



BUCKETTS WAY Neighbourhood Group Inc.

June 2022 Newsletter



WINTER FIRE SAFETY WITH FREE HOME SAFETY VISITS

Winter is a critical time for fire prevention and preparedness activities including the maintenance of life-saving devices like smoke alarms.

Smoke alarms should be kept free from dust to reduce false alarms and ensure smoke can reach the internal sensors.

Smoke detector batteries should be replaced annually, and the smoke detectors themselves should be replaced every ten years or earlier if specified by the manufacturer.

Throughout the year, you should also test your smoke alarm batteries every month, by pressing and holding the button for at least five seconds until you hear the beeps. You can ask your Support Worker to help with this task.

Fire and Rescue NSW provides a free Home Safety Visit Program to seniors and people living with disability. Through this program you can arrange for local Firefighters to visit your home to check your smoke alarms and replace your batteries at no cost (if necessary).

With your permission, the Firefighters will also ask you if you would like to show them around your property so that they may give you personalised information on:

- Cooking fire safety.
- Heaters and open fires.
- Common electrical safety issues.
- Barbecues and LPG cylinders.
- Bedroom heating and wheat bags.

Visiting Firefighters can also provide advice on a fire escape plan in the event of a fire occurring in your home, and how to call Triple Zero (000) to report an emergency.

To arrange a time for Firefighters from Gloucester Fire Station to visit your home please call the station Ph: 6558 1703.

For more information on Fire Safety Visits, and more handy fire safety information you can scan this QR code to visit the Fire and Rescue NSW website www.fire.nsw.gov.au



TIPS TO STAY WARM & HEALTHY THIS WINTER

While we are lucky to call a fairly temperate region home, winter still brings health challenges, especially for seniors.

We've put together a few tips to help you stay warm and healthy this winter.

- Make sure your home is warm enough. Your main living area should be heated to >21°C. Close curtains and blinds at night, wear several layers of clothing if you need to, and go to sleep with extra blankets.
- Eat nutritious meals and enjoy regular warm drinks. Try to have at least one hot meal each day.
- Keep in contact with friends and family. With many people staying indoors more in winter, it is common to feel socially isolated.
- Seek assistance from government agencies for help with heating, food and clothing if necessary. (See page 2 for help affording energy costs).
- Receive your free flu vaccination to reduce your chances of catching influenza.





NATIONAL BOWEL CANCER SCREENING PROGRAM

Bowel cancer is Australia's second deadliest cancer, but it is also one of the most preventable.

As June is Bowel Cancer Awareness Month, we would like to talk to you about the 'National Bowel Cancer Screening Program'.

Since 2020 all eligible Australians aged between 50 and 74 have been invited to do a free screening test every two years.

If you are eligible for the program you will receive a home test kit in the mail with instruction on how to do the test, and where to send your sample off to.

The sample is processed in a lab and the result is sent to your doctor, who will talk to you about the results.

When detected early, nine out of ten cases of bowel cancer can be treated successfully.

If you are eligible to participate in the program it is a very good idea to do so, as the test is free, easy to do, and could save your life.

You can find out more about this program, update your details or request a replacement test kit by calling the **National Cancer Screening Register Ph: 1800 627 701**.

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



HELP WITH THE RISING COST OF ENERGY

Seniors Energy Rebate

The rebate, which amounts to \$200 per financial year, is paid directly into your nominated bank account. This assistance is available to eligible independent self-funded retirees to help cover the cost of electricity. Gas accounts are not included. To be eligible you need to have a Commonwealth Seniors Healthcare Card (CSHC).

To apply for the Seniors Energy Rebate contact Service NSW or apply on line at: www.service.nsw.gov.au or scan this QR code:



Low Income Household Rebate

This assistance helps low income households afford energy costs. One rebate per household is available each financial year to people who hold one of the following:

- Pensioner Concession Card
- Health Care Card
- DVA Gold Card

To apply, call your energy provider and ask for the NSW Low Income Household rebate to be applied to your account. Provide your concession or Health Care Card details and request confirmation that the rebate has been applied.

You'll receive the rebate as a credit on each quarterly bill, up to the total of \$285 per year. If you change energy providers you'll need to tell your new provider that you receive the rebate so that you can continue to receive it.

Energy Accounts Payment Assistance (EAPA) Scheme

If you are experiencing short-term financial hardship due to a crisis or bill which is more expensive than usual, you may also be eligible for vouchers through the EAPA (Energy Accounts Payment Assistance) scheme.

The scheme can provide up to \$500 of energy bill vouchers per household per financial year and is provided locally through BWNG's Safety Net Program.

If you have an energy bill due and would like to apply for assistance through the EAPA scheme please contact our team Ph: **6558 2454** and make an appointment. Appointments are available Tuesdays and Thursdays between 10am and 2pm.

NATIONAL VOLUNTEER WEEK 2022



Volunteer board members Vicki, Robert, Julienne & Donna

16 – 22 May 2022 was National Volunteer Week – an annual celebration of volunteering and of the people who give their own time to help others.

It was an absolute pleasure to recognise each of our volunteers with a 2022 certificate of appreciation.

We extend our thanks to volunteers Barb, Bev

Bill, Christine, Danny, Diann, Donna, Elaine, Fay, Ian M, Ian P, Jeanette, Jennifer B, Jennifer W, Jodie, Julienne, Kerrie, Neil, Pam, Priscilla, Robert, Robyn, Russel, Sharon and Vicki.

Everyone has such busy lives in these modern times. People who give their own time to help others are truly rare. Thank you, BWNG Volunteers, for the vital work that you do for our community.