

## BELL CARES INC. ... COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL LOCALS CARING FOR LOCALS



Lesley says ...

What a crazy couple of months it's been since Landline! The work involved in following up all of the contacts has been pretty unrelenting. You will be pleased to know, however, that Trilogy and Mable have joined forces and I am now being paid as Brand Ambassador for the Care Project for the next 6 months, as we roll it out across the country. That's a very welcome outcome for me, but of course it has made Danielle now the second-most busy woman in Bell.

We are in consultation with groups in Perth, Tasmania, Adelaide and central New South Wales - all communities who are committed to wanting to start the project in their town or region. It's a really big job, getting all the details in place, answering a million questions, reassuring and advising. I will be so very excited when we welcome these new folk to the Community of Care.

Fortunately, there have been many local regions in that mix - Esk/Toogoolawah, Rockhampton, Moreton Bay Islands, Kilkivan, Rainbow Beach. I'm meeting currently with groups from Wandoan and Yarraman. At least the miles are not so daunting for these Queensland based communities. I'll eventually visit them all, looking forward to it. Hmmmm. I wonder can I swing the trip to Tassie to overlap with a visit to Salamanca Markets????

The big Western Queensland Councils are in various stages of implementation. The wonderful thing about Bulloo Shire and Murweh Shire is that they are being wholeheartedly supported by their local Councils - wonderful collaboration.

I'll be heading back to Thargomindah in the next few weeks to get them started. - gosh I love that town! Any town with unlimited water for gardens is my cup of tea!!

Lotsaluv from me



### Top news of the month ...

Di Farmer Minister for Employment and Small Business and Minister for Training and Skills Development paid a surprise visit to us in June. She was very interested in a project that was not only supporting our seniors, but providing work for local folk in a small rural town.

We had a great turnout, considering it was a very last minute phone around to get people out. Thank you all so much for your enthusiasm. She had a great time and we know that quite a few of you had your chance to have a word in her ear!



### STAFF PROFILE

PAUL BRYCE

Paul has lived in Bell since about 2012, having made a green change from the Sunshine Coast with Lesley, his wife. Paul completed his apprenticeship as a bricklayer, has also been a registered builder and is a die-hard renovator.

We're fortunate that Paul, who also works as Mr Wednesday at Bell State School and Mr Monday at Jimbour School, is able to hop in and work for us in a variety of roles in gardening and maintenance.

Paul and Lesley continue their renovation of the original Bell shopping strip, across the road from the station.

WE RECOGNISE THE CHALLENGES OF COUNTRY LIVING AND ARE COMMITTED TO HELPING LOCALS GET BETTER VALUE CARE. YOUR HOME. YOUR WAY. YOUR CHOICE.

Did you know? ...

#### HOME DELIVERY

Woolworths home delivery service is proving popular in our region. They deliver Wednesday (evening run) and Saturday (morning run) each week.

If you have a Home Care Package, then the delivery fee is covered by your package. If you don't feel confident enough of your computer skills to do it yourself, you can have somebody help you at home with the ordering online.

Why not come in and talk to us about taking advantage of this great service. Even just an irregular delivery, for those larger, heavier items is a winner.



Woolworths

Bell State School is having their annual pie drive. There is a wide range of meat pies, sweet pies and bulk packs. It's a great fund raiser for the Ski Trip which the School undertakes every couple of years. We're happy to be a drop off point.

We'll have the order form here with us, don't miss out.

Return orders and money to be in by 1 August - see Danielle at the office.



## What do you think?

Tai Chi for Arthritis and Falls Prevention- regular classes

Kokedama Workshop - \$50, 2 hour workshop includes morning tea and all materials needed.



Did you know? ...

Bell Library has a wonderful Home Library Service. Any resident who lives within the town boundary is included to use this service.

Pop into the library and speak to Pamela about how we can continue to build this great service.

Especially good for those of us with limited mobility or responsible for full time care of another person.



## 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 per 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

If you ever thought you might enjoy the opportunity to run your own small business, then this could be just what you're looking for.



## How we're tracking

- We currently have 53 people in our Care Project.
- 33 are using their Home Care Packages and receiving services in their home.
- 20 people are awaiting their Home Care Package.

*Do you have a friend, or neighbour or relative who would benefit from some services at home?*

*Why not invite them to a morning tea and we will be happy to speak to them.*

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## UPCOMING COMMUNITY EVENTS

Our session of speakers - "Things to know before you go" was really well received and now we're facing what to do next for the remainder of the year.

**Thursday 18 August - Bell Community Centre**  
Morning tea and a Movie - "Belfast" \$12 pp and starting at 10 am.

This will be our first Movie Morning and we're really hoping it will be well received. If so, then we'll make it a regular event, which we can open to the wider community. Do you have any ideas about which day you would like to see a movie, and even better, do you have any ideas for future movies. The streaming services have such a range of movies that we never hear of in the general cinema world, but if it's on Netflix, or Amazon, or Stan or Binge, then we can get it. Hit us with some ideas for future movies. *We're open to suggestions! We've already got Elvis on our list!!*

### *CSIRO VISIT to be confirmed*

One of the things which came from the Landline segment was contact from the CSIRO to do research on how our project has impacted on the welfare of our seniors. We don't have much notice of when, but CSIRO will definitely visit us with the aim of undertaking a qualitative reserach study.

### WONDAI GARDEN EXPO

**Sat 24th and Sun 25th September**

Get a few friends together and head off to Wondai to top up your garden for Spring. Over 120 exhibitors, including over 60 nurseries, will guarantee that you won't come home empty handed.



### BIG SKIES FESTIVAL 2022

**Monday 29 Sept to Sunday 3 Oct**

There is so much happening in our region during this week, that it's not possible to put it all here. Between the Camp Fire Breakfast, Happy Hour in the Hangar, Concerts and multiple Jimbour House tours ... we will be spoilt for choice. The best event is probably going to be the Festival Markets. Come along and visit.



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## Date Claimers

### August 2022

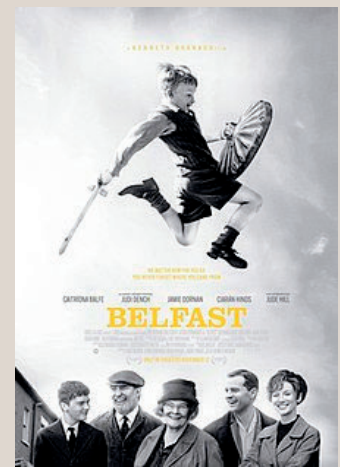
4th - 10 am Social Morning Tea @ Pips'n'Cherries

18th - 10 am Bell Bunya Community Centre - Morning Tea and a movie!! \$12pp

21st - Bell Bunya Trail Bike Ride

26th - Dalby DeLIGHTful and Delicious Festival

28th - Bunya Mountain Markets



A semi-autobiographical film which chronicles the life of a working class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital.

### September 2022

1st Sept - 10 am Social Morning Tea @ Pips'n'Cherries

15th Sept - 10 am Social Morning Tea @ Bell Bunya Community Centre

### October 2022

16th Oct - 10 am Social Morning Tea @ Pips'n'Cherries

20th Oct t - 10 am Social Morning Tea @ Bell Bunya Community Centre

## 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 on 0425 329 539

### THURSDAY WEEKLY 8am and 9am

#### *Chair Yoga, Bell Bunya Community Centre*

Kristina is running her wonderful chair yoga classes over two sessions on a Thursday morning 8-9am and 9-10 am. Please contact Ruth at the Community Centre on 4663 1087

### FRIDAY 26 AUGUST

#### *DAFFODIL DAY - RAISE FUNDS FOR CANCER RESEARCH WEAR YELLOW FOR JOY!*

It seems that as we age, we lose more of our loved ones to cancer. Let's have a fund raising morning tea for Daffodil Day. Yellow is such a powerful colour - the colour of sunshine, hope and happiness. Let's go all out - wear yellow, let's have a swap and share stall and raise some money for cancer research. Let's buy some raffle tickets! Let's see just how much we can do for the cause in our little neck of the woods. Put the date aside in your diary and we'll keep you updated with more details!

### BELL THEATRE RESTAURANT

#### *"JUNGLE JUICE" - Gala Premiere - Sunday 21st August Matinees - Sat 27th August and Sunday 28th August Nights - Friday 2nd September and Saturday 3rd September*

Jungle Juice was the Bell Theatre Group's first production in 1998 and they are bringing it back by popular demand to celebrate their 25th Anniversary. Tickets available at Bell Bunya Community Centre. Why not get a party together and share the fun with a group of friends!

### BUNYA MOUNTAIN COMMUNITY MARKETS

#### *Sunday 28 Aug - 9am to 2 pm (the last Sunday in every month)*

Come on out to the Bunya Markets on the last Sunday in every month. A lovely range of stalls, beautiful scenery an

### SATURDAY 3 SEPTEMBER - BELL RODEO

Another one of those great community days out. Why not make a date with some old friends and catch up for a BBQ lunch from the Tucker Box.



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