



# BUCKETTS WAY Neighbourhood Group Inc.

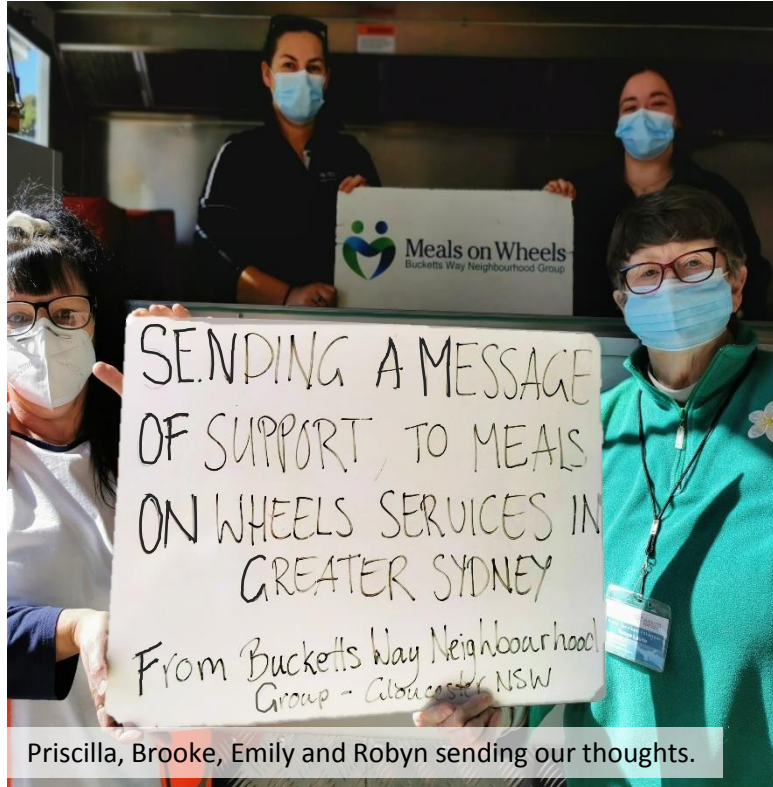
August 2021 Newsletter



## SENDING A MESSAGE OF SUPPORT

Our thoughts are with Meals on Wheels services across the country as they continue to serve their communities, sometimes under very difficult conditions.

In areas where friends and family of clients have been unable to visit due to lock down, the social aspect of the daily delivery, and the welfare checks provided by the service have been more important than ever.



Priscilla, Brooke, Emily and Robyn sending our thoughts.

## KEEP FOLLOWING DEPARTMENT OF HEALTH ADVICE

So far, Gloucester has remained relatively safe from COVID-19, but it's still important to follow the most up to date advice and stay COVID-safe in your day-to-day life and habits. There are no specific restrictions for people over 70 about self-isolating or staying home. You can choose when you go out, where you visit, and when to have visitors.

However, NSW Health advises that people over 70 are at greater risk of more severe symptoms if they are infected with COVID-19. This may mean you want to be more cautious about who you choose to see and where you choose to go.

Whatever you decide, it is important that you follow the same health and safety advice that applies to the whole community:

- Contact your GP to be tested if you have any symptoms, even if they are only mild
- Maintain a physical distance of at least 1.5 metres from others, unless you're in the same household
- Practise good hand hygiene by washing your hands regularly and using sanitiser
- Wear a mask when out, or when you are unable to practice social distancing
- Take extra care if you're around vulnerable people
- Follow the rules about gatherings such as weddings, funerals and worship
- Stay active and healthy, eat well and take care of your mental wellbeing
- Get vaccinated as soon as you can to protect yourself and others from COVID-19.

Remember, if you have any questions or concerns don't forget that you can telephone:

- The Older Person's COVID-19 Support Line: **1800 171 866**
- The National Coronavirus & COVID-19 Vaccine Helpline: **1800 020 080**
- The Disability Information Helpline: **1800 643 787**

## NATIONAL MEALS ON WHEELS DAY

National Meals on Wheels Day is celebrated every year on the last Wednesday of August. This year it falls on Wednesday 25 August.

The day provides an opportunity to recognise the dedication, commitment and resilience of the 45,000 Meals on Wheels volunteers across Australia.

This year we are looking to inspire the next generation of volunteers by collaborating with local primary schools, to encourage students to create 'Thank You' cards for Meals on Wheels volunteers.

## FREE COPIES OF 'THE SENIOR' NEWSPAPER

Each month BWNG receives 20 free copies of The Senior – NSW/ACT, which is a monthly newspaper with a focus on information and issues affecting people over 60, as well as puzzles and seniors' holiday specials.

'The Senior' is usually \$35 for a yearly subscription. If you would like to start receiving one of our free copies just let your support worker know. Please note, numbers are limited.



## AGED CARE EMPLOYEE DAY

As an organisation, we value and appreciate the dedication that our Aged Care Workers bring to their role, and we acknowledge the difference a helpful person with a caring attitude can make.

Friday 7<sup>th</sup> August is National Aged Care Workers Day. To observe the special day we would like to display a wall of thank you cards dedicated to our Support Workers and Administration Team. We have included a simple card with this newsletter, and we invite you to write a message on the card and return it to our office to be displayed. Your message can be addressed to one worker in particular, or to the team as a whole.

To return your card, you may give your card to a support worker, or pop it in the post.

If you are not afraid of the camera, we will also be preparing a short video of thank you messages to share on social media. You can either take a video using your phone, or one of our team can help you. If you have any questions, or would like to be involved please call & talk to Kath - 6558 2454

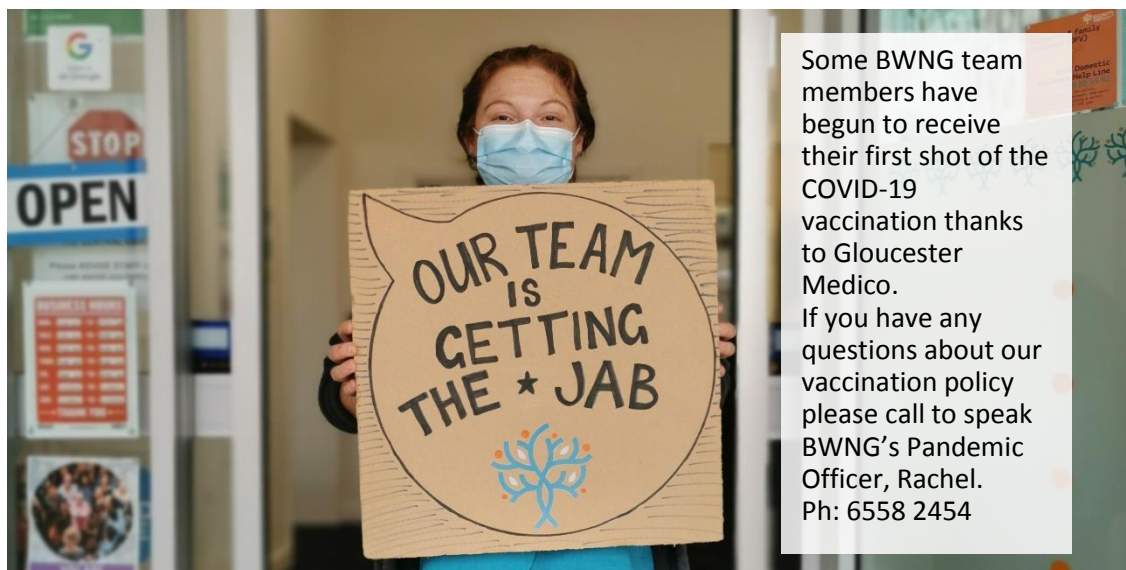
## \$250 SENIORS TRAVEL CARD SCHEME EXTENDED

The state government has announced two year extension for the on Regional Seniors Travel Card (RSTC) Scheme, which was due to wind up at the end of this year. From 2022 eligibility for the card will also broadened to include people receiving a disability support pension or a carer payment.

The card is pre-loaded with \$250 for eligible seniors living in regional, rural and remote NSW to spend on travel-related expenses. It can be used to purchase fuel, pre-booked NSW TrainLink train and coach services and taxi services.

If you receive an RSTC make sure you activate the card within 45 days of receiving it. You then have 14 months to use the card before it expires. To be eligible you must be an age pensioner with a valid Pensioner Concession Card, or hold a Commonwealth Seniors Health Card or DVA Veteran Gold Card issued by either the Department of Human Services or Department of Veterans' Affairs. You must also permanently live in regional NSW outside Sydney, Newcastle and Wollongong.

You can apply for a card via the website [www.service.nsw.gov.au](http://www.service.nsw.gov.au), by phoning **13 77 88**, or in person at a Service NSW Service Centre such as the one located within the Council Chambers at 89 King Street, Gloucester.



Some BWNG team members have begun to receive their first shot of the COVID-19 vaccination thanks to Gloucester Medico.

If you have any questions about our vaccination policy please call to speak BWNG's Pandemic Officer, Rachel. Ph: 6558 2454

## DISABILITY INCLUSION ACTION PLAN SURVEY

MidCoast Council is seeking ways to improve the inclusiveness and accessibility of our community in which we live, through a Disability Inclusion Action Plan. The Action Plan aims to provide people living with disability with the same rights as all other citizens and also requires others to recognise those rights.

As the next stage of the Disability Inclusion Action Plan the council seeks input from the community on the subject of Disability Inclusion. Please take the time to complete Council's short survey by either visiting this website <https://www.surveymonkey.com/r/DIAP2021> . For convenience, BWNG will also post a paper copy of the survey to all clients. If you have any questions about the survey please contact MidCoast Council Community Development Office Ph: (02) 7955 7257