



E-news Issue #4

We're Moving!

After spending a lot of time looking around for new premises that are more accessible to our consumers and staff – we have finally signed on the dotted line.

But don't panic we aren't moving far – can you guess where?

We will be moving to our new place early in September – stayed tuned for more news about our grand opening closer to the date.

It's so exciting!



Most people volunteer to get away from their spouse when they retire – but not these two – have you met Ann and Kevin Weeks?

Ann and I have been volunteering for about 6 years now, me as a driver and Ann as a carer. We both spent 40 years as teachers and school leaders with great support from the communities in which we served. It was only appropriate that we give back to the community in roles that we feel are significant and offer a wonderful community service. I enjoy driving, actually find it relaxing, and really enjoy the weekly interaction with people from all walks of life when they access our service. Ann loves talking to and physically aiding the many clients on our buses, as they travel to appointments or attending our social outings. Often these trips are the only opportunity our elderly have to get out during the week and they really enjoy the interaction and camaraderie.



A couple of our consumers have asked me to add the following to our E-news

“We want to say a great big thank you to all the drivers, carers and office boys and girls who carried on during the lockdown and helped keep us all going during this period at a personal risk to themselves”.

News & Views – our August issue went out earlier this month – stay tuned for September. Both July and August are still on our website

st george community transport
supporting our community

Monday 3 August
Barangaroo Wharf & King St Wharf
Look what's happened at the wharf. Enjoy the beautiful new Barangaroo Wharf and the busy King St Wharf. Catch the lovely views back to Darling Harbour and the amazing new shops. Then stop and have a lovely lunch.
\$15.00 Bus

Wednesday 5 August
NSW Lancers Memorial Museum, Parramatta
With a retired Lancer as your personal guide, the Museum of the 1st/15th Royal NSW Lancer walks you through the Regiment's history on the battlefields. Hear the stories and live the lives of Lancers, through photographs, scrapbooks and diaries and see the world from the inside of an armoured fighting vehicle.
\$15.00 Bus \$10.00 Entry

Thursday 6 August
Nutcotte May Gibbs Cottage
Neutral Bay
Nutcotte is the beautiful harbourside home of May Gibbs (1877-1969), Australia's foremost children's author and illustrator of Adventures Snugglypot & Cuddlepie.
Located in Sydney's Neutral Bay and now a home museum surrounded by delightful gardens.
\$15.00 Bus \$10.00 Tour & Morning Tea

Tuesday 11 August
Lisgar Gardens, Hornsby
Nestled within West Hornsby, Lisgar Gardens is a peaceful hillside garden overflowing with flowers. The gardens cover 6.5 acres of camellias, rhododendrons, azaleas and gardenias along with native trees and ferns. Lisgar Gardens was purchased in 1917 with the specific plan of creating the gardens.
\$15.00 Bus

Wednesday 12 August
Cattai National Park & River Oaks Golf Resort
Where is Cattai? Come for a drive to Cattai National Park and then lunch at the beautiful River Oaks Golf Resort right alongside the National Park. This is an area we have not visited for a very long time.
\$15.00 Bus

Friday 14 August
Historic Sites Drive and lunch at Canterbury Leagues Club
Enjoy a drive to some known and unknown historic sites of the western suburbs. Then lunch at the beautifully designed Canterbury Leagues Club, with a variety of eateries. Try Lavico Italian Restaurant, The Bistro, The Dynasty Chinese or the Bakehouse Café. So much choice.
\$15.00 Bus

Monday 17 August
SEA LIFE Sydney Aquarium
Darling Harbour
Situating on the city side of Darling Harbour, SEA LIFE Sydney Aquarium houses over 12,000 animals from 650 species, including sharks, dugongs, turtles, stingrays, penguins, tropical fish and much, much more.
\$15.00 Bus \$40.00 Entry PRE PAY

Wednesday 19 August
Swanes Nursery Dural
Swanes Nurseries is a proudly family owned Australian business that began operating in 1919. It has had significant impact on gardens throughout Australia and all over the world through its breeding programs. The flagship plant nursery at Dural sits on 16 hectares.
\$15.00 Bus

Friday 21 August
Southgate Shopping Centre
Sylvania
Shopping time! Come and visit the variety of shops at Southgate, all on a single level. And lunch of course.
\$10.00 Bus

Monday 24 August
Piccolo Farm
Thirmere
Call them farmers, foodies, tree-changers or permaculturists. The Swede and the Italian Chef who wanted to supply people with the best possible food. This is a 4.5 hectare farm and we will be joining their tour of the vegetables and edible flowers.
\$15.00 Bus \$15.00 Tour

Tuesday 25 August
Milsons Point from Luna Park to Wendy Whiteley's Secret Garden
Is there anything better than our Sydney Harbour on a sunny morning? Enjoy the views of the Point or Luna Park and take a gentle stroll down to Wendy Whiteley's Secret Garden. Or simply sit and enjoy the view.
\$15.00 Bus

Thursday 27 August
Cork and Canvas Painting Class, Darlinghurst
Discover or rekindle your artistic flare. In this delightful and supportive 3 hour tutorial with a dedicated artist, at a full art studio in Darlinghurst take home canvas. Relax, paint and drink coffee! Then lunch of course.
\$15.00 Bus \$60.00 tutorial & material PRE PAY

Please avoid cancelling at the door when the drivers arrive. A fee may apply if this occurs.

Contact Us
How can you reach us?
visit: 70 Roberts Avenue, Mortdale
call: 9585 3000
email: AskUs@stgct.org.au or buses@stgct.org.au
Don't forget to visit our website www.stgct.org.au

Follow Us
f t i in

#stgct.org.au

and we will do our best to confirm your outings and your confirmation - and confirm back by email so you know who has paid for details on it to either a is a good deal of walking, by their own care. as you can. If it is out of

Some v no walk
Restrictions on group gatherings
early social newsletter.

Bye Bye Alexa

It was a sad day recently when we said goodbye to our long term volunteer driver Alexa.

She began volunteering with STGCT after seeing an advertisement in the paper and has been a volunteer for an incredible 17 years!

When she started, the office was based in Hurstville and the cars were parked at various locations including Carss Park and Engadine.

Alexa told our Manager, Consumer Engagement, Nurina Simpson "What I love the most is the clients and hearing their fascinating stories".



Whatever your age, it's important to eat a healthy, balanced diet.

This means you should try to eat:

- plenty of fruit and vegetables – aim for at least five portions of a variety of fruit and veg a day
- some bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties if you can
- some milk and dairy foods · some meat, fish, eggs, beans and other non-dairy sources of protein – try to eat at least two portions of fish a week, including a portion of oily fish
- just a small amount of foods and drinks that are high in fat or sugar.

Drink plenty of fluids everyday to stop you getting dehydrated water, milk and fruit juices are the healthiest choices.

Drinks that contain a lot of caffeine, such as strong tea and coffee, might make your body produce more urine. If you mostly drink strong tea or coffee (or other drinks that contain a lot of caffeine), make sure you also drink some water or other fluids each day that don't contain caffeine.



Follow us on



Here's some useful information about staying in touch during COVID-19

Social Wellness and Coronavirus

We all must do our bit to stay at home and follow physical distancing recommendations by health authorities. This means changing the way we interact with other people – using technology, such as the Internet, computers and phones, to keep in touch with workmates, friends and relatives.

Keeping your distance...

Physical distancing does not mean locking yourself indoors.

If you practice good hygiene and keep 1.5 metres from others, you can still enjoy:

- Gardening in your backyard or balcony
- Getting some sun on the porch
- Talking to your neighbours (from a distance)

What if I don't have the Internet?

If you do not have access to the Internet, there are many ways to keep socially connected.

- Spend some time connecting with the people you are living with
- Phone someone to check in with them
- Leave a note at someone's front door
- Organise safe interactions with your friends or relatives - like writing letters to each other

Living with Dementia

If you are living with Dementia, or caring for someone with Dementia, this might be a heightened period of isolation with many services closing.

Dementia Australia have an online chat and other sources of assistance and support at dementia.org.au/help/line/webchat

...while keeping connected

Keep connected with others through technology on your computer, ipad or smartphone:

- Skype is a videocalling program where you can video call people for free (skype.com)
- Facebook is a social media site that lets you interact with friends (facebook.com)
- WhatsApp is a free messaging and videocalling program (whatsapp.com)

Can I see my grandchildren?

You may be faced with the difficult decision of whether it is safe to see your grandchildren.

Institute member **Dr Stephanie Ward** suggests that families discuss the impacts of physical distancing. "There are many ways to still stay connected with your grandchildren, or other children in your life, if apart - talking at a safe distance, video calling, or mailing letters to each other."

I need to talk to someone

The **National COVID Older Persons Information Hotline** supports older people feeling lonely or distressed about Coronavirus.

Call 1800 171 866 between 8:30am-5:00pm (AEST) on weekdays.



More tips

The following sources of information provide a range of ways to support your social wellness:

- **Probus Clubs** provides a great opportunity to connect with older people in the local community. Search for your local clubs at probussouthpacific.org/directories/lookup or call 1300 630 488.
- **Australian Seniors Computer Clubs Association** have a directory of computer clubs you can browse and join ascca.org.au/index.php/seniors-computer-courses/computer-clubs-directory.
- **SANE Australia** have an online forum where you can chat with health professionals and other people about your thoughts and feelings. Read more and register at saneforums.org

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