



BUCKETTS WAY

Neighbourhood Group Inc.

June 2023 Newsletter



NATIONAL VOLUNTEER WEEK

May 15 – 21 of this year was National Volunteer Week - a time to celebrate the amazing people who volunteer their time to non-profit causes.

BWNG relies on the support of our dedicated team of almost 30 volunteers who give their time generously. Without them, we would not be able to provide some services, including Meals on Wheels,

health transport and the Cancer Council's Transport to Treatment program which helps cancer patients travel to out of area treatment.

With the aim of improving the volunteer experience at BWNG, we have begun giving volunteers more input on the programs with which are involved by seeking their feedback and guidance.

We are also providing more support to our volunteers, with two employees designated to help with any questions or issues.

Additionally, we have introduced a fuel card system for Meals on Wheels drivers, who make deliveries using their own vehicle and their own fuel, and from 1st July we will be increasing reimbursement rates to help with the rising cost of living.

With everyone's lives busier than ever, we understand that it can be difficult to fit in time to volunteer. We hope to continue the evolution of our volunteering program to help volunteering fit with the demands of modern life, and to ensure our volunteers feel fulfilled and appreciated in their volunteering activities.



TECH-SAVVY SENIORS ONE-ON-ONE SESSIONS

Tech Savvy Seniors sessions are once again available at libraries across the MidCoast.

This time 30-minute sessions tailored to your individual needs are on offer, with the aim of helping you gain confidence and navigate the jargon of new technology.

Understanding your device is the priority, and topics you choose to cover could include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things are that make using your smartphone easier.

Bookings are essential. Please ask in any library branch or phone the library to book.

Nabiac	20 June	1.00 pm – 4.30 pm	Ph: 7955 7001
Wingham	22 June	10.30 am – 4.30 pm	Ph: 6553 4555
Stroud	27 June	9.30 am – 12.00 pm	Ph: 4994 5204
Gloucester	27 June & 4 July	1.30 pm – 4.30 pm 10.30 am – 4.00 pm	Ph: 7955 7595



TAKE YOUR DOG TO WORK DAY

Take Your Dog to Work Day falls on Friday 23 June 2023 and began as an initiative to improve mental health in the work place.

As a bit of fun we are putting together a display and media article of our staff and clients with their four-legged friends.

We would love a photo of you with your dog, as well as one or two sentences about your dog.

If you would like to get involved please have a chat with your Support Worker to organise them to take a photograph of you with your dog/s.

Multiple dogs are welcome – they just all need to be in the one photograph with you.

(Leanne & her girl Stormy, above.)



ELDER ABUSE

AWARENESS DAY

Thursday 15 June 2023 is International Elder Abuse Awareness Day – a day that unites the world in opposition to abuse inflicted on older people.

Elder abuse can be:

- **Neglect** (failure to provide care)
- **Emotional** (undermining feelings of self-worth or independence)
- **Financial** (withholding all money or controlling all spending)
- **Physical** (when someone hurts or takes away control of your body)
- **Social** (behaviour that aims to cut you off from your community).

If you are experiencing elder abuse, or are concerned for someone else, you can call the Department of Health & Aged Care

Elder Abuse Line:
1800 353 374

Other elder abuse help lines available in NSW include:

Seniors Rights Service
(02) 9281 3600

Older Person's Advocacy Network (OPAN)
1800 424 079

Legal Aid NSW
1300 888 529

This Elder Abuse Awareness Day please help spread awareness of these numbers.

BOWEL CANCER – DO THE TEST WHEN IT COMES IN THE POST



If detected early, bowel cancer can be successfully treated in more than 90% of cases.



June is Bowel Cancer Awareness Month, which means it is a fitting time to talk about the National Bowel Cancer Screening Program.

In NSW, one in 14 people will be diagnosed with bowel cancer in their lifetime. It is most common in people aged 50 years and over, and is slightly more common in men than women.

Bowel cancer screening can detect cancers at an earlier stage when treatment can be more successful. In fact, if detected early, bowel cancer can be successfully treated in 90% of cases.

The Program is an Australian government initiative that sends out free bowel cancer screening tests to eligible Australians aged 50 to 74 every two years. The test will arrive in the post around the time of your birthday.

The test kit is simple, easy and clean to perform, and contains step-by-step instructions on how to collect a sample of your bowel motion, and post it away for testing.

The test works by detecting amounts of blood in the sample, which could indicate cancer or a number of other conditions.

If your result is positive, you will be asked to contact your doctor, who may recommend further testing to identify the cause of the bleeding.

To find out more about the National Bowel Screening Program please visit: <https://www.cancer.nsw.gov.au/dothetest> or scan this QR code with the QR and Bar Code scanning app on your smart phone.



INFORMATION FOR HOME CARE PACKAGE RECIPIENTS



You may have heard in the news that, based on a decision from the Fair Work Commission aged care workers will soon receive a pay increase of 15%.

Please note that BWNG have been paying above award to our valuable employees for some time. The key aim by the Fair Work Commission ruling is to address staff shortages across our industry, and to help providers like BWNG deliver safe, consistent, high-quality aged care services for people receiving in-home care.

To pay for this wages rise to some of our staff, prices within your Home Care Package (HCP) Agreement with BWNG will soon increase accordingly.

To allow for this, the Australian Government will be increasing the HCP subsidies that you receive. The increase varies depending on which level of HCP you are receiving.

With this newsletter, we have included information that you may have received previously on the aged care workforce wage rise and changes to HCP subsidies. Please find enclosed a care recipient fact sheet. Our staff will be in contact with you shortly to recalculate your budget.