

ON THE SQUARE

WINTER

2017



Hello to everyone,

I hope that you are all well and keeping warm, not too many doctors' visits hopefully☺.

I presume that I am not the only one who thinks that this winter is particularly cold, I dare say we are all looking forward to some lovely spring weather. I have seen some early blossom around, so keep an eye out for some; it always is a signal that warmer days are on the way☺.

A big thankyou to everyone who participated in our recent survey. All the results have been collated and the team discussed them at the staff meeting on 28/7/17. We certainly want to take your interests and preferences on board when we plan the group activities. The results have also been collated on a daily basis which helps clarify the particular interests of each group. Please take time to make familiarise yourself with the results. In the next coming weeks the girls will discuss the results with you. We are looking for further clarification as some of the activities have a similar number of participants who like and dislike an activity i.e.: singing. We anticipate with an inclusive group discussion on each program day, the group can decide how they would like to move forward and accommodate differing preferences.



News Update;

Sharon has relinquished her Mondays at Care and Share to help look after her grandson Monty. She will be overseas (in the warmer weather) for August and September. She will still come in on a casual relief basis. I am looking forward to hearing about her holiday adventures.

As I am sure you are well aware Kelly has been on her work for the dole placement since January this year. She has since commenced employment at Care and Share on 26/6/17 replacing Sharon on Mondays. Kelly also has catering skills and has agreed to provide backup meal preparation if the kitchen staff are on leave for more than 2-3 days. Kelly has a very friendly caring manner and it is anticipated that she will be a great asset to the program.

New work for the dole participant Wendy Perry commenced on 3/7/17. She has been fitting in well with participants and staff.

Darrin Brown commenced his Certificate 3 in Aged Care at a residential facility in Mount Barker early in August. Prior to that he has been revising his written work in preparation. I have yet to hear how he is going but I am sure I will do so in due course.

Recent events:



Care and share enjoyed a musical performance on 30/6/17. The Perkins boys are currently studying music and needed to put together a performance with an audience for their assessments. All enjoyed the presentation and appreciated their efforts. Good luck with your results boys!!

Let's celebrate:



Care and Share at Trinity celebrated its 30th anniversary on 16/8/17. It was a wonderful opportunity to bring together staff and volunteers who had supported the social activity group in whatever capacity, since the group's commencement 30 years ago. Ron Kimber spoke about the early beginnings when the group was known as day breakers, success with securing Commonwealth funding and the formation of the Community Services Board in 2011. Current Board Chairperson Barbara Harris spoke about how Care and Share started as a ministry of Trinity Baptist Church. She commented that the group still is a ministry but we have an obligation to run the group as a business, follow funding guidelines, program outcomes and be accountable financially. Barbara also commented that Care and Share has been providing a much needed community service and how being socially connected it so

important for physical and mental well-being. I thanked all staff and volunteers for their faithful ness and service over the years. I mentioned the attributes that they brought to the social activities and how they had impacted the lives of those who attend the program. It was wonderful to see everyone enjoying conversation and catching up. All enjoyed a wonderful morning tea and the celebration cake. A big thankyou to all who helped out on the day: The kitchen was very busy with Kelly's mum Marion volunteering to make sandwiches and help where needed. Marion and Kelly also made some wonderful little cakes too! Thank you so much!

(From left to right: Val Lord, Ken Lord, Jan Kimber, Ann Clothier, Raelene Hull, Ron Kimber, Barbara Harris, Jane Fleming, Janine Callegari.)



(From left to right: the fabulous cakes, Kelly, Marion and Josie)

Coming events:

Care and Share at Trinity will have the pleasure of hosting 2 free community information sessions this spring:

- Understanding Parkinson's: Friday 22nd of September 10.00am – 11.30am. Anne Heard from Parkinson's SA will give an overview of the nature of Parkinson's and the services offered by Parkinson's SA. The session will be incorporated into the usual Friday morning activities.
- Living well with Arthritis: Tuesday 24th October 1.30pm - 3.30pm. Lyn Crossley from Arthritis SA will be speaking about how to improve quality of life when living with chronic pain and/or Arthritis. If you would like to come along please let Janine or Chris know.

Do you have something special that you would like to share with the other participants?. It could be some interesting information, something you have learned, a home handy hint or just something funny, please give me the details and I would be happy to include it in an upcoming newsletter.

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

