



# BUCKETTS WAY Neighbourhood Group Inc.

February 2024 Newsletter



## SENIORS CHAT – WEDNESDAY 13<sup>TH</sup> MARCH 2024 – 10.30 AM

As a part of NSW Senior's Festival 2024 (formerly called Seniors Week) which runs from the 11<sup>th</sup> to the 24<sup>th</sup> of March, Gloucester Visitor Information Centre (VIC) will be hosting a free Seniors Chat.

The chat aims to provide information to local seniors to help them access our region and enjoy the beautiful area we live in.

Topics covered include the timetable of bus trips to Taree, Forster and Port Macquarie and how to access this service, local seniors-friendly tourist attractions and walks as well as easily accessible places you may like to take your family or friends when they come to visit.

For more information, please contact The Barrington Coast Visitor Information Line Ph: 1800 802 692 and press 2 to be connected with Gloucester VIC.



A few of our Eating With Friends regulars enjoying a previous outing to Avon Valley Inn

## MARCH RETURN FOR EATING WITH FRIENDS

We are pleased to announce that eating with friends will recommence from March, with our first get-together for the year to be held at the Avon Valley Inn on Friday 1<sup>st</sup> of March.

Our 'Eating with Friends' programme is a great way to maintain social connection and make new friendships.

'Eating with Friends' is a monthly tradition of a group lunch at a local eatery. The cost is only \$20 per person, which includes a main course and dessert.

If you need help with transport we can even pick you up (within the local area) and drop you off again for just \$5.

Everyone is welcome! It is a great opportunity to catch up with friends and an affordable and enjoyable way to support local businesses.

'Eating with Friends' is usually held on the first Friday of each month and is held at a different venue each month.

Please telephone our office on 6558 2454 and speak with Meals on Wheels Coordinator Leanne to book your seat or find out more.

## BUS TRIPS WITH LINKED COMMUNITY SERVICES

'Linked Community Services' provide community transport and social connection to keep people linked to their community.

Regular low-cost bus trips are available to people who have been approved by My Aged Care for transport services and have a My Aged Care referral code.

Return door-to-door bus trips run from Gloucester each Wednesday to Taree, Forster or Port Macquarie.

February dates include:

- 14<sup>th</sup> – Forster
- 21<sup>st</sup> – Port Macquarie
- 28<sup>th</sup> – Forster Shopping Day

Trips cost between \$10 and \$20 return.

The services books only around eight passengers on each trip so spots are limited and it is a good idea to get in early.

For more information, or to register for this service please call Linked Community Services

Ph: 02 6554 5447



## 50 YEARS OF GLOUCESTER'S MEALS ON WHEELS

In the early 1970's local woman Dorothy Kirk visited a relative in Coff's Harbour.

Witnessing her relative receive a Meals on Wheels delivery, Dorothy though how valuable that sort of program could be to the people of Gloucester.

With the help of many local organisations and community-minded individuals Gloucester's Meals on Wheels service was launched on 4<sup>th</sup> February 1974.

Over the years the program has had to evolve with the times to survive funding upheavals, legislation changes and more.

It has operated from several bases, relying on hundreds of local volunteers in roles from administration to delivery.

In modern times an entire organisation is needed to navigate the stringent and ever changing regulations governing services like Meals on Wheels.

BWNG accepts the responsibility of providing Meals on Wheels like a relay baton.

We are the latest runner. We are carrying on the work of all the hands through which the baton passed before us.

We recognise the efforts of everyone connected to Gloucester's Meals on Wheels journey, and are proud to ensure its future.



## THANK YOU FAITH, WELCOME BACK CHELSEA

This month we welcomed back Administrative Generalist Chelsea after parental leave.

We express our thanks to Faith Ellis for stepping in during Chelsea's absence, handling fleet management and assisting with administrative duties.

## EASTER 2024 SERVICES AND CLOSURE ADVICE

Over the **Easter Long Weekend** service availability is as follows:

- Our office will be closed from 4.00 pm Thursday 28/03/2024 and will re-open 9 am Tuesday 2/04/2024.
- Transport services and Meals on Wheels will be closed from close of business Thursday 28/03/2024, recommencing Tuesday 2/4/2024.
- Non-urgent services under CHSP will be closed from close of business Thursday 28/3/2024, recommencing Tuesday 2/04/2024. Urgent services under CHSP' will be arranged individually with each client.
- Services under Home Care Packages will be available every day if pre-booked
- Disability services will be available every day if pre-booked

To organise your services over this period or to discuss any questions or concerns please call our team as soon as possible. Ph: 6558 2454.



## MAKING HEALTH TRANSPORT FUN

BWNG is proud to partner with a number of providers including Hunter New England Health and Cancer Council NSW to help eligible community members with transport to medical appointments.

The Health Transport program relies on volunteers like Ian who help locals like Jonnie reach appointments, both in town and out of area.

As a vintage car enthusiast Ian even occasionally uses the little green machine pictured for the trip.