

ON THE SQUARE

JULY

2016



Hello to everyone,

As this is my second newsletter, I can't believe it that time has gone so fast. It has been lovely getting to know you all and I think I have finally remembered everybody's names but please accept my apology in advance if I slip up somewhere along the line.

We have grown in numbers over the previous months and warmly welcome our new Participant's, Beth (Thursdays) and Colin and June (Fridays). There are some others as well but due to health issues their attendance is currently on hold.

News Update;

- Darrin is continuing with his Certificate 3 in Aged Care. He has had some catching up to do as he started the course late, but has caught up and done very well. He still needs to do his placement at a residential facility. He will be commencing again with us on 15/7/16 for another 6 month work for the dole placement.
- Brad dropped in recently. He sends his regards also. Not sure about his current work situation as I believe that he is still supporting his wife.
- Marijana continues to be a great support and I am sure that I can speak for all of us that she makes a wonderful contribution. Unfortunately for us Marijana will finish her time with Care and Share on 7/7/16. She has promised to come back and visit us. Marijana cooked some lovely Serbian food for us on 4/7 and 7/7 which was a real treat for all those present.





A big thank you to all the participants who contributed to our survey in April 16. Surveys are a valuable source of information and feedback about how Care and Share is going. It gave us food for thought on how things need to be changed but also a pat on the back for all the things we are doing well. We really appreciate your input and value your contribution. One thing that resulted from the survey was that a number of participants were not sure how to make a complaint if they needed to. In response to this, you would have received a copy of the Care and Share handbook, a copy of Care Recipient's' Rights and Responsibilities – Home Care and information about the Aged Care complaints scheme. I hope you have taken some time to become familiar with the information.

Recent Events:

- Aged Rights Advocacy Service 9/3/16
- SAPOL Home Safety 20/4/16
- Redi-plan (Red Cross) 15/6/16

I hope you found these information sessions to be beneficial & informative. If you have any ideas or particular requests for guest speakers please let me know.

Up and coming events:

- Holiday happening 22/7/16
- Bring a friend for free week 25/7-29/7 (see separate flyer)

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. 😊



Training Day

On 10/5/16 all the Care and Share staff participated in a training day. We covered chemical safety, manual handling, complaints management and we reviewed the survey. In the afternoon we attended some training by the Better Practice Project on Wellness Practice for support workers. It was a very productive team oriented day which I can safely say that we all enjoyed but were really ready to go home at the end of the day.

Some of the information provided in the Manual handling update included:

- Program assistants were reminded of our no lift policy.
- Program Assistants will support participants, if required, to be seated correctly by gently pushing the chair at the back of their knees prior to sitting down to reduce the need for the chair to be moved closer to the table.
- The session generated some valuable discussion regarding application of good manual handling principles with particular participants who may be having some difficulty getting out of a chair i.e. the table can be moved out the way rather than the participant trying to push the chair back on the carpet.
- Program Assistants are not to pull the participants backwards while seated.



Baby Project

Our Wednesday ladies have taken on a new project:

The Baptist news recently had an article regarding a Baby Bundle Ministry.

Bundles of 'hand made with love' knitted baby clothes and toys are put together and gifted to disadvantaged families through the West Care Centre. The article mentioned that Hazel Selby who coordinates the bundles, would gratefully accept donations of knitted items. As some of the Wednesday ladies had been knitting squares to make rugs for some time, we discussed the potential of having a change of direction, for those who wish to do so and making a contribution. I called Hazel to discuss with how we may be able to assist. She commented that she likes to put in a knitted toy with each parcel and she does not have many on hand at the moment. Beanies are also very useful as well. I was able to download some patterns from the internet which sparked some inspiration. Each Wednesday when the group gets together we have a show and tell and admire all the weeks productivity, Squares, beanies, bears, a square that looks like a football, soldiers and a very weird looking cat that I made. It is lovely to see the gusto with which the ladies are really getting involved. Keep those needles clacking girls!!!!



Thankyou.....Volunteers



The Care and Share volunteer's thankyou morning tea was held on 8/6/16 in appreciation for not only those who assist within Care and Share but also for the church volunteers.

Ron Kimber shared some wonderful insights on how volunteering was mentored to him in his younger years. It was great to hear about the impact volunteering has had upon his life and the lessons learnt along the way. I shared a little on the benefits of volunteering, not only to the receivers but the many positive outcomes for the volunteer personally. Scott also gave a special thanks and appreciation to all those who contribute to the life of the church and Care & Share.

A big thank you to all those who assisted on the day. A very big thank you to Barb for all the work she put into preparing all the wonderful food. I know that absolutely none of us went home hungry on the day.

The day was very success as evidenced by the following.....



Before



During



After

Craft.....Nappy cake



Care and Share celebrated the birth of Sharon's first grandchild, Monte, who was born on 9/6/16. The Friday group had a great time creating this wonderful nappy cake as a gift. Participants also put together some words of wisdom for first time parents such as "Don't throw the baby out with the bath water". Sharon was very surprised and thought it was wonderful. She sent a picture of it to her daughter straight away. It was a nice touch that the cake was also decorated in their football team's colours, nothing like getting an early start!

Sharon thanked everyone for their warm wishes and such a creative gift. Su was the creator of the project....Great idea!!!!

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

Just for fun...quote from comedian& actor George Burns

"I got nervous when I was asked to play God. We're both around the same age, but grew up in different neighbourhoods"