

SENIOR MATTERS

June—July 2022

Bell Cares Inc...Community Management to support the seniors of Bell.

For more information phone us on 0472 673 856 or via our website www.bellcares.com.au

Report from the West

Last week, I undertook the first of the planned Roadshows to launch our project into the Shires of the far west. David Mellow from Trilogy, Brad Grieve from Mable and I left on Sunday heading for St George, but had a very unexpected detour via Goondiwindi because of flooded rivers. No problems after that, so it was St George – Cunnamulla – Thargomindah – Charleville –



Augathella – Morven then home. Over 2200 km in 5 days had me feeling quite jet lagged, but the warm and enthusiastic response we had from those communities made the trip worthwhile. The difference for those



centres is that their Councils are pushing the initiative, which we hope will mean support for the initial Care Co-ordinator to be reimbursed for the time that he/she will have to expend in the early stages.

The response from the Landline piece has been quite astonishing. We've received really good feedback from all around the country. Many of the enquiries have been from community organisations who would love us to come and start them up. Many also have been from individuals who are desperate for help in accessing a Home Care Packages or simply wondering how they can get better services for existing packages. I find it pretty depressing that this issue is not only about our tiny area, but is widespread. What is going wrong with the system which awards a Home Care Packages, but then the traditional providers who can't give services. I am all up for being a 'disrupter' and 'what Uber was to the taxi industry, we are to the Aged Care at Home industry'. Bring it on, I say.

We have had a good enquiry from the CSIRO, whose job it is to gather and provide data to hopefully encourage governmental change. I don't totally understand it, but they are keen to come to Bell and meet our group, to do some qualitative research on how this community management of Home Care Packages has changed the lives of seniors in our town. That will be an interesting morning tea and I'll keep you posted of the date. I'll expect EVERYONE to come out that day! We may even make it a freebie, I think :)

So Paul and I are off on holidays this week for a couple of weeks, but Danielle will be on deck as usual taking care of business. Lesley :)

We recognise the challenges of country living and are committed to helping locals get better value care. Your Home. Your Way. Your Choice.



"Age is a case of mind over matter. If you don't mind, it doesn't matter."

- Satchel Paige

How We're Tracking

- ◆ **We currently have 44 people in our Project.**
- ◆ **26 are using their Home Care Package and receiving services in their home.**
- ◆ **18 are awaiting their Home Care Package.**

Employment Opportunity

We are searching for a *Domestic Assistant* to join our team for an immediate start. You will have the flexibility to work the days and hours to suit you. We could offer up to 10 hours a week to start, with a view for more in the coming months. If you or someone you know may be interested, please contact Danielle at Bell Cares Inc. on 0472 673 856 for further information.

Shopping Delivered to Your Door!!!

Woolworths are now delivering to Bell, Kaimkillenbun and the Bunya Mountains on a Wednesday and Saturday. If you're unsure how to get started, please come and talk to us and we can help.

If you have a Home Care Package you can claim the delivery cost back from your HCP Funding



GRANTS, DONATIONS & CONTRIBUTIONS

We would like to also acknowledge at this point that we have had a quite remarkable contribution from a local Bell resident. This person made a loan of \$20,000 – interest free and no repayment schedule until we are able – to assist in the shortfall we will have until the end of 2022. We can actually take a breath now that that financial pressure is removed in the short term and we can simply go about the business of building the project. THANK YOU SO MUCH and also THANK YOU SO MUCH to the local individuals who have made donations over the past 12 months to help with our running costs. We are incredibly grateful to be surrounded by such loving, giving folk. We are grateful for every single dollar which comes our way at the moment.

If you'd like to make a donation, we have a GO FUND ME account which you can access via our website www.bellcares.com.au. Any amount great or small will go a long way!

We were thrilled to receive a Grant under Round 7 of the Stronger Communities Programme Grant, to help with the purchase of office equipment. We thank David Littleproud MP and the Australian Government for helping to support us.

WHAT IS COMMUNITY SELF-MANAGED HOMECARE & HOW DO I GET INVOLVED?

Here at Bell Cares Inc. we help you navigate the Aged Care system and are there to support you through the process of acquiring a Home Care Package (HCP). From registering with My Aged Care to co-ordinating and managing your HCP, we're there every step of the way.

Older Australians receiving a government funded **Home Care Package** have the option to self-manage their home care and health services with the support of an approved home care package provider. We have partnered with Trilogy Care, who are the service provider and Mable, which is an on-line platform that connects local support workers directly with local seniors.

Unlike traditional providers, our innovative self-management model empowers our seniors to spend less on management fees so they can spend home care funds on the things that matter...better long-term-care and services.

By self-managing with Bell Cares & Trilogy Care you can...

- ◆ Have a local Care Co-ordinator to assist you through-out the process and offer ongoing support as needed,
- ◆ Design your care plan and budget with us to suit your needs,
- ◆ Gain more control of how your funds are spent,
- ◆ Choose support workers you want, when you want them,
- ◆ Go directly to workers rather than using a middle-man,
- ◆ Supporting local employment and an economic future for our town,
- ◆ **Double your care hours without the excessive rates**

If you or someone you know, already have a HCP being serviced by a traditional provider and you're unsatisfied with the service or value, we would be happy to speak with you to discuss your options.



BELL CARES INC.

DATE CLAIMERS

June, 2022

2nd—10am Social Morning Tea @ Pips N Cherries

16th—10am Morning Tea @ Bell Community Centre—4th Part 4 of our 'Things to Know Before You Go'

July, 2022

7th —10am Social Morning Tea @ Pips N Cherries

21st —10am Morning Tea @ Bell Community Centre— Guest Speak TBC

August, 2022

4th —10am Social Morning Tea @ Pips N Cherries

18th—10am Bell Community Centre—Morning Tea & a MOVIE!! \$12PP



To join our mailing list and be kept up to date with events and information please email us at bellcares4408@gmail.com or you can follow us on our Facebook page Bell Cares Inc.

BELL CARES EVENTS

3rd Thursday of June

Bell Cares Inc 'Things to Know Before you Go', Bell Bunya Community Centre

'Things to Know Before You Go' is a series of four information sessions that we're holding for our morning tea, which are held on the 3rd Thursday of each month at the Bell Bunya Community Centre.

We have already heard from 3 fantastic and informative guest speakers over the last 3 months.

Part 4 and our last session of 'Things to Know Before you Go' will be held Thursday, 16th June and we have invited Jill Cuddihy, Community Health Nurse to come and have a chat to us about what services are available through Community Health. We look forward to having Jill join us.

It would be great to see some new faces come along, you don't need to be apart of our Bell Cares project to join us. Bring a friend or just come on your own, we promise we won't bite! These sessions are really informative, if nothing else, it's a great opportunity to get out of the house and catch up with a friend whom you may not have seen for years or better still make a new friend.

Thursday, 18th August—Bell Community Centre Morning Tea & A MOVIE! - \$12 PP

As our nearest cinema is no longer in existence, we thought we'd bring the cinema to you! We will be screening, 'Belfast', it's a movie straight from Branagh's own experience. A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain. We will need to confirm numbers by 11th August, so if you'd like to come along please contact Danielle to arrange payment.

For more information, please phone Danielle 0472 673 856 or follow our Facebook page Bell Cares Inc. to be kept up to date.

Staff Profile: Brett Smith

Brett is long time local in Bell, having grown up on a farm just outside of the town, and attending Bell State School. Brett completed an apprenticeship as a mechanic and worked in that trade for many years.



Brett is married with 2 kids and is very involved with local community groups and organizations. In his spare time, Brett loves spending time with my family, mountain bike riding and hiking.

We have been very lucky to have Brett working with us since July last year, keeping lawns and gardens around Bell, Colkerri and Dalby looking beautiful! Thanks Brett for your hard work!

"We're very happy with Brett, he is doing a great job maintaining our property. I enjoy Brett's company and working with him in the yard".

SAVE THE DATE

Bell Theatre Restaurant 2022
Jungle Juice



27 & 28 August - Matinee
 2 & 3 September - Night
 The Booking Office is now open
 Contact: Ruth 0428 631 348
 Wayne 0429 301 500

Jandowae
TIMBERTOWN
FESTIVAL
9-12 JUNE 2022
 Jandowae Showgrounds



Saturday entry - Adults \$10
 Tickets online soon

www.jandowaeimbortown.org.au

- Timberman events
- Market Stalls
- Grand Parade
- Aerial Lolly Drop
- Yabbe Races
- Kindy HollyWOOD
- Trivia - Friday night
- and much more.....

The many branches that make us one.


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BELL CARES
 INC

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UPCOMING COMMUNITY EVENTS

Wednesday & Thursday weekly

Sun Ok Reid Remedial Massage & Beauty Therapy, Bell Bunya Community Centre

Sun has a real passion to help improve people's health and wellbeing and offers a diverse range of physical therapies and beauty treatments to rejuvenate and strengthen your inner-shine and outer glow. Contact Sun 0425 329 539.



Thursday weekly, 8am & 9am

Chair Yoga, Bell Bunya Community Centre

Chair Yoga is re-commencing on a Thursday and Kristina is running two sessions, 8am—9am & 9am—10am. Further details please call Ruth 07 4663 1087, bellbunyacommunitycentre@gmail.com. \$10 PP



Saturday, 4th June, 9am—Midday

Crochet a Granny Square—Part 2, Bell Bunya Community Centre

Last time, we learned how to crochet a granny square. This time, learn how to turn your pile of cute little squares into a beautiful blanket! In workshop, we'll show you how to make a basic granny square in crochet, and then how to connect them together. BYO: Hook, Yarn, and Granny square project (if you have one). Free event, morning tea provided. Limited spots available—book via Western Downs Libraries website or call Ruth 07 4663 1087, bellbunyacommunitycentre@gmail.com.



Wednesday, 8th June, 1-3pm

Gardening Guru, Brian Sams, Bell Bunya Community Centre

Learn how to propagate beautiful indoor plants from cuttings, division and layering with horticulturalist, Brian Sams. Free event organised by Western Downs Library, afternoon tea included. Limited spots available—book via Western Downs Libraries website or call Ruth 07 4663 1087, bellbunyacommunitycentre@gmail.com.



25th & 26th June **NEW DATE**

Hampton Festival, 8623 New England Highway, Hampton



The Hampton Festival weekend offers so many experiences, from creative workshops in the country, to dinner events in interesting locations, and hands-on farm tours. The weekend culminates with the regions food, wine and creative arts showcase at the Hampton Festival on Sunday 26 June - a vibrant celebration of local food production, regional artisans and live music. For the event program follow their Facebook page or checkout their website. **Lesley will be going, so if you'd like to grab a seat in her car please let her know, only 4 spaces available so GET IN QUICK!!! Or grab a couple of your friends and carpool. Pre-paid tickets can be purchased online for \$12PP, limited tickets available at the gate for \$15PP.**

Saturday, 23rd July, 9am—Midday

Easy Embroidery, Bell Bunya Community Centre

You only need to know a few basic stitches to be able to make gorgeous embroidered art. At this Saturday morning workshop, we'll show you the basics - your imagination will do the rest! All materials provided. Limited spots available—book via Western Downs Libraries website or call Ruth 07 4663 1087, bellbunyacommunitycentre@gmail.com.

