



Happy Easter!

BUCKETTS WAY Neighbourhood Group Inc.

March 2024 Newsletter



New BWNG Volunteer Robert Butcher

NOSE TO THE GRINDSTONE FOR NEW VOLUNTEER ROBERT

It was straight to work for new Volunteer Robert who delivered Meals on Wheels to the community on the very same day that he undertook his training and induction with BWNG.

Since then, Rob has been on the Meals on Wheels delivery roster several times each week in addition to transporting local people to medical appointments as a Volunteer Health Transport Driver.

A recent retiree, Rob moved to Gloucester about twelve months ago and began volunteering with BWNG in January to give back to the community. We're very glad that he did!

We greatly appreciate Rob's flexibility in jumping straight in to assist our dedicated Volunteers.

STORING ELECTRONIC COPIES OF IMPORTANT DOCUMENTS

You can store electronic copies of your important documents so that they can be accessed even if the original copies are lost, or in the event of an emergency that may have destroyed the original copies.

Being able to access documents to prove identity, ownership or insurance quickly and easily can make an emergency less stressful and might make it easier to navigate any legal problems that might follow an emergency such as a house fire.

The Justice Connect website has step-by-step instructions on how to store your documents:

- In the cloud (on the internet)
- Within emails
- On your phone or computer
- To an external storage device such as a USB flash drive.

To find out more scan the QR code below with your smart phone, or visit:

[https://prepare
.apps.justicec
onnect.org.au/](https://prepare.apps.justiceconnect.org.au/)



COVID-19 INFECTION MANAGEMENT UPDATE

In line with the easing of COVID-19 precautions everywhere BWNG will also be easing some of our infection control procedures.

We have wound up our twice-weekly testing of staff and volunteers, however staff will still be required to undertake a Rapid Antigen Test (RAT) if they have attended a large event, have travelled or are symptomatic.

BWNG employees and volunteers will still be required to have received three COVID-19 vaccinations as well as the yearly Influenza vaccine.

As our clients we ask you to continue to advise BWNG if you are experiencing COVID-19-like symptoms, or if you have attended an event with lots of people such as a wedding or concert. Please also continue social distancing practices and maintain good hygiene habits such as washing hands thoroughly and using hand sanitiser.

If you have any queries about BWNG's infection control policies, or to advise that you are unwell please phone our team and speak with your case worker ph: 6558 2454.





PLEASE CONTAIN PETS DURING SERVICES

To keep Support Workers and Volunteers (as well as pets) safe we ask that our clients ensure their pets are contained during services.

This could mean keeping your pet in an area that the worker won't need to access such as the back yard or a closed room, or keeping them restrained on a leash for the duration of the service.

We appreciate your assistance in helping us provide a safe work environment for our team.

ORAL HEALTH FEE FOR SERVICE SCHEME (OHFFSS)

If you hold any of the following:

- Pensioner Concession Card
 - Commonwealth Seniors Health Card
 - Health Care Card
- you may receive free dental treatment either directly through the public dental service or be given an OHFFSS voucher to receive treatment from a dental practitioner registered with the public dental service.

To connect with the public dental service in our area call
Ph: 1800 679 336



Ben enjoying Forster.

BEN'S HOLIDAY

Ben recently enjoyed a short respite stay in Forster with the help of his BWNG Support Worker.

He enjoyed shopping, being by the beach and exploring the local area, but his favourite parts of the trip were ten pin bowling and sampling some of the delicious food Forster has to offer.

FREE STAMP-MAKING WORKSHOP FOR NSW SENIORS WEEK

Tuesday 19 March 2024 | 10.30 am to 12.30 pm | Gloucester Library

Join Ali Haigh for a special hands-on workshop to mark NSW Senior's Festival and learn how to carve your own stamps from a rubber block. Explore stamping techniques plus combine and sew printed papers to craft unique postcard-sized artworks.

Each participant will be able to create a series of postcard-sized prints to take home.

Bookings are essential. Please contact Gloucester Library for more information, or to book your place in the workshop ph: 6558 1514

For the full Mid Coast Senior's Festival program scan this QR code with your smart phone or visit

www.MidCoast.NSW.gov.au/Community/Community-support-and-statistics/Seniors



CARERS SUPPORT GROUP

GLOUCESTER

Facilitator: Sandy Brooks

The carer support group meets monthly on a Monday to provide support and social contact in a confidential group setting.

Carers often feel alone in their situation, and feel relief when they learn they are not alone.

Carers are family and friends who support someone living with:

- ❖ Physical disability
- ❖ Medical condition
- ❖ Mental illness
- ❖ Aged-related condition



For further information please contact:
Mental Health Clinician/Gloucester
Community Health on 65385058



Rachel Zimmerman

WISHING RACHEL ALL THE BEST

BWNG recently farewelled a key member of the team, Rachel Zimmerman.

Rachel's connection with BWNG is long and varied, spanning close to 12 years, and encompassing several different roles.

Most recently, as HR Coordinator and Pandemic Officer Rachel kept BWNG up to date with NSW Health guidelines to ensure the team adhered to the ever-changing COVID-19 rules.

We wish Rachel every success in her future.