

# ON THE SQUARE

## Autumn

### 2019



Hello to everyone,

As we head into the cooler weather, if you are anything like me, the woollies and scarves are in action again. It has been great to see some decent rain at last and see the grass spring up again in what was bare ground. This also means that weeds will spring up too, sorry to the gardeners among you. Anyway let's enjoy the rain and the replenishment of the trees and plants that was so badly needed.

#### Recent Events:

In February we celebrated Daphne's birthday with a surprise lunch. It was a significant birthday after all!). We actually managed to keep it a secret too! Barb put on a lovely spread of party food that was enjoyed by all, Thanks Barb.



## News Update:



Opportunity to become involved: Have you ever wondered what happens in the hall on Monday mornings? Each Monday many mothers and few dads too, arrive with their children to enjoy the fun, activities and conversation at Play group. The hall is full of toys and lots of things to do and the parents get together and chat. I remember when my kids were that age and I am sure that you do too, having the opportunity to chat with someone and give and receive support is a wonderful thing. Currently there is an opportunity for a Play group craft assistant who will assist the

kids with paper craft. If you want to connect with kids, their parents and contribute to the activity and conversation, please let me know. If you attend on Mondays, even if you only want to pop in for an hour and return to the Care and Share we can support you to participate.

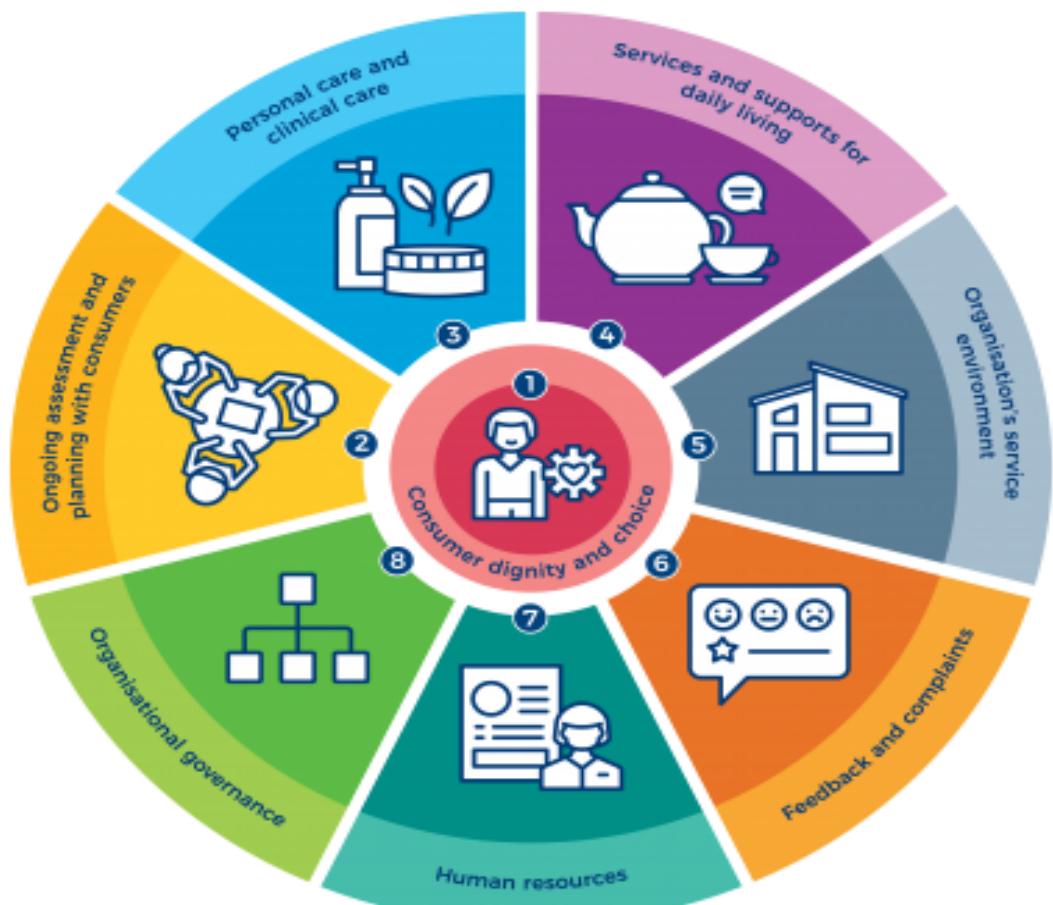
Alternatively if you do not regularly attend on Mondays, we can support with transport if you would like to participate. Why not come along and make a difference in the life of a young family.

**Great News:** You may have heard already but just in case you didn't, It was announced in the Federal budget last month that all Commonwealth Home Support Services funding has been extended for another 2 years (until June 2022). This includes our service too which is fantastic news. It will enable all the service providers to plan and give some stability for the immediate future.

**Talking of immediate future.** There will be some changes happening to Care and Share very shortly. The Community Services Board has discussed and agreed to make the focus of the program to be more community centre based. As sharing a meal is a significant and integral part of the day, the program will now be located in the main hall every day except for Monday morning due to play group. It is envisaged that this will create activity in the hall and foster connection between all program staff, myself and the wider community. We will also be talking to you shortly about your interests and what you would like to do and achieve through the Care and Share Program. We will expand our volunteer base with people who can bring in specific skills/expertise to enable you to pursue these interests and attract new like-minded participants. So please give it some thought. We already have someone interested in learning how to paint. Why not explore your artistic skills too?

Charter of Rights: New Charter of Aged Care Rights will come into force as of 1/7/19. The rights have a simpler/easier to understand format than previous versions. Over the next coming weeks, Care and Share staff will show you a DVD produced by the Aged Care Quality and Safety Commission with a brief explanation of these rights. A copy of the new rights will be distributed at same time and we will have a group discussion about them to ensure that you have a good understanding of what your rights are. You will then have an opportunity to sign the Charter to confirm that you understand your rights and it will also be signed by Care and Share. You will receive a copy for your records

Standards: Thank you for your wonderful feedback and support during the Quality audit in November last year. As we move forward into the new financial year the new Aged Care Quality Standards (8 Standards in total) will supersede the Home Care Standards that we were audited against last year. The new standards will have a strong theme of empowering consumer's rights and choice about the services that they receive. See below:



New Flyer: Aged Care Quality and Safety Commission new flyer: 'The complaints service we offer you'. Attached to newsletter

Royal Commission into Aged Care continues. It will be really interesting to hear the findings when it has finished. The media tends to highlight instances of mismanagement and neglect stories which have made a significant impact on the lives of the people with lived experience and their families. We can only hope that bringing these issues to the light will bring many much needed improvements. There are many stories of good care out there too but are currently overshadowed by the less than positive experiences of those who have taken to the witness stand

Sad farewell. It is with much sadness that we acknowledge the passing of our much loved Wednesday participant Linda. She brought a lot of laughs, cards and lollies to the Wednesday group which she so fondly called 'The Nutty Knitters'. The lolly jar and name have stuck as an ongoing reminder of Linda and her contribution.



Flu vaccination: Please remember to get your flu vaccination. Even though it is still only autumn, the number of people who have contracted the flu is enormous. There is also an increased number of associated deaths, even a young teenager has also died. A little bit of prevention goes a long way.

Hand sanitiser – just a little reminder to use the hand sanitiser, especially throughout winter. We have enjoyed a lower incidence of sickness since introduction which is great. ☺

## JUST A REMINDER.

Sometimes it is easy to overlook things when we are busy, but we ask that if a participant is unable to come to Care & Share that they please contact the office so that the booked taxi can be cancelled.

Please ring office and leave a message as soon as possible. The answering machine is always on. PH: 8276 1144

Photos: I have run out of room for photos of the Dolphin Cruise in this newsletter. If you want a copy of some of the photos please let me know and I will print some off for you 😊

This month is an animal theme. Hope you like the funnies!

