



BUCKETTS WAY Neighbourhood Group Inc.

February 2023 Newsletter



Valda & Ron with their new ramp.

MODIFICATIONS TO MAKE THINGS EASIER AT HOME

Small home modifications can make all the difference to independence and confidence when navigating your home. Gloucester locals Ron and Valda recently had this tidy new ramp installed by Cameron and Mark of [Gloucester Home Modification](#), which has made it much easier to access areas of their home and property.

Small home modifications may be available through a Home Care Package, CHSP or NDIS funding. Please talk to our team to find out more.



Vicki Harris

'GUEST CHEF' VICKI COOKS FOR MEALS ON WHEELS

She is already a member of our Board of Management and a Volunteer Meals on Wheels Driver, but this busy lady put on another 'hat' last month when we found ourselves in need of a stand-in Meals on Wheels Chef.

Volunteer Vicki Harris came to our rescue by kindly preparing our freshly-cooked meals for four days. Thanks for your help Vicki! It was greatly appreciated

MEALS ON WHEELS ORDERS

Just a friendly reminder to place your orders for Meals on Wheels before 11.00 am the day before your order is due. This will give our team time to procure ingredients and prepare meals. Thank you for your understanding.

LEANNE COMMENCES MEALS ON WHEELS AND HEALTH TRANSPORT ROLE

As Emily completes her traineeship and transitions into the role of Community Connector with BWNG, we welcome Leanne Tull to the Role of Meals on Wheels and Health Transport Coordinator.

As a Trainee Leanne is undertaking Certificate IV in Aged Care and will work alongside BWNG's administrative staff and volunteers to coordinate our Meals on Wheels and Health Transport service. Leanne will now be the person to speak with for any Meals on Wheels orders, queries or adjustments, plus all Health Transport bookings.

We wish Leanne well and wish her all the best in her new role.



Meals on Wheels
Coordinator, Leanne.

VIEW CLUB INTERNATIONAL WOMEN'S DAY

An invitation is extended from Gloucester View Club to attend their 2023 International Women's Day morning tea featuring Guest Speaker MidCoast Council Mayor Clare Pontin, with special guest, Member for Upper Hunter David Layzell.

Details

10 am 8 March 2023 - Gloucester Uniting Church Hall, 5 Cowper Street Gloucester.
Entry fee is \$10 per person.

For catering purposes please contact one of the following by 2 March 2023.

Vivienne Webeck Ph: 0427 581 261, Judy Earle Ph: 0401 686 699 or

Jenny James Ph: 0439 020 179 Email: jenifer.james@bigpond.com



APPLY NOW FOR 2023 REGIONAL SENIORS TRAVEL CARD (RSTC)

Applications for the 2023 Regional Seniors Travel Card (RSTC) are now open.

The card is pre-loaded with \$250 for eligible seniors living in regional, rural and remote NSW to spend on travel-related expenses. The card may be used to purchase fuel, pre-booked NSW TrainLink train and coach services and taxi services.

If you receive an RSTC make sure you activate the card within 45 days of receiving it. You then have 14 months to use the card before it expires. To be eligible you must be an aged pensioner with a valid Pensioner Concession Card, or hold a Commonwealth Seniors Health Card or DVA Veteran Gold Card issued by either the Department of Human Services or Department of Veterans' Affairs. You must also permanently live in regional NSW outside Sydney, Newcastle and Wollongong.

You can apply for a card via the website www.service.nsw.gov.au, by phoning **13 77 88**, or in person at a Service NSW Service Centre such as the one located within the Council Chambers at 89 King St, Gloucester.

Applications for the 2023 RSTC close
30 November 2023

STAYING SNAKE-SAFE THROUGH THE WARMER MONTHS

After hibernating through winter, snakes emerge in Spring and are active from Spring through to Autumn. It is important to take care when participating in outdoor activities such as gardening or bushwalking during this time. Wear long pants and solid footwear, and avoid overgrown areas.

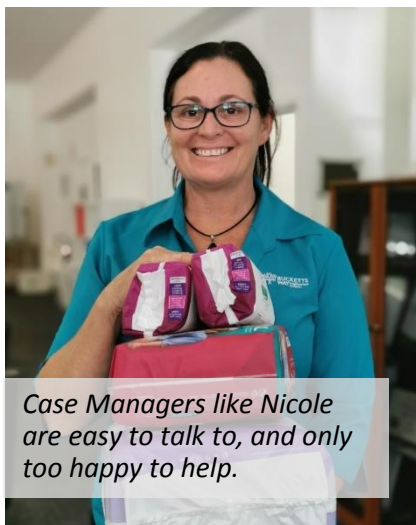
Snakes are usually shy and won't attack unless provoked. It's best to leave them be, if you can. Here are a few more tips from www.environment.nsw.gov.au on staying snake-safe:

- Never try to catch or kill a snake and remember that even little snakes can be dangerous.
- Keep your yard tidy and clear of long grass or rubbish to remove hiding spots.
- Ensure gaps under doors are sealed, and any holes or gaps in walls are fixed.
- Avoid attracting snakes by controlling rodents on your property.
- If you see a snake outside give it plenty of space to escape, and watch where it goes. If it is heading for the bush or an open paddock you probably won't see it again. If it disappears into a shed or underneath a vehicle you may need to call a snake catcher.
- If you see a snake inside your home get all people and pets out of the room immediately shut all doors to the room and fill the gaps below the door with a towel, then call a professional snake catcher for assistance.

If you need to have a snake removed, the closest snake catcher is Taree-based Brenton Asquith Ph: 0434 490 133. Fees apply for Brenton's service.

In the event of a snake bite, call 000 immediately and follow snake bite first aid.

HELP TO MANAGE CONTINENCE ISSUES DISCREETLY



Case Managers like Nicole are easy to talk to, and only too happy to help.

Although continence problems are very common and have a considerable impact on a person's confidence and quality of life, many people do not seek help.

If you have been approved for a Home Care Package or have NDIS funding, your funds may be used to procure items to manage continence issues. This can be organised discreetly through your Case Manager.

If you have not been approved for a Home Care Package or NDIS funding, you may be eligible for assistance through the Continence Aids Payment Scheme (CAPS).

CAPS is an Australian Government program which provides a payment (up to \$650.40) to eligible people to help with the cost of managing continence issues.

To receive the CAPS payment you will need to meet certain eligibility requirements:

- Be aged 5 years or over
- Have permanent or severe incontinence confirmed by a registered health professional
- Be an Australian permanent resident or citizen
- Have eligible neurological conditions or other conditions as mentioned on the Department of Health and Aged Care website.
- Not have approval for funding through a Home Care Package or NDIS funding.

Print a CAPS application form from the Department of Health and Aged Care website. Ask our team for help in obtaining a form if you have trouble accessing the internet.

You will need a registered health care professional such as your GP to complete a part of the form.

Submit your application by posting it to the address on the form, or by dropping it into a Service NSW centre. If your application is successful, a payment will be made into your nominated bank account. If your application is unsuccessful, you will be notified in writing.

To find out more about managing continence issues through a Home Care Package, NDIS funding or the CAPS scheme please call our team ph: 6558 2454.