



Dementia Awareness Month is September and we participated in the informative Illawarra Public Forum with Alzheimer's Australia.

IN THIS ISSUE...

Fairy Meadow Day Centre: **pg1**
Community Transport News: **pg2**
New Twilight: **pg2**
Get to Know: **pg2**
Volunteer Board: **pg3**
Upcoming events: **pg3**
Activities Page: **pg4**
Contact details: **pg4**

Community Services in August & September

The days are slowly warming up as we head into Spring and as the blossoms come out with the new season (sorry hay fever sufferers!) so does our Newsletter! We received great feedback from our first newsletter and we hope you enjoy this one with its new look! Thank you for sending in your contributions, we will work them into future issues!

Fairy Meadow Group Becoming Tech Savvy

Every Friday the Fairy Meadow Friendship Group visits the Community Centre and enjoys morning tea, lunch, games and craft whilst chatting happily with each other.

This week some members of the group were eager to learn all about technology and how they can use their tablets and mobile phones.

Whether you want to watch shows & movies, listen to the radio, play games, find recipes, call your family or email friends – there was a friendly face there making sure you get one on one support on how to do all of this using your tech devices!

Fairy Meadow Friendship Group also goes on day outings once a month to explore the Illawarra and have a scrumptious morning tea and lunch somewhere exciting!

If you would like to hear more about our Fairy Meadow Group call us on 02 4227 7888.

Client Feedback

“The volunteers have all been very nice, helpful & happy. They make my life so much easier”.

- K Cumming



“Tell me and I forget, Teach me and I may remember, Involve me and I learn.”

- Benjamin Franklin



Community Transport News



Introducing the new Taxi Card soon!

We have improved the way you will receive your Taxi Vouchers with a new Taxi Card that will replace your paper vouchers. If you currently receive taxi vouchers, you will soon receive information about this new exciting change! For enquiries about eligibility/accessing our taxi voucher scheme, call 1300 987 422.

Accessing Community Transport Services:

For those of you wondering how to access our great Community Transport services:

- Call My Aged Care (1800 200 422) and say you need a transport service with Wollongong Council.
- We will be in touch with you from there to discuss eligibility and all of our services available!
- Once you are registered with us, you must use the service at least a few times a year to remain active or you will need to go back through My Aged Care.

New Twilight Tours in Social Support

Our Social Support Team has started a new Twilight Tours South Bus. Our Twilight Tours take people with dementia experiencing “sun-downing” during this difficult time of day on a bus outing that is enjoyable & calming. For more information, call us on 02 4227 7888.



This is a sneak peak of what the new Taxi Card will look like!

Call My Aged Care



We will then call you!

Community Transport: Wollongong - Shellharbour



Get to know: Karolina Sikleska

Position: Community Transport Officer

How long at Council? 6 ½ years

Favourite part of your job: Customer service & providing information to vulnerable & marginalized people.

Where did you go to school? Still going to UOW.

Something many people do not know about you: I am an electrician by trade.

If a genie gave you one wish, what would it be?

Everyone to be treated equal and justice for all.

Any hidden talents? Belly dancing & Traditional cooking.

Who would you most like to have dinner with (alive or deceased)? Nelson Mandela

What did you want to be when you were a kid? A Nurse!



One of Karolina's hidden talents is belly dancing!

Volunteer Notice Board

Save the Date!

It's that time of year already! This is a reminder to set aside the following dates for this year's Christmas parties:

Social Support: Wednesday 7th December at The Lagoon

Community Transport (incl Shellharbour): Monday 5th December at Panorama House.

On the lookout for Volunteers!

We are always looking for volunteers to help us provide services to our valuable clients.

Do you have friends or family members who could help?

Call us - 02 4227 7888

Or - 1300 987 422

Welcome to our New Volunteers!

Brian Kelly – Community Transport Volunteer

Nathalie Fritzen – Social Support Volunteer

Bruno Timpano – Community Transport Volunteer

Thank you so much for joining our team – we are lucky to have you!

UPCOMING EVENTS



Volunteer Meetings

- **Social Support Volunteers:** Tuesday 20 September
- **Community Transport:** Wollongong: Wed 2 Nov
Shellharbour: Wed 5 October

Upcoming Bus Trips

- **Twilight Tours:** Monday, Tuesday and Thursdays (North & South)
- **Respite & Relaxation:** Every 2 Thursday of the month
- **Links to Leisure, Neighbour Aid & Retirement Options:** Wednesdays (enquire by ph.)

Picnic Day: Please remember we will be closed 30th September 2016.

Shopping Bus Trips

October						
S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

-  Corrimal Shopping & Monday Shopping
-  Figtree & Dapto Shopping Buses
-  ALDI/Bunnings Shopping
-  Pension Thursday Shopping
-  Alternate Thursday Shopping
-  Pension Friday Shopping

Contact Details

Social Support

02 4227 7888

9.00am – 5.00pm
weekdays

Community Transport Wollongong

1300 987 422

9.00am – 5.00pm

<http://ctws.com.au>

Community Transport Shellharbour

02 4256 0091

8:30am - 4:30pm



My Aged Care Information

My Aged Care can provide you with information on aged care for yourself, a family member, friend or someone you're caring for.

Call 1800 200 422

Find-a-Word

E T I P S E R X S T
R Z S K Q V H B V H
W E P H H P R E O G
T Q E I O K N P W I
S W V T S P Y R M L
O U T I N G P R M I
A H X H L U C I B W
B O T F W G L U N T
P I K Q V W S O T G
F R I E N D S K V V



TWILIGHT
RESPITE
SHOPPING
BUS
OUTING
FRIENDS
VOLUNTEER



Spring

Recipe:



Banana & Passionfruit Smoothie

Ingredients:

2 large overripe frozen bananas, peeled, coarsely chopped, 1 cup natural yoghurt, 3/4 cup milk, 2 scoops vanilla ice-cream, 2 tablespoons vanilla syrup, 1 passionfruit, halved, pulp removed, to garnish.

Method:

Place the banana, yoghurt, milk, ice-cream and vanilla syrup in the jug of a blender and blend until smooth. Pour smoothie in 2 large serving glasses. Spoon over passionfruit pulp and serve.

Thank-you for reading!

Test Your Knowledge

1. What sits on Bennelong Point?
2. What is the highest selling album in history?
3. What is scrod?



Answers: 1. The Sydney Opera House, 2. Thriller by Michael Jackson, 3. Edible whitefish

Poet Corner

Mt.Keira I watch you while
I'm working away,
And I'm really amazed at
the roles that you play,
On the days that you're
cloudy you look so forlorn,
On the days that the sun
shines new colours are
born,
But it's early at morning
when I like you best,
When pockets of mist roll
down from your crest,
Into your gullies that run
your length down,
You're really a jewel in the
Leisure Coast's crown.

-Lance Fairlie

Lance was a horticulturalist who won an ABC award for this excellent poem.

Want our newsletter every month?

Contact Thyme on 02 4227 8887 or email tlythgo@wollongong.nsw.gov.au to be placed on our mailing list.

Tell us what you think!

We want to hear from you if you have something to contribute to the next issue or have feedback on our services!