



BUCKETTS WAY Neighbourhood Group Inc.



BWNG CHRISTMAS CLOSURE ADVICE

Seasons greetings! The holiday closure dates of our diverse services vary. Here is a guide to help you plan for your support services over the holiday period.

AGED CARE SERVICES

- Services under CHSP will finish 1pm Christmas Eve (Thursday 24/12/2020), and will recommence Monday 11/01/2021 except for Personal Care Services which will be arranged with each CHSP client as required.
- Services under Home Care Package will still be available every day
- Health transports will still be available every day except public holidays. Please note all Health Transports will need to be booked in for the closure period before 4pm Friday 11/12/2020.

MEALS ON WHEELS

- Our Meals on Wheels service will be closed from 24/12/2020, reopening Monday 11/01/2021
- Please make sure you have your orders in by Friday 18/12/2020
- We have frozen meals available through Meals on Wheels, which can be collected from our office or delivered by our volunteers prior to shut down. If you would like to order a few frozen meals to get you through the holidays please contact our Meals on Wheels Coordinator, Jamie, by Friday 18/12/2020.

DISABILITY SUPPORT PROGRAMME

- Cottage group activities will finish at 1pm on Christmas Eve (Thursday 24/12/2020), and will recommence Monday 11/01/2021
- NDIS individual support and in-home support will still be available every day

BWNG OFFICE

- Our office will close its doors from 1pm Christmas Eve (Thursday 24/12/2020), and will re-open 9am Monday 11/01/2021.
- For urgent matters during our closure period please call our office on **6558 2454** and leave a message on our answering machine. Our on-call staff will return your call.

ROADWORKS

Work commenced on Monday 9th November to repair drainage issues and re-surface the street in front of our premises at 88 King St Gloucester.

This could affect available parking in the street, but additional parking is available next door to BWNG in what was the Community Transport parking lot, or around the corner in Railway Street.





BEAT THE HEAT THIS SUMMER

Drink plenty of water

- Drink plenty of water even if you do not feel thirsty – check the colour of your wee – if it's pale you're drinking enough. If your doctor normally limits your fluids.
- 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, 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's 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).