



**BUCKETTS
WAY** Neighbourhood
Group Inc.



TAKE PART IN BWNG'S YARN CONNECTION



Inspired by various international ventures, we have put together a project to help people feel connected with their community in spite of the isolation of social distancing.

There are two parts to this project: Firstly, we would like anyone who would like to be involved to crochet or knit 20cm x 20 cm (8" x 8") squares of any pattern, or colour. In November we will join all squares together to form a publicly displayed Christmas Tree to symbolise the united effort of our great community in this time of separation.

For those that would like to take part but don't have any wool, we do have some donated yarn for you to use.

Secondly, we're hoping to put together a collection of 'Yarns' to be showcased with our Christmas Tree. Tell us your story. What brought you to Gloucester? How long have you been here? What do you recall of times past? A handwritten story is perfect, but photographs of Gloucester in times past are welcome too! Please help us get the word out about this project by inviting your friends and family to join. If you have any queries please call our office and ask to speak with Leanne or Kathleen **Ph: 6558 2454**.

SHARED HEALTH SUMMARY EXPLAINED

It is a good idea to ask your GP for a copy of your shared health summary. A shared health summary is a report from MyHealthRecord (a Department of Health record) which is kept up to date by healthcare providers such as your GP or a Registered Nurse.

A shared health summary represents your health status at a point in time. This includes information in four key areas:

- Medical conditions you have
- Medications that you take
- Immunisations you have had
- Allergies/adverse reactions

BE PREPARED: HAVE A HOSPITAL BAG READY

Of course, everyone hopes not to need it, but it is a good idea to have a hospital bag prepared in case you need to be admitted to hospital. Your hospital bag should include:

- A copy of your BWNG Support Plan.
- Details of any planned care appointments.
- A copy of your Shared Health Summary.
- Essential items for an overnight stay i.e. toothbrush, pyjamas, snacks, medications, phone and charger.

NUMBERS TO KEEP ON HAND

National COVID-19 Helpline

1800 020 080

Seniors COVID-19 Support Line

1800 171 866

Seniors Card & NSW Seniors Info Service

137 788

Elder Abuse Hotline

1800 353 374

My Aged Care

1800 200 422

Aged Care Complaints Commissioner

1800 951 822

Seniors Rights Service

1800 424 079

Department of Veterans Affairs

133 254

Older Person's Advocacy Network

1800 237 981

Centrelink:
Aged Pension, Health Care Card, Pensioner Concession Card or Pension Loans Scheme

132 300

Bucketts Way Neighbourhood Group
6558 2454



BWNG Trainees Jess & Keely delivering Meals on Wheels

MEALS ON WHEELS

Many of our dedicated Meals on Wheels (MOW) delivery drivers are themselves in the group of the population vulnerable to COVID-19. So as to not put our Volunteers in harms way our meals have been delivered by our MOW Officer Jamie, along with Trainee Jess, and School-Based Trainees Keely and Brooke. Thanks girls for stepping in! Our hot meals are delivered for lunch Monday to Friday. If you are registered for MyAgedCare and you think that this is a service you could benefit from, please contact our Aged Care Team for more information: Ph: 6558 2454 or cacservices@bwng.org.au

BISTRO 2422 OPENS FROM 10th JUNE

BWNG's newest special venture, Bistro 2422 (at Gloucester Country Club) will be able to open for up to 50 diners from Wednesday 10th June.

Bistro 2422 has soldiered on through the COVID-19 challenge, offering quality, reasonably-priced home-style meals for delivery or take-away. Although special conditions will still apply, the team is thrilled to soon be able to seat guests in the restaurant and bistro.

To order take-away, home delivery, or make a dine-in booking (bookings are preferred) please call the team on Ph: 0447 595 519.
(Open Wed – Sat 5.30 pm – 8.00 pm)

VACCINATE AGAINST INFLUENZA AND PNEUMOCOCCAL DISEASE

You are probably well aware of influenza and the importance of receiving your annual flu vaccination, but do you know about the Pneumococcal disease vaccination? Pneumococcal disease is a bacterial infection which can be serious in young children or older people. It can cause pneumonia, blood stream infections and meningitis.

As well as receiving a flu vaccination it is recommended that at-risk individuals also receive a Pneumococcal vaccination, which is free under the National Immunisation Programme (NIP) for:

- Children under 12 months of age
- Aboriginal or Torres Strait people over 50 years of age
- Anyone over 65 years of age
- Anyone who has a medical condition that could compromise their immune system

With the high demand for vaccinations it is a good idea to talk to your GP sooner rather than later in case you have to wait for the vaccine to arrive.

BWNG CELEBRATES VOLUNTEER WEEK 2020

National Volunteer Week (18 – 24 May) is the annual celebration to acknowledge the generous contribution of our nation's volunteers. BWNG said thank you to our amazing team by shouting all of our volunteers a free coffee from Bluey the Mobile Coffee Cart, at Gloucester Country Club. We also jumped on the 'Wave for Volunteers' challenge, where Aussies post a picture of themselves waving their appreciation for the great work done by volunteers.



DO YOU NEED EXTRA HELP DURING THE COVID-19 CHALLENGE?

We understand the pressures the current situation is placing on our community; especially our local seniors. BWNG can provide short-term support to help you stay independent and safe. Please contact our team to talk about your requirements.
Ph: 6558 2454