



Welcome to the first edition of St George Community Transport's e-News!

E-news

Issue #1

COVID19 has impacted us all. It has changed the way we currently operate. We are still open for business and our regular transport service is still running.

What we are doing differently is our shopping – we are now operating three shopping services

- Regular shopping
- One on One shopping support – one of our drivers or carers will shop with you
- Unaccompanied shopping – we collect your shopping list from you.

We have also made over 1,500 calls to our clients to make sure they are keeping well.

While we cannot currently run our social outings we have decided to create this regular e-newsletter to keep you updated with what's happening at STGCT and in your community.

We will also be including useful tips about how to spend your time in isolation and we will also share with you ways you can look after yourself in the coming weeks.

We're here to help



During this particularly difficult time of self isolation and social distancing we remain open to help you with:

- Transport
- Grocery delivery
- One on one shopping
- Prescription delivery
- NDIS - One on One support
- NDIS - Access to Community

**Call 9585 3000 or visit
www.stgct.org.au**





St George NDIS Services

We recently launched our St George NDIS One on One Support Service.

Our participants are able to enjoy some exercise in the company of our trained carers.

Elizabeth and Angie enjoy a one hour walk twice a week and have explored Carss Park, Dolls Point and Oatley Park so far.

If you think this is something you would like to do, please give us a call on 9585 3000.

Social isolation can be challenging, please let us know if you are struggling and there is anything we can do to assist you.

KEY REMINDERS ON COVID-19

The latest updates on how to stay safe and connected to services for older people and people with disability during the coronavirus (COVID-19) pandemic.

The Ageing and Disability Abuse Helpline is available to report concerns of abuse, neglect and exploitation of older people and adults with disability. Call 1800 628 221 (M-F, 9-5).

1



Easy for Me is a new magazine for people with disability, and is designed to give people ideas for keeping busy and staying connected while at home, particularly during the COVID-19 pandemic. It has recipes, puzzles, activities and a helpful guide to online apps and programs. Get your copy at informationaccessgroup.com available in their news section.

2



The Biggest Online Seniors Workout is happening **Wednesday 29 April at 11AM**. The workout will focus on strategies for seniors to remain active at home, including strength, balance and mobility exercises. There will be two different levels, one for those less mobile and one for those more advanced. Register now at activeseniors.net.au

3



A radio ad has been developed in Central and Western Island language to explain **how Aboriginal and Torres Strait Islander people can help protect their vulnerable community members** from the spread of COVID-19. You can download the radio ad and share with your community by visiting health.gov.au, available in their latest news section.

4



The **National COVID-19 Older Persons Information Line** is now available to help older Australians get the critical information they need to stay healthy and safe during the COVID-19 pandemic. Older people and carers are encouraged to call **1800 171 866** to speak to friendly, specially trained staff about any concerns related to COVID-19.

5



Carers for older people or people with disability also need to be supported during this time. Carers NSW has the latest news available that affects carers and their care recipients as the COVID-19 pandemic continues. Access information and resources at carersnsw.org.au or call them **02 9280 4744 (M-F, 9-5)**.

Protecting yourself

Good hygiene and taking care when interacting with other people are the best defences for you and your family against coronavirus. This includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of used tissues immediately into a rubbish bin and washing your hands
- washing your hands often with soap and water, including before and after eating and after going to the toilet, and when you have been out to shops or other places
- using alcohol-based hand sanitisers (60% alcohol), where available
- cleaning and disinfecting surfaces you have touched
- stay 1.5 metres away — 2 arms' length — from other people. This is an example of social distancing
- stay at home and avoid contact with others
- avoid non-essential travel
- consider having the chemist deliver your medicines
- consider having your groceries and essential items delivered to your home



Exercising during social isolation

Keeping active is important during isolation – why don't you try these easy exercises



10 heel raises



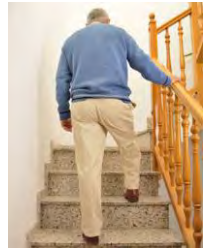
10 leg lifts



10 arm lifts with weights



10 sit to stands



Climbing stairs

Here are a couple of chair exercises you can do to keep up your fitness levels.





Follow us on



St George Community Transport
Published by Hootsuite [?] · 11 hrs ·

We're still open - so if you need to get out and do your shopping you can now go Monday to Friday for only shopping fee of \$10 - call us on 9585 3000 to book.



St George Community Transport
Published by Hootsuite [?] · April 27 at 8:00 AM ·

Don't forget our One on One Shopping support runs every day - give us a call on 9585 3000 to book.



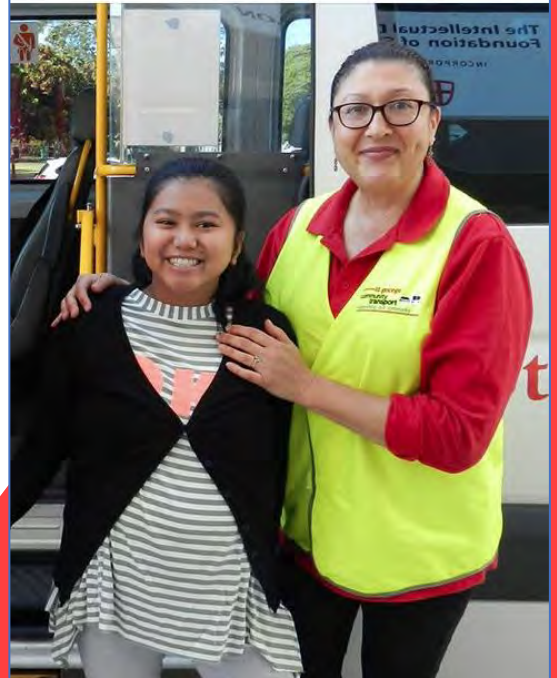
St George Community Transport
Published by Hootsuite [?] · Yesterday at 8:00 AM ·

St George NDIS services are working closely with our participants to enable them to access the community.



St George Community Transport
Published by George Transport [?] · April 23 at 8:22 AM ·

We have been very busy with our NDIS One on one support. Working with our participants to ensure that they get to those important appointments.



SOCIAL DISTANCING

- Avoiding crowded places and non-essential gatherings
- Avoiding unnecessary physical contact
- Limiting your contact with those considered "high-risk" (older adults, immunocompromised individuals)
- Keeping 2 metres distance from others whenever possible
- Working from home if you can



SELF ISOLATION

- Staying home until the local public health authority says you are no longer at risk of spreading the virus
- Avoiding contact with others



Remember
**We are here
to HELP
Call
9585 3000**