



Newsletter

Read all about it!

Message From the Manager

Hello Everyone,

Winter can be a home period, as we look for the comfort of good food, sitting in front of the fire, reading a book, and burrowing under a blanket on winter evenings.

It isn't all gloom and doom, sure it gets cold, but we can marvel at the colour of the fallen leaves, the colour of the sun sets and enjoy roast chicken paired with baked vegetables.

Let's take some time to appreciate winter and all its splendour before it melts away into Spring.

We also remember mothers this month and people in our lives who are or have been a mother to us. They may have taught us many things like compassion, love, fearlessness, tolerance, acceptance, and unselfishness.

To all our Mothers I trust you enjoyed time together with those who are special to you.

Take care and keep safe,

Cherylin Brown

General Manager



EDITION 2 2024



DUNGOG & DISTRICT
Neighbourcare

Your helping hand at home

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 Find us on
Facebook

@dungoganddistrictneighbourcare

Winter Wellness

As we move towards winter, we can prepare our bodies to stay well and avoid sniffles and illness.

Clean hands

The best way to stop the spread of germs is to wash your hands. We know to wash our hands after using the toilet and before meals, but washing every few hours, and after touching doors and rails can help.

Get vaccinated for influenza

The seasonal flu shot will provide you cover against the major strains of flu and is bulk billed if you are over 65, or have a chronic illness. See your Doctor or Pharmacist.



Get a Covid booster vaccination

Regular COVID-19 vaccinations (also known as boosters) are the best way to maintain your protection against severe illness from COVID-19.

Stay fit

Intentionally taking part in activities that you enjoy reduces negative thinking and promotes positive emotions and well-being.



Eat well – Vitamins, Minerals and Protein

Maintaining a healthy diet rich in fruits, vegetables, and whole grains can ensure that your body receives the essential vitamins and nutrients, to support your immune system through winter. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants. Sufficient iron, zinc and vitamin C is also key to a healthy immune system.



Sleep well

Making sure you get regular sleep is vital to staying healthy. When you are run down and aren't well-rested you are more likely to get sick.

Drink up

Staying hydrated with at least eight glasses of water each day. Try boiled water with a slice of lemon, the moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

Quit

There are many benefits to quitting smoking, but smokers are more susceptible to upper respiratory infections that tend to strike in winter. See your GP or contact the NSW Quitline 13 7848 (13 QUIT).



Clean environment

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions.

Look after your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

Get Healthy Services NSW


The **Get Healthy Service** offers free phone and online health coaching to help you make lifestyle changes to improve your health. Delivered by NSW Health, the service is available to people over 16 years of age living in NSW.

When you join, you'll receive 6 or more confidential coaching calls with a university qualified health coach.

Their coaches can support you to:

- set and achieve your health goals
- eat well and keep active
- reduce the amount of alcohol you drink
- reach and stay at a healthy weight
- stay active during and after cancer treatment



 1300 806 258

www.healthyliving.nsw.gov.au/



www.facebook.com/HealthyEatingActiveLivingNSW

www.instagram.com/HealthyEatingActiveLivingNSW

Sweet Potato & Spinach Frittata

INGREDIENTS

- 600 g sweet potato, peeled, cut into 2 cm pieces
- 1 tablespoon olive oil
- 1 large red onion, thinly sliced
- 100 g baby spinach
- 1 cup (125 g) grated cheese
- 8 large eggs
- 2 tablespoon finely chopped parsley

METHOD

STEP 1

Microwave sweet potato on high/100% for 4-6 minutes

or until almost tender. Drain and set aside.

STEP 2

Heat the oil in a 26 cm round (5 cm deep) ovenproof, non-stick frying pan over a medium heat. Add onion and cook, until soft. Add sweet potato, cook for 5 minutes, until light golden. Spread the mixture evenly over the base of the pan. Top with half the spinach. Sprinkle with cheese. Reduce heat to medium-low.

STEP 3

Whisk the eggs in a large bowl until well combined. Add parsley and season with pepper. Pour the egg mixture over potato and spinach, gently shake pan to allow the egg to run between the potato pieces. Cook for 8-10 minutes until edges are firm but the top still a little soft. Remove from the heat.

STEP 4

Preheat a grill on medium. Place the frittata (still in the frying pan) under the grill and cook for 5 to 7 minutes, or until top is firm and light golden. Serve with the remaining spinach.



Golden Gatherings



IF YOU WOULD LIKE TO VOLUNTEER TO DELIVER MEALS IN THE DUNGOG TOWNSHIP ON A WEEKEND, WE HAVE SOME SHIFTS TO FILL ON SATURDAYS AND SUNDAYS. THE DELIVERIES ONLY TAKE ABOUT AN HOUR OF YOUR TIME ONCE A MONTH, PLEASE GIVE JOAN A CALL ON 4992 3348 OR 0477 021 266.



TO THE TEAM OF COMMUNITY TRANSPORT VOLUNTEERS; A BIG THANK YOU FOR THE KINDNESS SHOWN TO OUR CLIENTS AND YOUR COMMITMENT TO OUR ORGANISATION. IT IS VERY MUCH APPRECIATED. IF YOU WOULD LIKE TO JOIN THE TEAM PLEASE CALL THE OFFICE ON 4992 3348.



Meals on Wheels News

Do you live in the Paterson, Vacy, and Martins Creek area and need some help with meals? Paterson Meals on Wheels have vacancies for delivery of fresh hot meals 3 days a week on Monday, Wednesday and Friday. Our wonderful team of volunteers will deliver meals, cooked fresh at the Tocal College kitchen, right to your door. The numbers of meal recipients' in the area are at an all-time low and we really need to increase the numbers to keep the service viable, so if you would like to try the meals please give Joan a call on 4992 3348.





Knitted Together Project

Pauleen from Carrie's Place recently visited the office and we were able to donate a collection of knee rugs to be distributed to the people who are in need who attend their service.

These are rugs knitted and/or crocheted as part of our Knitted Together Project that has been running through Neighbourcare for many years.

Thank you to the knitters and the donators of wool, it is so lovely to have the work find a home where it offers warmth and comfort.

If you are interested in creating, there are some patterns available at the office or use your own versions to create rugs or beanies.

Social Support *Outings*

19th June - Stanley Park

Devonshire Tea and tour, \$25 + transport



31st July - Farmers Wife Distillery

Lunch, cost varies + transport



17th July - Whale Watching Cruise

\$70 ea. + transport, lunch at venue to be decided & at own expense.



**OFFICE CLOSURE
10TH JUNE**

THE OFFICE WILL BE CLOSED
ON THIS DAY. IN AN
EMERGENCY ALWAYS CALL 000
OR USE YOUR PERSONAL
ALARM IF YOU HAVE ONE.

Greater Newcastle Dementia Advisory Service

Raymond Terrace Carers Support Program

Venue: Raymond Terrace Community Health Centre – 4 Jacaranda avenue, Raymond Terrace, 2324

Time: 10am – 12pm

Meeting dates:

- 23rd July
- 27th August
- 24th September
- 22nd October
- 26th November

Caring for someone living with dementia?

We welcome you to join us for practical support and information.



Phone: 02 49 855 700

Email: HNELHD-NewcastleDAS@health.nsw.gov.au

LADIES DAY - 18TH JUNE

It has been so popular, Lyn is organising another Ladies Day to 'You Really are Beautiful' at Warners Bay. Would you like to be fitted, buy some new garments & have lunch by the lake?

Please give Lyn a call to secure your booking for **18th JUNE**

YOU REALLY ARE
Beautiful



DEMENTIA ADVISORY SERVICE

Carer Support Program

Monthly meetings are held at locations across Newcastle, Lake Macquarie and Port Stephens

(Ph No: 02 49 855 700)

Meetings are also held online

Benefits:

- Access to dementia specialists
- Sharing experiences in dementia friendly group
- Understanding the aged care system

Individual Counselling

Practical support and information

Available at either our weekly Wallsend clinic, online or at an agreed location.

Explore:

- Future planning and decisions making
- Grief and loss
- Ways to manage more effectively
- Support to access services

Dementia Information Sessions

Introductory session for both the person living with dementia and their carers

Topics:

- What is dementia?
- Symptoms and treatments
- Associated changes in function and behaviour



Health
Hunter New England
Local Health District

OUR **THURSDAY SHOPPER** IS AVAILABLE EVERY SECOND WEEK TO PROVIDE TRANSPORT IN AROUND THE DUNGOG TOWNSHIP. PICK UP 10AM AND HOME AT 12 MIDDAY GIVING YOU THE OPPORTUNITY TO DO YOUR SHOPPING, VISIT THE CHEMIST, BUTCHER, PO AND OUR LOLLY SHOP. YOU CAN MAKE YOUR MEDICAL OR HAIR DRESSING APPOINTMENTS DURING THAT TIME. THIS IS A DOOR-TO-DOOR SERVICE.

FRIDAY SHOPPER BUS TIMETABLE – JULY INCLUDES OUR POPULAR TRIP TO SINGLETON. IF YOU ARE INTERESTED, PLEASE CONTACT THE OFFICE ASAP, SEATS FILL QUICKLY.



Expressions of Interest - Saturday outings

WE ARE CONSIDERING PUTTING OUTINGS ON SATURDAYS, ALL SUGGESTIONS AND IDEAS ARE WELCOME.

WE WILL START WITH A TRIP TO BUNNINGS, SCENIC TRIPS AND MORNING TEA. PLEASE GIVE DEBRA A CALL WITH IDEAS & YOUR THOUGHTS, ON 4992 3348.



**JOIN OUR
TEAM!
VOLUNTEER
DRIVERS
NEEDED**



Transport Drivers Meetings

Next meeting is on 22nd May.
All Drivers welcome, in the Day
Care Room, next to Neighbourcare

4:00 pm - 5:00 pm

Please RSVP to Debra.

24th July

25th September

27th November












WHEN BOOKING TRANSPORT PLEASE TELL THE OFFICE ALL THE DESTINATIONS YOU WOULD LIKE TO GO TO ON THE DAY E.G. CHEMIST, SUPERMARKET OR POST OFFICE. THIS HELPS US GREATLY WITH OUR OUTPUTS.

SOCIAL SUPPORT PICTURES












Social Support *Calendar*

Call Lyn to book in - 4992 3348. Please RSVP for outings 3 days prior to the event for vehicle scheduling. Outings may be postponed or altered due to weather on the day. Cost of entry to venues, transport and lunch is at your own expense. **CANCELLATION FEE OF \$15 WILL APPLY IF YOU CANCEL WITHIN 24 HOURS OF OUTING OR TRANSPORT.**

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 3 TAI CHI	4	5 LUNCH AT THE ARTISAN FARMER NABIAC 	6 CRAFTY NEIGHBOURS OUTING Lunch Included 	7 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
10 PUBLIC HOLIDAY OFFICE CLOSED 	11	12 	13 MEN'S GROUP 	14 FRIDAY SHOPPER MAITLAND CARE & SHARE Lunch Included 
17 TAI CHI	18 LADIES DAY YOU REALLY ARE BEAUTIFUL & LUNCH AT WARNERS BAY 	19 STANLEY PARK TOUR & DEVONSHIRE TEA \$25 ea. 	20 CRAFTY NEIGHBOURS Lunch Included 	21 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
24 TAI CHI SABOR DESSERT BAR AT POKOLBIN 	25 DUNGOG DINERS 	26 	27 MEN'S GROUP OUTING TO KARUAH RSL FOR LUNCH 	28 FRIDAY SHOPPER MAITLAND / GREEN HILLS CARE & SHARE Lunch Included 

DOMESTIC ASSISTANCE CLEANING SERVICES

If you receive Domestic Assistance cleaning service, you will be allocated a regular day. If you would like to know what time the service will be provided, you can contact the office the day prior. Please try not to schedule appointments on your service day, if this is unavoidable, please contact the office. Rosters will no longer be emailed to clients receiving this service type, due to the increased amount of client services and unforeseen roster changes to staff. If you need to cancel your service, please contact office immediately otherwise a charge may apply if no notice is given.

Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1 <p>TAI CHI</p>	2 	3 <p>CHRISTMAS IN JULY AT DESTINY HAVEN</p> 	4 <p>CRAFTY NEIGHBOURS</p> <p>Lunch Included</p> 	5 FRIDAY SHOPPER RAYMOND TERRACE <p>CARE & SHARE</p> <p>Lunch Included</p> 
8 <p>TAI CHI</p> <p>MOVIES & LUNCH</p> <p>Movie and session time to be advised</p> 	9	10	11 <p>MEN'S GROUP</p> 	12 FRIDAY SHOPPER SINGLETON <p>CARE & SHARE</p> <p>Lunch Included</p> 
15	16 	17 <p>WHALE WATCHING CRUISE</p> <p>\$70 ea.</p> <p>LUNCH TBA</p>	18 <p>CRAFTY NEIGHBOURS</p> <p>Lunch Included</p> 	19 FRIDAY SHOPPER RAYMOND TERRACE <p>CARE & SHARE</p> <p>Lunch Included</p> 
22 <p>TAI CHI</p> <p>LUNCH AT THE ROUNDABOUT INN, GLOUCESTER</p> 	23 <p>DUNGOG DINERS</p> 	24	25 <p>MEN'S GROUP</p> <p>OUTING TO NABIAC PUB FOR LUNCH</p> 	26 FRIDAY SHOPPER MAITLAND / GREEN HILLS <p>CARE & SHARE</p> <p>Lunch Included</p> 
29 <p>TAI CHI</p>	30 	31		

NDIS News



Neighbourcare are able to provide a variety of supports for people with NDIS funding, personal care, social supports, domestic assistance, transport to appointments or shopping. Contact Joan for more information on 4992 3348.

If you are need Coordination of Supports to help navigate through your plan and funding, our colleagues at Beresfield and Maitland Community Care can help you.

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST			1 CRAFTY NEIGHBOURS Lunch Included 	2 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
5 TAI CHI MOVIES & LUNCH Movie and session time to be advised 	6	7	8 MEN'S GROUP 	9 FRIDAY SHOPPER MAITLAND CARE & SHARE Lunch Included 
12 TAI CHI	13	14 PORT STEPHENS COMMUNITY ART CENTRE & LUNCH AT WESTS, NELSON BAY 	15 CRAFTY NEIGHBOURS Lunch Included 	16 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 
19 TAI CHI LUNCH AT MEDOWIE MACADAMIA CAFE 	20 DUNGOG DINERS 	21	22 MEN'S GROUP OUTING - FERRY TRIP & LUNCH AT TEA GARDENS 	23 FRIDAY SHOPPER MAITLAND/ GREEN HILLS CARE & SHARE Lunch Included 
26 TAI CHI	27 	28 DIVINE DESSERTS IN DUNGOG	29 CRAFTY NEIGHBOURS Lunch Included 	30 FRIDAY SHOPPER RAYMOND TERRACE CARE & SHARE Lunch Included 

CASH PAYMENTS AT THE OFFICE

If you are paying your account with cash at the office, please ensure you have the correct money. We no longer have change in the office. Alternatively please pay with cash at the Maitland Mutual Bank or if you would like to change to Direct Debit, call the office, 4992 3348, and ask for a Direct Debit form to be sent out to you.



Staff

General Manager

Cherylin Brown

Coordinators

Debra

Joan

Kelly

Lurline

Lynette

Michelle

Rostering

Doreen

Jennie

Registered Nurses

Ali

Cindy

Finance

Ruth

Sharon

Admin

Jennie

Wendy

Drivers

Alison

Emma

John

Support Workers

Allison

Amanda

Danielle

Heidi

Jennie

Joyce

Karen

Katie

Louise

Lyle

Mellissa

Milisa

Natalie

Rachel

Robert

Sarah

Sue

Virginia

Laundry Assistant

Josie

Dialysis Transport

Jon

Leanne



JOIN
Lovey's
PROGRAM

Did you know we are a Lovey's *my rewards* community partner?

Support our organisation with your rewards points.
Not a member? It's free to join, ask the Lovey's team.

IMPORTANT PHONES NUMBERS

- The Older Persons Advocacy Network **1800 700 600**
- The Australian Centre For Grief and Bereavement **1800 222 200**
- Beyond Blue **1300 224 636**
- Lifeline **13 11 14**
- Mental Health Line **1800 011 511**
- The Older Persons COVID-19 Support Line (OPSC) **1800 171 866**
- Carer Gateway **1800 422 737**
- Seniors Rights Service **02 9281 3600**
- Aboriginal & Torres Strait Islander Crisis Support Line - **13YARN - 139276**
- Family, Domestic or Sexual Violence helpline - **1800RESPECT 1800 737 732**



ADSSI Limited T/A Dungog & District Neighbourcare

62 Hospital Road, Dungog NSW 2420; PO Box 171, Dungog

E info@neighbourcare.org.au **W** neighbourcare.org.au **P** 4992 3348



We are situated on Darkinjung, Wonnarua, Awabakal and Gringai lands and acknowledge the Traditional Custodians of these lands. We pay our respects to the Elders, past, present and future, and recognise their continuing connection and contribution to this land.

We affirm the right to equality, respect and fairness for the LGBTIQ community and all community members.