



BUCKETTS WAY Neighbourhood Group Inc.

June 2024 Newsletter



EATING WITH FRIENDS XMAS IN JULY – SAVE THE DATE

Save the date Friday 5 July 2024 for a special Christmas in July edition of *Eating With Friends* featuring a Christmas-style roast with Christmas pudding for dessert.

We will announce the venue for this special get-together shortly.

If you would like to come along, please contact our Meals on Wheels Coordinator Luke Ph: 6558 2454.

Friendly reminder: don't forget that unfortunately won't be an *Eating With Friends* lunch for June.



From left. Front: Sarah, Nicole, Brooke. Back: Christine, Tia, Joanne, Luke, Kylie, Leanne & Diane

BWNG'S AGEING & DISABILITY SERVICES (ADS) ADMIN TEAM

Behind the scenes we have a dedicated administration team working on the mammoth task of coordinating services to the stringent standards of NDIS (National Disability Insurance Scheme), My Aged Care, and the vulnerable person's act.

Nicole: Ageing & Disability Services Team Leader - Oversees BWNG's Support Workers, ADS Administration Staff and Volunteers.

Kylie, Christine and Sarah: Home Care Package Officers – act as case workers for clients receiving funding through a Home Care Package.

Brooke: Scheduling Officer – Rosters BWNG workers, services and transport.

Diane and Leanne: Community Connectors – assist community members in getting the ball rolling on applying for Aged Care funding.

Luke: Meals on Wheels Coordinator – Liaises with volunteers, clients and BWNG employees to coordinate the day-to-day operation of BWNG's Meals on Wheels service.

Joanne: ADS Administration Officer – Assists with ADS team in all aspects of administration.

Tia: ADS Connector – Undertaking a dual role - First point of call relating to NDIS services as well as Community Connector responsibilities.

BE AWARE OF FALSE CENTRELINK PAYMENT SCAM

Please stay vigilant for a scam currently doing the rounds about a bonus \$1,800 'Centrelink' payment that does not exist.

Services Australia issued the warning on recently, saying "unofficial websites" had been sharing misleading information about the fake payment for those who receive the Age Pension.

"They may encourage you to read about a new 'one off' or 'bonus' payment by clicking a link.

Only trust <http://servicesaustralia.gov.au> and <http://my.gov.au> for official information about Services Australia payments.

Remember: if the website doesn't end in .gov.au it's not an official government website.*

*Information from 7 News online 27 May 2024:
<https://7news.com.au/news/services-australia-issues-warning-over-1800-centrelink-payment-scam--c-14742916>





LEGAL HELP FOR OLDER PEOPLE

You have a right to live in a safe, respectful environment and to get help and advice when you need it.

A fortnightly free Legal Aid clinic is held at BWNG.

Legal Aid can provide advice on Family, Civil and Criminal Law matters.

The clinic helps people with barriers to accessing legal advice speak with a solicitor and receive help on legal problems they may be experiencing, such as:

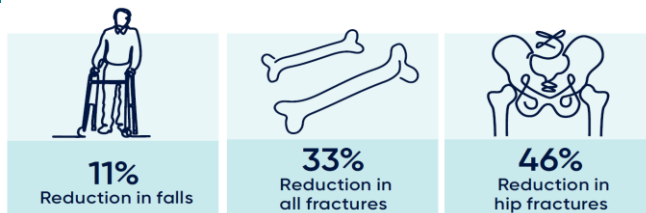
- Housing or tenancy issues
- Disputes between neighbours
- Fines and driving suspensions
- Family disputes and mediation or elder abuse
- Family Law matters involving grandchildren
- Adult children living in your home
- Will preparation and succession planning
- Problems with debt
- Planning ahead for your aged care needs

Appointments are essential.

To enquire about the next clinic date, book an appointment or find out more please contact reception.

Ph: 6558 2454.

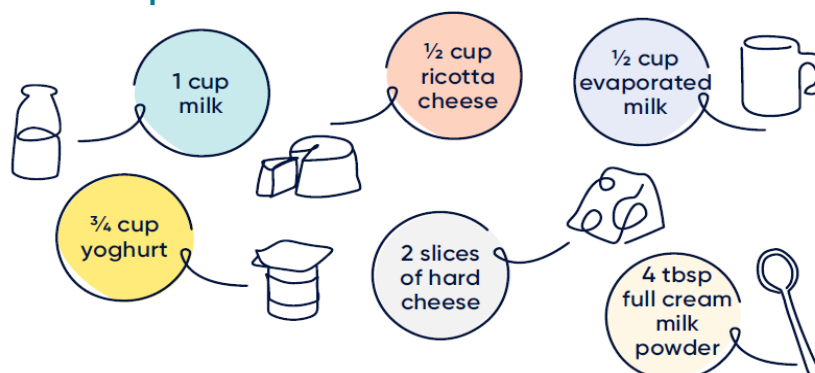
HEALTHY AGEING WITH DAIRY FOODS



Only 1% of older Adults eat enough dairy. A world-first research study by the University of Melbourne has shown that increasing the amount of dairy older people eat - from 2 to 3.5 serves - has been shown to reduce falls and fractures in older people.

Reducing your risk of falls and fractures means you can keep doing the things you love – gardening, exercising, walking the dog and visiting your loved ones.

A serve equals:



Eating milk, cheese and yoghurt is an easy and low-cost way to increase high quality protein and calcium in your diet – and they taste great too!*

Men and women aged 18–50 years	2.5 serves
Men aged 50+	3.5 serves
Women aged 50+	4 serves

**Information from Meals on Wheels NSW. Provided for general guidance only, does not take into account your specific circumstances.*

BWNG IS TAKING EXTRA CARE DURING FLU SEASON

Respiratory illnesses such as Influenza (Flu), COVID-19 and Respiratory Syncytial Virus (RSV) can be particularly serious for older people, or people with a compromised immune system.

As NSW Health has advised that the number of people catching these illnesses in our area has now reached what is considered to be a 'moderate' level, BWNG is taking additional precautions to help reduce the spread of these conditions.

BWNG Support Staff are:

- Wearing masks again while providing supports and services
- Testing for COVID-19 twice a week

We have also taken a number of extra precautions to keep our staff, clients and community safe and healthy:

- A mask and sanitizer station has been placed at the front entrance to the BWNG building advising visitors to please wear a mask if they have any respiratory symptoms.
- Our office spaces are now quarantined from everyone except admin staff.
- If you have cold or flu-like symptoms, please call our office on Ph: 6558 2454 before receiving services from BWNG support staff.

Thank you for your assistance in minimising the spread of respiratory illness this cold and flu season.