



BUCKETTS WAY Neighbourhood Group Inc.

April 2024 Newsletter



RECEIVE YOUR VACCINATION AHEAD OF FLU SEASON

Influenza (flu) vaccines are available under the National Immunisation Program (NIP) from April, subject to local supply.

The vaccine is given as an injection each year to protect against the most common strains of the virus.

Flu vaccines are available at no charge to all people aged 65 or over, and other at-risk groups of the community.

The highest level of protection occurs in the first three or four months following vaccination, so you should ideally receive your annual vaccination in April or May before the onset of the flu season.

To organise a time to receive your flu shot speak with your GP or Chemist.

In Gloucester this may be organised with Gloucester MediCo
Ph: 6558 1604

Or Gloucester Max Value Pharmacy
Ph: 6558 1043.

ARTWORK FOR THE GLOUCESTER SHOW

Josh, Melinda, Michael, Ian and Ben worked hard on their submissions for this year's Gloucester show, creating some beautiful art and having a lot of fun with their Support Workers along the way.

In the *People with Disability – Any Other Craft Item* category Michael and Ian were awarded first and second place respectively, while Melinda was recognised with *Highly Commended* and Josh received an *Encouragement Award*.

We congratulate these participants on their involvement and thank Gloucester Show for the opportunity to showcase their creations and be active in the community.



Ben, Josh, Melinda, Michael and Ian with their artwork.

URGENT NOTICE ABOUT PERSONAL MOBILE ALARMS – HOW WILL THE END OF 3G NETWORK AFFECT DEVICES?

Telstra is turning off the 3G network as of June 2024. The shutdown will impact any devices and medical alarms that currently operate on Telstra's 3G network.

If you have a 3G LiveLife Alarm you need to upgrade to a 4G device before the network is shut down.

June may seem a while off, but keep in mind that there may be a high demand for new devices, so it is important to act on this as soon as possible.

If you have a 3G LiveLife personal mobile alarm which you have purchased yourself (it hasn't been funded through a Home Care Package) please contact LiveLife directly to discuss your options.

You can do this by visiting their website
<https://lifelifealarms.com.au/4GXupradeoffer>

or by scanning this QR code.



Alternatively, please phone 1800 950 561 to speak with a LiveLife team member.



FIREPLACE SAFETY THIS WINTER

A cosy fireplace can be great for ambience, warmth and relaxation, but they can also be dangerous. It is important to take due care when using an indoor fire to heat your home.

- Ensure your flues and chimney are cleaned regularly.
- Place a strong fire screen in front of open fires.
- Keep everything (including your wood pile) at least one metre away from the fireplace.
- Chose a safe place to store matches, gas lighters and fire starters where they cannot overheat and cannot be accessed by children.
- Don't leave young children unsupervised in rooms with a fireplace or heater burning.
- Ensure heaters are installed and used as per the manufacturer's instructions.

If it's been a while since your chimney or flue has been cleaned two local chimney cleaning businesses are:

- NGC Fireplace Installations & Chimney Sweep Service - Taree
Ph: 0476 957 464
- Jamo's Clean Sweep – Taree
Ph: 6551 7883

AGED CARE CLIENT SATISFACTION SURVEY

Aged Care clients will recently have received a client satisfaction survey in the post from BWNG along with a postage-paid, return-addressed envelope.

Please do take the time to complete the survey. Your feedback on the service and support you receive through BWNG is vitally important. It gives you a chance to tell us what you feel is working or where we could improve, and helps us to understand what our local seniors need to remain independent and living in their own home.

You may choose to complete your survey anonymously, or you may give your name. You can also choose to have us contact you if you would like to discuss your feedback further.

To return your survey you may use the postage-paid envelope to post it back to our office, or you may give it to your Support Worker to return on your behalf.

If you have any queries about this survey please contact our team.

ANZAC DAY PUBLIC HOLIDAY CLOSURE

BWNG's office, transport services and Meals on Wheels will be closed Thursday 25 April 2024 for ANZAC Day, however, disability services, services for Home Care Package clients, and urgent services for CHSP clients will be available if pre-arranged.

ANZAC DAY SERVICES

- 5.30am** - Dawn service - Memorial Park Clock Tower
(Please arrive 5 min early to avoid disruption)
- 6.30 am** - Wreath laying - St Paul's Anglican Church
- 7.00 am** - Wreath laying - Cemetery Memorial
- 7.25 am** - Wreath laying - Gloucester District Museum
- 10.25 am** - Wreath laying - Gloucester Soldiers Club
- 10.30 am** - March starts from Gloucester Soldiers Club
- 11.00 am** - Service at Memorial Park Clock Tower

APRIL – PARKINSONS AWARENESS MONTH

Today in Australia, 38 people will hear the words: 'You have Parkinson's' for the very first time. That's more than one person every hour, of every day.

Parkinson's Awareness Month provides opportunities to learn more about the issues facing people living with Parkinson's every day – and how their lives can be improved – particularly through exercise, social opportunities, and community activities.

It is a progressive, degenerative condition of the central nervous system. Its causes are unknown, and a cure has not yet been found.

Parkinson's is more prevalent than many common cancers – including prostate, breast, colorectal, and lung cancers in Australians over the age of 50.

Complex misunderstood and in some cases misdiagnosed, Parkinson's affects people of all ages with five Australians under 40 are diagnosed every day.



1,140

Australians will hear that they have Parkinson's this month.



219,000

The number of people in Australia currently living with Parkinson's



12,000,000

The number of expected world wide cases of Parkinson's by 2040