

August 2022

Hi everyone,

I hope you are all keeping dry and warm.

In this newsletter you will find some handy phone numbers for emergency services. We are fortunate in the St George area to have access to services such as the SES, and it is good to know who to call when we encounter other problems such as a water or electricity outage. I have also provided some information about Community FoodCare (Phone: 8094 1354). Bay City Care provide food relief for people who are experiencing financial distress. If you or someone you know need some help, please give them a call to find out if you are eligible to shop at their food outlet in Arncliffe.

Over the next week our online booking platform on our website will be updated to capture more information about your booking. Go to www.stgct.org.au and click on one of the top headings named 'Online Bookings'. We are also trialling in our vehicles a new payment system that accepts debit or credit card payments. Our first trial will be in one of our social outings' buses, the John bus, so please have your card ready if you prefer to pay using your card instead of paying with cash.

I am in the middle of writing our annual report and am searching for those special photographs that showcase the great clients and staff of St George Community Transport. If you have any photos of your days out with us, please shoot them through to my email, carol.strachan@stgct.org.au. Many of you may be famous and don't even know it. Check out our social media page at <https://www.facebook.com/STGCT1/> and see if you can recognise any friends or our staff. Perhaps you can ask your children or friends to look through the posts with you if you are not acquainted with Facebook.

The Floriade trip is locked in for 8 clients and 2 staff members. We will be travelling on one bus and will see the beautiful tulips and experience the buzz of our capital city (let's hope it has stopped raining by September!).

The Home Care Services trial came to an end on the 30 June to mark the end of the financial year. I would like to thank the clients and staff who participated in our trial to demonstrate our capacity to deliver home care services. I received a lot of positive feedback throughout the trial and will be conducting a formal survey with each client.

As you are aware it is mandatory for clients travelling in our vehicles to continue to wear masks. Our drivers continue to sanitise the vehicles and take your temperature to ensure you are well enough to travel. After more than 2 years of enduring the COVID pandemic, we cannot let our guard down. People are still contracting COVID-19, and people are still getting very sick. We will continue to do everything we can to protect you and our staff and your co-operation is always appreciated.

Stay safe!
Carol

Contact Us

call: **9585 3000**

email: AskUs@stgct.org.au or buses@stgct.org.au Visit our website www.stgct.org.au

Follow Us



Be Prepared

While we all know to **call Triple Zero (000) in an emergency**, here are some other useful numbers to keep handy. For those of you, who are a bit more tech savvy, we are also fortunate to have helpful applications available that we can download to our phone, which may help in an emergency.

Clients of St George Community Transport who are impacted by an emergency or disaster will be identified and staff will be available to provide care, support and resources critical to their safety and wellbeing. Clients' needs will be prioritised by the management team and staff will be directed to provide services to ensure the continuity of supports. Activities will be modified to suit the changed circumstances.

Emergency Services

1. Call **Triple Zero (000)** if:
 - Someone is seriously injured
 - Someone is in need of **urgent medical help**
 - There are threats to property or life
 - You have witnessed a serious crime or accident
2. Call the **NSW State Emergency Services (SES)** on **132 500** if:
 - You have experienced damage from storms, wind or fallen trees
 - You require assistance due to flood or tsunami emergency
3. Call **131 444** for the **Police Assistance Line**

Communication

A Disaster Declaration is a frequently updated list of Local Government Areas that have been impacted by a natural disaster. The local government will notify its residents of any impending disaster or emergency by text message and will have supports available. The NSW Government provides resources and advice to support people to keep safe.

1) Bush Fire Survival Plan Download 'Fires Near Me' app:

Call Bush Fire Information Line **1800 679 737**



2) Flood survival Download 'BOM Weather' app:

If you are concerned about flooding, contact SES on **132 500** for advice and support.



3) Sydney Water
Water outages, faults, and leaks – Call **13 20 90**

4) Emergency away from home Download the 'Emergency +' app:

In an emergency, time and location information accuracy are critical. This app will help you call **Triple Zero (000)** quickly and allow you to accurately communicate your location.

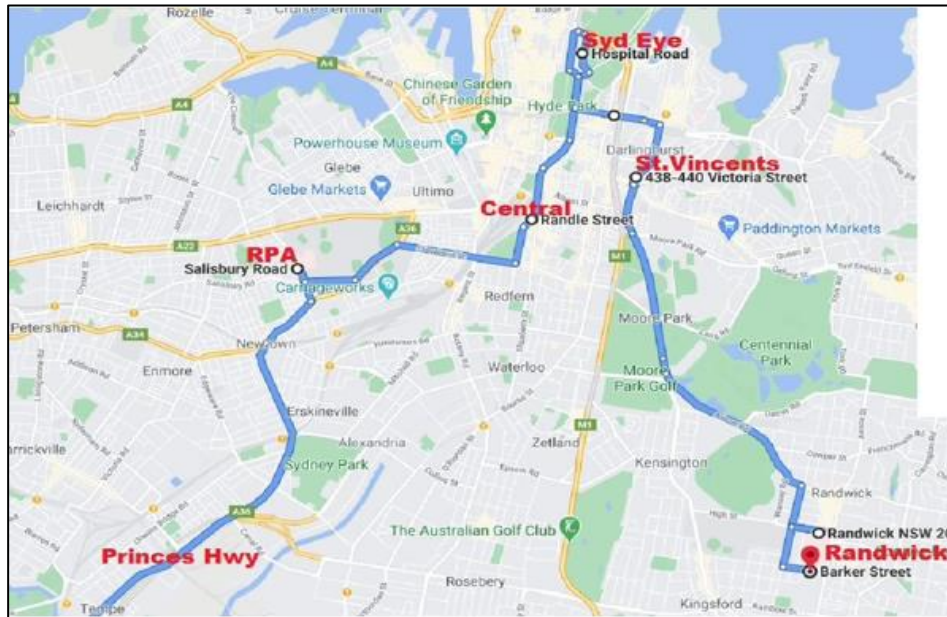


5) Power Outage If you have no power:

- check out the power outage map at <https://www.ausgrid.com.au/outages/current-outages> to see if there are planned outages and whether this is part of a scheduled interruption
- check if other lights and electrical equipment are working
- look outside for damage, such as downed powerlines. Stay away from any fallen powerlines or trees lying across powerlines
- check if your neighbours have power

Once you have assessed the situation you can report the power outage online or call **13 13 88**.

CITY SERVICE



STOP	Scheduled Stops/ Pick ups	Address
1	RPA Royal Prince Alfred Hospital	Salisbury Road (near Chris O'Brien Lifehouse)
2	Dental Hospital	Randle Street (near Central Station)
3	Sydney Eye Hospital For Macquarie St appointments	Hospital Road
4	City Appointments	Central Business District.
5	St Vincent's Hospital	Victoria Street
6	Prince of Wales Hospital Main Entrance	High Street- Main Entrance
7	Prince of Wales Hospital Private Hospital entrance	Barker Street

TIMETABLE (approximate times)	
Earliest Drop off to city between	8:00 & 9:00 am
Last return City pick up	3:00 pm

- Exact times are somewhat flexible depending on the schedule for the day
- Passengers will receive a courtesy call the day before to advise of exact pick-up time
- NOTE: City parking & stopping is restricted. Drivers can only stop at the closest legal parking spot. Some walking may be required.
- Generally, allow up to 2 hours travel time
- To book for the City Service call **9585 3000**

B Active Live stonger, Live longer

Remember to keep hydrated, eat well and exercise regularly



CALL SHANNON ON 95853000 FOR MORE INFORMATION



AQUA AEROBICS

IRT Peakhurst

Transport \$10 & \$12 per Class

*Tuesdays at 10.30am
(limited places)*

Enjoy some gentle exercises in the beautiful heated pool at IRT and hop in the spa to relax at the end.

Bring/wear your cossies and a towel.



STEADY STABLE AND ABLE

Oatley Uniting Church Hall

Transport \$10 & \$8 per Class

*Wednesdays 11.30am to 12.30pm
School term - ring to check dates*

Exercise and have some fun with a cardio-vascular warm up, strengthening and balancing exercises.

You will need to walk independently and be able to get yourself in and out of chairs.

CHAIR YOGA
Mortdale Community Centre
Transport \$10 & \$10 per Class

*Tuesdays 11.15am to 12.15pm
Thursdays 1.30pm to 2.30pm
School term - ring to check dates*

Ideal for people who find it difficult to stand up for an entire class. Exercise in your chair & feel the benefits of stretching.





TECH CLUB - USING APPLE iPADS and iPhones

bring your own iPad

(not suitable for Android eg SAMSUNG)

Mortdale RSL

Transport \$10 & Classes are \$5

*Thursdays:
2.30 pm to 4.00 pm*

Join the digital age by learning how to navigate your way, set up and get the most out of your iPad and iPhone.

KNIT N NATTER

Menai Community Centre

Transport \$15 & \$3 per get together

Tuesday 1.00pm to 3.00pm

Join us for a relaxing social afternoon of tea and coffee, chatting and knitting.
- BYO knitting.

**This event is hosted by
3 Bridges Community**



Community FoodCare

Community Foodcare is an essential branch of Bay City Care.



Mission: Meet the needs of those in the communities who are struggling financially. No matter how great or small the need.

This program provides grocery hampers for a nominal fee plus free fruit, vegetables and bread weekly.

Families and individuals with a concession benefit card who are experiencing a crisis or financial hardship are eligible.

Bay City Care runs a community foodcare outlet in 23 Barden Street Arncliffe for people experiencing financial distress. It is open:

Tuesdays 10.00am -1.00pm and 5.30pm - 6.30pm
Thursdays 10.00am -1.00pm and 5.30pm - 6.30pm

Their contact phone number is **8094 1354**.

communityfoodcare.com.au | baycitycare.com.au

Electronic payment option on buses

Electronic payment facilities will be introduced soon, starting as a trial on social outings in the John bus.

Tap your debit or credit card to pay for your trip. No more worrying about having the right amount of cash.

A receipt can be sent to your phone or email.



Cost increase Social Outings 1 August

The increased costs will apply to all non-funded clients including HCP (Home Care Package) clients and NDIS (National Disability Insurance Scheme) participants.

From 1 August 2022 the transport cost per Social Outing will be \$55.00.
- All event costs including food and drink is paid separately by consumer.

The increase has resulted from increased fuel prices.

Volunteer Home Visiting Program

How does this program work?

One of our team will visit you at home for 1 to 2 hours per week.

What will we do?

- Enjoy a conversation
- Share a cup of tea or coffee
- Work on a home project together
- Share a hobby together

To register for this program please call Carol or Robyn on 9585 3000 or email AskUs@stgct.org.au



Did you know ...

We can provide transport on a short-term basis to any people, living in the St George area, who have no or limited access to private or Public Transport due to their location, financial resources, or physical and cognitive capacities.

They may need to get to medical, social, recreational or shopping appointments, attend rehab or something entirely left field. We recently had one client who sustained an injury and could not use public transport but needed to get to TAFE until she recovered.

Don't forget to spread the word. Call 9585 3000 for more information.

Volunteering with St George Community Transport

Are you, or anyone you know, interested in being a volunteer driver or carer with St George Community Transport? Please call **9585 3000**. **We look forward to hearing from you!**

We're going Shopping

The Shopping Bus is \$10 per person or \$15 per couple.

August shopping dates are:

Area 1 Group - Roselands

FRIDAY 5th & 19th.

Area 2 Group - Rockdale Plaza

FRIDAY 12th & 26th.

There is a maximum of 4 shopping bags each allowed on the bus (combined weight of 16kg).



Area 1 Suburbs

Beverly Hills, Blakehurst, Connells Point, Kyle Bay, Lugarno, Mortdale, Oatley, Peakhurst, Penshurst, Riverwood, South Hurstville, Hurstville Grove.

Area 2 Suburbs

Allawah, Arncliffe, Banksia, Bardwell Park, Beverly Park, Bexley, Bexley North, Brighton-le-Sands, Carlton, Carss Park, Dolls Point, Hurstville, Kingsgrove, Kogarah, Kogarah Bay, Kyeemagh, Monterey, Ramsgate, Ramsgate Beach, Rockdale, Sandringham, Sans Souci, Turrella.

Bingo Bus

Play Bingo and have a bite to eat with your friends.

WEDNESDAY	Hurstville RSL	<i>Bingo starts</i>	10.00 am
THURSDAY	St George Leagues Club		10.30 am
FRIDAY	Bexley RSL		10.30 am
FRIDAY	Masos Club Mortdale		11.00 am

Pickup starts 1 hour and 15 minutes before bingo, arriving 15min early.

Transport \$7 Return Call the office on 9585 3000 to book



Taxi Vouchers



Occasionally we may issue you with a taxi voucher for the trip to or from your appointment. The taxi vouchers are only issued when we cannot meet the demand or provide a vehicle in a timely manner. If you are given a taxi voucher:

- Call any taxi service.
- Often the receptionist will assist to call a taxi if you ask them.
- Provide the taxi voucher to the driver at the end of your trip.
- Vouchers are capped at \$35 for local trips and \$50 for outside the local area.

Social Outings Bookings

Call 9585 3000. Any staff member can take your booking. If you have an email address, send your selected outings to angelica.barger@stgct.org.au and you will receive a reply email.

Payments

Entry fees are to be paid **ON THE DAY** unless we ask for a prepayment.

Cancellations

If something changes and you need to cancel your booking call the office as soon as you can. If it is out of hours, leave a message and include the day of the booking you are cancelling, your name and phone number.

Social Outings Reminder Phone Calls



You will receive **two** courtesy reminders for each outing.

1. Two days before between 10.00 - 11.00am:

"This is a Social Outing reminder. In two days' time you are booked to go to ... [name of the outing]. You will receive another courtesy call the day before the outing with your schedule pick up time. Thank You."

2. The day before between 3.30 - 4.30pm:

"Tomorrow you are going on a Social Outing to [name of the outing]. Your scheduled Pick up time is, __: __am. Please be ready for pick up twenty minutes before __: __am. Stay indoors, the bus will call on approach."

At the end of each message please follow the prompts to confirm or cancel your outing.

1. Accept all trips
3. Listen to the message again
7. Repeat menu options
9. Cancel trips by simply pushing the corresponding number ie press "1 to confirm" or "press 2 to cancel."

If you are unsure, you can call the office on 9585 3000.



Social Outings, Accounts and Prepayments

- Pay for events requiring prepayment, over the phone with your VISA or Mastercard.
- Pay for social outing bus fares in cash on the day. Alternatively we invoice you once a month. To be invoiced please call the office on 9585 3000, to set up an account.
- All events not requiring prepayment need to be paid for on the day in cash.



August Social Outings Calendar

Thursday 18 Aug

Museum of Fire

With the largest collection of Fire Brigade Vehicles in Australia, this museum is sure to be interesting.

A tour guide will tell us all about the fire engines and about the art of fire fighting.

There will be some walking, but benches are available to take a break throughout the museum.

Then we are off to lunch at Penrith Panthers.

\$15.00 Tour



The following outings are in response to demand from all of our Chinese clients, and are open to all.

Thursday 25 August

Cherry Blossom Festival at Auburn Botanic Garden

8月25日 周四
Auburn 植物公園 賞櫻
2022年的早春，
正是櫻花盛開的唯美浪漫季節，
漫步於開滿燦爛櫻花的公園裡，鳥語花香。
園內還有許多澳洲小動物們可供觀賞。

车费：\$15 每人

门票：长者
(Seniors Card)
免费，
其他 \$10 每人



Monday 29 August

Simply Lunch: Hung Cheung Marrickville

8月29日 周一
Marrickville 遊覽和“鴻祥”飲茶
享受在 Marrickville 鎮悠閒遊玩的一天。
午餐在老字號粵式餐館“鴻祥”自費飲茶。
车费：\$15 每人



Always bring money for food and drink.

Outing Key



stairs involved



uneven ground or gravel paths



Some walking



wheelchair friendly



own carer required



no wheelchair access



no walker access



bring money for a meal



long day



Opal Card

If any of our outing venues cancel, an alternative will be organised.

Monday 1 August

Tram Ride: Sydney to Randwick

At last, the long awaited tram ride on the fantastically smooth 'new' Sydney Light Rail. It's a lovely gentle trip and so easy to get around Sydney with this excellent service. Bring your opal card (or use your credit card) for travel. Re-discover Sydney from a new perspective.

\$15.00 Bus



Tuesday 2 August

Local Discovery Oatley: Edmonds & Greer Café & Shopping

This well known and very popular café has its own gift shop attached. Come and see why it is booked out nearly every day of the week. We think it's delicious and delightful.

Then enjoy a walk around the local shops.

\$15.00 Bus



Wednesday 3 August

Museum of Fire, Penrith

Immerse yourself into the fascinating world of fire and firefighting! Penrith Museum of Fire has Australia's largest collection of Fire Brigade vehicles and a vast display of equipment and memorabilia. A tour guide will tell us all about the art of firefighting. There will be walking. Some seating available around the museum.

\$15.00 Bus

\$15 Tour



Thursday 4 August

Bulli by the sea and coast walk

Enjoy the calming sounds and blue view of the Tasman Sea as you walk along Bulli Beach from Sandon Point. Alternatively, you may choose the coastal paved track. Your destination is Ruby's Cafe, 20min walk away, for a well earned lunch. Work up the appetite!

\$15.00 Bus



Friday 5 August

Calmsley Hill City Farm

Come and learn about life on the farm at Calmsley Hill. Get up close to native and farmyard animals. You can hand feed the nursery animals and join in on the farm demonstrations. Take a tractor ride. Buy something from the onsite Farmhouse Kiosk. We may see some unexpected residents....

\$15.00 Bus

\$20 Entry



Monday 8 August

Brooklyn & Hawkesbury River Drive 1

Have you ever stopped at Brooklyn when heading north? Now is your chance. A charming easy going holiday village located on the Hawkesbury River, with lovely cafes right on the waters edge. Think peace and tranquility. Enjoy the drive and see you there.

\$20.00 Bus



Tuesday 9 August

Bryan Brown Theatre: Aussie Spectacular

The well known Simon Gillespie performing Peter Allen songs, with the rare talent Susannah Mirana. Together they will mesmerise and enthrall with their beautiful singing voices. We are promised a morning full of Aussie fun and entertainment.

\$15.00 Bus

\$25 Show



Wednesday 10 August

Band Call: Police Band, St Andrew's Cathedral

The musical police bringing rhythm and fanfare to the acoustics of St Andrew's Cathedral, just the way we like it. Well worth a second visit even if you have been before. Recharged, we will head to a lovely lunch somewhere.

\$15.00 Bus

Free event



Thursday 11 August

Simply Lunch: Sylvania Bowling Club

Another excellent value local lunch. A nice short day to get out of the house and visit a local club you may have never been to. Sylvania Bowling Club is known as the friendly club and we hear JD's, the bistro serves delicious food.

\$15.00 Bus



Friday 12 August

Sydney Murugan Temple, Mays Hill

The Tamil Hindu faith welcome us to visit their Sydney Murugan Temple. A tour guide will show us around and answer all our questions. We must take our shoes off to show our respect, as is customary in the temple, and a condition of entry. The intricate designs of the idols, the refreshing aroma of sandalwood - this is a special treat.

\$15.00 Bus



Monday 15 August

Picnic: Bayview Park

Walk the length of the beautiful ferry wharf and the path along the rivers edge. Watch the kids play on the sandy beach or play on the equipment, and enjoy the Parramatta River views. Bring a sandwich or a thermos flask. For those used to the good life we will stop on the way to buy a takeaway coffee and lunch to eat at the park.

\$15.00 Bus



Tuesday 16 August

Brooklyn & Hawkesbury River Drive 2

Heading north to the quaint Brooklyn Village at the entry of the Hawkesbury River. Expect picturesque views in each direction, the water with the boats and the beautiful green hills. Once an isolated oyster farming and fishing village, accessible by boat and ferry only, now a holiday destination just outside of Sydney.

\$20.00 Bus



Wednesday 17 August

High Tea: Wild Dragonfly Café and Mt Annan Flower Power

Enjoy life sip by sip at Wild Dragonfly Café, High Tea. The café with the fairy tale evoking name is located on the grounds of Flower Power Mt Annan, so why not buy a plant or two at the same time? If you prefer to order off the menu please advise when you make your booking.

\$15.00 Bus \$48 High Tea



Thursday 18 August

Australian Museum, Darlinghurst

A world of wonder awaits at the newly renovated and improved Australian Museum. The cafe is excellent! Come and see the exhibits that go throughout Australia's history, and if you are game, try some of the interactive displays. Who is up for some time travel?

\$15.00 Bus



Friday 19 August

Visit Newtown

Experience Newtown with its treasure trove fashion shops, eclectic vintage shops and bohemian vibe. We will walk for about 600m. Grab a coffee and lunch whilst enjoying the diverse environment. Bring your walking shoes, shopping money and sense of adventure. We will meet at the Newtown Hotel to go home.

\$15.00 Bus



Monday 22 August

Secret Garden and Nursery UWS Richmond

North West Disability Services run this nursery and cafe. In a beautiful location and a diverse range of plants, come and purchase your spring time plants and enjoy a scone and tea/coffee, all home cooked by staff and volunteers.

\$20.00 Bus \$7.50 Morning Tea



Tuesday 23 August

Sea Life, Sydney Aquarium

Previously known as Sydney Aquarium, now called Sea Life, and one of the loved tourist attractions in Sydney. The beautiful large aquariums, the walk through water tunnel surrounding us with spectacular sea creatures of all kind. There will be quite a bit of walking.

\$15.00 Bus \$35 Entry



Wednesday 24 August

Hawthorn Canal Dog Park and Café Bones

Dog lovers special. Hopefully some of the local dogs will join us for a coffee along the canal at Leichhardt. Bring your hat and walking shoes as it is 100m walk from our drop off point to the café. Outside seating only.

Now, where to for lunch?

\$15.00 Bus



Thursday 25 August

**Sydney Cherry Blossom Festival:
Auburn Botanic Garden**

This yearly event pays tribute to Japan's traditions, music, pop culture and food. All this whilst hopefully being surrounded by the colourful Cherry Blossoms, if they bloom as predicted. The park is a lovely place for a stroll.

**\$15.00 Bus \$10 or free for senior
card holders**

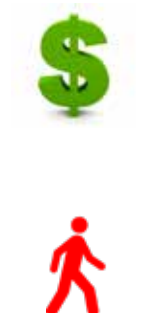


Friday 26 August

**Old Government House Parramatta & Exhibit
'Making Good - Convict Artisans in Exile'**

Old Government House is one of the World Heritage listed Australian Convict Sites. Discover the story of an expanding colonial settlement in New South Wales when you visit the oldest public building in Australia. Telling the story of convict lives by showcasing wares made by their hands.

\$15.00 Bus \$10 Entry



Monday 29 August

Simply Lunch: Hung Cheung Marrickville

This is one of Sydney's most authentic and famous Chinese restaurants for Yum Cha. An impressive and traditional menu paired with friendly and attentive staff - we can't go wrong. So many food choices, getting hungry just thinking about it.

\$15.00 Bus



Tuesday 30 August

Auburn Botanic Garden

Fingers crossed we manage to time our visit with the alusive but stunning Cherry Blossom Season. This lovely park and hidden gem has become a yearly favourite. There is always something to see and enjoy, with the pool of reflection, bright fish, amphitheatre, animal and bird sanctuary. Bring the sunshine and enjoy a lovely stroll.

\$15.00 Bus



Wednesday 31 August

Mystery Movie: Dumaresq Street Cinema Campbelltown

\$7.50 for a movie?! What year is this? Come along and see the mystery movie of your choice.

You could check the website closer to the time to find out what movies are showing, but wouldn't that spoil the mystery?

\$15.00 Bus

\$7.50 Ticket



How to get your copy of News and Views

Subscription: Receive a copy delivered to your home by post. **Call 9585 3000** to set up. Subscription cost is only **\$25 for 6 months** or **\$45 for 12 months**.

Pay by credit card, cash, cheque or bank transfer.

By email: Receive a copy by email, **call 9585 3000** or email **newsletters@stgct.org.au**

In our vehicles: Copies are available in our vehicles - ask one of our friendly drivers or carers.

On our webpage: Download from the 'Newsletter' page on our website www.stgct.org.au

Saturdays are here!

**We are now running a Saturday service
from 8.30 am to 3.30 pm.**

While we are trialling this service, trips will be limited to within the local St George area.

Any registered STGCT client can book a Saturday trip for just **\$30.00 return.**



Prices for clients with an NDIS or Home Care Package will be quoted at time of booking.

To make your booking call
9585 3000

You can also book
via our website using
our booking online form.

Fully vaccinated?

Do you have a copy of your Vaccination Certificate?
If you have been vaccinated but don't have a copy of your certificate it's a good idea to get one.

The vaccination certificate is handy while restrictions are in place.

There are a number of ways you can get a copy.

- Call the immunisation register on **1800 653 809** and ask them to mail you a copy
- Via the Medicare tab on your MyGov account, click on proof of vaccinations and follow the prompts to download
- Via the Services NSW website - below are links

<https://www.servicesaustralia.gov.au/individuals/contact-us-phone-us#acir>

<https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-proof>

