

COMMUNITY MANAGEMENT TO SUPPORT THE SENIORS OF BELL AND DALBY DISTRICTS

SUPPORT AT HOME UPDATE

The 31st March marks the completion of the first full quarter since the commencement of the Support at Home program on 1st November. We sincerely thank you for your patience & understanding throughout the last few months.

We acknowledge that the transition has not been without its frustrations. Changes to systems, funding structures, & processes have at times created challenges for both clients & providers. Our team at Bell Cares have also been learning a whole new process alongside your support teams, & we appreciate the collaboration & understanding shown during this time.

Over the past few months, our focus has been on ensuring continuity of care while aligning services with the new program guidelines. This has included reviewing care plans, updating service agreements, & working closely with you to ensure your supports continue to meet your needs & goals.

As we move forward, we would like to raise a concern regarding service utilisation. A higher percentage of clients are currently not fully utilising their approved supports.

We understand that adjusting to the new system can take time; however, under-utilisation may mean you are not receiving the full benefit of the care & services available to you. Consistent use of services is also important to help maintain the sustainability of providers like Bell Cares, ensuring we can continue offering coordination services to seniors in our community in the long term.

We have also received a number of calls from clients regarding the new look Trilogy Statements. To help address any questions, we encourage you to attend the morning tea events we organise. These gatherings provide an opportunity to ask questions in person, many of which other clients may also be wanting answered, so you can get clarity directly from our team. Please take advantage of these events to stay informed & get the most from your package.

Our priority remains to deliver high-quality, person-centred care. We will continue to monitor services, review care plans regularly, & keep you informed as the program evolves.

If you have any questions about your services, budget, or care plan, please don't hesitate to contact our team.



We Recognise The Challenges of Country Living & are Committed to Helping Local Seniors Get Better Value Care.

Contact Us:
35 Dennis Street, Bell Qld 4408
Phone: 4663 1333
Email: info@bellcares.com.au
www.bellcares.com.au



Lesley Bryce
*President
& Founder*



Danielle Bryce
Office Manager



Olivia Englebrecht
Care Coordinator

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BELL CARES EVENTS & DATE CLAIMERS

BELL CARES DALBY EVENTS

With a fantastic number of clients, friends, and family members joining us at our Dalby Morning Tea last month, we're pleased to share that we are going to trial monthly morning teas in Dalby!

You can join us for:

Dalby Morning Tea: 10:00am - 3rd Thursday of the month at Dalby Senior Citizens Hall

Cost: \$15.00 PP

Cash Payable on the day

RSVP's required for catering purposes.

(price includes a selection of fresh sandwiches, hot finger food, sweet treats & coffee & tea)

Bell Morning Tea: continuing on the 1st Thursday of the month at Pips N Cherries
Morning tea available to purchase directly from the cafe

Questions? Call our office on 4663 1333

(Mon–Wed: 8:30am–4:00pm | Thurs: 8:30am–3:30pm)

Follow us on  to be kept up to date on events

Moist Apple Cake

*A very moist, perfectly spiced Apple Cake!
Incredibly easy to make – no mixer required.*

Ingredients

- 2 cups plain flour
- 3/4 tsp baking soda
- 3/4 tsp EACH of salt, cinnamon & ground cloves
- 1/2 tsp ground nutmeg
- 1 1/4 cups white sugar
- 1 cup vegetable oil
- 2 eggs , large, at room temperature
- 1 1/2 tsp vanilla extract
- 2 cups apple , peeled, cored & cut into 8mm/ 1/3" cubes

Instructions

1. Preheat oven to 180°C, grease & line cake tin.
2. Place flour, baking soda, salt & spices in a large bowl & whisk to combine
3. Whisk oil & sugar in a bowl, then whisk in eggs & vanilla
4. Pour the wet ingredients into the dry & mix with a wooden spoon until JUST combined. Stir through apple
5. Pour into cake pan. Sprinkle over almonds.
6. Bake for 50 minutes – 1 hr. Check at 50 minutes – it is cooked when a skewer inserted into the centre comes out clean.
7. Cool for 10 minutes before turning out onto a rack to cool. Dust with icing sugar if using, then serve. This cake doesn't need cream or ice cream because it is so moist, but I wouldn't turn it down! FREEZES great!



APRIL 2026

Thursday, 2nd April

10:00am

Social Morning Tea

at Pips'N'Cherries

15 Ensor Street, Bell



Thursday, 16th April

10:00am

Dalby Morning Tea

at Dalby Senior Citizens Hall

Cnr Condamine Street &

Roche St, Dalby

\$15 PP - RSVP by 9/4/26

MAY 2026

Wednesday, 6th May

Jimbour House tour &

Devonshire Tea.

Bookings being taken now.

See page 3 for details



Thursday, 21st May

10:00am

Dalby Morning Tea

at Dalby Senior Citizens Hall

Cnr Condamine Street &

Roche St, Dalby

\$15 PP - RSVP by 14/5/26

JUNE 2026

Thursday, 4th June

10:00am

Social Morning Tea

at Pips'N'Cherries

15 Ensor Street, Bell



Thursday, 18th June

10:00am

Dalby Morning Tea

at Dalby Senior Citizens Hall

Cnr Condamine Street &

Roche St, Dalby

\$15 PP - RSVP by 11/6/26



BELL CARES

Jimbour HOUSE

TOUR & DEVONSHIRE TEA



Wednesday, 6th May, 2026

Jimbour House, 86 Jimbour Station Road, Jimbour Qld
10:00AM

\$125 per person

Price includes: Bus Transport (limited seating, book early),
Jimbour House & Garden tour & Devonshire Tea.

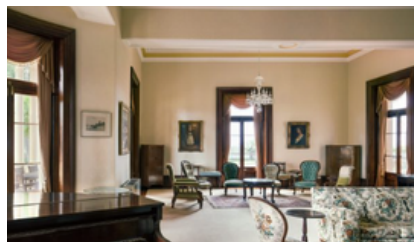
**BUS Pick-Up Sites in both Bell & Dalby - Time & Location details will be
provided when bookings are finalised**

RSVP & Bookings By: Tuesday, 28th April

Contact the Bell Cares Office: 4663 1333 or accounts@bellcares.com.au

P.N. Should you wish to cancel your booking after the RSVP date & we are unable to fill your
seat, full payment will be required.

Join us & embark on a journey through history learning the stories, the secrets & the
twists & turns of Jimbour Station's past on a guided residence tour. Then relax, taking in
the tranquil gardens whilst enjoying a delicious Devonshire Tea..



KEEPING UP WITH EVENTS IN YOUR COMMUNITY

BHW Men's Breakfast

7.00am on the 1st Saturday of every Month
Bell RSL Hall

A free Men's Breakfast provided by the Bell Health & Wellness Subcommittee. A different guest speaker every month.

Men's Shed can cater for all hobbies and interests with the added benefit of building friendships and connections within our community.

Contact Kevin Hauff if you'd like to be involved - 0427 575 979

Proudly Supported by:



Chair Yoga
at the Bell RSL Hall

every Wednesday, 9:00am - 9:45am
(PN. Sessions will resume after Easter, 22nd April)

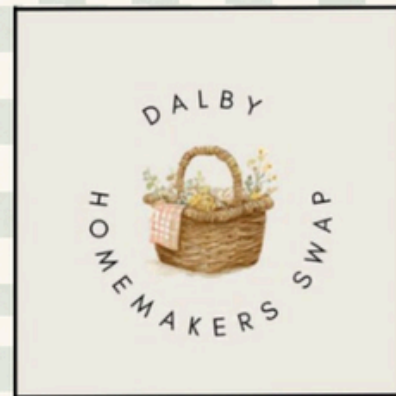
Cost - \$10.00 per person

Contact Wendy for details 0428 686 754

Follow Paddock to Mat Yoga on Facebook to be kept up-to-date with class details



APRIL HOMEMAKERS SWAP



Date: Tuesday, 21st April 2026

Where: Urban Paddock (outside kids area)

Time: 10:00am for a 10:15am start

Bring 6 homemade goodies for six different handcrafted treasures from other creators, grab a coffee and meet some new friends.

Borrowed containers, if you've swapped something that came in a jar or bottle feel free to bring them along so they can be returned to its original owner.

ANZAC DAY SERVICES

Saturday, 25th April, 2026

BELL

Dawn Service | 6:00am

Anzac Memorial Park, Dennis Street, Bell

Followed by a FREE Community Breakfast,
hosted by Bell RSL Sub-Branch,
Ensor Street, Bell

DALBY

Dawn Service | 4:28am

Anzac Park, Patrick Street, Dalby

Commemoration March | 9:30am

Bell Park, Cunningham & Patrick Sts, Dalby

Commemoration Service | 9:45am

Anzac Park, Patrick Street, Dalby

YOUR HOME - YOUR WAY - YOUR CHOICE

A Little Work in the Garden this Autumn can Lead to a THRIVING SPRING!!!

GROW YOUR OWN GARDEN AT HOME

Do you want to grow plants at home, but not sure where to start? There's more than one way to create a garden that suits your space, lifestyle, and needs.

We're pleased to offer the opportunity to connect with one of our clients, a retired horticulturalist, Joe, who can provide guidance and support to help bring your ideas to life.

This includes:

A site assessment

Advice on what you'd like to grow

Guidance on garden size, tools, and assistive technology

The assessment and planning process is completely free of charge. If you choose to move forward after this stage, you would only need to cover the cost of any tools and materials required to create your garden.

If you're interested, please speak with your Coordinator at Bell Cares to get started. Bell Cares will remain involved and informed throughout the process.



Bell Community
GARDEN



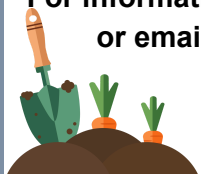
We Need Your Help!!

Are you interested in lending a hand to help revive our Community Garden at the Bell Bunya Community Centre? Together, we can achieve so much more!

Whether you can spare an hour to help or donate items to help re-establish the garden, we'd love your support. We are looking for things like seedling pots, seeds, chook manure, compost materials, earthworms, or anything you can contribute.

A little bit of help can go a long way, and we hope to grow fresh produce for our community to enjoy. Let's work together to bring our garden back to life!

For information, please phone Cathy 0413 220 104
or email: bellcommunitygarden@pm.me



Wondai Autumn Garden Expo

APRIL 11TH and 12TH

WONDAI SHOWGROUNDS, 2-12 Kent St, Wondai.

Saturday 8am – 4:30pm Sunday 8am – 1pm

Admission \$5 per day or \$8 for 2 day pass.

Kids under 15 free. Free parking. ATM on site

No Dogs please. Plant cloakroom & transport.

Guest Speakers both days. Free Kids workshops daily.

Quality Stalls for all things Gardening and Lifestyle.

Plenty of food and refreshments

www.wondaigardenexpo.com.au

Secretary Jodi: 0413115495

info@wondaigardenexpo.com

AUTUMN GARDENING = SPRING SUCCESS

How we're tracking

103

People receiving Co-ordination & in-home support

50

Local people employed through the project

WELLNESS WORD SEARCH

K	E	X	E	R	C	I	S	E	I	A	G
F	B	R	E	A	T	H	I	N	G	B	B
I	M	S	G	A	J	L	S	K	A	B	A
T	E	G	K	D	C	M	W	A	H	I	L
N	U	T	R	I	T	I	O	N	A	I	A
E	T	U	M	D	H	E	A	L	T	H	N
S	L	E	E	P	R	J	F	S	M	S	C
S	K	F	S	U	L	S	G	U	J	L	E
I	M	E	D	I	T	A	T	I	O	N	M
S	N	S	J	E	R	I	B	S	U	O	B
V	H	Y	D	R	A	T	I	O	N	N	E

SEASONEDTIMES.COM



FITNESS
NUTRITION
HYDRATION

EXERCISE
SLEEP
BALANCE

MEDITATION
BREATHING
HEALTH



KADI LILLIS THE RURAL MYOTHERAPIST

WHERE TO FIND US!

DALBY:
TUESDAY & FRIDAY
Dalby Health Foods Store
123 Cunningham St
Dalby, 4405

BELL:
MONDAY & THURSDAY
Bell Bunya Community Centre
71 Maxwell St
Bell, 4408

WWW.THERURALMYO.COM.AU

WEEKLY MAHJONG

EVERY THURSDAY & FRIDAY
1:00pm – 3:00pm
BELL RSL

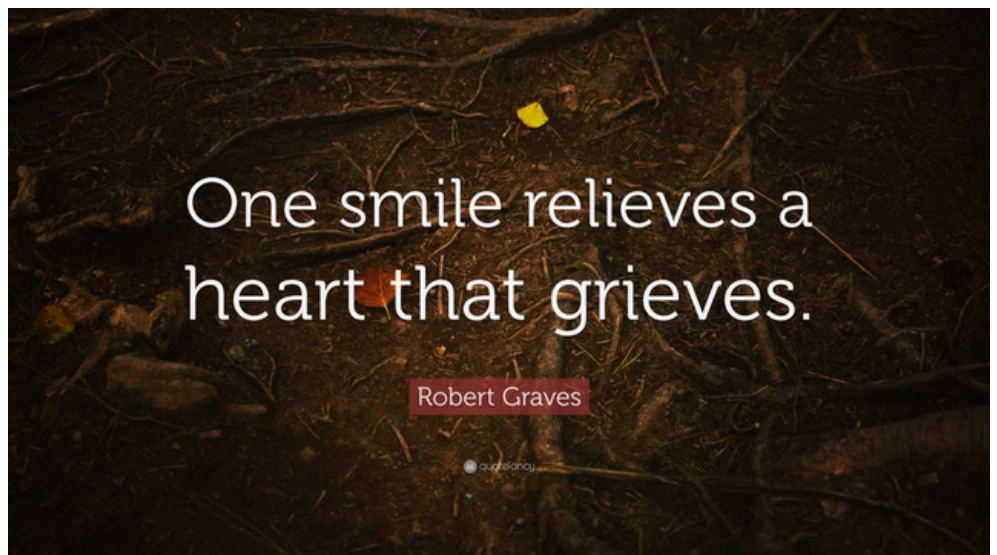
Come along and enjoy a relaxing afternoon of Mahjong — all skill levels welcome!

Kindly supported by
Western Downs Regional Council

For more information, contact Leny Gaffney on 0467 231 346

Find us on

To keep up-to-date on upcoming events, follow us on Facebook or email us at accounts@bellcares.com.au to be added to our email list.



Jean is staying strong at home with the Support of Bell Cares & her Care Team

Here's what Jean & her family have to say about Bell Cares

Jean is 92 years old and still living at home with her husband of 64 years, Geoff, and their son, David. Jean has worn two cochlear implants since 2012.

After hearing about **Bell Cares**, they decided to stop by the pop-up stall in the Dalby Shopping Centre in the second half of 2025. Previously, **Jean** had been with another aged care provider and, while she appreciated the workers, she had become dissatisfied with the organisation.

Moving to **Bell Cares** has been the best decision for **Jean & us as a family**. With an increase in her level of care package, she has regained much of her independence and is becoming more like "the old Jean" again. She receives regular support and care from four wonderful carers, assisting with personal care, showering, cleaning, and social support. The continuity of care and familiar faces has made a real difference to her comfort and wellbeing.

Caring for the aged is not easy, but all the staff at Bell Cares, along with their support workers, make it look effortless—and for that, we are truly grateful.

It's also wonderful that Bell Cares considers the family as well, not just the person receiving care.

— Jean, Geoff & David, Dalby QLD



BELL CARES



BELL CARES

UNHAPPY WITH YOUR CURRENT HOME CARE PROVIDER?

SWITCHING PROVIDERS DOESN'T HAVE TO BE STRESSFUL!

Bell Cares, in partnership with Trilogi Care, offers expert Community Management of your My Aged Care, Support at Home Package. We're here to support you every step of the way—making the transition smooth, simple, and fully guided. Let us help you get the care you truly deserve.

- ✓ CARE COORDINATION OF SUPPORTS & SERVICES
- ✓ MORE HOURS OF CARE
- ✓ LOCALS CARING FOR LOCALS
- ✓ YOUR CARE, YOUR CHOICE!
- ✓ NO HIDDEN FEES OR INFLATED RATES FOR CARE
- ✓ CONTINUITY OF CARE



We partner with Trilogi Care to manage the coordination of your care services.

Partnering with
Trilogi Care

Contact Us >>



Phone Number
07 4663 1333



Website:
bellcares.com.au



Email:
accounts@bellcares.com.au

YOUR HOME - YOUR WAY - YOUR CHOICE



April

Beryl B
Shirley B
Judith Ann C
Malcolm C
Joe G
David G
Graeme G
Sheila T

May

Margaret B
George G
Pearl L
Greg T



The Last Word ...

I hope you are all doing well. I'm sure many of you have already had to pull out a jumper this week—it's wonderful to have the cooler weather back!

Some of you may know that Lesley recently had a bad fall & hit her head. She sustained a severe concussion & is experiencing some ongoing dizziness & fatigue that may last several weeks—thankfully, there were no broken bones & she is recovering. As a result, she is unable to provide the final word this month, so I'll be stepping in for her.

This is a timely reminder—if you experience a fall, please see a doctor immediately, as head injuries can have lasting effects. We have shared this advice before: you are only one step away from serious harm, so please take care.

If you have a falls alarm, remember to wear it—it's no help sitting in a drawer or cupboard! You never know when you might have a fall, so saying "I don't have falls" isn't worth the risk.

Fuel & Travel Update

With rising fuel costs affecting everyone in different ways, support worker rates may need to increase if prices continue to climb. Please don't worry about limiting essential trips—your comfort & needs come first & we will do our best to ensure we can adjust your to accommodate any increases.

If support worker rates need to increase due to fuel prices, we will contact you first before making any changes to your budget.

For groceries, Woolworths delivers to Bell & Dalby nearly every day. Delivery is a convenient option if you prefer to have items brought straight to your door—and we can arrange a support person to assist you with the online shop if you need help placing your order.

As the cooler weather settles in, we hope you all enjoy a healthy & safe couple of months ahead. Take the opportunity to stay under the covers a little longer while the sun rises, & make the most of this cozy season.

Please take note of our Upcoming Public Holiday Closures

Bell Cares office will be closed on the following days:

Good Friday: Friday, 3 April 2026

Easter Monday: Monday, 6 April 2026

Labour Day: Monday, 4 May 2026

We'll be back to assist you on the next business day.

Wishing you all a wonderful Easter with your loved ones!

Danielle x