



BUCKETTS WAY

Neighbourhood Group Inc.

December 2020 Newsletter



YOUR COPY OF BWNG'S ANNUAL REPORT

We proudly present you with a copy of our 2019/20 Annual Report, which outlines our achievements, and summarises our activities for the last financial year. If you would like to know more about the important services we provide to Gloucester, or to request an extra copy, please feel free to contact our team on Ph: 6558 2454.

Merry Christmas from the BWNG Team

What a year it has been! On the heels of the worst drought in living memory, we've experienced horrific bushfires and an extended global health crisis. It's been a tough trot, but Gloucester's resilience and community spirit has never shone brighter, and we've never been prouder to call this little town 'home'.

As well as wishing you a safe and happy Christmas and New Year, we would also like to extend our gratitude to the Gloucester community for their hard work, selflessness and dedication in looking after locals and keeping each other safe.

We look forward to continuing our work within the community when we return from holidays Monday 11th January 2021.

Welcome to the team Jacqui, Karen and Jodie



A FEW NEW FACES IN OUR TEAM

BWNG would like to extend a warm welcome to some of our newest support workers Jacqui, Karen and Jodie.

All three bring extensive experience in the home care and residential sectors and are providing support to people with disability.

Although Jacqui hails from Ireland originally, all three have lived as a part of our community for a while. Be sure to 'Hello' and introduce yourself if you see them around.



UPDATE: CLEANING PRODUCTS POLICY

We are committed to providing a safe working environment for our support workers. To support this, we do not allow workers to use bleach or bleach products when providing services. All other cleaning products must be used according to the manufacturers' instruction.



RECEIVING MEALS ON WHEELS DELIVERIES

Meals on Wheels services are subject to strict food safety regulations from the NSW Food Authority that we must stick to. Hot meals must be eaten as soon as they are delivered to you, meaning you must be home to receive your meal. You unfortunately can't arrange for someone else to collect your meal on your behalf. If you have any queries please call Jamie, Meals on Wheels Coordinator.

The Granny Square Xmas Trees of Gloucester

In the six months of this project, over 500 crocheted and knitted squares were created and donated by members of the Gloucester community, which is over 20 m² of yarn work. Six Christmas Trees have been created from the donated squares.

Over 30 local individuals and organisations participated in the project. If you missed out on contributing a square or two this year, don't worry! We're planning to run the project again next year, with plans to expand the project to form a connection across generations.

Jenny Burley kindly sewed all squares together to form six Christmas trees. Greg George (of Wingham) and John Burley volunteered their time to build the timber and wire frames of the trees.

BWNG was grateful to receive a \$1,000 grant from MidCoast Council's Small Donations Fund toward this project, which allowed us to purchase the materials for the frames on which the trees are displayed.

UNE Social Work Placement student, Leanne George, handled the initial coordination of the project and put a great deal of time and effort into applying for grants and working out the finer details. Leanne was particularly interested in the stories of the people creating the pieces, and dreams of incorporating the 'yarns' behind the trees into the project for next year.

Please see the back cover of this newsletter for more photographs of these beautiful creations, and please pop into the host organisations to visit each tree.



International Day of People with Disability

3rd December every year is International Day of People with Disability. It is a day to celebrate the achievements of our community members living with disability and acknowledge the many ways in which they contribute to our community.

At BWNG we marked the day by enjoying homemade cupcakes with our friends.



Support Worker Kate & Ellie sharing cupcakes around.



Beat The Heat This Summer

Drink plenty of water

- Drink plenty of water even if you do not feel thirsty (unless your doctor usually limits your fluids) – check the colour of your wee – if it's pale you're drinking enough.
- Avoid alcoholic, hot or sugary drinks including tea and coffee. If you go outside, carry a bottle of water with you.

Keep your body cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun. Take cool showers or baths.
- If you must go outside apply sunscreen and wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Put wet towels or cool packs on your arms or neck or put your feet in cool water.

Keep your house cool

- Cool your house by closing windows, shutting curtains and blinds, opening windows at night if you can to let in cool air.
- Use air-conditioning if you have it (make sure it is set to cool).
- If you don't have air-conditioning, spend time in a cool place like a library or shopping centre.

Have a plan

- Know who to call if you need help.
- Follow your doctor's advice if you have any medical conditions.
- If you feel unwell, seek medical advice from your doctor or nearest hospital.
- Know where to find your emergency kit in case of a power failure.

Keep your food safe

- Make sure food that needs refrigeration is properly stored (the temperature in the fridge should be between 0°C and 5°C). Defrost foods in the fridge, not on the kitchen bench.

After the heat has passed

- Continue to drink plenty of fluids so your body can get back in balance.
- Take time to rest and recover as coping with extremely hot weather can be very tiring.
- Go to your doctor if you feel unwell after the heat has passed.
- Open windows and doors to let your house cool down.

Important telephone numbers

- In an emergency – call 000
- For advice on medications and their effect in hot weather – talk to your GP
- For general health advice – call Health Direct on 1800 022 222. This is a free 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice (a NSW government health advice line, calls from landlines are free).

CHECK ON YOUR NEIGHBOURS & FAMILY MEMBERS THIS SUMMER

Extreme heat can affect anybody, but older people are particularly at risk of stroke and dehydration.

It is important to regularly check in with elderly friends, relatives and neighbours to make sure they are doing ok, particularly if they live alone.

KEEPING PETS SAFE IN THE HEAT

Pets also suffer from heat related health complications.

Any time your pet is outside, make sure they have protection from heat and sun and plenty of fresh, cold water.

Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse doesn't really provide relief from heat. In fact, it can act like an oven.

Don't exercise dogs in the hottest part of the day, and be mindful of hot pavements when walking.

The 'Yarn Connection' Granny Square Christmas Tree Project



Jessica, Dr Hogg, Maddison, Harlee, Lorraine, Dr Sajir, Keely, Dr Shen & Sally – Gloucester Medico



Wilma Murray – Gloucester Laundromat



Kath of BWNG & Carly of MidCoast Council

Thank you to all individuals, businesses and organisations who took part in this project. Your participation helped maintain a sense of community and connection through the challenges of 2020 and the COVID-19 pandemic. Pop into the host venues to view the beautiful creations:

- MidCoast Council Gloucester Office*
- Gloucester Medico*
- Regional Australia Bank, Gloucester*
- McRae's Fashion Centre*
- Gloucester Laundromat*
- Bucketts Way Neighbourhood Group*



Jill & Donna – McRae's Fashion Centre



Deborah Brookes, Donna Kemp, Vicki Harris, Lorraine Forbes.



Jennifer of Regional Australia Bank with Donna & Kath