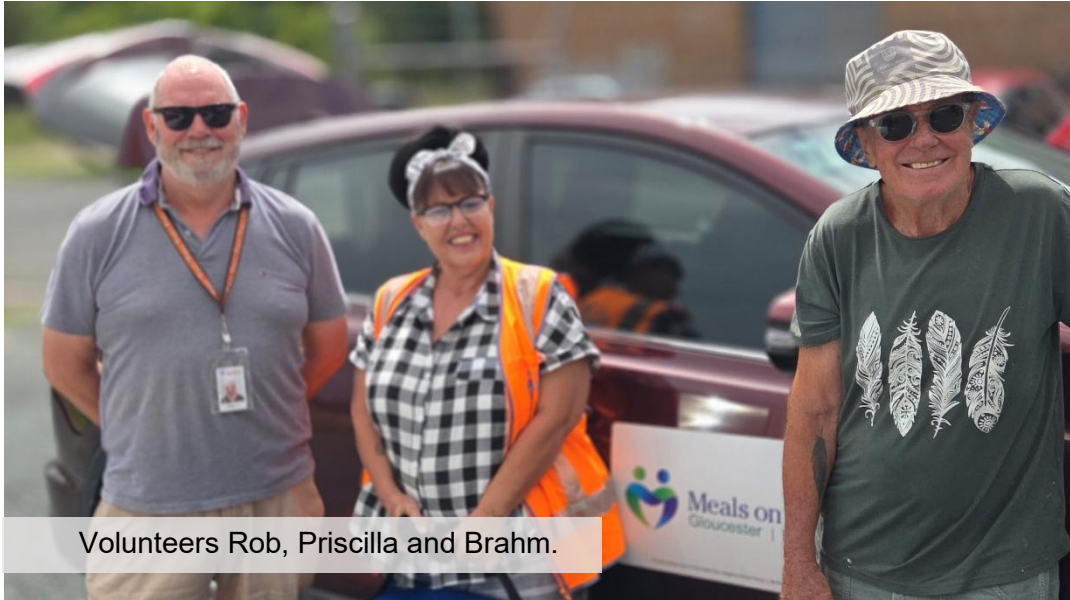




BUCKETTS WAY

Neighbourhood
Group Inc.

March 2026 Newsletter



Volunteers Rob, Priscilla and Brahm.

MEALS ON WHEELS –SUPPORTING AN ACTIVE LIFESTYLE

When people hear the name *Meals on Wheels*, they sometimes think of it as a charity. While the service is supported by wonderful volunteers and community spirit, Meals on Wheels is not a charity, it is a trusted and established service designed to support older Australians to live life the way they wish.

Receiving Meals on Wheels is not about needing charity. It's about making a smart choice with the funding you are entitled to that protects your health, nutrition and independence.

If you are approved by My Aged Care to receive meals, your funding covers most of the cost and you pay a small contribution.

While our freshly cooked hot meals are popular, an increasing number of local people are finding our frozen meals to be a flexible and practical use of their aged care funding, as well as a convenient option for nights and weekends.

Frozen meals cut down on grocery shopping and food waste, take away the physical demands of meal preparation, and ensure meals meet strict nutritional standards

Knowing that you have nutritious meals taken care of frees up time and energy for the things you enjoy, whether that's spending time with family, attending community events, gardening, exercising, volunteering, or simply relaxing. Good nutrition supports your strength and wellbeing, helping you stay active and connected in your community.

Meals on Wheels is one of many supports available to help you live well at home. If you would like to learn more about how meal services might fit into your care plan, please speak with your Care Partner. We're here to help you make choices that support your independence and lifestyle.



Dementia Friendly
MIDCOAST ALLIANCE

DEMENTIA FRIENDLY MIDCOAST ALLIANCE

A community of like-minded people living and working in the MidCoast Council area, the goal of Dementia Friendly MidCoast Alliance is to create a dementia friendly community. The alliance has groups based in Forster and Gloucester.

The Gloucester alliance meets four times a year with the aim of increasing involvement and listening to the voice of people living with dementia and their carers.

If you are a person living with dementia, a carer, a service provider or someone who has an interest in creating a dementia friendly community please contact Jane O'Dwyer at MidCoast Council on 0418 769 494 or at jane.odwyer@midcoast.nsw.gov.au

You can also follow their FaceBook page. Search *Dementia Friendly MidCoast*

February 2026 Newsletter

CONSUMER ADVISORY BODY – YOUR VOICE IS POWERFUL

We are committed to delivering exceptional care as well as continuously improving our services and believe in actively listening to the perspectives of those we serve.

As required under the recent changes to the Aged Care Act BWNG has formed a Consumer Advisory Body (CAB) and is pleased to invite expressions of interest from people willing to become members of The Body.

Operating independently of our aged care team, BWNG's CAB aims to meet two or three times per year. They collect and listen to the preferences and feedback of BWNG's participants and their representatives, then share their findings directly with BWNG's Board of Management.

Involvement in BWNG's CAB is a great opportunity to have an impact on the quality of care and services we provide. Together, we can ensure that we continue to offer the best possible care and support to our community.

For more information or to express your interest, please contact our team.

**Ph: 6558 2454 or
bwng@bwng.org.au.**

ADVANCE CARE PLANNING WEEK – CHOICES MATTER

National *Advance Care Planning Week*, 16 – 22 March, is the perfect time to have a conversation with your loved ones and health providers so they know what matters most to you and can respect your treatment preferences in the future.

Advance care planning means planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Ideally, advance care planning will result in your preferences being documented in a plan known as an *Advance Care Directive*, and the appointment of a substitute decision-maker to help ensure your preferences are respected.

Once you have an *Advance Care Directive* in place it is a good idea to leave copies with your doctor or health care provider, substitute decision maker, and family or carer.

Having these conversations early can bring peace of mind for both you and your loved ones. It can reduce stress and uncertainty during difficult times, ensure your cultural, spiritual and personal values are honoured, and help avoid family disagreements about your care.

Your preferences can be reviewed and updated at any time as your circumstances change.

For advice or to order a free starter pack, call the
National Advance Care Planning Support Service
Ph: 1300 208 582

9am - 5pm Monday to Friday.

More information is available through the website:

www.advancecareplanning.org.au

or by scanning this QR code with your smart phone:



Advance Care Planning Australia
An Australian Government initiative



THE KING STREET CENTRE – WELCOME TAILOR ALLIED HEALTH

We're pleased to share that Tailor Allied Health will be commencing services at the King Street Centre from 11 March 2026.

Tailor Allied Health provides physiotherapy and clinical psychology services designed around each individual's goals.

Having Tailor Allied Health operating from the King Street Centre strengthens the range of services available locally and makes it easier for people to access coordinated care close to home. Additionally, because they are new to town you may not have to wait as long for an appointment, compared to other services.

We look forward to working with Tailor Allied Health to support positive outcomes for our community.

For bookings, please contact Tailor Allied Health directly **Ph: 4981 0416**



BEST WISHES JO & RHONDA

This month we farewell two key members of the BWNG team; Aged Care Services Officer Jo Poidevin and Finance Administrator Rhonda Schiffmann.

You may know Jo as the organiser of our regular Eating With Friends social outing, but she has also been the main point of contact for volunteers, coordinated our Meals on Wheels service, overseen BWNG’s fleet vehicles, managed our community transport program, and much more.

Rhonda, a long-standing team member, first joined BWNG as a Support Worker eight years ago before undertaking a traineeship in financial services. Her attention to detail and reliability have been of great value in her role of Finance Administrator, and while much of her work happens quietly in the background, its impact is felt across every part of our service. We are grateful to Rhonda for the professionalism and care she has brought to her role.

We thank both Jo and Rhonda for their contributions during their time with us and wish them every success for the next chapters in their lives.

DOMESTIC ASSISTANCE COMPARED TO A CLEANING SERVICE

Keeping your support focussed on what matters most

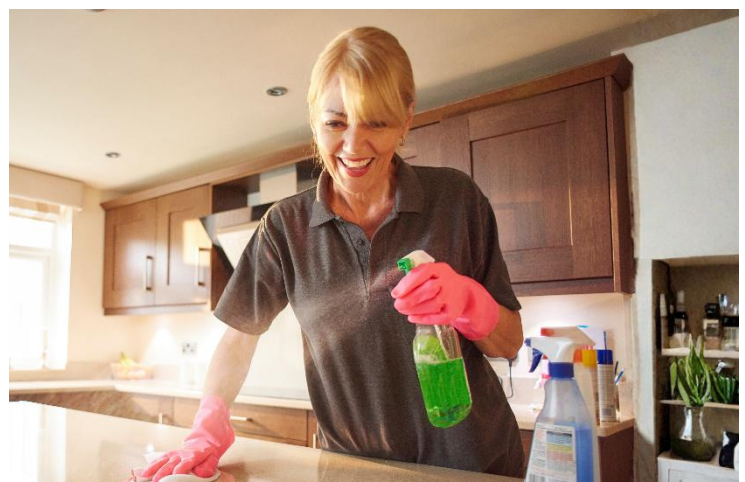
This is a friendly reminder that your government-funded support services are provided to help you continue living safely at home, not to take the place of a full house cleaning service.

Domestic Assistance is designed to perform essential cleaning tasks that directly impact your health and safety. This might include vacuuming main walkways, mopping kitchen and bathroom floors, cleaning a bathroom and toilet area, wiping kitchen benches, or other priority areas that reduce the risk of falls, infection or hazards.

If you live in a larger home, it’s important to understand that your allocated time and funding may not cover cleaning every room on every visit. Your support worker must focus on the most important areas first to ensure your safety and wellbeing. This may mean some rooms are cleaned on a rotating basis, or that certain areas are not included.

Your funding is there to support your independence and safety, and we want to make sure it’s used in a way that gives you the greatest benefit.

If you’re unsure about what is included in your Domestic Assistance services, or would like to review your care plan, please speak with your Care Partner. We’re always happy to have a conversation and work with you to find the best approach for your needs.





WHAT'S ON IN OUR AREA – FREE ACTIVITIES FOR SENIORS FESTIVAL 2026

Each year, communities across New South Wales come together to celebrate older people through the NSW Seniors Festival. This is a wonderful opportunity to connect, try something new, and enjoy the many events happening locally.

Seniors Week (as many still call it) is all about recognising the valuable contributions older people make to our families and communities, and encouraging seniors to live their life to the fullest.

This year's theme – *Live Life in Colour* – encourages older people to celebrate their life journey, embrace new adventures, and find joy in ageing through creativity, connection, and active living.

From concerts to workshops, and social gatherings, there's something for everyone. Here are some great events happening in our backyard in March 2026.

If you need a bit of extra help to attend any of these activities, such as transport to and from the event, or support to attend safely and comfortably, our Support Workers may be able to help. Please have a chat to your Care Partner to see if this is something your funding covers.



Lesser-known Stories 10-11am Stroud Library

This illustrated presentation explores the stories and influence of the Australian Agricultural Company.

Native Bee Presentation 10:30 -11:30am Gloucester Library

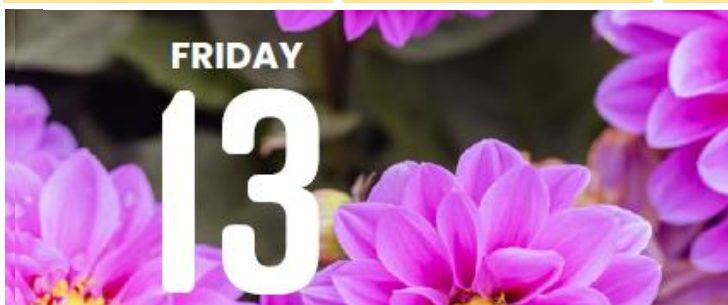
Learn about our fascinating bee species and how to keep native stingless bees.

The Big Fins 2 – 4pm Forster Civic Centre

Get set for an afternoon of fun, music and dancing with *The Big Fins*. This groovy 8-piece band plays everything from the 70s onwards.

SOUL Ecology & Cultural Walk 10am – 2pm Saltwater National Park

Join Aunty Faith Ridgeway as she passes on knowledge and traditions to granddaughter Kirsten. Learn about the roles elders play regarding social structures and caring for country.



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Perennial Flowers for Autumn 2pm – 3pm Taree Library

A colourful and inspiring presentation from an experienced horticulturalist to help your garden bloom.

Rock Art Workshop 10:30am - 1:30pm Hallidays Point Library

Create your own rock art in this fun and colourful workshop.

Native Bee Presentation 10.30 – 11.30 am Forster Civic Centre

Learn about our fascinating bee species and how to keep stingless bees.



Scan this QR code to book online, or call:
Ph: 7955 7001