



# BUCKETTS WAY

Neighbourhood Group Inc.

August 2023 Newsletter



*Josh, Melinda, Penny & Elle with Support Worker Lincoln.*

## COOLONGLOOK THERAPY ANIMALS PARK

Our Cottage crew recently enjoyed a day out at Coolonglook Therapy Animal Park.

Participants had a lot of fun handling sheep, dogs, bunnies, goats and more.

Run by Helen Yildiz, an Animal Therapist/ Dog Trainer, the park offers a hands-on experience with a variety of animals.

Admission is only \$10 per person with all profits donated to the RSPCA.



## MEET LIFELINE COMMUNITY ADVOCATES

Drop in to Gloucester Library 27 Denison St, to the meet Lifeline Community Advocates through a series of Wednesday sessions. You can learn about accessible crisis support services, including counselling, education, community capacity building and support services.

No bookings are required – just drop in between 10am & 12pm on the following dates:

- Wednesday 6/9/23
- Wednesday 13/9/23
- Wednesday 20/9/23

For more information contact Gloucester Library ph: 6538 5258

## WHO IS LIFELINE?

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24/7 crisis support and suicide prevention services.

They exist so that no person in Australia has to face their darkest moments alone.

**Ph: 13 11 14**

## FAITH FILLING IN FOR CHELSEA

We recently welcomed Faith to the role of Acting Administrative Generalist to cover fleet management duties for Chelsea, who has taken Maternity Leave.

Although new to the Administrative Generalist role, Faith is no stranger at BWNG.

Only recently, Faith volunteered countless hours to perform the archiving and filling of a backlog of organisational documents.

In the photograph to the right Faith is pictured with a staggering pile of archive boxes that she managed to clear.

Faith, we thank you for your archiving efforts, and welcome you to the team in your current role.



*Faith with the mountain of archiving she performed.*



## Learn the F.A.S.T. signs of STROKE



If you see any of these signs  
Act FAST call 000 (triple zero)



## STROKE AWARENESS

Strokes are one of Australia's biggest killers and a leading cause of disability.

Each year an estimated 27,000 people experience their first stroke, which is one every 19 minutes.

Only 33% of Australians know two or more of the most common signs of stroke.

Each and every one of us can be a life saver.

Every minute a stroke strikes, up to 1.9 million brain cells are attacked. The longer a stroke goes untreated the more damage it does, which can result in death and long-term disability

F.A.S.T. highlights three common stroke indicators: **Facial droop, Arms not working, and Slurred speech.** The T is a reminder that medical treatment for stroke is time critical.



## CELIA'S STORY

A routine act of pet care took a critical turn recently for Gloucester resident Celia Draper, when she was injured in a fall while letting her dog, Mindy, outside late at night.

In the middle of a cold July night, and unable to get up, Celia was fortunately wearing her personal alarm, which she had received only weeks earlier, and was able to press the emergency button.

An operator from the alarm provider's call centre organised an ambulance and phoned Celia's emergency contact to let them know what was going on.

In another stroke of luck (or perhaps good planning), the alarm type that Celia had chosen included a Key Safe Lockbox, which had not long been installed at the front of her home.

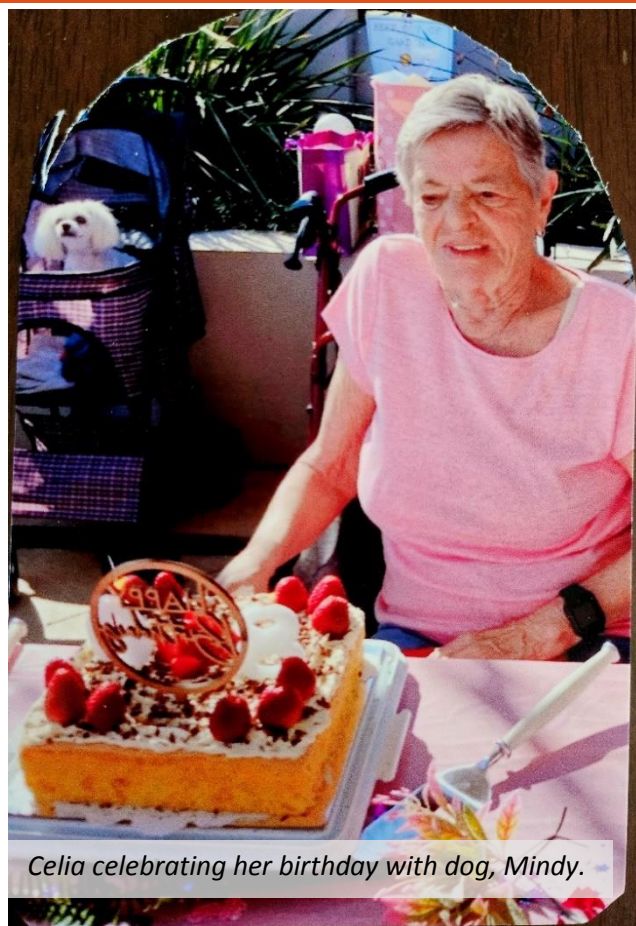
Once given the code to the key safe the paramedics were able to use a spare key to enter the home and take Celia to hospital where she received treatment in the Intensive Care Unit for life-threatening injuries.

The time from when Celia activated her personal alarm to the ambulance arriving at her home was under ten minutes.

Without a personal alarm Celia would not have been able to call for help, and the outcome could have been very different.

Thanks to both the personal alarm and the lock box Celia received timely treatment, which allowed her to recover just in time to celebrate her 80th birthday.

Happy birthday Celia! We're so pleased to hear you are on the mend.



Celia celebrating her birthday with dog, Mindy.



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## DAFFODIL DAY IN SUPPORT OF CANCER COUNCIL

BWNG partners with Cancer Council NSW to provide the Transport To Treatment program, which helps local cancer patients reach out of area treatment for their cancer.

Daffodil Day is a chance for Australians to come together and support the great work that the Cancer Council does.

In 2022, Daffodil Day raised around \$2.5 million for lifesaving cancer research. This year, the Cancer Council are asking for your essential support once more.

Tragically, with 1 in 2 people being affected by cancer in their lifetimes, we will all be touched by this heartbreaking disease.

To find out more visit [www.daffodilday.com.au](http://www.daffodilday.com.au) or scan this QR code with your smart phone:

