



BUCKETTS WAY

Neighbourhood
Group Inc.

July 2022 Newsletter



CONTINUING TO EAT HEALTHY THIS WINTER

Now that winter is well and truly upon us, it is important to continue eating nutritious food to help your immune system and overall health. Retire Australia suggests eating at least one hot meal each day, and meals such as soups and stews are a great way to make the winter months more enjoyable while keeping your vegetable intake up. They can also retain their nutritional value for at least four months while frozen.

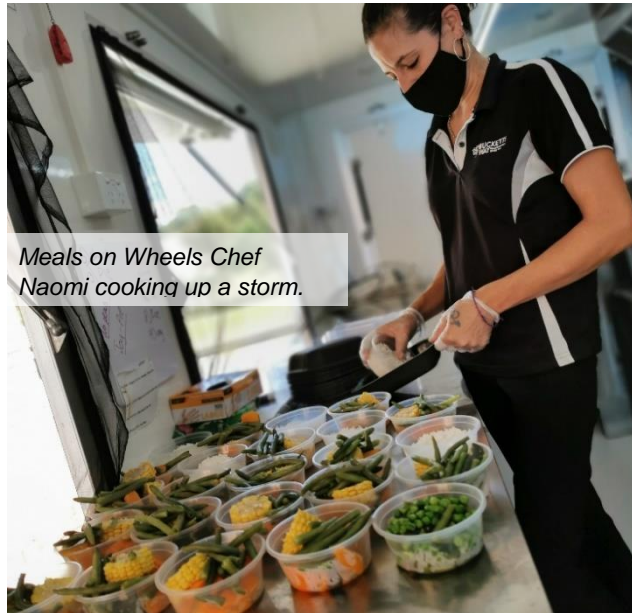
Our team is happy to assist you with both meal preparation and shopping to ensure you are still eating a well-balanced diet.

Alternatively, if you find yourself struggling with the recent increase of supermarket prices, our wonderful Meals on Wheels Chef, Naomi, cooks fresh, nutritious meals Monday to Friday.

We also have a diverse range of quality, frozen meals available for the weekends that are quick, convenient, and come with cooking instructions.

For more information on nutrition for seniors please visit

www.NutritionAustralia.org or scan this QR code:



*Meals on Wheels Chef
Naomi cooking up a storm.*

ELDER ABUSE AWARENESS

15 June 2022 was World Elder Abuse Awareness Day – an annual event aimed at providing an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons.

Elder abuse can be defined as 'a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person'. From the Australian Law Reform Commission - alrc.gov.au

Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect.

In Australia there are a number of agencies and organisations available to provide free advocacy, support and legal information to seniors, including:

Older Persons Advocacy Network (OPAN) - Ph: 1800 800 700 | www.opan.org.au

Seniors Rights Service - 02 9281 3600 | www.seniorsrightsservice.org.au

Legal Aid NSW - 1300 888 529 | www.legalaid.nsw.gov.au

For face-to-face advice you can also make an appointment with Gloucester's fortnightly Free Legal Advice Clinic held by Legal Aid NSW at BWNG's premises King Street. To make an appointment please call our team Ph: 6558 2454.

HAPPY BIRTHDAY TO US!

On 12 July 2022 BWNG will mark 33 years of providing vital services and support to Gloucester and surrounds.

First formed in 1989 to secure funding for a speech therapist for Gloucester Hospital, BWNG has grown and evolved to fill the local service gaps.

We look forward to continuing our services to the community for many years to come.

NEW CLIENT MANAGEMENT SYSTEM

We're pleased to announce that we will shortly be switching our computer-based client management system to a new program.

After much research, we have found a program specifically designed for organisations like BWNG that provide both aged care and disability services.

We believe the new program will allow us to roster employees and volunteers more effectively, improve accuracy and efficiency and help us provide a better service to our clients.

Please bear with us as we sort out any teething problems.

If you have any queries please contact our team.



CONTINENCE AIDS PAYMENT SCHEME (CAPS)

If you or someone you care for experiences bladder or bowel control problems, you're certainly not alone. In fact, incontinence affects 1 in 4 adult Australians.

The Continence Aids Payment Scheme (CAPS) is an Australian Government scheme available to eligible Australian citizens and permanent Australian residents who have permanent and severe incontinence to meet some of the cost of their continence products.

You can find out more about this scheme by calling **The National Continence Helpline** Ph: 1800 33 00 66

You can also visit www.continence.org.au by scanning this QR code for more information:



FRIENDLY REMINDERS

As an employer BWNG has a duty of care to provide a safe workplace for our Support Workers, even when that workplace is a client's home.

We would like to kindly remind you to please refrain from smoking inside the house while any Support Workers are visiting you.

Also, please shut pets away during Support Worker visits to ensure they aren't tripped over or trodden on, as much for the safety of your pet as our workers.

TELSTRA PRIORITY ASSIST - STRESS LESS ABOUT PHONE OUTAGES

If you're a Telstra customer with a diagnosed life-threatening medical condition, or someone in your care or household has been diagnosed with one, you may be eligible for the Telstra Priority Assist Service.

This service aims to provide customers with prioritised connection and fault repairs to ensure they have a reliable home landline.

Examples of eligible medical conditions include:

- At high risk of respiratory or cardiovascular emergencies
- At risk of life-threatening hypoglycaemia or epilepsy
- At high risk of obstetric and neonatal emergencies
- At high risk with mental health disorders
- Technology-dependent who are at high risk
- A dependent who lives alone, without support or in remote locations

Anyone can fill in the application on behalf of the applicant. The fastest way to have your application processed is to apply online. However, there are also paper application forms available at your local Telstra store and for download via the Telstra website. The paper forms will need to be emailed or posted to Telstra upon completion.

You can find out more information about this service, and your eligibility, by calling **Telstra** on **13 22 00**, or by scanning this QR code to visit the Telstra Website

www.telstra.com.au/consumer-advice/customer-service/priority-assist



An Indigenous weaving workshop at Gloucester Gallery.

WEAVING TOGETHER FOR NAIDOC WEEK

3 – 10 July was NAIDOC Week 2022.

BWNG Community Connections Officer Amber Galvin, in partnership with Gloucester Arts and Cultural Council (GACCI) recently hosted an Indigenous weaving workshop at Gloucester Art Gallery as part of Gloucester's NAIDOC week celebrations.

At the fully booked workshop attendees learned to weave a traditional basket of dried grass while sharing stories and admiring the Gallery's exhibited works by Indigenous artists.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee, and is an annual celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples.