



BUCKETTS WAY

Neighbourhood Group Inc.

May 2022 Newsletter

National Palliative Care Week
22 - 28 May 2022

COTTAGE PARTICIPANTS RECEIVE EASTER DONATION FROM WOOLWORTHS

Our Cottage family was over the moon to receive a surprise donation of Easter goodies from Woolworths Gloucester.

The donation was shared between participants who attend our group activity centre known affectionately as 'The Cottage'.

We would like to extend a sincere thank you to the team at Woolworths Gloucester for this act of kindness. Your generosity was greatly appreciated by all participants.



Elle & Josh with an Easter Donation from Woolworths Gloucester.

PALLIATIVE CARE WEEK 2022

National Palliative Care Week, held from 22 to 28 May 2022, aims to increase understanding of the many benefits of palliative care.

This year's theme is 'It's Your Right'.

The theme seeks to raise awareness about the rights of all Australians to access high-quality palliative care when and where they need it.

So what is palliative care?

One of the great myths about palliative care is that it is only a synonym for end-of-life care. It is so much more than that.

Palliative care is person and family centred care provided for a person with an active, progressive, advanced disease.

Anyone with a life-limiting illness has the right to live as well as possible, for as long as possible.

Join the conversation or help spread awareness by visiting:

PalliativeCare.org.au



SCAMS - PROTECT YOURSELF

There are reports of increased natural disaster-related financial crime in NSW and QLD.

Be on the lookout for scammers posing as financial services employees, government assistance, insurers or fundraisers.

Most scams require certain personal information such as banking details, PINs, passwords or credit card numbers, or ask you to download software or click on a link.

If you are in any doubt about the validity of a request, especially if unsolicited, do not share anything that is personal and end contact immediately.

You can report a suspected scam to the Australian Competition and Consumer Commission via their website:

www.ScamWatch.gov.au/report-a-scam



FREE CARER GATEWAY SERVICE

If you look after someone who is frail-aged, ill or has a disability you can find support through a free program called 'Carer Gateway'.

Carer Gateway can help with:

- In-person and online support groups
- Tailored support packages to help with accessing planned respite, transport services and more
- In-person phone counselling
- In-person self-guided coaching
- Online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role
- Access to emergency respite if you suddenly find you can't provide care e.g. if you become ill or are injured.

You can find out more about this program by calling **1800 422 737** Monday to Friday 8 am – 5 pm, and selecting option one. Alternatively, you can visit their website:

www.CarersGateway.org.au



HEART HEALTH FOR SENIORS

Adults aged over 65 years have an increased chance of suffering from cardiovascular disease, which is problems with the heart, blood vessels or both.

The week of 2 – 8 May is Heart Week, a week to raise awareness about Heart Health for more at-risk Australians.

The good news is that there are things seniors can do to help keep their heart healthy:

- Try to be more physically active. Talk with your doctor about which activities may be best for you.
- If you smoke, QUIT!
- Follow a healthy diet & keep a healthy weight.
- Understand & control diabetes, hypertension & cholesterol
- Don't drink a lot of alcohol. Limit yourself to one or two drinks per day.
- Find ways to manage your stress.

Early heart disease often doesn't have any symptoms, so regular check-ups with your GP are important.

This May, make your heart health a priority. Talk to your GP about a heart health check, and make heart-friendly lifestyle changes.

For more please see the attached information sheet on heart health or visit the Heart Foundation website:

[HeartFoundation.org.au](https://www.heartfoundation.org.au)

NEW FACES AT BWNG

Five new faces have recently joined the team including Support Workers Megan, Tanisha, Glenda and Caroline, plus Administration Trainee Jenny. Welcome aboard ladies!



Megan



Tanisha



Glenda

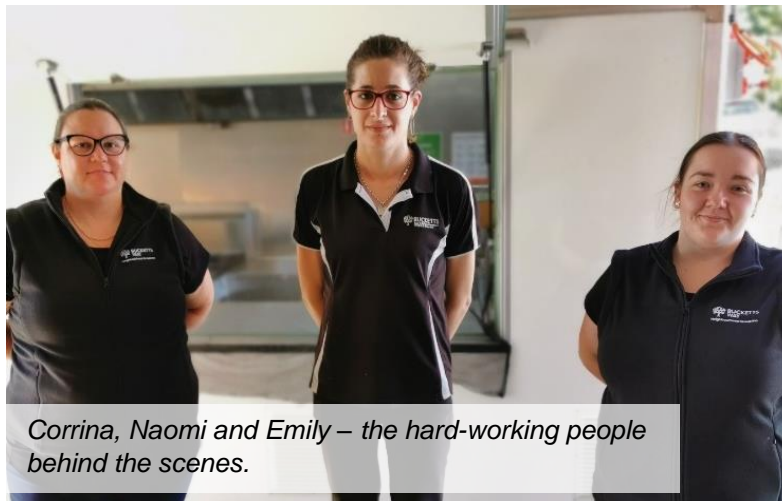


Caroline



Jenny

THE BEHIND-THE-SCENES-TEAM OF MEALS ON WHEELS



Corrina, Naomi and Emily – the hard-working people behind the scenes.

Our amazing volunteers are the face of our service as they deliver meals to the community, but we also have a strong team of professional care workers toiling away behind the scenes to handle the day-to-day operations.

Let's give you a proper introduction to the behind-the-scenes people.

CORRINA- Ageing & Disability Services Team Leader

I have been a nurse for 20 years specifically in Aged Care and have also completed management and leadership qualifications including a graduate certificate in Health Services Management.

I moved to Stroud Road in 2019 and have three children of my own plus three step-children. We have lots of chickens, a kelpie who is a qualified escape artist and a cat that likes to lick the fly screen.

I joined BWNG in October 2021 where I will continue to use my skills and knowledge to ensure local people have access to quality services.

NAOMI – Meals on Wheels Supervisor

I am a qualified Chef with 17 years' experience and I enjoy exploring new techniques and dishes.

I have been with BWNG since August 2021, and although this role is very different to what I've done previously, I love being able to provide a unique service to our clients.

EMILY – Meals on Wheels Trainee

I am a qualified Support Worker and have been with BWNG for just over a year. I first moved to Gloucester when I was one year old and recently returned after living in Newcastle for three years. My career goals are to help clients keep their independence. I'm currently studying Cert IV in Community Services & would like to move on to diploma-level study once finished.