



BUCKETTS WAY Neighbourhood Group Inc.

October 2024 Newsletter



BWNG STAFF PARTICIPATING IN SAFE DRIVER ASSESSMENTS

We are committed to ensuring the safety of our Support Workers and clients on the road. Working toward this, our Support Workers have recently undertaken safe driver assessments designed to enhance driving skills, promote safe driving practices, and ensure compliance with industry standards.

The assessments have been facilitated by Peter Judd of *All Age Driving Tuition* driving school, who is also an accredited older-driver assessor with extensive experience in driver safety training and assessments.

We thank our team members for taking part in these sessions and appreciate Peter's professionalism, guidance and expertise throughout this initiative.

CONSUMER ADVISORY BODY COMMENCING SOON

If you would like to help improve BWNG's services and have been considering getting involved with our soon-to-be Consumer Advisory Body, we are aiming to hold the first meeting in November and we would love to hear from you soon.

Consumer advisory bodies are important because they:

- ✓ look at the quality of care and services you and others receive
- ✓ find and communicate consumers' needs and issues
- ✓ provide opportunities for improvement.

Operating independently of BWNG's Aged Care team the Consumer Advisory Body will meet one to three times per year. The Body will collect and listen to the preferences and feedback of BWNG's clients and their representatives and will share their findings directly with BWNG's Board of Management.

For more information or to express your interest, please contact us by phoning 6558 2454 or emailing

bwng@bwng.org.au. We look forward to and working together to enhance our services.

SUPPORT FOR PEOPLE WHO HAVE LOST PARTNERS

Are you navigating the challenges of losing a spouse?

A group of local ladies who have also lost spouses meet regularly for an informal, supportive get-together.

Formed 16 years ago with the help of Palliative Care Nurse Jo Bevan, the group is a safe space for people to share their experiences, or just enjoy some company.

Everyone is welcome. Please contact Doris Gilkerson
Ph: 0427 230 344

NOTICE OF AGM

Bucketts Way Neighbourhood Group Inc's Annual General Meeting will be held:

**Monday 28 October
9:30am
88 King Street
Gloucester**

The community is welcome to attend.

If you would like to attend, please call our team to advise of your attendance: 6558 2454

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AIDER – HELP TO GET READY FOR BUSH FIRE SEASON

You may be eligible for the AIDER (Assist Infirm, Disabled and Elderly Residents) program which is a free, one-off service that supports at-risk community members.

The program helps people who live in bush fire prone land to live safely and confidently in their home.

NSW Rural Fire Service (RFS) staff complete a property assessment to identify risks. Assistance can also be provided to create a Bush Fire Survival Plan.

AIDER services to get your home safe may include:

- Thinning vegetation
- Removing leaves and fallen branches
- Trimming branches from around and overhanging the home
- Mowing and slashing long grass
- Cleaning gutters

All works are completed by NSW RFS Mitigation crews.

For more information please call: 1300 011 737 or visit the AIDER page on the RFS website.

<https://www.rfs.nsw.gov.au/plan-and-prepare/aider> or scan this QR code with your smart phone.



Connections Program Officer Amber with students Olivia, Caitlin & Reannah

BWNG ATTENDS 'CONNECT GLOUCESTER'

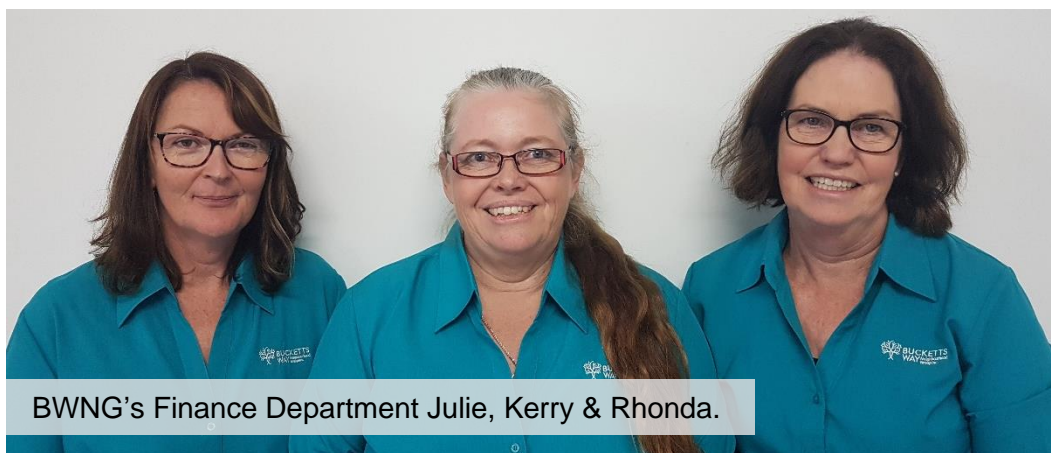
On Wednesday 11 September Bucketts Way Neighbourhood Group (BWNG) attended the Connect Gloucester Jobs Fair and Careers Expo at the Gloucester Recreation Centre.

Organised by Regional Industry Education Partnerships (RIEP) the event was focused on allowing Gloucester High students to connect with a range of employers, businesses, and educational facilities. Participating students had the opportunity to engage in discussions, explore potential career paths and further education.

The event was a great opportunity to connect students and local businesses in our area.

We would like to commend the students on their great attitudes and behaviour.

Here at BWNG we are proudly committed to our community and showing our support wherever possible.



BWNG's Finance Department Julie, Kerry & Rhonda.

INTRODUCING OUR FINANCE TEAM

An organisation as large and diverse as BWNG has many people working hard behind the scenes who play a crucial role in keeping operations running smoothly.

Three key behind-the-scenes figures at BWNG are Corporate Services Team Leader Kerry and Finance Administrators Julie and Rhonda, who together make up our Finance Team.

Working within the strict framework of regulations that govern the aged care and disability services industry, Kerry, Rhonda and Julie diligently ensure that all financial practices comply with necessary standards.

From managing budgets and processing payroll to overseeing accounts payable and receivable, their contribution to the organisation is crucial and complex, but inconspicuous.

Thank you, Kerry, Rhonda and Julie, for your diligence in performing this vital and very technical role.



THINK ABOUT BONE HEALTH THIS OCTOBER

World Osteoporosis Day was launched in 1996 by the International Osteoporosis Foundation (IOF) to raise awareness about osteoporosis and promote bone health.

Under the banner of 'Say no to fragile bones', this year's World Osteoporosis Day campaign will seek to put an end to the inertia surrounding bone health by urging people of all ages to value and protect their bones.

Three messages about bone health from the IOF:

1. Our bone health is precious. Healthy bones are at the core of our well-being, mobility and independence. People of all ages should protect their bone health by taking early action for osteoporosis prevention through bone-healthy nutrition, regular weight-bearing physical activity, and avoidance of negative lifestyle factors like smoking.

2. Osteoporosis matters. Osteoporosis is a serious health threat with potentially devastating consequences. Recognizing individual risk factors, prioritizing bone health (as we do cardiovascular health!), asking for osteoporosis screening or testing upon identification of risk factors, and adhering to any prescribed medication regimen: through these strategies, we can bridge the osteoporosis care gap, safeguarding our mobility and independence as we age.

3. Make bone health a healthcare policy priority. With up to 37 million fragility fractures occurring globally each year, osteoporosis poses an enormous human and health economic burden worldwide. Health authorities must prioritize bone health in a number of ways, including by investing in post-fracture care services. These services ensure that every fracture patient aged 50+ who goes to a hospital with a broken bone is expertly assessed and treated for osteoporosis to prevent recurring and potentially life-threatening fractures.



STEP UP for BONE HEALTH

Eat well and keep those bones moving!

A bone-healthy lifestyle is the first step towards osteoporosis prevention

HEALTHY **BONES**
AUSTRALIA

WorldOsteoporosisDay
October20



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

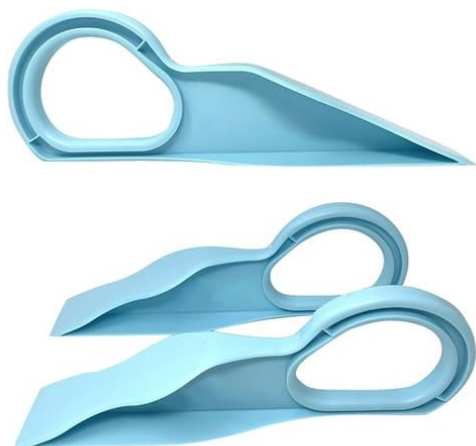
Ph: 0434 490 133

RECEIVING MEALS ON WHEELS DELIVERIES

With the weather heating up as summer approaches, we'd like to remind everyone that Meals on Wheels services are subject to strict food safety regulations from the NSW Food Authority that we must stick to.

Hot meals must be eaten as soon as they are delivered to you, this means you must be home to receive your meal.

If you have any queries please call Luke, Meals on Wheels Coordinator
Ph: 6558 2454



THE BED MAKER AND MATTRESS LIFTER

The Bed Maker and Mattress Lifter is a revolutionary product designed to make bed-making easier and more efficient. This ergonomic mattress wedge elevator is a game-changer for anyone who struggles with lifting heavy mattresses or finds it difficult to tuck in sheets and blankets.

The Bed Maker has an ergonomic design that allows you to grip it in a number of different ways and reduces your likelihood of you or your carers sustaining injuries or discomfort while making the bed.

Lightweight and easy to use, the Bed Maker can be slid between the mattress and box springs like a wedge, to lift your mattress making easy access to tuck sheets in.

We at BWNG love the idea of this tool because it also helps look after our Support Assistants, saving repetitive lifting and strains and protecting their backs and muscles.

The Bed Maker and Mattress Lifter can be purchased through BWNG for \$20 each. You can even use your home care package funding to make this purchase.

For more details or to place an order please speak with your Case Manager.

THE BUTTERFLY AND RAY CENTRE

When rainy days in September put out-door activities on hold, a visit to the Butterfly House Shark and Ray Rescue Centre was a fantastic experience for participants of The Cottage, BWNG's activity centre.

With the help of their Support Workers, participants enjoyed interactive and engaging guided tours through the centre getting close-up and personal with a variety of animals including butterflies, birds, reptiles and sea life.

Thank you everyone who made these experiences possible, including the team at Butterfly and Ray Centre, Port Stephens, and Support Workers Amanda, Anne Marie, Tracy and Connor.

