



# E-news

## Issue #3

That's right we're in the paper again!

I hope you all got a chance to see our full page in the front of the Leader's Think Local feature this week (24 June issue).

Our team have been working extremely hard to get us through COVID-19 lockdown and it is very pleasing to see the restrictions starting to lift so that we can now go on social outings once again – albeit in smaller numbers.

### CHSP Trials

Four of our long time clients have been selected to help us trial our new In Home Services. This is a three month trial which commenced at the end of May. Our support workers have been teamed up to visit our clients for 3 hours per week.

This trial is part of our preparation for our application to become a Home Care Package provider.

theleader.com.au Wednesday June 24, 2020 ST GEORGE & SUTHERLAND SHIRE LEADER 5  
**THINK LOCAL** ADVERTISING FEATURE

## Safe and reliable transport

### ST GEORGE COMMUNITY TRANSPORT



**COMMUNITY SUPPORT:** St George Community Transport are now seeing many of their services returning to normal after the COVID-19 crisis.

ST GEORGE Community Transport (STGCT) is certainly weathering the storm through the COVID-19 crisis much better than expected. The team have embraced self-isolation, working from home and front-line service delivery - all with a smile on their faces. STGCT has continued to deliver individual transport and one-on-one support to those consumers who could not be without services. They faced many cancellations and concerns from their consumers following the advice for people over the age of 70 to stay home. In April, trip numbers were 70 per cent lower than usual and the CEO, Carol Strachan, was very worried that she would not have work for her permanent staff. "For a couple of weeks, some of my drivers and carers were finishing their shifts at 1pm and it was so quiet on the roads. We were taking call after call in carred bookings," Carol said. "The drivers and carers

were feeling particularly isolated, and eagerly participated in their 'Walk in the Park' to get out of the house, get some exercise and have the company of a staff member, even if it was while socially distancing. Social outings recommenced in June and they look very different with only six to eight people on a bus and destinations and catering selected with COVID-19 in mind. Consumer engagement manager Nadine Simpson joined the outings on the first day back. She said "everyone was very mindful and controlled to the bus, only sitting in allocated seats and chatting across the aisles". "However, the minute they stepped off the bus it took exceptional self-discipline to maintain the distance in their eagerness to catch up with familiar friends and each other's news," she said. "It was heart warming to see the camaraderie and excitement."

joined the rest of the team in phoning over 2000 consumers to check in on them. I did not bear one complaint, they are just amazing." The team kept themselves busy with the delivery of bus

let paper for NSW Meals on Wheels and the delivery of meals three days per week for St George Meals on Wheels while their volunteers took a break. They also introduced new

services to assist their consumers who were unable to leave home to go to the shops or needed additional support to complete their daily tasks. Some of their consumers

hope that the BActive program and Social Outings will return to normal very soon. With respect to those families who have been impacted by COVID-19, there have been some positives for the organisation. They have introduced an e-newsletter which will continue into the future and a monthly snapshot of what's happening in the organisation screening every day in the office. It would also appear that working from home could be here to stay for some staff.

St George Community Transport offers individual and group transport using both cars and mini buses for individuals and group transport in and around Sydney's South. The business strives to offer the services and support that their clients need. These services are available five days a week from Monday to Friday. For further information about St George Community Transport and their services go to [stgct.org.au](http://stgct.org.au), email [Ask19@stgct.org.au](mailto:Ask19@stgct.org.au) or give them a call on 9585 3000.

## So much MORE



### St George NDIS Services

Our highly trained carers work closely with NDIS participants in a variety of ways. Our Transport service helps them get to and from work and medical appointments, while our One on One social support service assists them to reach their individual goals, maintain their quality of life & access and participate in their community.

NDIS participants engage in many interesting activities including painting, sketching, music therapy, coastal walks, bush walks and handy DIY jobs around the house. This service is engaging & inclusive and can support our participants to look after their physical and mental health.

If you are a qualified support worker and would like to help people in your community, give us a call.

### Social Outings

The social outings at STGCT recommenced in June 2020, and while our groups are smaller due to social distancing requirements, many of our regular consumers are happy to be out of the house and enjoying the company of their friends.



The July outings calendar is now available on our website [www.stgct.org.au](http://www.stgct.org.au)



**02 9585 3000**  
[www.stgct.org.au](http://www.stgct.org.au)



## Introducing the newest member of the Fleet – Just Les

Named after one of our long-time volunteers, Les Prosser.



# News & Views - July issue

## Chock a block with social outings

**st george community transport**  
Supporting our community

### News and Views Social Calendar July 2020

**Monday 29 June**  
**Eastern Suburbs Beaches and Centennial Park Lunch**  
Explore the lovely eastern suburbs beaches from Manubra to Bondi and then enjoy a leisurely lunch in Centennial Park. Sydney's playground in the inner east, offering visitors wide open spaces for recreation, learning and leisure.  
\$15.00 Bus

**Wednesday 1 July**  
**Appin to Bulli Lookout Tour**  
Have you ever seen what lies between Campbelltown and the coast? Enjoy a scenic drive through Appin and the countryside. Then lunch with a view.  
\$15.00 Bus

**Friday 3 July**  
**Hyde Park Barracks Museum 1**  
The Hyde Park Barracks is an extraordinary living record of early colonial Australia. Originally built as an immigration depot, asylum, law courts and museum.  
\$15.00 Bus \$16.00 for Audio Guided Tour

**Tuesday 7 July**  
**Kurnell and Cronulla drive & lunch at Cronulla**  
We are off to hidden away Kurnell. Visit a lovely cafe, some whale watching at Cape Solander Greenhills, and watch some surf at Cronulla. Then a lovely lunch at Cronulla.  
\$15.00 Bus

**Thursday 16 July**  
**DFO (Direct Factory Outlet)**  
HomeBus  
Come and shop and eat at Direct Factory Outlet (DFO), a group of discount shops at HomeBus. This large-floor warehouse contains all the fashion shops and eateries you can see in 1 day! Hopefully you will find some great deals.  
\$15.00 Bus  
Tuesday 21 July

**Outing Key**  
 wheelchair friendly  
 Some walking

**Bookings**  
To avoid disappointment please make your transport booking as far in advance as possible. We are booked out very quickly so recommend calling at least 3 working days in advance to secure your booking.  
**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 telling us the day of the booking you are cancelling, your name & phone number. Please avoid cancelling at the door when the drivers arrive. A fee may apply if this occurs.

**Call 9585 3000 to book**

### Do you recognise our favourite 'artist in residence'?

That's right it's Bruce Sharp – I bet you didn't know that he was one of Australia's first Olympic Gymnasts. Bruce in fact represented Australia at the 1956 Olympic Games in Melbourne. Here are a couple of photos of the young Bruce in his Olympic tracksuit and heading off to the Olympic Village. He trained in his backyard on home-made apparatus, as he was only able to access one training session per week at the YMCA gym in Sydney at the time. The Australian team only received a movie of their compulsory exercises three weeks prior to the commencement of the competition, and it was in French! Bruce was the highest ranked of the Australian gymnasts.



On the right is a photo of Bruce sketching the Wallabies at a recent social outing to Featherdale.

# Estate Planning – More than just a simple Will

You should make sure that you get the right advice when you do your estate planning. You should consider what arrangements you wish to put into place for supported decision making during your lifetime and the importance of nominating an attorney and enduring guardian to assist you.

## Wills

1. Who you would like to appoint as your Executor?
2. Who you would like to receive your Estate - if it is to be divided between two or more people, in what proportion? Do you have any specific gifts you would like to give? Are any of your beneficiaries minors? If so, what age you would like them to receive their inheritance?
3. Any wishes you have in relation to your funeral, such as a wish to be cremated?

## Enduring Power of Attorney

A Power of Attorney appoints a trusted person to act on your behalf in relation to your legal and financial affairs. Things to consider include:

1. Whether you would like the Power of Attorney to be enduring, meaning that it will continue should you lose capacity.
2. When would you would like the Power of Attorney to begin operation? If you appoint more than one person, whether you would like them to act jointly only.
3. Are there any limitations you would like placed on your Attorney?

## Appointment of Enduring Guardian

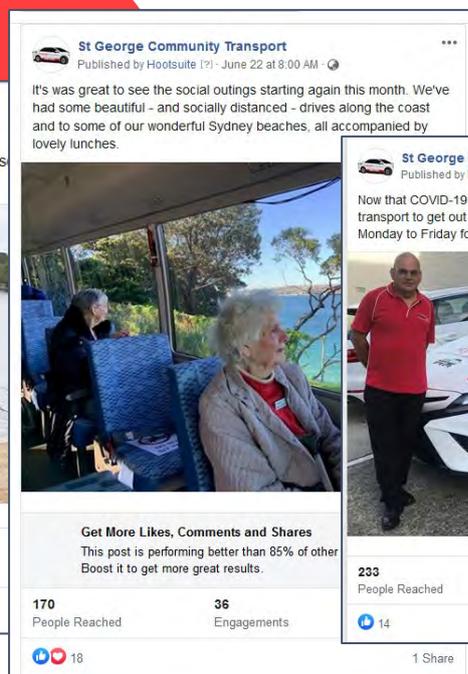
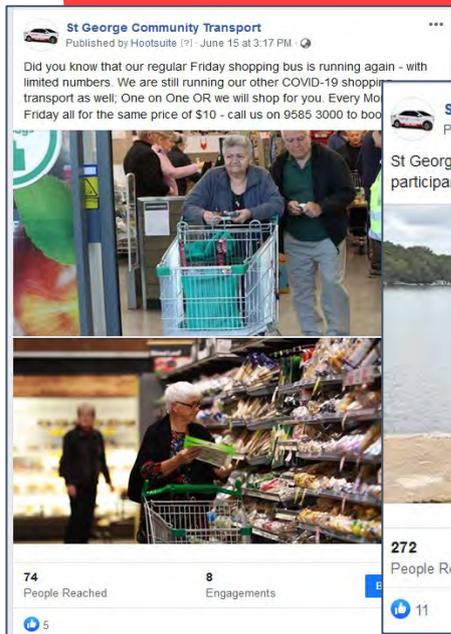
A Power of Attorney can only be used in relation to your legal and financial affairs, so you may wish to appoint someone to look after your medical and lifestyle decisions, in the event you are unable to make decisions for yourself. You will need to put in place an **Enduring Guardianship**. This document gives your Guardian the right to decide things such as:

- (a) where you will live (such as a specific nursing home, or your own home);
- (b) the health care that you are to receive;
- (c) other kinds of medical services that you are to receive; and
- (d) giving consent to the carrying out of medical or dental treatment.

Look out for our information session in the September Social Newsletter.



Follow us on



# Easy to make Chicken and Vegetable Soup for these cold Winter days



## Ingredients

- 1 tbsp olive oil
- 500 g chicken breasts (skinless, boneless)
- 2 carrot(s) (diced)
- 3 stalks celery (diced)
- 1 cup white (button) mushrooms (diced)
- 1 litre low sodium chicken broth (fat-free)
- 1/4 tsp dried oregano (dried)
- 1/4 tsp dried thyme (dried)

## Directions

1. Add the oil to a large soup pot or dutch oven and heat over medium-high heat. Add the chicken and sear for 4 minutes on each side. Remove the chicken from the pan and set aside.
2. Add the carrots, celery, and mushrooms to the same pot and sauté over medium-high heat for 5 minutes.
3. Add the remaining ingredients and add the chicken back to the pot. Bring to a boil; reduce the heat and simmer for 45 minutes.
4. Remove the chicken from the pot and shred or cut up. Add the chicken back to the pot; stir.

## Some helpful information

### Sydney Water rebates

Sydney Water is offering Pension Concession Rebates and a Payment Assistance Program. There are a number of support options available including extra time to pay your bill, payment assistance credits on your bill and personalised support by qualified social workers. Call 13 20 92 for more information.



### Need to see your GP after hours?

If you're sick after-hours, GPs are available to see you in person or to speak over the phone using telehealth. Located at St George Private Hospital. It's free to many and provided by the St George GP After Hours Team.



#### Monday to Friday:

7.00pm - 10.00pm

#### Weekends & public holidays:

1.00pm - 5.00pm

**Call 9553 0795**



*Are you confused about*

**AGED CARE?**

**HELP IS STILL AVAILABLE!**

*COTA NSW's new phone service can explain:*

- how the aged care system works
- how to organise home care or residential care
- your contribution to the cost of your service

*We can also help you to:*

- find local services
- use the My Aged Care website
- apply for an online assessment
- fill in forms



COTA NSW's Information Hubs have temporarily closed due to the Covid-19 pandemic.

**The good news is, you can still contact us and we will help you by phone or email!**

#### HOW TO CONTACT THE SERVICE

- phone us on 8268 9601 or 0438 431 817, between 9am and 4.30pm, Tuesday to Thursday. If there is no answer, we may be on another call, so please leave a message.
- email us on [acs@cotansw.com.au](mailto:acs@cotansw.com.au)
- send us a text on 0438 431 817

**Family members and friends are welcome to contact us too!**

**Assistance is available in Cantonese and Mandarin as well. Please leave your phone number and we will call you back.**

*The aged care information service is part of the Aged Care Navigators Trial, which is testing ways to help people access aged care services. COTA Australia are leading the trials, which are funded by the Australian Government.*

**Remember we are here to help Call 9585 3000**