



BUCKETTS WAY Neighbourhood Group Inc.

February 2021 Newsletter



COVID-19 UPDATE – STAYING HOPEFUL BUT REMAINING VIGILANT

With the COVID-19 situation seemingly easing, it is hopeful that some normality may be coming back. However, we must move forward cautiously to ensure the safety of you and our staff and volunteers. Restrictions are still in place for social distancing and the use of PPE, so our Support Workers and volunteers will still be using face masks when providing services, and continue to use hygiene measures.

We are learning more information every day about the COVID-19 Vaccine and will keep you up to date with the latest from the Department of Health about the rollout strategy and any other information.



Meals on Wheels volunteer Priscilla staying COVID-19 safe while on the Meals on Wheels run.



OLDER PERSONS ADVOCACY NETWORK (OPAN)

OPAN is a free, independent and confidential service that helps older people and their representatives with issues relating to the Commonwealth-funded aged care services.

You can phone OPAN on **1800 237 981**, 6am-10pm 7 days a week, or visit their website www.OPAN.com.au to chat about concerns or access useful resources and frequently asked questions.

WE CAN HELP YOU USE THE SERVICE NSW PHONE APP

Most premises are required to keep a record of who has visited their premises. If a visitor tests positive, NSW Health is then able to alert other visitors who may have been in contact with that person.

The Service NSW app allows you to scan the QR code with the phone camera, and the app's check-in page automatically opens. The app can remember your details for an even faster check-in for the next business you visit.

Using the app to check in is preferred over keeping a hand written list as there have been problems with hand written lists being incomplete or inaccurate.

Our team can help you load the app on to your phone, teach you how to use it, and even give you a handy wallet-sized 'help-sheet' for you to carry with you in case you need a reminder.

If you would like some help with this please call our office on 6558 2454 to arrange a short appointment with Julie or Kathleen.



HOT MEALS ON WHEELS UPDATE

Our team has been working hard behind the scenes to have the freshly-cooked hot Meals on Wheels service back up and running as soon as possible.

Meals on Wheels Coordinator Jamie will be in contact with a new menu and a start date shortly.



INTRODUCING LISA

Please welcome our new Support worker, Lisa to the BWNG team.

Having lived in Sydney for the last few years Lisa is enjoying the tree change of a country town, and the Gloucester area.

Lisa has a strong background and experience in the support industry and we're pleased to have her join our team.

GLOUCESTER FREE LEGAL ADVICE CLINIC

BWNG is pleased to be hosting fortnightly free legal advice clinics in Gloucester once again.

The clinics are funded by Legal Aid NSW and can help with family, civil or criminal issues such as:

- Going to court
- Apprehended domestic violence orders (ADVOs)
- Fines and traffic offences and drivers licence suspension
- Debt and money
- Car accidents
- Family law and divorce
- Buying goods and services
- Centrelink and NDIS

The clinic has five 30-minute appointments each fortnight (the first and third Mondays of each month) and is staffed by Alan Arnold of Umbrella Legal (Cardiff) and Eddie Roux of Legal Sphere (Taree).

The next clinic will be held on 18th February by Eddie, and still has appointments available. If you would like to book in for this service please call or office on Ph: 6558 2454.

FOOD SAFETY THIS SUMMER

In hot weather it is important to take a bit of extra care when preparing food to reduce your chances of suffering from food poisoning. Here are a few important points from

www.FoodAuthority.nsw.gov.au .

- Wash your hands before preparing food.
- Keep your fridge at or below 5°C.
- Hot food needs to be kept and served at 60°C or hotter. When reheating food it must be heated to at least 75°C.
- Refrigerate food within 2 hours of preparing. If food has been out of the fridge for more than two hours throw it away as it may no longer be safe to eat.
- Refrigerate any leftovers straight away and eat or freeze them within 3 days.
- If you're having seafood, ensure you only buy from a reputable retailer and take an esky or cooler bag to ensure it stays cool.
- Plan ahead for a slow, safe thaw in the fridge – never defrost food on a bench. For example, a frozen chicken can take two days to defrost in the fridge.
- Use a separate cutting board and knife for raw meat and ready-to-eat foods like salads
- Make sure you don't over-fill your fridge as this reduces airflow and increases the temperature.



Private practice lawyer Alan Arnold, who held the first of the re-launched free legal clinics this week.