



BUCKETTS WAY

Neighbourhood
Group Inc.

December 2025 Newsletter



Graham, Michael and Andrew of Gloucester Men's Shed with Sarah, Christine, Rhonda and Shannon of BWNG.



GIVING TREE DONATION FROM GLOUCESTER MEN'S SHED

BWNG's Giving Tree has received a generous donation of gifts from Gloucester Men's Shed.

The Men's Shed has been a major supporter of our giving tree for a number of years, providing a bit of Christmas cheer and easing the financial burden for local families doing it tough at this time of year.

Men's Shed is a nation-wide community organisation that provides a safe and friendly space for men to socialise, work on projects and improve their health and well-being.

We sincerely thank Gloucester Men's Shed for their continued generosity, and for making a meaningful difference to the community.

If you're interested in joining Gloucester Men's Shed or finding out a bit more about the organisation phone 0412 003 247.

KING STREET CENTRE - ON TRACK & GROWING!

We're pleased to share that the King Street Centre (at 47 King Street) is coming to life as an extra hub for health and community services in Gloucester.

We now have three services operating from the centre:

- **Melt** – providing therapeutic massage and wellness services
- **Key Community Group** – a not-for-profit community organisation focused on helping people with disability, disadvantage, and people who may need extra support to engage in social, economic and community life.
- **Tailor Allied Health** – a community-focused allied-health provider offering physiotherapy and psychological support services.

We look forward to announcing more tenants and milestones as the King Street Centre continues to grow.



HOLIDAY MENTAL HEALTH SUPPORT

The holidays are assumed to be a time of joy, celebration, and togetherness, but for many of us, it can bring up a range of difficult thoughts and feelings.

If you find the holiday season challenging, you're not alone.

It's okay to feel lonely, angry, anxious, stressed, sad or something else entirely. The most important thing is that you acknowledge your emotions and remember that your wellbeing matters.

If you find the holiday period challenging, here are some mental health resources to keep on hand:

Mental Health Line
1800 011 511

Lifeline
13 11 14

Beyond Blue
1300 22 4636

Dementia Support Helpline
1800 699 799

Don't forget, hospital emergency departments are also available during a mental health crisis.

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SNAKE SAFE

- from RSPCA QLD

It is fairly common to come across snakes in backyards, particularly in yards with lots of bush and shrubbery.

If you keep your distance, snakes will normally go about their business without causing any harm.

If you do have a snake near your home, which you feel poses a risk to humans or pets, keep a safe distance and call a snake catcher.

In many cases, snakes like carpet pythons are harmless and will move on without the need for removal.

Taree Snake Catcher
Ph: 0434 490 133

SNAKE BITE FIRST AID KITS

Be prepared this snake season. We have snakebite first aid kits available for \$25 inc. GST at our reception.

Each kit, which has a belt loop for easy carrying, and includes:

- Three heavy crepe bandages
- A thermal blanket
- A gauze swab
- A marker for marking the swelling area
- A step-by-step snake bite first aid guide



Mayor Claire Pontin with Erin Lute (RIEP), Amber Galvin (BWNG) and participating Gloucester High School students.

MAYOR PONTIN VISITS STUDENT'S COMMUNITY CAFÉ

Thank you, MidCoast Council Mayor Claire Pontin for recently attending our Community Café.

The *Community Café*, which began in February of this year, is a fortnightly morning tea, where Gloucester High School students prepare and serve food and drinks to local seniors who come along to support the students with their learning.

The initiative provides a valuable opportunity for the students to develop their food preparation and customer service skills plus gain confidence in a real-world setting.

Coordinated by BWNG Connections Program Officer Amber, the program is funded by *Regional Industry Education Partnerships (REIP)* and is delivered by Gloucester High School and BWNG.



Tracey, Jo and Kylie



John and Donna

EATING WITH FRIENDS CHRISTMAS LUNCH

Last week, BWNG hosted the final Eating With Friends get-together for 2025 at 88 King Street. The special Christmas lunch brought everyone together to celebrate the festive season and share good food and great company.

Guests enjoyed a choice of roast chicken, roast pork, or leg ham, all prepared by our Meals on Wheels team (Jo, Tracey and Gail) followed by delicious pavlova and sticky date pudding as a special Christmas treat.

Congratulations to the winner of the lucky door prize, Mary McLachlan. Mary received a \$60 local shopping voucher.

We hope you enjoyed this special Christmas lunch and we look forward to welcoming you back to *Eating With Friends* on **Friday, 6 February 2026**.

If you would like to join *Eating With Friends* chat to our coordinator, Jo, 6558 2454.



NSW EMERGENCY APPS TO KEEP YOU INFORMED

Here are two helpful apps or websites that are free to access and can help keep you informed on unfolding emergencies in our area.

1. Fires Near Me / Hazards Near Me NSW

The NSW Rural Fire Service provides the *Hazards Near Me NSW* app and website. This is a live map of bushfires, grass fires, flood warnings and other emergency incidents across NSW.

Once installed on your phone you can even create “watch zones” in the app. If a new incident is reported in that zone, you’ll receive an alert on your phone, giving you time to follow official advice, take action if needed or just monitor the situation.

2. Live Traffic NSW

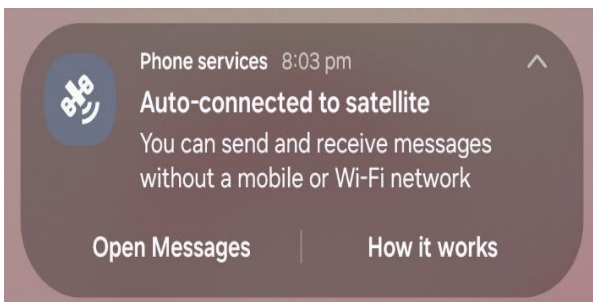
The *Live Traffic NSW* app and website provide real-time updates on road conditions across NSW. Many people found this especially useful recently when the Pacific Highway was closed due to the bushfire at Bulahdelah.

Live Traffic NSW provides up-to-date information about:

- Road closures due to fires, floods or storms
- Traffic delays and accidents
- Changed speed limits and travel warnings

Before travelling, checking *Live Traffic NSW* can help you plan a safer route or decide if you should reschedule your trip.

NEW SATELLITE MESSAGING ON MOBILE PHONES



Depending on your type of phone, and if you’ve been to an area with poor mobile reception, you may have recently seen messages pop up on your phone saying something like “Auto-connected to Satellite” or “You can send and receive messages without mobile or Wi-Fi.”

This is a new safety feature now available in many parts of rural Australia, including around Gloucester. This means, when your phone can’t find normal mobile reception, it may now connect directly to a satellite overhead. This allows you to send simple text messages or emergency messages even when you’re out of range of mobile phone towers.

Satellite messaging works best when you are:

- Outside and able to see open sky
- Not surrounded by tall trees or steep hills

These things can block the connection, which is why in some parts of our area (especially valleys or heavily forested areas) it may not always work perfectly.

It will not replace your normal mobile coverage, and you still need regular reception for calls, internet, and apps.

For people living in a rural community like ours, this feature adds an extra safety layer, especially when travelling, walking, or spending time in areas with weak mobile coverage. It means you’re less likely to be left completely without a way to reach someone.

To find out more about this, contact your telco (e.g. Telstra, Optus, TPG)

PREPARE FOR EMERGENCIES

Emergencies such as bushfires or storm damage can happen with little warning. Getting prepared now can help you stay safe and reduce stress if an emergency arises.

Here are three easy steps to help you prepare for an emergency:

1. Have a personal emergency plan

Consider what you would do in different situations such as losing power for an extended period or needing to evacuate your home. Write down important contacts, including neighbours, family and your GP and keep the list somewhere easy to find.

2. Prepare an emergency kit with things like:

- A torch and batteries
- Medications and a list of doses
- Copies of important documents
- Bottled water and non-perishable food

3. Know your risks

Each area is different. Our area can experience storms, flooding, and fire conditions. Stay informed through *reliable* sources like local radio, the “Fires Near Me” app, and Council announcements rather than local Facebook groups.



FY2025 Snapshot

 **5,464**
Hot Meals

2,608
Home made
desserts 

 **1,196**
Frozen Meals

More than
1,000
Newspapers
delivered 

 **94**
Receiving
meals

12
Delivery
Volunteers 

 **12**
Volunteer
Drivers

3,671
Volunteer
Hours (inc
Transport
& MOW) 

 **1,172**
Health
Transport
Trips



THANK YOU FOR A GREAT YEAR!

As we close out another year, we want to say a heartfelt *thank you* to our clients. Your support means more than you know. By choosing us, you're choosing a 100% locally focused provider. One that keeps jobs, skills, and services right here in our community.

At a time when small towns across Australia are losing their banks, retail options, and essential services, supporting local has never mattered more. Every service you receive through BWNG helps strengthen our region, sustain local employment, and keeps valuable funding dollars circulating in our local economy. In fact, last financial year the funding dollars you spent with BWNG provided \$3.6 million of employment to local people.

Thank you for standing with us, for backing local, and for helping the Gloucester community thrive.

FY2025 Snapshot



Transport to Treatment Program

209	44,725	31
Trips to Treatment	Kilometres Travelled	Clients Transported
		

SEE YOU IN 2026!

Just a reminder, our office will be closed from midday Wednesday 24/12/25 until 9am Monday 12/01/26.

Other than public holidays and long weekends, we will have a small administration crew on call throughout the closure period.

For urgent matters such as cancelling services, please call our office number (Ph: 6558 2454) and leave a message including your name and number. Our team will return your call.

From the team at BWNG we wish you a safe and happy Christmas and a prosperous new year.