

Community Services Newsletter



Our team participated in World Elder Abuse Awareness Day 2016 to help free our community from abuse. Photo: EAHRU #Freefromabuse

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Welcome to the Community Services Newsletter!

The Community Services team is very excited about our newsletter to keep in touch with our clients and volunteers. We would love to hear from you about the newsletter, especially if you have recipes, poems, stories, handy tips or art work for future issues. Please also share your thoughts on our services and staff and contact us for more information on any items in this issue. Happy reading! 😊

Turkish Ladies Group is such a Delight

Every Monday our Community Transport bus and driver ensures the Turkish Ladies Group meet together for a social outing with Multicultural Communities Council of Illawarra.

“I came here (to Australia) from Turkey when I was 15 years old. A lot has changed since then but I love coming to our group each week”.

The ladies excitedly catch up over tea and share around biscuits and delicious turkish delight. This week, Pat from the Senior Rights Service joined in and shared important information to the group. New activities and guest speakers are organised each week.

Our fleet transports many CALD (culturally and linguistically diverse clients) to their day groups, making their favorite social outings possible each week.

Client Feedback

“The Community Transport Service really transformed my life. I am no longer isolated!”

- Pat



Some group members left Turkey at a young age and have lived in the Illawarra ever since.

“I am very happy. I have a lovely big family at home but it is good to come out on Mondays”

- Group member

You Don't Even Have Time to Read This

You have a million things to do right now. Why should you indulge in reading this when you should be tackling your to-do list?

Respite is vital. Caring for someone full time can be a positive and rewarding experience but can demand all of your time and energy. You are not avoiding your care duty when you say "yes" to respite nor do you become a bad carer. In fact, respite can actually improve your quality of care. When you say "yes" to respite, you are saying "yes" to live at home with your loved one for longer.

ReThink Respite is a research project led by Dr. Lyn Phillipson at University of Wollongong. The project encourages people to re-think the idea of respite and educates on types of respite and services available in the region. The program also offers a free coaching session with a health professional to help you work towards your goals and learn more about local respite.

If you're still unsure if respite is for you, start with small breaks. They help build up to longer ones so you and your loved one gain confidence about the experience. Planning ahead and working together are also some good tips *ReThink Respite* suggests to make the most out of respite.

It is not selfish to fill your own cup so that you can pour into others. It is not a luxury. It is essential.



Talk to your project officer *before* you can no longer cope with your care responsibilities on 02 4227 7888. You can also visit <http://rethinkrespite.dementiaillawarra.com/>

"It may not be easy at first but it will be worth it".

So before you get back to the to-do list, add **"looking into respite services"** to your list.

Get to know: Renae Mihajlovic

Position: Flexible Respite Project Officer

How long at Council? Since February 2016

Favourite part of your job: Getting out and about and chatting to clients on home visits.

Where did you go to school? Latrobe High

Something many people do not know about you:

I grew up in a castle.

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

For everyone to get one wish!

Any hidden talents?

I shoot a mean 3 pointer in basketball.

Who would you most like to have dinner with (alive or deceased)? My grandma. She is still alive and is the most selfless, amazing person I have met.

What did you want to be when you were a kid? A marine biologist even though I hated science!



The Tasmanian castle where Renae grew up.

"Don't judge a book by its cover"

- Best advice Renae has ever received

Volunteer Notice Board

Updating Information

Angela Dever will be contacting those volunteers due for the following checks:

- Medicals - every 12 months
- License Checks – every 12 months
- Police Checks – every 3 years

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

Volunteer Inductions

We recommend all volunteers attend a Wollongong City Council induction. Remember to RSVP to one of the upcoming dates:

18 August - 2:30pm to 4.00pm

19 September - 2:30pm to 4.00pm

19 October - 10:30am to 12.00pm

15 November - 10:30am to 12.00pm

All sessions are held on Level 10 in Committee Rooms 2 & 3.

Please RSVP to Angela Dever on 4256 0091 (Wed-Fri) or 4227 8189 (Tues only) or email: adever@wollongong.nsw.gov.au

UPCOMING EVENTS



Volunteer Meetings

- **Social Support Volunteers**
Tuesday 20 September
10.00am – 12.00pm - Level 10
- **Community Transport**
Wollongong: Wednesday
7 Sep 10.00am – 12.00pm - Level 9
Shellharbour: Wed 3 August

Upcoming Bus Trips

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

Shopping Bus Trips

August						
S	M	T	W	T	F	S
	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	30	31			

	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

This issue's puzzle

			2			6	3
3					5	4	1
		1			3	9	8
						9	
			5	3	8		
	3						
	2	6	3			5	
5		3	7				
4	7				1		9

Winter Recipe

"Real" Hot Chocolate

From Shirley Campbell via the Cancer Patient Support Group Illawarra **"A Collection of Recipes"**

Ingredients:

1 teaspoon cocoa
¼ cup hot water
Vanilla essence
¼ cup low fat or soy milk
1 teaspoon of honey, low GI sugar or stevia



Method:

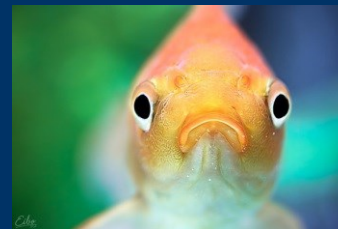
Stir together cocoa and hot water and add dash of vanilla essence to taste. Add low fat or soy milk and heat in the microwave. Add honey, low GI sugar or stevia to taste and **ENJOY!**

Thank-you for reading!

Joke of the Month

What did the fish say
when he hit a wall?

Dam.



Poet Corner

Tuesday Day Care

Tuesday I'm ready down at
the gate

Nine o'clock I know I'm not
late

Here comes the bus at a
steady pace

In the window I see Kevin's
smiling face

Gail helps me into the bus
and up the stairs

She is the kind of person
who really cares

Every week she tells me to
watch my feet

"Good morning" I say as I
go to my seat

Now we are on our merry
way

We meet our friends and
say good day!

-Catherine Swan

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!