



BUCKETTS WAY

Neighbourhood
Group Inc.

September 2025 Newsletter



Volunteers Bill, Pam, Olley, Elaine, Sharon, Leanne, Julianne, Rob and Priscilla with BWNG's Meals on Wheels Cook, Gail.

CELEBRATING NATIONAL MEALS ON WHEELS DAY

Wednesday 27 August 2025 - BWNG proudly joined communities across Australia in celebrating National Meals on Wheels Day with an afternoon tea to honour our Meals on Wheels Volunteers.

National Meals on Wheels Day recognises the contribution of approximately 14,000 volunteers across Australia who deliver far more than meals – they bring connection, care, and reassurance to older Australians and people living with disability.

Gloucester's Meals on Wheels service launched on 4 February 1974, when the very first meal was delivered to 79-year-old Flora Taylor, and the event made the local television news.

At that time, there was no government funding, and the service was built through the determination and hard work of local community members and organisations, including the Country Women's Association.

Much has changed since those early days. The way the program is delivered has had to evolve, both to adhere to changing legislation and to protect the health and wellbeing of the people who rely on the service.

We now employ two cooks and rely on around 20 dedicated volunteers who give their time and use their own vehicles to deliver these meals across the community.

We extend our thanks to those volunteers for their generosity and commitment.

2025 ANNUAL GENERAL MEETING

Bucketts Way Neighbourhood Group's (BWNG) Annual General Meeting for 2025 will be held:

**9.30 am Monday
27 October 2025**

**At 88 King St,
Gloucester**

Our community members and stakeholders are welcome to attend.

If you would like to come along, please contact our team Ph: 6558 2454 to advise of your attendance.

Additionally, if you are interested in becoming a financial member of BWNG, which allows you to vote on board members and have a say on the direction of the organisation, please contact our team for a membership form for the coming financial year.

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BWNG HEALTH TRANSPORT

Our health transport services are available thanks to our team of dedicated volunteer drivers. Here's a brief overview of how our transport services work

Driver Hours:

Our volunteer drivers are available from **6am to 6pm** (5pm in winter)

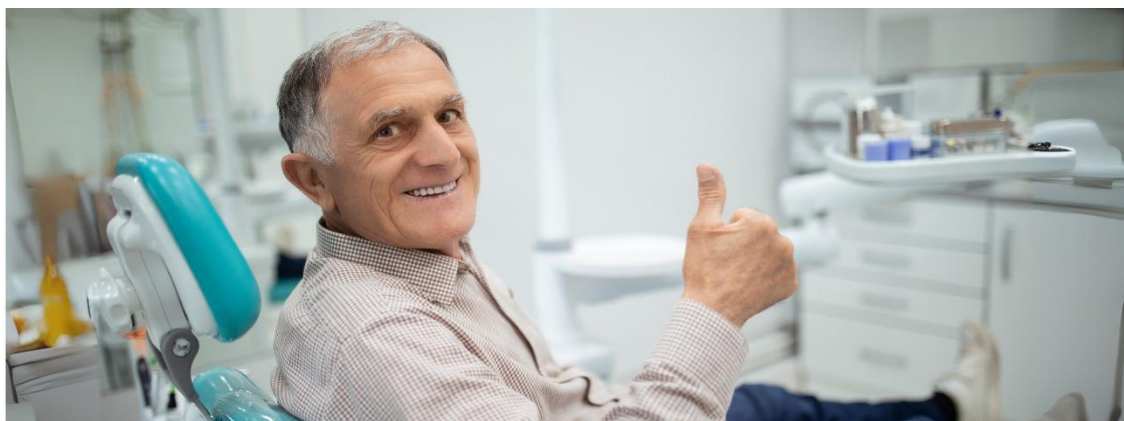
Supporting volunteers:

To ensure a smooth experience for everyone, BWNG has established processes to support our volunteers. These include managing their time restrictions effectively to provide the best service possible.

What you can do:

- Let your health providers know that your transport is arranged through a community organization.
- Mention that our drivers are volunteers who work within specific time constraints.
- If your appointments don't align with our transport hours, please communicate this with your health providers.

Our aim is to provide reliable and supportive transport while respecting the needs of our volunteers. By informing your health providers and planning ahead, we can work together to meet your health transport needs.



ORAL CARE – VITAL FOR QUALITY OF LIFE

Our mouths play a big role in our health and comfort for eating, talking, and staying well. As we get older, it becomes even more important to care for our teeth, gums, and dentures. Good oral health can help prevent infections, reduce the risk of heart problems and pneumonia, and make eating and enjoying food easier.

Without regular care, issues like gum disease, tooth decay, and tooth loss can creep in, which can affect nutrition, confidence, and overall wellbeing. The good news is that small, simple daily habits can make a big difference:

- **Brush twice a day** – Clean your teeth, gums, and tongue with a pea-sized amount of fluoride toothpaste.
- **Look after dentures** – Rinse them after meals, brush twice daily with a soft brush and mild soap or denture cleaner and soak them in water overnight.
- **Care for sore spots** – If you have ulcers, rinse gently with warm salty water and seek medical advice if they don't heal within a week.
- **Keep things fresh** – Replace toothbrushes when the bristles wear out or after illness. Dry brushes and containers well to prevent germs.
- **Stay comfortable** – If your mouth feels dry or sore, let your care team know so they can help.

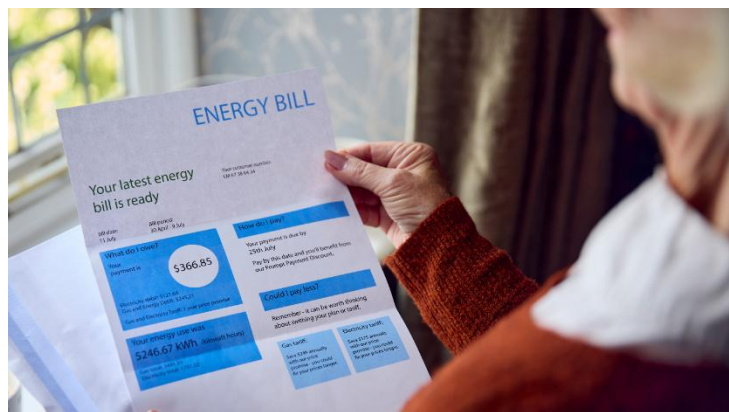
Sometimes health conditions can make it harder to do your own oral care. If that's the case, support is available, even if it's just using a swab with toothpaste or gel to keep your gums and mouth clean and comfortable.

ALZHEIMERS AWARENESS MONTH

World Alzheimer's Month takes place in September 2025, culminating in Dementia Action Week from 15-21 September, and World Alzheimer's Day on Sunday 21 September.

This year's theme is "Nobody Can Do It Alone". It encourages people to reach out to people impacted by dementia, whether they are sufferers or carers, because knowing you have support can make a world of difference.





GLOUCESTER'S AGED CARE EXPO

On Tuesday 5 August, BWNG participated in the Gloucester Aged Care Expo, which was held at Gloucester Recreation Centre.

The event brought together local services, providers, and community members to share information, answer questions, and showcase the support available to older residents and their families.

The expo was an opportunity to connect directly with community members, listen to their needs, and ensure they are aware of the practical supports available to help them live safely and independently at home.

BWNG would like to thank the community members who made the effort to attend, as well as the organisers of the Gloucester Aged Care Expo for creating an informative and welcoming event.

We look forward to continuing to work with our community to ensure older residents and their families feel supported every step of the way.



ENERGY ACCOUNTS PAYMENT ASSISTANCE (EAPA) SCHEME

The cost of heating over winter can really add up. The NSW Government's EAPA scheme offers payments of up to \$500 per household per financial year to help with the cost of energy bills.

You could be eligible for assistance through the EAPA Scheme if you are finding it hard to pay your electricity or gas bill due to short-term affordability issues, or a crisis or emergency such as:

- unexpected medical expenses
- a loss of income
- higher than usual energy bills
- family illness or family crisis
- other unexpected expenses or bills.

The way it works is simple:

1. Through an appointment with BWNG's Safety Net officer your eligibility and amount of EAPA help available to you is identified.
2. BWNG processes your EAPA request online.
3. If successful, payments are sent electronically to your energy provider to apply to your account, usually within five business days.

It is also a great idea to talk to your electricity provider to see what other NSW Government rebates and concessions you may be eligible for, including:

- Low Income Household Rebate
- NSW Gas Rebate
- Life Support Rebate
- Medical Energy Rebate
- Seniors Energy Rebate

To apply for assistance through the EAPA scheme please contact our team and make an appointment with our Safety Net Officer. Ph: 6558 2454.



TELSTRA'S 'PRIORITY ASSISTANCE' SERVICE

In our area a functioning phone isn't just a convenience, it can be a critical lifeline.

Telstra's 'Priority Assistance' is a support service designed for people facing life-threatening medical conditions such as severe asthma, unstable cardiovascular problems, epilepsy or respiratory support needs.

This includes priority connection and fault repair, and a *Priority Assist* phone at no cost.

The specially-designed phone features:

- A built-in battery backup that keeps it working for up to 8 hours during power outages.
- Automatic 3G/4G mobile fallback, so calls still go through even if the main line is down.
- You'll still be able to make 000 calls and reach Telstra's support lines thanks to a "soft dial tone" arrangement.

To apply for Telstra's *Priority Assist* fill out an application form, which is available <https://www.telstra.com.au/forms/priority-assistance-application>

Alternatively, you can phone 13 22 00 and say "Priority Assist" when the virtual receptionist asks you the reason for your call.

PROSTATE CANCER AWARENESS MONTH

September is Prostate Cancer Awareness Month. Prostate cancer is the most commonly diagnosed cancer in Australian men, and finding it early can make a big difference.

We're taking the opportunity to shine a light on men's health while encouraging our Gloucester blokes to get regular health checks and be aware of symptoms.

That means:

- Men over 50 - talk to your GP about your risk, especially if you have a family history of prostate or breast cancer.
- Ask to your GP about a PSA blood test, which measures prostate-specific antigen levels. This test doesn't diagnose cancer but can help guide further checks.
- Get a digital rectal exam (DRE) if recommended by your doctor, as it can sometimes pick up changes the blood test may miss

See your doctor if you notice:

- Difficulty starting or stopping urination
- A weak flow or needing to urinate often (especially at night)
- Blood in urine or semen
- Ongoing pain in the back, hips, or pelvis

For local men who have been diagnosed with cancer, our community is fortunate to have a great Men's Cancer Support Group who meet on the fourth Thursday of each Month (except December & January) at 6.30pm, in the CWA Rooms, Church Street, Gloucester 2422.

For more information about the group, or to get involved contact Steve on Ph: 0427059717

HAVE YOU NOTICED EXERCISE EQUIPMENT IN THE PARK?



Penny utilising the lat press.

Many parks across NSW now have outdoor exercise stations. These are free to use and designed to help people of all ages, including older adults, stay active and healthy.

The equipment is usually simple and safe, focusing on things like:

- **Gentle stretching** to keep your joints moving
- **Balance and coordination** exercises to reduce the risk of falls
- **Light strength work** (like step-ups or push bars) to help with everyday activities

You can go at your own pace, and many stations have signs showing how to use each piece. Even just a few minutes of gentle exercise in the fresh air can boost energy, strength, and wellbeing.

If you're unsure where to start the equipment has a plaque with instructions on how to use each piece to the best advantage.