



BUCKETTS WAY

Neighbourhood Group Inc.

December 2021 Newsletter



Left to Right: Members of the BWNG Team: Miranda, Jodie, Anne-Marie & Rachel.

MERRY CHRISTMAS FROM THE BWNG TEAM

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 each other throughout the trials of the last twelve months.

In the words of our CEO, Anna Burley:

“These have been challenging times, however, we also know the resilience of the human spirit, the importance of our services of care and support and the difference it makes to the lives of many.”

We look forward to continuing our work within the community when we return from holidays Monday 10th January 2022.

GRANNY SQUARE XMAS TREES ON DISPLAY

BWNG's forest of Granny Square Christmas Trees are once again on display in the community.

The 'Yarn Connection Project' was launched in 2020 and aimed to maintain a sense of connection and community through the challenges of the ongoing COVID-19 pandemic.

In addition to the six granny square trees, which were created from over 500 knitted and crocheted squares donated by the Gloucester community, this year we have a very special tree to bridge the generation gap.

Some of the youngest members of the Gloucester community, the children of Barrington Street Preschool and Long Day Care Centre, and Gloucester Preschool along with their educators, have had a lot of fun creating colourful paint handprints, which have been pinned together in the manner of leaves.

This year you can view the trees at:

- McRae's Fashion Centre
- Gloucester Max Value Pharmacy
- Regional Australia Bank
- Gloucester Furniture One
- Gloucester Medico
- Milady Salon
- Bucketts Way Neighbourhood Group Inc.



BWNG President Donna Kemp with the new addition to the forest.



XMAS CLOSURE PERIOD FOR BWNG OFFICE

BWNG's office will close for the holidays from 12 pm Friday 24/12/2021 and will reopen Monday 10/01/2022.

During the closure period services for aged care and disability services will still be running. There will also be a limited number of administrative staff working to coordinate these services.

Although our phones will not be manned over the Christmas period, for urgent matters you may leave a message on our answering machine, for a member of our team to return your call as soon as possible.

RECEIVING MEALS ON WHEELS DELIVERIES

With the weather heating up as summer approaches, we'd like to take the opportunity to remind everyone that 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 Emily, Meals on Wheels Coordinator on Ph: 6558 2454



Last year's Christmas lunch was enjoyed by many locals.

FREE CHRISTMAS DAY LUNCH AT THE CWA HALL

Community-minded local Vicki Harris will be hosting her annual free Christmas lunch at the Gloucester CWA Hall (108 Church Street, Gloucester) on Christmas Day, Saturday 25th December.

No matter what the reason, if you are expecting to be alone on Christmas Day please join Vicki and friends at the CWA Hall for a freshly-cooked hot lunch and some company.

Vicki is staying abreast of any changes to COVID-19 rules that may affect this gathering. If anything changes, everyone who has booked will be notified.

For catering purposes, bookings are essential and must be made by 20/12/21.

If you have any special dietary requirements please be sure to advise Vicki of your needs when you call to book.

On the day, the doors will open at 11.30 am with lunch served at 12.15 pm.

For more information, or to reserve your spot please call Vicki Ph: 0458 006 330.

Please note, this is an alcohol-free function.

QUALITY FROZEN MEALS FOR THE HOLIDAYS

While our hot Meals on Wheels deliveries are paused during the holiday closure period, we do have a full menu of convenient frozen meals available, which you can keep in the freezer and reheat as you need them.

If you would like to stock up on some frozen meals, please call our team to place your order before Monday 20th December.

You may collect your bulk order of frozen meals from our office in King Street, or if you live in town our Meals on Wheels delivery volunteers can deliver them to your door as part of our regular delivery run before the service closes for the holidays.

For a copy of our frozen meals menu, or to place an order telephone our team on ph: 6558 2454.



Meals on Wheels Coordinator, Emily



Community Aged Care Officer, Kylie Galvin

WELCOME BACK KYLIE GALVIN

We're pleased to welcome Kylie Galvin back into the fold after her five-month trip around Australia.

Kylie travelled with her family through the Northern Territory, Western Australia and South Australia, spending much of their time in WA exploring some amazing parts of the country.

Demand for our services has skyrocketed, and on her return, Kylie has had to hit the ground running. At this point, she probably feels like she hasn't had a holiday at all.

We're glad to have her smiling face back on board.

SAFETY NET PROGRAMME – YOUR SAFETY NET IN A CRISIS

BWNG's Safety Net Programme provides referrals to partnering services such as Legal Aid, information that can help you understand your options or rights, and hardship assistance such as help with the cost of food, energy bills or Telstra Bills.

Confidential appointments are available with Safety Net Officer, Amber, each Tuesday and Thursday. If you are finding it difficult to make ends meet in the lead-up to Christmas please call our team to make an appointment Ph: 6558 2454

NOVEMBER EATING WITH FRIENDS HELD AT ROADIES CAFE

'Eating with Friends' is a monthly tradition of a group lunch at a local eatery. The cost is only \$15 per person, which includes a main course and dessert. It is a great way to maintain social activeness and make new friendships while supporting local businesses.

Although the programme was on ice for a few months due to the uncertainty of the COVID-19 situation in NSW, we enjoyed lunches at 'Land and Sea Café', 'Fusion Chinese Restaurant', The Roundabout Inn, and of course Roadies Café.

We will return to the Roundabout Inn Friday 17th December for the end of year Christmas lunch, and the final 'Eating with Friends' for the year.

Everyone is welcome, but bookings are essential. In line with COVID-19 regulations, you must have proof of two doses of a COVID-19 vaccine to attend.

Please call our office to reserve your seat. Ph: 6558 2454.



Clockwise from front left: Bonnie, Bruce, Mary, Lorraine, Edna, Albert, Ray, Nat, Joan, Robert & Charlie.

LOOKING AFTER MENTAL HEALTH THROUGH THE HOLIDAYS

Although Christmas is meant to be time of celebration, for many people it can be a difficult season.

It is especially important to look after your mental health during this time.

If you find the holiday period challenging, here are some mental health resources to keep on hand.

24/7 phone support and counselling services:

- **Mental Health Line**
1800 011 511
- **Lifeline**
13 11 14
- **Beyond Blue**
1300 22 4636
- **Dementia Support Helpline**
1800 699 799

For digital mental health resources visit headtohealth.gov.au or scan this QR code with your smartphone.



Don't forget that hospital emergency departments are also available for support during a mental health crisis.



HEAT IS A HEALTH RISK - BEAT THE HEAT THIS SUMMER

Heatwaves or extreme heat events are defined as times of abnormally hot weather lasting several days. Heatwaves or extreme heat events can have a serious effect on people's health.

Climate projections show extreme heat events are occurring more often and with greater intensity.

It is important you prepare early, plan for the first heatwave and protect yourself.

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.
- If you must go outside apply sunscreen and wear a hat.
- Plan your day around the heat. Try to stay out of the sun, and avoid being outdoors between 11 am and 5 pm.
- Put wet towels or cool packs on your arms or neck, put your feet in cool water or take a cool shower or bath.

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.
- Have your home air-conditioning (if you have it) serviced before summer.
- If you don't have air-conditioning at home, try to spend time in a cool place like a library or shopping centre.

Prepare early and plan for the first heatwave of summer

- Listen to weather updates regularly, or keep an eye on the Bureau of Meteorology's (BOM) Heatwave Service for heatwave forecasts. (<http://www.bom.gov.au/australia/heatwave>) or scan the QR code on the bottom of this page with your smartphone.
- Know whom 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 a 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 (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 hot weather can be tiring.
- Go to your GP 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 health advice phone line staffed by Registered Nurses.

LOOK OUT FOR EACH OTHER

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.

BUREAU OF METEOROLOGY HEATWAVE SERVICE

For up to date heatwave predictions scan this QR code with your smartphone.

