



BUCKETTS WAY Neighbourhood Group Inc.

April 2023 Newsletter



Ben with Support Worker Anne Marie.

BEN'S ART AWARDED AT GLOUCESTER SHOW

Congratulations Ben for the recognition your art received at this year's Gloucester Show. Ben submitted two pieces - a bottle with grapes as well as a painting of grapes, and was recognised with a second place award, two encouragement awards, and the Judges award!

Additionally, a group beadwork project by a number of BWNG's cottage participants was awarded first place.

Congratulations to all participants!

2023 INFLUENZA VACCINATION

Influenza (flu) vaccines are available under the National Immunisation Program (NIP) from April, subject to local supply.

The vaccine is given as an injection each year to protect against the most common strains of the virus.

Flu vaccines are available at no charge to all people aged 65 or over, and other at-risk groups of the community.

The highest level of protection occurs in the first three or four months following vaccination, so you should ideally receive your annual vaccination before the onset of the flu season.

To organise a time to receive your flu shot speak with your GP or Chemist.

In Gloucester this may be organised with Gloucester Max Value Pharmacy Ph: 6558 1043.

ANZAC DAY PUBLIC HOLIDAY CLOSURE

BWNG's office, transport services and Meals on Wheels will be closed Tuesday 25 April 2023 for ANZAC Day, however, disability services, services for Home Care Package clients, and urgent services for CHSP clients will be available on request.

ANZAC DAY SERVICES

- 5.30am** - Dawn service - Memorial Park Clock Tower
- 6.30 am** - Wreath laying - St Paul's Anglican Church
- 7.00 am** - Wreath laying - Cemetery Memorial
- 7.25 am** - Wreath laying - Gloucester District Museum
- 10.25 am** - Wreath laying - Gloucester Soldiers Club
- 10.30 am** - March starts from Gloucester Soldiers Club
- 11.00 am** - Service at Memorial Park Clock Tower

BINS 4 BLOKES – PUSH FOR SANITARY BINS IN MEN'S TOILETS



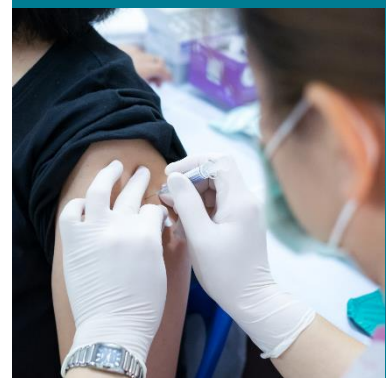
Bins for hygiene products are considered a given in women's toilets these days. But what about men's toilets?

BINS4Blokes is an Australia-wide awareness and advocacy campaign by Continece Foundation of Australia promoting the installation of bins for the disposal of incontinence products in male public toilet facilities.

Incontinence (problems with bladder or bowel control) affects 1.34 million boys and men across Australia, impacting confidence and contributing to feelings of social isolation.

BWNG, CWA of NSW and Gloucester Men's Cancer Support Group have joined forces in support of the Bins 4 Blokes campaign, with the aim of having sanitary bins installed in the men's sections of MidCoast Council-owned public amenities.

To find out more about the Bins4Blokes campaign visit www.bins4blokes.org.au





UPDATE: FOOD NOT TO BE CONSUMED IN BWNG VEHICLES

There has been a slight change to our policy on the use of BWNG's fleet vehicles.

To help keep our vehicles clean, tidy, and smelling fresh food may no longer be consumed within the vehicles.

Clients and staff are welcome to stop to have something to eat during trips, but must finish their food before returning to the vehicle.

If you have any questions about this change please talk to our team Ph: 6558 2454.

2023 BULKY WASTE COLLECTION DATES

6 – 7 May 2023

Areas within the former Gloucester Shire as listed below.

| | |
|--------------|--------------|
| Back Creek | Forbesdale |
| Bakers Creek | Gangat |
| Barrington | Gloucester |
| Belbora | Kia Ora |
| Bowman | Mograni |
| Bowman Farm | Rookhurst |
| Bulliac | Stratford |
| Bundook | Titaatee Crk |
| Copeland | Tugrabakh |
| Craven | Wallaanbah |
| Faulkland | Waukivory |

24 – 25 June 2023

Areas within the former Great Lakes Shire as listed below

| | |
|----------|-------------|
| Allworth | Stroud |
| Booral | Stroud Road |
| Girvan | Wards River |
| Monkerai | Washpool |
| Noroo | Weismantles |



Home Care Package Officer, Kylie

HAPPY ANNIVERSARY KYLIE!

We would like to congratulate Home Care Package Officer Kylie Galvin on six years of service with BWNG.

Having first joined the team in March 2017 as Community Aged Care Officer, Kylie has had a front-row seat to many changes and challenges at BWNG.

Through it all Kylie has brought a client-focussed approach and strong care standards to her work at BWNG, and has played an integral part in forging the processes used by our Ageing and Disability Services team today.

Thank you Kylie – your effort is appreciated.

THINK TWICE BEFORE YOU CLICK – SCAM ADVICE FOR SENIORS

Scams target people of all ages, however, some scams are more likely to target seniors.

Older Australians may be seen by scammers as unfamiliar with new technology or less internet and computer-savvy, and therefore an easier target.

Here are some tips for staying safe against scams while online, using your phone or accessing emails.

- Do not be pressured into making a decision. Scammers often try to create a sense of urgency through short deadlines, fake emergencies or threats of legal action.
- Be suspicious of requests for money – even if they sound or look official. Government departments will never contact you asking for money upfront in order to claim a rebate.
- Scammers will often ask you to use an unusual payment method, including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin. You should be suspicious if asked to use these payment methods.
- Verify the identity of the contact by calling the relevant organisation directly – find them through an independent source such as a phone book or online search. Do **not** use the contact details provided in the message sent to you.
- Service Australia and myGov will not send you emails or text messages asking you to click on links.
- Do not respond to phone calls or emails offering financial advice or opportunities – just hang up or delete the email.
- Always do your own research before you invest money and check the company or scheme is licensed on ASIC's MoneySmart website.
- Be wary of people you meet through social media or online dating sites who after just a few contacts profess strong feelings for you and try to move you away from the site to communicate via chat or email.
- Be suspicious of unexpected emails or letters advising you to claim an inheritance or competition prize.
- Be very cautious if someone asks for your personal details online, via text message or telephone.
- If you've clicked on an unsolicited link or attachment, or given someone you don't know your myGov or Centrelink details, call the Scam and Identity Theft Help Desk on 1800 941 126.
- Learn and gain confidence with using the internet, your smart phone or emails but participating in a 'Tech-Savvy Seniors course. There are held regularly at Gloucester Library and other public libraries across the MidCoast.