday.

LGBTIQA+ Support

- [Westlund Counselling](#) are moving to online and phone counselling for our local LGBTIQA+ communities during the pandemic – **0412 882 855**
- [ACON](#) have developed a resource specifically for [trans and gender diverse people](#) during the pandemic and have good COVID-19 specific resources for the LGBTIQA+ community more broadly, including information on the risk of [casual sex](#).

Other Support

If you do find yourself struggling with persistent feelings of distress, we'd encourage you to seek out other forms of help that are more readily available than our local peer based services.

- [Lifeline](#) - Crisis and Suicide Support - **131144**
- [Kids Helpline](#) - Phone and Online Counselling for Children and Young People aged 5-25 - **1800 551 800**
- [QLife](#) - LGBTI+ Peer Support and Referral - **1800 184 527**
- [ehedspace](#) – online support and counselling for young people aged 12-25

Stay connected

This is a challenging time for the whole world. Remember to keep yourselves safe, keep yourselves healthy and keep checking in with us and each other. We will keep you updated as the situation unfolds.