



BUCKETTS WAY Neighbourhood Group Inc.

July 2023 Newsletter



BWNG CELEBRATES 34 YEARS OF SERVICE TO GLOUCESTER REGION

Bucketts Way Neighbourhood Services (as our organisation was first known) was incorporated on 12 July 1989.

Much has changed in our area over the last 34 years, and BWNG has grown and evolved with the community, always with the aim to identify and fill gaps in the services available to local people. Here's to our next 34 years!



REBATES AND PAYMENTS TO HELP WITH ENERGY COSTS

1.6 million low-income households, pensioners, self-funded retirees and families are eligible for NSW energy rebates each year to help afford their electricity & gas bills:

- Low Income Household (electricity) Rebate / Gas Rebate
- Medical Energy Rebate
- Family Energy Rebate
- Seniors Energy Rebate
- Life Support Rebate

Households that receive NSW energy rebates, as well as their carers, may be eligible for additional temporary energy bill relief in financial year 2023–24 to help ease the cost of rising electricity bills.

Find out about these programs, if you're eligible, and how to apply at www.energy.nsw.gov.au/households/rebates-grants-and-schemes/national-energy-bill-relief or scan this QR code with your smart phone.



Additionally, people experiencing a short-term financial hardship, crisis or emergency may be eligible for help paying their current energy bills to stay connected through the Energy Accounts Payment Assistance (EAPA) scheme.

The NSW Government has temporarily increased the EAPA maximum transaction limit from 1 July 2023. The increase aims to support customers impacted by rising energy prices to stay connected to an essential service.

EAPA assistance is provided in the form of vouchers, which an eligible EAPA provider (like BWNG) can apply to your bill.

If you require assistance with an electricity or gas bill please contact our team to organise an appointment with BWNG's Safety Net Officer. Ph: 6558 2454

ISOLATED PATIENTS TRAVEL & ACCOMMODATION SCHEME (IPTAAS)

If you need to travel more than 100km one way, or 200km in a week for specialist medical treatment, to a highly specialised Allied Health Clinic, or to an approved Prosthetist/Orthotist, you can claim financial assistance towards travel and accommodation costs.

From 1 August 2023 the scheme will also cover appointments with:

- High risk foot services
- Non-commercial clinical trials
- Highly specialised oral health clinics in NSW
- Ocularists

To claim expenses through IPTAAS you will need your referring practitioner to complete a referral details form.

For more information call 1800 478 227 or speak to a healthcare worker.

IPTAAS forms, online claiming and more information on the scheme is available at <https://www.iptaas.health.nsw.gov.au/For-patients>





GLOUCESTER ACTIVITIES CENTRE

Part of the Community Health Centre of Gloucester Soldiers Memorial Hospital, the Activities Centre provides social opportunities for older adults, leisure programs and respite for Carers. The programs reflect the interests of our members and aim to enhance wellbeing and quality of life including:

- Bus trips
- Social activities
- Trivia and mind-stimulating activities
- Informative activities
- Craft
- Picnics and BBQs
- Gentle physical activities
- Guest speakers
- Special events and celebrations
- Cards
- Men's group
- Connections with local community

Transport can be provided to and from the program in a bus that is equipped to ensure access for all including people in wheelchairs.

If you are interested in hearing more about the program and are an adult 65 years and over, or Aboriginal and Torres Strait Islander 45 years and over please contact

Sue Tripney

Ph: 6538 5061 or

6538 5058 or email

sue.tripney@health.nsw.gov.au

MEALS ON WHEELS ORDERS – WE LOVE EARLY BIRDS!

Placing your meal selections as early in the month as you can gives Leanne, Naomi, Gail and all team members who play a role in providing the service a big head start on their preparation.

We know it isn't always possible to know what you are doing so far ahead of time, but any time that you *can* order early is very helpful.



NATIONAL PAIN WEEK – LIVING WITH CHRONIC PAIN

Chronic pain affects over 3.6 million Australians and is the leading cause of disability.

National Pain Week (24 – 30 July) is Australia's annual awareness event for chronic pain.

Far from being 'all in your head', chronic pain is a condition of the nervous system. Under normal conditions, pain serves a short-term protective function that resolves with healing.

However, when pain persists for three or more months, it moves into the realm of a condition that not only has no benefit, but also impacts a person's ability to work, move, sleep, enjoy social or family time and can cause emotional distress.

The reason pain persists is caused by a reprogramming of the nervous system, where pain signals become more frequent, amplified, and can go off without warning.

When reprogramming of the nervous system occurs, the nervous system goes into an ongoing state of "high alert." For some people this may mean that sitting for too long or moving too much will cause an increase in pain. Some people's pain can even be triggered by a change in weather or for no reason at all. Many people in chronic pain share stories about finding some temporary respite when with good friends, having a laugh, or doing something they love, like playing music.

Good pain management should include:

1. Developing personalised and realistic goals
2. Developing a pain management plan that includes team-based care arrangements
3. Improving your knowledge and understanding of chronic pain
4. Supporting your skills and application of self-managing chronic pain
5. Reviewing and modifying your pain management plan

For more information on National Pain Week visit their website at www.chronicpinaustralia.org.au/ or scan this QR code with your phone.



CHELSEA COMPLETES TRAINEESHIP

BWNG's Administrative Generalist Chelsea has recently completed a traineeship in Certificate IV Individual Support – Ageing.

Chelsea undertook a traineeship with BWNG in 2021 when in the role of Home Care Package Officer before transitioning to her current role.

We recognise and applaud Chelsea's tenacity and determination in the face of personal challenges, and congratulate her on this achievement. Well done Chelsea!