

July 2022

Hi all,

We bid a sad farewell to Ian Moy, on the 7th June, who has retired to spend more time with his family. Ian has worked for St George Community Transport for over 10 years. He started as a driver and moved into the office to schedule your trips, roster the drivers and carers and make sure you get home safely. We thank Ian for his dedication and commitment to providing excellent services for our clients.

Please tell your friends and family about our next Community Partners event. At this event we will have two speakers. In the first session we will hear about the process to access aged care services. In the second session a lawyer will tell us about the importance of powers of attorney and enduring guardianships as we plan for our old age. The event is at 10.30am on Friday the 24th June at Ramsgate RSL and the event will finish around 3.30pm. Please call Shannon on 9585 3000 to register.

We are finalising the numbers for the Floriade trip. We can only proceed with those clients who are registered with My Aged Care and are funded under the Commonwealth Home Support Program. I will be speaking to all of you who are still to confirm your attendance so we can lock in our accommodation. If you have an NDIS Plan or a Home Care Package, you may want to consider joining a group that organises exciting overnight trips.

We are looking for volunteer drivers and carers to assist on our social outings. If you know someone who is willing to spare 1-2 days per week, please ask them to give us a call. These days can be a lot of fun!

In the next couple of weeks, you will receive a guidebook explaining how you can book your transport and your social outings online. You are all accustomed to using your phone to scan the QR code to access venues, shops and hospitals. To book your trips online, all you need is your phone or tablet and an internet connection. Stay tuned for more information.

Thank you to all our clients who completed the client survey. We need to hear from more people so please ask your driver for a survey and return it to us asap. Your feedback is important to us.

The social outings for July look fantastic. First up for the month we have the Craft & Quilt Fair at Sydney Showground, and I am so excited about the Illawarra Bee Keepers on the 4th July where you can stock up on honey for winter as well as learn about the difficulties facing bees worldwide. It is whale watching time, fingers crossed the whales are in good form and thanks to our very resourceful Shannon, for the recommendation to visit the Koch & Co Superstore in Auburn. Get out and enjoy yourselves.

Just a little reminder to book in early for your transport as soon as you have your appointment times. It is getting very busy, and I don't want you to miss out.

Take care.
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





Happy Retirement Ian

Long-time legendary employee, Ian Moy is retiring, his last day with STGCT will be 7/6/2022.

Ian has been a dedicated employee for more than 12 years. Starting as a driver, Ian progressed to working in the office and has taken on many different roles and tasks including service delivery, scheduling, dispatch, bookings, Chief Fire Warden, WHS, on-call, verifications, banking, to name a few.

Within the office Ian is fondly referred to a 'superman' as he is always there to jump in and sort out any emergency.

Over the years, Ian has developed a lovely rapport with clients and staff and is well known for his signature cheeky banter and funny comments.

Thank you, Ian, for your incredible contributions to our team. We will certainly miss you and we hope you enjoy your future travels and adventures with your family during your retirement.

All the best, from all of us at STGCT.

Sign up now for our next event

Friday the 24th June

Ramsgate RSL,
Cnr Ramsgate Rd and
Chuter Ave, Sans Souci

10.30am

Learn what happens at an Aged Care Assessment and how you can prepare and plan for help and supports as you get older.

**Please ring 1300 120 574
or 9585 3000.**

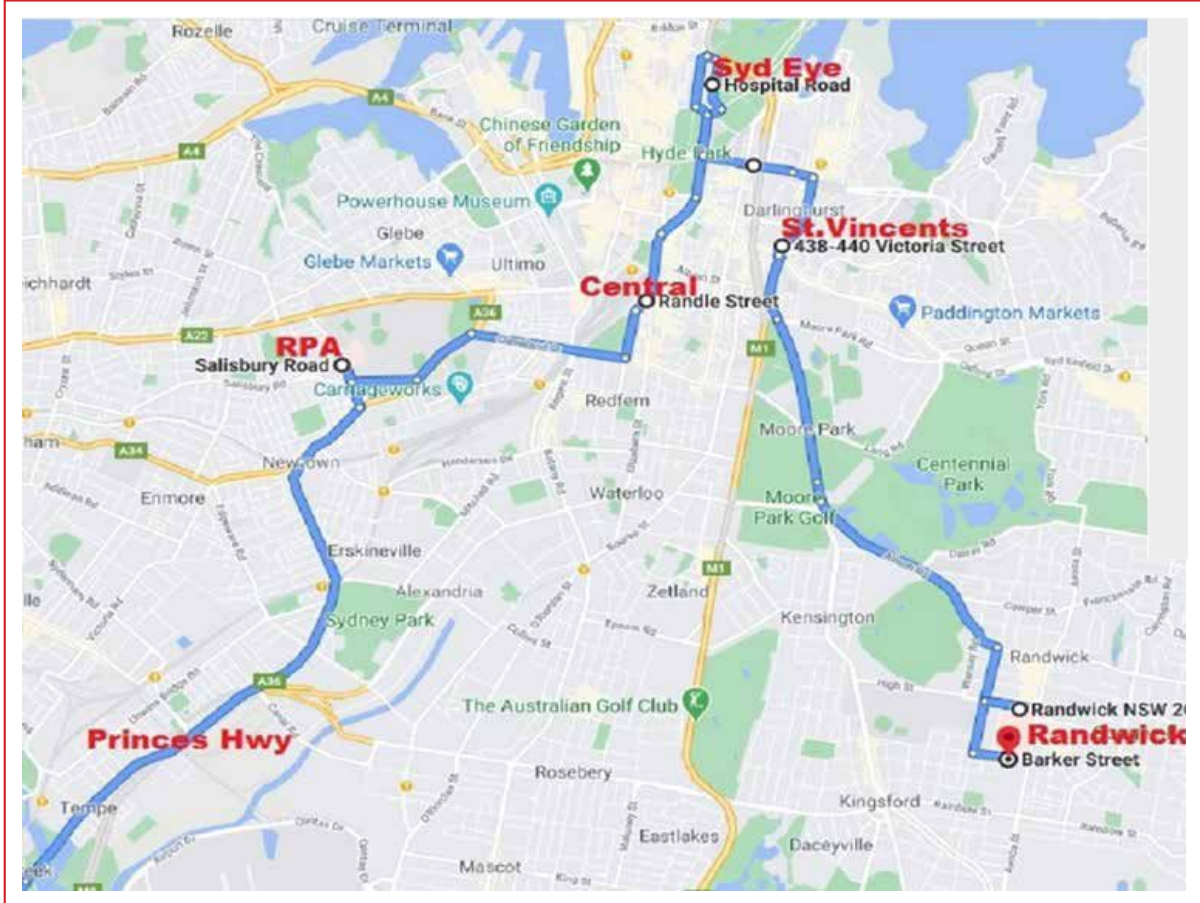
An online booking facility is available at

www.communitypartners.org.au

Community Partners
Connecting Communities

FREE COMMUNITY EVENT
FRIDAY 24th JUNE 2022
Ramsgate RSL - Lunch included

City Service



Schedule	Exact drop off / pick up address
Stop 1 - RPA - Royal Prince Alfred Hospital	Salisbury Rd (near Chris O'Brien Lifehouse)
Stop 2 - Sydney Dental Hospital & Central Railway Station	Randle Street (near Central Station)
Stop 3 - Sydney Eye Hospital for Macquarie St appointments	Hospital Road
Stop 4 - City appointments	Central Business District area
Stop 5 - St Vincent's Hospital	Victoria Street
Stop 6a - Prince of Wales Hospital - Main entrance	High Street - Main entrance
Stop 6b - Prince of Wales Hospital - Private hospital entrance	Barker Street

TIMETABLE

	Approximate times
Earliest Drop off	8.00 - 9.00 am
Approximate Drop off / pick up from	11.00 am to 12.00 pm
Approximate Drop off / pick up from	3.00 pm
Last return pick up	5.00 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
- 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.



Pumpkin and fetta frittata

Preheat oven to 160°C.

Use an ovenproof 22 cm non-stick frying pan. Spray with olive oil and place over medium-low heat on the stove.

Add pumpkin and onion. Cook 6-8 min, until soft and golden, stirring occasionally. Add garlic and stir it in.

Whisk eggs and milk in a large jug and season. Pour the egg mixture in the pan over the pumpkin. Sprinkle with fetta and pumpkin seeds. Bake in the oven for 10 mins or until just set.

Take the pan off the heat and let it cool slightly. Cut into wedges, drizzle a little pesto over and serve with rocket.

Enjoy!

Ingredients:

- 500 diced pumpkin
- 1 small red onion, cut into thin wedges
- 1 clove crushed garlic
- 6 eggs
- 2 tbsp milk
- 100g crumbed fetta
- 2 tbsp pumpkin seeds
- Basil pesto
- Baby Rocket leaves



TECH CLUB - USING APPLE iPADS and IPHONES

bring your own iPad

(not suitable for Android eg SAMSUNG)

Mortdale RSL

Transport \$10 & Classes are \$5

Two sessions on Thursdays:

12.30pm to 2.00 pm

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**



Floriade two night trip

The trip to Floriade will set off on the 20th September and will return home on the 22nd September.

We plan to visit National Arboretum Canberra, Cockington Green Gardens, Parliament House, a Gallery of your choosing, the War Memorial and of course the beautiful Floriade.

The estimated costs for this two night - three day - trip will include:

- Accommodation, transport and support staff:

Single \$750

Couple \$1,000 (\$500 per person)

- Activities \$60 per person
- Food \$200-250 per person

Total costs for a **single is approximately \$1,010**

Total costs for a **couple is \$1,520 (\$760 per person)**

Please call Carol to book your trip or for any queries.



How to get your copy of News and Views



You can now purchase a subscription to receive the newsletter in your letterbox! No need to send us self addressed/stamped envelopes any more. We will organise it all for you.

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

We're going Shopping

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

JULY shopping dates are:

Area 1 Group - Roselands

FRIDAY 8th & 22nd.

Area 2 Group - Rockdale Plaza

FRIDAY 1st, 15th & 29th.

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	South Hurstville RSL	<i>Bingo starts</i> 9.30 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.



***We are replacing bus prepayments with a monthly invoicing service.
We can no longer accept prepayments for bus fares - sorry!***

July Social Outings Calendar



Thursday 21 July

**STGCT Christmas in July:
Olds Park Bowling Club with
Ian Blakeney**



Let's be merry and bright and celebrate Christmas in July together! Ian Blakeney will entertain with music and singalongs. The St George Community Transport team will join the Sunshine Group for shenanigans and yummy food!

Buy your favourite choice of bistro lunch.

\$15.00 Entertainment and morning tea



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

Thursday 19 July

Tamarama Beach for Coffee

7月19日 周二
Tamarama 海滩和早茶

这个海滩隐藏在东区海滩的一个裂缝中，阳光下可坐着欣赏海浪起伏的好地方，再来一杯咖啡或热巧克力，温暖和满足。（请穿上保暖外套，如天气不好，将在附近找一处室内的地方活动和午餐）



Thursday 26 July

Ramsgate RSL Yum Cha or Bistro

7月26日 周二
Ramsgate RSL 饮茶好时光

Zen 中餐厅以优质出品和环境而享有盛誉。赶紧报名参加悠闲享受的一天。如天气许可，我们的司机将带您到附近海滩漫步，欣赏海湾美丽景色。



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.

Friday 1 July

Sydney Craft & Quilt Fair plus The Australian Quilt Show, Sydney Showground

Buy your supplies for knitting, crochet, textile craft, quilting, papercraft and more at this fair. Look at the beautiful displays of handcrafted treasures, listen to a talk or panel interview or take part in a free workshop. Buy something special and artfully hand made.

\$15.00 Bus **\$21.00 Concession**



Monday 4 July

Illawarra Bee Keepers, Sutherland

Bee enlightened, find out everything you ever wanted to know about bees and bee products; their genetics, beeswax products, making mead and more. This bee museum and teaching facility demonstrates and educates about pollination, honey and the difficulties faced by bees and their keepers worldwide. Also an opportunity to stock up on fresh honey as we can buy it there.

\$15.00 Bus **Donations**



Tuesday 5 July

Westfield East Gardens Shopping

An opportunity to visit a shopping centre outside of the local area. At this Westfield we find a wide range of stores such as Myer, Country Road, Target, Big W, K-Mart, Bond, Sussan, SuzanneGrae, various jewelry stores including Swarovski, Williams shoes and lots more. If you enjoy a large shopping centre come along.

\$15.00 Bus



Wednesday 6 July

High Tea: Kathy's Cottage, Waterfall

You will enjoy high tea at Kathy's lovely Cottage near the Royal National Park at Waterfall. We will devour special treats Kathy has professionally prepared and which are served in a lovely home environment. While here why not have a browse in the mini shop full of treasures Kathy keeps here too. There is one step to enter the cottage.

\$15.00 Bus **\$35.00 High Tea**



Thursday 7 July

**Australian Turf Club Heritage Centre,
Randwick**

This centre keeps information, objects and art work on thoroughbred horse racing across New South Wales, including material relating to Sydney's four racecourses Royal Randwick, Rosehill Gardens, Canterbury Park, and Warwick Farm. We will get a tour of the building, see the collections and find out the history.

\$15.00 Bus

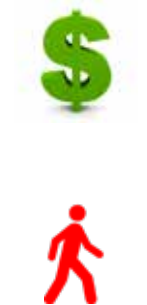


Friday 8 July

Whale Watching from Kurnell Shore 1

Bring your binoculars and warm clothes, and we'll head to a strategic lookout for spotting whales. There are no guarantees of course but one thing is certain, if we don't try we'll definitely miss them. Whilst looking out to sea why not share your whale watching stories?

\$15.00 Bus



Monday 11 July

**Simply Lunch: Manly, Freshwater and
Harbord Diggers**

We can never have enough of our beautiful Sydney coastline. Fill your heart and soul with the sight of the gorgeous northern beaches and then have lunch at the stunning Harbord Diggers. Everybody loved it last time we went.

\$15.00 Bus

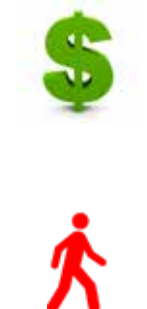


Tuesday 12 July

Whale Watching from Kurnell Shore 2

First one to spot a whale buys the coffees. Nah, only kidding. We are so lucky in Sydney with these awesome blue giants and other sealife swimming past. While we hope to see some whales, no harm in trying, we will definitely enjoy the ever spectacular views of the pacific ocean.

\$15.00 Bus



Wednesday 13 July

Sydney Jewish Museum, Darlinghurst

Today we are on a self guided tour at the Sydney Jewish Museum looking at the well documented and often difficult past of the Jewish people. Well made displays includes a recreation of George Street, Sydney, in the 1840s showing the many Jewish businesses.

\$15.00 Bus \$12.00 Entry



Thursday 14 July

The Michael Bubl  Christmas in July Show, performed by Mitch Capone, Casula Powerhouse

Warm your soul listening to the smooth voice of Australian superstar Mitch Capone, singing songs like Feeling Good and Beginning To Look Like Christmas, Michael Bubl  style. Enjoy the 5 piece band and magnificent show. Complimentary tea or coffee and cake.

**\$15.00 Bus \$25.00 Concession
Prepay by 1/7**



Friday 15 July

Simply Lunch: Strathfield Golf Club

With a stunning outlook from the seating area, over the greens, we will enjoy Australian classic meals with a modern twist. Reading the menu is both mouth watering and tantalising. Don't worry, classic beer battered fish and chips also available

\$15.00 Bus



Monday 18 July

Carrs Cottage Museum

Returning to this heritage listed former park ranger's residence Carrs Cottage, and the museum that is kept here. Kogarah Historical Society will kindly let us have a walk through and talk to us about the history of the cottage and surrounding areas. Then there's lunch somewhere nice!

\$15.00 Bus \$5.00 Tour



Tuesday 19 July

Tamarama Beach for Coffee

Planning for a lovely sunny winters day! This gorgeous beach gem hidden in a crevice on our Eastern Beaches is a lovely spot to sit in the sun and watch the waves. Perfect with coffee or hot chocolate. Should the weather not agree (we know it happens) we will find a lovely warm alternative.

\$15.00 Bus



Wednesday 20 July

Local Pub Lunch: Narwee Hotel

Let's catch up and have a delicious meal in a relaxed atmosphere at Narwee Hotel. When did you last buy a Fisherman's Basket at the cost of a mere \$15? Great mix of choices on the menu. Will you have a wrap, a pasta dish or the Aussie favourite Chicken Parmigiana?

\$15.00 Bus



Thursday 21 July

STGCT Xmas in July: Olds Park Bowling Club with Ian Blakeney

We are doing our own Christmas in July this year. Keeping it local and fun! Come and see the STGCT team, buy your choice of Bistro lunch and be merry and bright! Ian Blakeney will bring the cheer and entertain us thoroughly!

\$15.00 Bus \$15.00 entertainment and morning tea



Friday 22 July

Koch & Co Superstore, Auburn

This florist supply wholesaler is Australian owned and has been in business for over 90 years. The superstore holds many treasures including a large range of silk flowers. Also find candles, pots and vases, photo frames, gift wrapping and lots more. Products as seen in Better Homes & Gardens.

\$15.00 Bus



Monday 25 July

Archibald Art Prize & the Art Gallery of NSW

The Archibald, Wynne and Sulman Prizes is the most engaging and famous Australian art event of every year. To see the exhibition costs \$18, but if you just want to browse the permanent exhibitions in the gallery it is free of charge. Morning tea and lunch available at the cafe.

**\$15.00 Bus \$18.00 Archibald Exhibition
The Gallery is FREE**



Tuesday 26 July

**Simply Lunch: Ramsgate RSL,
Yum Cha or Bistro**

The club that never dissapoints. It is local, nicely set out and with great food and service. Zen Restaurant upstairs has Yum Cha and plenty of other flavoursome choices, such as a great range of \$16 main specials or why not try the Dumpling Bar. If you prefer, Mike's Grill offers the classic favourites and more.

\$15.00 Bus



Wednesday 27 July

Sydney Tramway Museum, Loftus

Take a step back in time at this old favourite, the Sydney Tramway Museum. A great range of historical Sydney trams and also some from Brisbane, Melbourne, Adelaide, Ballarat and Bendigo, as well as some from overseas.

**\$15.00 Bus \$17.00 including
morning tea and tram ride**

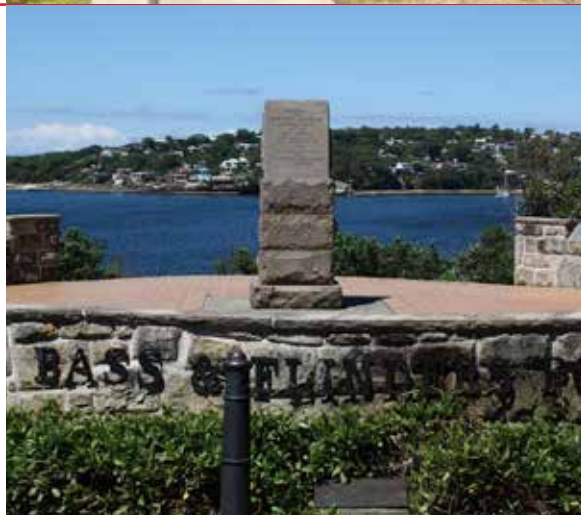


Thursday 28 July

**Bass & Flinders Point and Memorial,
Cronulla**

This memorial commemorates explorers George Bass, Matthew Flinders and the boy William Martin. We'll enjoy the gorgeous waterviews towards Bundeena and the National Park, a stroll and find a lovely spot for lunch.

\$15.00 Bus



Friday 29 July

**The Australian Motorlife Museum,
Kembla Grange**

Come and see the Butler collection's wide range of heritage cars and memorabilia. There is also the Wayne Gardner Collection of trophies and motorcycles plus the NRMA Heritage Display. Bring your camera for fun photo opportunities.

\$15.00 Bus

**\$22.00 including
morning tea**



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 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.

Won't you join us?

Are you or anyone you know interested in being a volunteer driver or carer with St George Community Transport?

Find out more on the 'Join Us' page on our website and download an application pack, https://www.stgct.org.au/join_us.html

You can also call Amalia on 9585 3000.



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>

