



home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDS AND ASSISTANCE FOR AUSTRALIANS IN NEED



From the GM's Desk

Some changes to the way government funds services are under way.

Currently, basic community care services like ours are jointly funded by State and Commonwealth governments and are provided to older Australians, younger people with a disability and their carers.

From 1 July 2012, the Commonwealth will directly fund organisations to provide HACC aged care services to all clients aged 65 years and over (50 years and over for Indigenous Australians). The State will fund organisations to provide services for people below these ages. Generally most of these changes will be at an administration level and should have minimal impact on clients or staff providing services.

The reforms to the HACC Program will occur alongside a range of other national health reforms. This includes other changes to the aged care system including establishing a national, common entry point to provide information and assessment services for older Australians and their families.

If you would like more information Health Reform Factsheets are available from the Australian Government and we will be happy to send you a copy if you wish. Contact your Service Co-ordinator on 8558 4000

Chris Spackman
General Manager



"Your one stop shop for community services"

The Half Way Point

Here we are at the half point of the year – where has it gone! This quarter has seen the birth of the "Arncliffe Hub" our latest venture to compliment the wide range of services we offer our participants. The "Hub" is a community centre providing a range of activities for residents in the Arncliffe area. We will keep you informed of the progress of this exciting project.

We also have on the drawing board a "Mens Shed". The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are springing up all around Australia. If you looked inside one you might see a number of men restoring furniture, perhaps restoring bicycles for a local school, maybe making Mynah bird traps or fixing lawn mowers or making a kids cubby house for Camp Quality to raffle. A great concept for gentleman looking for a meeting place which provides opportunities and activities. Watch this space for more information on these two exciting projects.

The office continues to be a hive of activity with our "Cooking for One" concluding for the first quarter with Kate Tye our chef extraordinaire presenting a range of recipes and techniques for those living alone. The sessions gave lots of tips on nutrition and variety for preparing interesting meals. In response to your requests 'Cooking for One' is now part of our suite of services. Please call the office for the details of upcoming courses.

Susan Green Community Care Manager/Editor

Whats New in the Community Service Sector:

There are currently lots of changes happening in the community service sector around service delivery. Over the coming editions of this newsletter we will feature an article on these initiatives which we hope will be interesting and informative.

The Wellness Approach

"The Wellness Approach" has provided some fantastic results for participants. Recent research has shown that this approach to service delivery has an immediate positive effect for participants. So what is it? It's a shift in culture from "doing for" the participant to 'doing with' the participant. In other words providing assistance but being mindful that you are capable, and productive members of your community. It provides a more professional and respectful approach to service delivery giving participants the opportunity to appreciate their abilities and encourage independence.

DID YOU KNOW!

The **Kogarah Shuttle Bus** runs every 15 minutes 7 days a week.

The **FREE** bus operates on a continuous loop around the city connecting the train station, local shops, the hospital and other community hubs.

Don't forget its FREE (further information call 131 500)

NEW KIDS ON THE BLOCK

Sonia Wutzke	Business Development Manager
Josie Vendramini	Coordinator The Arncliffe Hub
Debbie Crosby	Service Administrator Shopping and Social Outings
Mary Carolan	Service Administrator Meal Delivery Service / Domestic Assistance
Susan Eckart	Admin Support Home Shopping / Social Support
Mark Allen	Handyman Home Modification and Maintenance Team



TURN BACK TIME!

Mr Warren Bedford of Hurstville is one of our meals and social support clients. Each fortnight Michael Wai, our support worker, meets with Warren to plan his ongoing program.

During this process Warren mentioned that in his 'younger days' he was an avid boomerang maker and missed making them but more particularly missed 'throwing them'.

Consequently Warren and Michael headed off to Kurnell, the birthplace of our nation, and set about throwing and testing his hand made boomerangs!

At 86 years young Warren did a fantastic job out-throwing Michael on every occasion. *Well done Warren!*



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Christmas In July

20 JULY 2011
KARIMBLA RESTAURANT MIRANDA
5.30 pm – 8.00 pm

Come and join us celebrate a White Christmas at our first 'evening event'. We have hired the entire Karimbla Restaurant who will provide a scrumptious Christmas feast.

Buses will commence pickups at 4.00 - 5.00 pm and we will conclude at 8.00 pm.

Cost of outing is \$20 which includes transport, entertainment and a two course meal.

We have limited numbers so book early
Ph: 8558 5000 and ask for Helen or Veronica

Quote

"Laugh as much as you breathe and love as long as you live."

Thank You

St George Community Services have wonderful community supporters that assist our efforts in making our services 'special'.

We would like to thank and acknowledge

- Family and friends of Mr Philip Kam
- St George Motor Boat Club
- Anita Jeffree
- Our fantastic volunteers!

Attention Carers!

Carers NSW are currently offering Carer Phone Group Programs for those caring for a loved one with a disability, mental illness, chronic illness or who are frail aged.

Contact Rob Grimes on (07) 552 48711 for the male program or Bozena Zawisz at (02) 9280 4744 for details.

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