



BUCKETTS WAY Neighbourhood Group Inc.

October 2023 Newsletter



Photo credit: Rick Kernick, Gloucester Advocate



D. Kemp, D. Kirk, Dr Gillespie & C. Bolton



Robert Cooper with Dr Gillespie

MEALS ON WHEELS ANNIVERSARY MORNING TEA

BWNG recently hosted a morning tea to celebrate the 70th anniversary of Meals on Wheels in Australia.

Guests on the day included Dr David Gillespie federal member for Lyne, MidCoast Mayor Claire Pontin, and Tim McGovern of Meals on Wheels NSW, all of whom travelled long distances, and took time out of their busy schedules to attend.

Additionally, Dr Gillespie even joined Meals on Wheels Volunteer Vicki to deliver meals in the community.

Although this event was about celebrating the national organisation that is Meals on Wheels Australia, we also tipped our hats to the many, many people who have shaped and contributed to Gloucester's own Meals on Wheels service since its inception in 1974.

It was great to see individuals from all stages of the local service's journey come together. We look forward to assembling again in early 2024 to celebrate 50 years of Meals on Wheels in Gloucester.

FLEXIBILITY WITH SUPPORT TIMES

Although we strive to plan services and supports ahead of time, many daily variables force us to adjust that plan.

While everyone is important to us, we often need to 'triage' services, attending to the most urgent first.

I.e. we must prioritise the people receiving personal care, living alone with a cognitive impairment or someone returning home after being discharged from hospital.

We thank you in advance for your flexibility & understanding.

CAP SCHEME

The Continence Aids Payment Scheme (CAPS) is a yearly non-taxable payment available to help people experiencing problems with bladder or bowel control afford products to help manage their condition.

The 2023-24 annual payment rate for CAPS is \$676.50 per person.

To apply, or to find out if you are eligible for the scheme please call **1800 239 309**



PREPARING FOR SUMMER

This summer is predicted to be hot and dry, so it is a good idea to start preparing now.

- Have your air conditioning serviced and filters cleaned.
- Reduce vegetation around your house and paths as long grass or shrubbery can provide a refuge for snakes.
- Ensure gutters are free from leaf litter
- Turn refrigerators to colder settings
- Check you have sun-safe items such as sunscreen, hats, sunglasses and water bottles.

SNAKE SAFE

- from RSPCA QLD

It is fairly common to come across snakes in backyards, particularly in yards with lots of bush and shrubbery.

If you keep your distance, snakes will normally go about their business without causing any harm.

If you do have a snake near your home, which you feel poses a risk to humans or pets, keep a safe distance and call a snake catcher.

In many cases, snakes like carpet pythons are harmless and will move on without the need for removal.

Taree Snake Catcher

Ph:0434 490 133



Sarah

A FAMILIAR FACE IN A NEW POSITION

In addition to her role as a Support Worker, Sarah has recently taken on some administrative responsibilities with BWNG.

In a shared role as Home Care Package Officers, Sarah and Christine work two and three days respectively each week.

In this position Sarah and Christine act as a bridge between clients approved for a Home Care Package (or their loved ones) and the government bodies responsible for the funding of their care.

Home Care Package Officers help structure the package to help clients receive the best value from their funding and ensure the services suit the individual's needs. As a person's needs may change over time, our Home Care Package Officers also conduct scheduled reviews.

OCTOBER IS MENTAL HEALTH MONTH

Being mentally healthy is essential to maintaining healthy relationships, having the resilience to face life's challenges and living life to the full.

Eating well, getting enough sleep, spending time with loved ones, exercising regularly or taking part in enjoyable or relaxing activities are a few good habits that can help to maintain good mental health and overall well-being.

If you are struggling with your mental health, speaking to your doctor is a good first step. If necessary, your doctor can refer you to supporting services.

There is also a number of support lines that you can contact for help:

- **Lifeline – 13 11 14** - support in a mental health crisis
- **Open Arms – 1800 011 146** - for veterans, defence personnel and their families
- **Beyond Blue – 1300 22 4636** - for people feeling depressed or anxious
- **Head to Health – 1800 595 212** - connect with local mental health services
- **Dementia Support Helpline – 1800 699 799** – for carers of people with dementia who have behavioral and psychological changes.

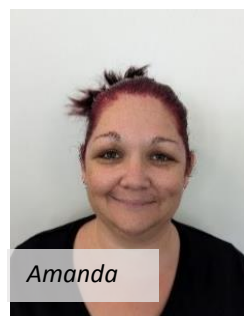
WE WELCOME NEW BWNG TEAM MEMBERS

A number of new faces have joined our team over the last few weeks.

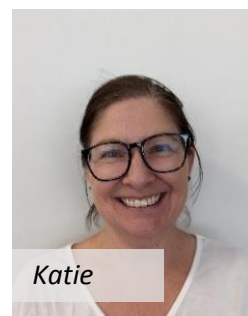
Please welcome Support Workers Amanda, Katie, Belinda, Ashleigh and Ally, Volunteers Don (not pictured), and Jeanette, Transport Driver Ron and Endorsed Enrolled Nurse, Sue.



Sue



Amanda



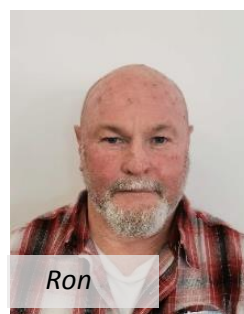
Katie



Jeanette



Ashleigh



Ron



Belinda