

Welcome to the newest edition of our e-News!

This new Delta variant of COVID has meant that once again we are in lockdown and so life has changed.

This Delta is a particular worry as it is so easily transmitted. However, as always we are taking particular care to ensure the health and safety of both you our wonderful clients, and our staff.

While we cannot currently run our social outings we are again producing 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.

Say Hello to the newest member of “our family”.



“Shiny Shoes” joins our fleet this week.

Our newest 24 seater Rosa is named after one of our long time volunteer drivers Russell.

The name comes from when Russell was being trained years ago by Mark Kelly. Mark took one look at his feet and said “Ooh, shiny shoes” and it stuck!

Shiny Shoes will be ready to join us on our social outings when these Stay at Home rules relax and we can once again start going out with our friends – hopefully in October. Remember everyone, follow the rules and keep safe and well. We hope to see you all soon!



St George NDIS Services

Our Support Workers are keeping busy helping our clients to get out and into the community.

Although a number of venues are now closed again, our participants are able to enjoy some exercise in the company of our trained carers.

Elizabeth and Kathy enjoy a one hour walk regularly and have been exploring some of the excellent walks in local areas like Carss Park and Dolls Point.

Sylvia and Sammy are also making the most of their time together to get some fresh air in their local parks and playgrounds.

If you think this is something you would like to do, please give Tracey or Carol 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.



Saturday Transport Service

From **Saturday 4th September** we will be running
a **Saturday service from 8.00 am to 4.00 pm.**



Trips will be limited to within
the local St George area.

Any registered STGCT client
can book a Saturday trip for
just

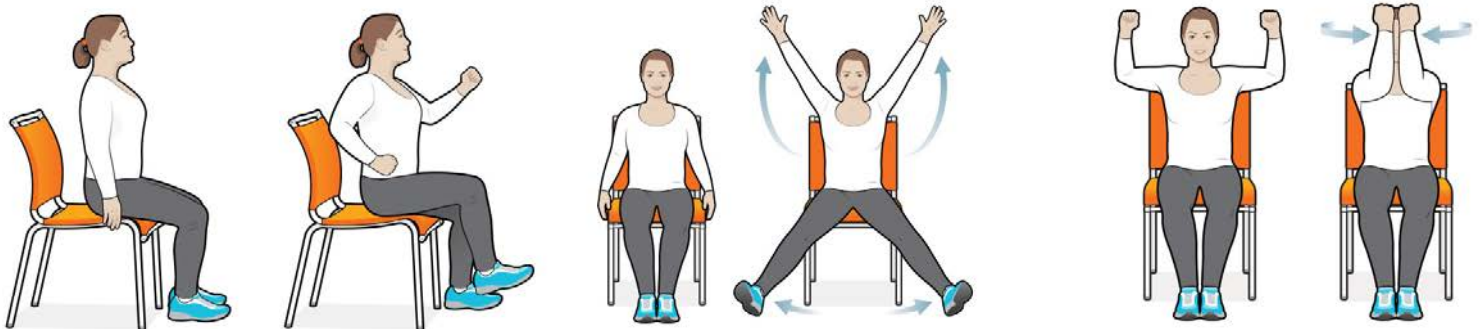
\$30.00 return.

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

To make your booking call **9585 3000** or book via www.stgct.org.au
using our online booking form.

Exercising during social isolation

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



Need a laugh?



Grandpa died. To break the news gently to her five-year-old daughter, the mother said, "Honey, Grandpa has passed away and has gone to a happier place. It's just like what happened to your goldfish."

The granddaughter looked a bit sad and then replied, "Does that mean we're going to flush him down the toilet too?"



Follow us on




St George Community Transport
Published by Deirdre Campbell · August 23 at 10:00 AM ·

During our lockdown restrictions we are ensuring that we take everyone's temperature and that they use our hand sanitiser before entering our vehicles. And, of course everyone wears a mask!
[#keepsafe](#) [#covid](#) [#community](#)





St George Community Transport
Published by George Transport · August 13 at 1:41 PM ·

We're here waiting for your call, still working hard during the current lockdowns to get you to your appointments. If you are under 65 and in urgent need of transport to medical and hospital appointments, we can still register you as a client. Call us on 9585 3000 to register - it's easy.
[#individualtransport](#) [#medicaltransport](#) [#community](#)



St George Community Transport
Published by George Transport · 23h ·

Don't forget that if you are under 65 & in need of urgent, short term transport for recent and ongoing medical conditions that we are also able to provide transport for you. There are a range of vehicles available including wheelchair accessible vehicles. Save yourself the trouble of trying to find parking and walking long distances. Give us a call on 9585 3000 to find out more.
[#communitytransport](#)

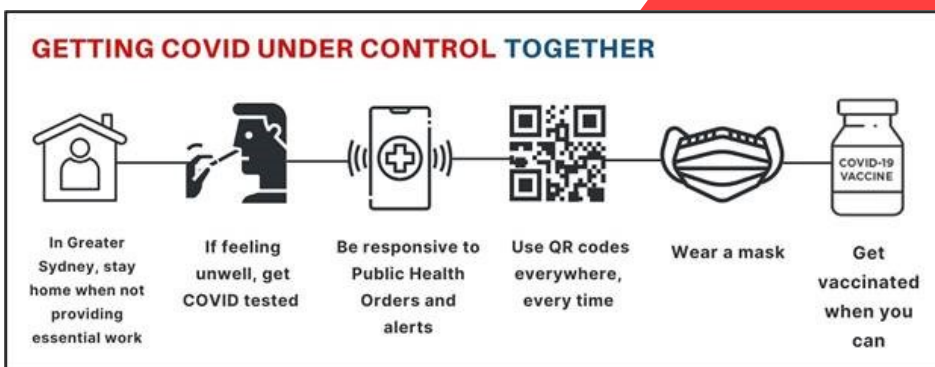


St George Community Transport
Published by George Transport · August 22 at 10:00 AM ·

Our NDIS One on One support team are here working hard with our clients during this new extended lockdown. We're making sure that they are getting outside into the fresh air and keeping up their exercise routines.
If you or your child has an NDIS package and you're looking for a reliable service provider - call Tracey or Carol on 9585 3000 to find out how we can help you.
[#NDIS](#) [#oneononesupport](#) [#community](#)



GETTING COVID UNDER CONTROL TOGETHER



- In Greater Sydney, stay home when not providing essential work**
- If feeling unwell, get COVID tested**
- Be responsive to Public Health Orders and alerts**
- Use QR codes everywhere, every time**
- Wear a mask**
- Get vaccinated when you can**

Remember
We are here
to HELP
Call
9585 3000