



November 2023 Newsletter

BUCKETTS WAY

Neighbourhood Group Inc.



BWNG RECOGNISED WITH MEALS ON WHEELS NSW AWARD



BWNG Ceo Anna, with a few members of our Meals on Wheels team; Volunteers Julianne and Cherie, Chefs Naomi and Gail, and Ageing & Disability Services Team Leader Nicole.

BWNG was recently among several Meals on Wheels services presented with a 'Helping Hand' award from Meals on Wheels NSW.

Helping Hand awards are presented to members or services who have gone above and beyond to support the work of Meals on Wheels in NSW.

In addition to the provision of the Meals on Wheels service to Gloucester and surrounds BWNG has participated in a recent recipe analysis study by University of Wollongong dietetic students, as well as a social research project which collected data on the value of the service.

We feel that investing time and energy beyond the daily operations is vital to ensuring the future of Meals on Wheels. Research projects like these highlight the challenges faced by our community members, underline the importance of the service, and provide a building block of social and scientific data that can be used to shape the service in the future.

FREE CHRISTMAS DAY LUNCH WITH VICKI AND FRIENDS

For several years now local resident Vicki Harris has organised a free Christmas Day lunch for local people spending Christmas Day on their own.

If you will be without friends or family this Christmas, please call and book to join Vicki and friends for some company over lunch, at Gloucester CWA Hall (108 Church Street Gloucester).

Please note;

- Bookings close Monday 18/12/2023 Please advise of any special dietary requirements upon booking.
- This lunch is only for those who will be alone on Christmas Day.
- This is an alcohol free event.

For more information or to reserve your seat, call Vicki Harris ph: 0458 006 330

HOLIDAY CLOSURE

Our office will close from **4pm Friday 22/12/2023** and reopen from **9am Monday 15/1/2024**.

Meals on Wheels will make the last delivery for the year on Friday 22/12/2023. Deliveries will resume from Monday 15/1/2024.

Please see the attached Meals on Wheels menu for advice on ordering frozen meals to be delivered or collected before the closure period.

Health Transports will operate during the closure period depending on the availability of our Volunteer Drivers.

Home Care Package (HCP) and NDIS services will be available all days except public holidays.

CHSP services will not be available between Friday 22/12/2023 and Monday 15/1/2024.

Any transport bookings or services through a Home Care Package or NDIS plan which fall during the closure period must be organised before the office closes.

Although our phones will not be manned over the closure period, the answering machine will be monitored. For urgent matters please leave a voice message.



A SENIOR'S GUIDE TO ONLINE SAFETY

How to use the internet securely: a guide for seniors is a publication created by The Australian Cyber Security Centre (ASCC) to help older people stay safe online.

The guide covers topics such as recognising and reporting scams, choosing passwords, and updating devices.

To access a copy of the guide please ask your Support Worker or call into our office.

If you are concerned about a potential threat call the Cyber Security Hotline: 1300 292 371

LOCAL PHONE DIRECTORY

We have copies of the Gloucester Advocate free local phone directory available. If you would like a copy please ask your Support worker or pop into our office.

TECH-SAVVY SENIORS IS BACK

Lessons on the use of smart phones are coming to Gloucester Library Wednesday 22 November 2023.

These one-on-one sessions are tailored to your needs to help you gain confidence and understand the jargon of new technology.

Understanding your device is the priority. You can choose what you would like to learn.

Please call Gloucester Library Ph: 7955 7595

HEAT IS A HEALTH RISK - BEAT THE HEAT THIS SUMMER

Heatwaves or extreme heat events are defined as times of abnormally hot weather lasting several days. Heatwaves or extreme heat events can have a serious effect on people's health.

It is important you prepare early, plan for the first heatwave and protect yourself. Here are some tips to stay safe in the heat.

Drink plenty of water

- Drink plenty of water even if you do not feel thirsty (unless your doctor usually limits your fluids) – check the colour of your wee – if it's pale you're drinking enough.
- Avoid alcoholic, hot or sugary drinks including tea and coffee. If you go outside, carry a bottle of water with you.

Keep your body cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light-coloured, loose-fitting clothes made from natural fibres like cotton.
- If you must go outside apply sunscreen and wear a hat.
- Plan your day around the heat. Try to stay out of the sun, and avoid being outdoors between 11 am and 5 pm.
- Put wet towels or cool packs on your arms or neck, put your feet in cool water or take a cool shower or bath.

Keep your house cool

- Cool your house by closing windows and shutting curtains or blinds through the day.
- Have your home air-conditioning (if you have it) serviced before summer.
- If you don't have air-conditioning at home, try to spend time in a cool place like a library or shopping centre.

Prepare early and plan for the first heatwave of summer

- Listen to weather updates regularly, or keep an eye on the Bureau of Meteorology's (BOM) Heatwave Service for heatwave forecasts. (<http://www.bom.gov.au/australia/heatwave>) or scan this QR code with your smartphone:
- Know whom to call if you need help.
- Follow your doctor's advice if you have any medical conditions.
- If you feel unwell, seek medical advice from a doctor or nearest hospital.
- Know where to find your emergency kit in case of a power failure.



Keep your food safe

- Make sure food that needs refrigeration is properly stored (between 0°C and 5°C). Defrost foods in the fridge, not on the kitchen bench.



After the heat has passed

- Continue to drink plenty of fluids so your body can get back in balance.
- Take time to rest and recover as coping with hot weather can be tiring.
- Go to your GP if you feel unwell after the heat has passed.
- Open windows and doors to let your house cool down.

Important telephone numbers

- In an emergency – call 000
- For advice on medications and their effect in hot weather – talk to your GP
- For general health advice – call Health Direct on 1800 022 222. This is a free 24-hour health advice phone line staffed by Registered Nurses

For more information visit [Plan ahead to beat the heat - Beat the heat \(nsw.gov.au\)](https://www.nsw.gov.au/beat-the-heat) or scan this QR code with your smart phone:

