

Connect with Anoulack

A community newsletter from Anoulack Chanthivong MP, Member for Macquarie Fields – September 2020



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NEW UNFAIR TOLL ON SAME OLD ROAD

Join my campaign to scrap the new toll on the M5 East tunnels.



Anoulack with Bardia resident Lorry Parissakis who uses the M5 East regularly (above) and Anoulack with Transport Workers Union members (right).

The Liberal Government has imposed a new \$6.95 each-way toll on the M5 East with no cashback.

Since it was opened by a Labor Government in 2011, the M5 East has always been free.

We aren't even getting any upgrades on the M5 East – this is just a big new toll on the same old road.

This new Liberal toll can cost motorists more than \$3,300 a year, and will increase by at least 4% every year for the next 40 years.



I have launched a petition calling on the Government to scrap this new unfair toll.

If we can get 10,000 signatures we can make our voices heard and force the Government to debate this in Parliament.

If you need more copies of my petition, please contact 9618 2077, macquariefields@parliament.nsw.gov.au or visit my website www.letsbackanoulack.com.

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RECOGNITION FOR LOCAL CHAMPIONS

Congratulations to Keith Kent OAM and Ray James OAM on being recognised in the 2020 Queen's Birthday Honours list for their community involvement over many years.

Ingleburn's Keith Kent is known for his long-standing involvement in Lions Club International. Keith has also contributed to many other aspects of community life, including scouts, P and Cs and various Council committees.

Ray James now joins his wife, Pauline, who earlier this year also received an OAM. Both Ray and Pauline were recognised for their service to veterans, their families and the community. Ray is the Acting President of RSL NSW and State Vice President of the Vietnam Veterans Association of Australia. Ray has also been the President of the Macarthur Sub-branch of the Vietnam Veterans Association of Australia since 2014.

I commend both Keith and Ray for their extensive contributions to our community. We are all very grateful.



Keith Kent OAM and Anoulack.



Ray James OAM and Pauline James OAM.



NEW PLAYGROUND AND FITNESS EQUIPMENT

It was a pleasure to visit Macquarie Links with Cr Rey Manoto (pictured above) and try out the new playground and fitness equipment.

Macquarie Links Community Association secured nearly \$180,000 in funding for three small playgrounds and a fitness area through the My Community Project program.

Congratulations to the Association members who put in a lot of time and effort to prepare the funding submission and to win community votes to secure funding.

The playground in Links Reserve received a big tick of approval from the kids!



Ingleburn's Warwick and Dianne Agnew with their caravan rejoice news of a rebate scheme.

VICTORY WITH REBATE FOR HOLIDAY TAX

I am happy to report that people power and a community-led campaign has led to the introduction of a rebate scheme that will provide toll relief for drivers on Sydney's motorways towing a caravan, horse float or boat.

The Liberal Government unfairly lumped people towing caravans into the same class as trucks and other heavy vehicles – charging three times more in tolls.

The rebate will take the sting out of the holiday tax.

The rebate scheme comes into effect from November this year but will be backdated to 1 June. Find out more at www.rms.nsw.gov.au or contact my office on 9618 2077.

WORK IN INGLEBURN STRATEGY

COVID-19 has proven that we must do things differently.

As we navigate a new way forward, I propose a Work in Ingleburn Strategy to help support local workers and stimulate the local economy.

My strategy calls on the Liberal Government to lease vacant office space for the establishment of a satellite regional office in Ingleburn. This would give public sector workers the option of working locally periodically, instead of commuting daily to the Sydney CBD, Parramatta or elsewhere.

With the easing of some restrictions, we need people to transition from 'iso' or self-isolation to a new ISO – the Ingleburn Satellite Office. We must provide alternatives to public sector workers who commute long distances to reduce crowding on public transport and help ease congestion on our roads.

My innovative Work in Ingleburn strategy will:

- ✓ help support local workers.
- ✓ keep our community safe and healthy.
- ✓ boost the local economy.



Anoulack with the building manager of a vacant office space in Ingleburn, Narinderjit (Sunny) Singh.

But will the Liberal Government adopt my proposal and give our community a fair go?

Contact my office to find out more.

WHERE'S OUR SCHOOL?

It has been more than a year since the Liberal Government put the planning process on hold for a new school in Edmondson Park.

Factoring in the average times it takes for projects to get approval and the construction period, the opening of a new school in Edmondson Park could be up to four years away.

This is simply not good enough. I share the frustration of local parents who just want to send their kids to a local school.

I have launched a petition calling on the Liberal Government to fast-track the delivery of a school in Edmondson Park and include funding for construction in the coming Budget.

Our local area desperately needs vital infrastructure and services to support a growing population.



Families in Edmondson Park are desperate for a new school.

Help me send a clear message to the Liberal Government: we will not be ignored any longer – build a school in Edmondson Park now!

Sign my petition at www.letsbackanoulack.com

WELCOME TO THE WORLD...

My wife Anna and I were overjoyed to welcome our second child together – a baby boy, Christopher Jaidee Chanthivong (pictured).

Christopher was born at Campbelltown Hospital on 8th April and is a little brother for two-year-old Audrey.

Anna and I would like to thank the doctors and nursing staff for their exceptional level of care, particularly at a time of additional demands and stress given the COVID-19 pandemic.



Chat with Anoulack...

With Cheryl Paradella

President of Beautiful Minds South West Sydney, Cheryl Paradella, has lived in Macquarie Fields for 16 years with her husband Steve and their three children. An advocate for mental health awareness, Cheryl encourages people to seek help if they are going through a difficult time.



TELL US ABOUT YOUR INVOLVEMENT WITH BEAUTIFUL MINDS.

I've been the President of Beautiful Minds for three years and prior to this was Secretary of the organisation. I joined Beautiful Minds after searching for a local organisation that understood the journey of caring for a loved one with mental illness. Beautiful Minds is an organisation that genuinely cares about mental health. The organisation consists of people with lived experience, carers, professionals and people who want to make a difference in the community.

WHAT PROJECTS OR PLANS ARE THERE FOR BEAUTIFUL MINDS?

Unfortunately due to COVID-19 many of our fundraising events – including community events and Waratah Day – are not taking place this year. We are looking at new ways of fundraising during the pandemic to raise vital funds to support the local community and the mental health facility at Campbelltown Hospital. We will also continue to raise awareness of mental health in our local community.

YOU JUGGLE YOUR COMMUNITY WORK AND FAMILY WITH WORK TOO.

Yes, I work as a casual at Glenfield Park Special School two days a week and the remainder of the week I teach Early Childhood Education. I have always enjoyed helping others.

HOW CAN WE HELP REDUCE STIGMA AROUND MENTAL HEALTH?

We need to have open and honest conversations about mental health. It's important to listen to people and not to judge. Often, mental health issues don't present like a broken leg. It builds up over time and the path to recovery can be long. It's often not a straight line either. This is where support is so important. Your mental health is as important as your physical health, and in fact, are closely connected. The key is to maintain our physical and mental health before it becomes a crisis. Start by acknowledging the state of your mental health and wellbeing, identify the warning signs, create a self-care routine, look after your mind and body, and consider speaking with a psychologist or another professional. We are getting better at reducing stigma around mental health but there is always room for improvement.

Importantly, don't be afraid to talk about it because mental health matters!

THE COVID-19 PANDEMIC HAS SEEN THE NUMBER OF PEOPLE SEEKING HELP FROM MENTAL HEALTH SERVICES SOAR. HOW CAN PEOPLE REACH OUT FOR HELP DURING THIS CHALLENGING TIME?

Firstly, it's ok to feel anxious and scared at this time. Secondly, it's ok to ask for help. Don't wait for things to get worse. Talk to someone, seek professional help or ask your doctor for a mental health care plan. You are not alone. If you or someone you know is struggling to cope, visit coronavirus.beyondblue.org.au or blackdoginstitute.org.au for resources and information.

IT'S IMPORTANT FOR CARERS TO REMEMBER TO LOOK AFTER THEIR MENTAL HEALTH TOO.

Absolutely! It's essential for carers to look after their own mental health. Work out what best suits you as an individual or a family. Find a balance between drawing on extended family, friends and the community for support. There is certainly a lot of pressure on carers, who can also experience guilt and a lack of inner peace. Be kind to yourself. As difficult as it may be, learn to sit on the other side of the table and make yourself a priority.

WHAT DO YOU HOPE FOR THE FUTURE?

Early intervention is essential. This involves more community mental health organisations, more school counsellors, peer workers and more care plans. If we get that right, we can help prevent people reaching crisis point and help reduce the number of people presenting to emergency departments. Quality, accessible and affordable mental health care for all. I'm also looking forward to being involved in your next Community Mental Health Forum* because promoting awareness of mental health at the grassroots community level helps to break down stigma and provide much-needed support.

**Due to the COVID-19 pandemic, my annual Community Mental Health Forum has been cancelled this year. I hope to bring you another forum next year. Visit my website for updates.*

LIFELINE 13 11 14

BEYOND BLUE 1800 512 348 (Coronavirus Mental Wellbeing Support Service)

CONTACT ANOULACK

If you have any ideas, comments or suggestions, or wish to discuss State Government matters, please drop into the office or contact me on **9618 2077**, email macquariefields@parliament.nsw.gov.au or visit letsbackanoulack.com

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