MONTHLY

st george community.

July 2025

NEWSLETTER

(a)

e: AskUs@stgct.org.au p: 9585 3000

Better Support. Stronger Connections.

From Natasha's Desk

Welcome to our July update. It's been a pleasure looking after you, and I'm happy to share a little of what we've been working on – and what's coming next.

A Community Built on Rights, Respect & Connection

I want to begin with a story that reminds us why we do what we do. When we first met Anita*, she was waiting for her very first trip. "I feel equal parts excitement and nerves," she said. As the

independence, respect, choice and quality support. To continue receiving services, we're required to have a signed copy of this Statement on file. If you haven't received one, ask your driver or carer. Please give us a call if you need help; we never want fine print to get in the way of getting where you need to go.

Celebrating Friendship – 30 July

Connection sits at the heart of the new Act, so it feels fitting that International Day of Friendship falls this month. On 30 July, we'll raise a cuppa to



bus doors opened, another client reached out and said, "Don't worry - you're with friends now." That simple gesture captures what I love about this community: practical help and genuine friendship arriving hand in hand. Read Anita's full story on page 6.

Legislation Changes Designed to Put You First

On 1 November 2025, a new rights-based Aged Care Act will take effect, placing your dignity, safety and voice at the centre of care. A key part of this is the Strengthened Statement of Rights – a clear outline of your entitlements to

every helping hand that turns strangers into travel companions and travel companions into friends.

Your Ideas, Your Adventures

Thanks for your trip suggestions – keep them coming! Anita's already booked two. She's decided nerves can wait.

The Road Ahead

We're here to help you stay informed, connected and inspired. Thank you for travelling with us. Warmly,

Natasha

CEO, St George Community

www.stgct.org.au

IMPORTANT INFORMATION

ABOUT THE NEW AGED CARE ACT



Some important changes are taking place in aged care – and we want to ensure you're informed and prepared.

The new Aged Care Act will commence on 1 November 2025, and all approved providers must meet new standards and legal requirements under this Act.

WHAT'S CHANGING?

One of the key changes is the introduction of a **Statement of Rights**, which replaces the old Charter of Aged Care Rights.

MHAT YOU NEED TO DO

The Australian Government has mandated that all aged care service providers must give clients a copy of the Statement of Rights.

We are **legally required** to ask you to review and sign this document.

It outlines your entitlements when receiving aged care services, including your right to:

- Independence and choice
- Fair access
- Respect for privacy
- · Safe and high-quality care
- Support to stay connected with your community
- Raise concerns without fear of reprisal



▼ TRANSPORT SERVICES WILL CONTINUE AS NORMAL

Your bookings and transport arrangements will continue as normal. This update is purely about ensuring your paperwork is current and compliant under the new legislation.

LOOK OUT FOR AN **EMAIL FROM BOLDSIGN**

Our goal is to provide every client with copy of the a Statement of Rights by email OR when travelling in our vehicles.

If we have your email address, you will receive a secure link from **BoldSign** to review and sign the document online.

WHAT IS BOLDSIGN?

st george, communitu **Aged Care Rights** · make my own decisions about my own life · have my decisions not just accepted, but respected get information and support to help me make decisions · communicate my wishes, needs and preferences · feel safe and respected have my culture and identity respected · stay connected with my community. Consumer Provider St George Community (SGC) 1/29-33 Pitt Street, Mortdale, NSW, 2223 Ph: (02) 95853000 Web: www.stgct.org.au Email: reception@stgct.org.au O Consumer (or authorised person)'s signature Natasha Stokes Full name of SGC staff member Full name of consumer (or authorised person) Date: 26/05/2025... By signing the Aged Care Rights Document, you are acknowledging that St George Community has given you a copy of the Aged Care Rights and assisted you to understand information about your Aged Care Rights. Under the Aged Care law, providers are required to assist you (the consumer) to understand

your rights. Providers must give consumers a copy of the charter which is to be signed by the consumer (or authorised person) and the provider. This should include:

- the full name of the consumer (and authorised person, if applicable)
 the date

BoldSign is a secure and trusted platform used for electronic document signing. It meets Australian privacy and e-signature laws and makes signing fast, simple and safe.

You will be able to review the document and sign it digitally with just a few clicks.

The image above shows what the document will look like in your inbox.

YOUR PRIVACY IS IMPORTANT TO US

We take your privacy seriously. Whether you sign online or in person, your personal details are handled securely and in line with Australian privacy laws.

PREFER A PAPER COPY?

No problem! You can:

- Collect a copy from your driver or carer when travelling with us
- Return it to a driver, drop it off at our Mortdale office, or post it back
- Visit our office to view and sign the Statement of Rights in person

NEED HELP?

If you need support to complete the form, or want to update your contact details, we're here for you.

(02) 9585 3000 info@stgct.org.au

▼ Visit us: 1/29–33 Pitt Street, Mortdale NSW 2223







2 HOURS SHOPPING TIME ALLOCATED

July Shopping Bus					
st george community. shopping bus	Green Area	Yellow Area	Blue Area	Pink Area	
Which area are you in?	 Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	 Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	 Allawah Arncliffe Banksia Bardwell Park Bardwell Valley Bexley Bexley North Carlton Hurstville Turrella 	 Brighton-Le-Sands Carss Park Kogarah Monterey Ramsgate Rockdale Sandringham Sans Souci 	
Roselands Shopping Centre	FRI 4, 18 MON 7, 21 Pickups from 10:00 am	FRI 4, 18 MON 7, 21 Pickups from 8:30 am	MON 7, 21 Pickups from 10:00 am	MON 7, 21 Pickups from 10:00 am	
Rockdale Plaza	MON 14, 28 Pickups from 10:00 am	MON 14, 28 Pickups from 10:00 am	MON 14, 28 FRI 11, 25 Pickups from 8:30 am	MON 14, 28 FRI 11, 25 Pickups from 10:00 am	
Southgate Sylvania	TUE 1, 15, 29 WED 9, 23 Pickups from 10:00 am	TUE 1, 15, 29 WED 9, 23 Pickups from 10:00 am	TUE 8, 22 WED 2, 16, 30 Pickups from 10:00 am	TUE 8, 22 WED 2, 16, 30 Pickups from 10:00 am	
Westfield Miranda	THUR 3, 10, 17, 24, 31 Pickups from 10:00 am e varies depending o		THUR 3, 10, 17, 24, 31 Pickups from 10:00 am rs. Thank you for you		

BActive

Live Longer. Live Stronger Remember to keep hydrated, eat well and exercise regularly.



Contact instructors directly to book in your class, then call Shannon or Tracey on 9585 3000 to book your \$10 transport with us

Please note for non-funded clients, transport costs will be calculated individually.

STEADY STABLE & ABLE



Oatley Uniting Church Hall Wednesday 11.30am to 12.30pm

Bexley Congregational Church Tuesday 9.30am to 10.30am

3Bridges Youth Centre, Penshurst Park Friday 10.30am - 11.30am & 11.45am - 12.45pm

ZUMBA GOLD



Oatley Uniting Church Hall Tuesday 12.00pm to 1.00pm Wednesday 10.15am to 11.15am

School terms: call Kate to check dates. \$10 per Class

SEATED & STRONG



Bexley Congregational Church Tuesday 10.30am to 11.30am

School terms; call Kate to check dates. \$10 per class

◯ Kate - 0421 902 520 / katedemayo@gmail.com

AQUA AEROBICS



IRT Peakhurst Tuesday 10.30am (limited places) \$15 per class or 10-class pass for \$130

Cassie 0435 079 680 / cmaquafit@gmail.com

ACTIVE AGEING FITNESS GROUP



Oatley Community Hall Monday 9.30am to 10.15am

PJ Ferry Reserve Community Hall, Allawah **Tuesday 10.00am to 10.45am** \$10 per class. 10-week term

TAI CHI QIGONG GROUP



Oatley Community Hall Monday 10.20am to 11.00am

PJ Ferry Reserve Community Hall. Allawah **Tuesday 10.50am to 11.30am** \$15 per class or join 10-week term classes for \$100

Coralie - 0415 065 800 / coralie@fitnessnow.com.au

SENIORS DANCE FITNESS CLASS



St George Maso's Club Tuesday 12.00pm to 1.00pm Classes run school terms \$7 per class *1st class is free



Tracie 0419 999 650 / tracie@dancefitsydney.com.au



Out of the House, Into the Community: Anita's Journey Begins

For six long months, Anita* didn't leave the house.

Living with vision impairment and feeling disconnected from the world around her, the once-active 41-year-old became isolated and withdrawn. But today, thanks to personalised support from St George Community, Anita is smiling again – and stepping back into life.

"She's happy. Really happy," said her father, Raj*. "To see that spark in her again – it means everything to us."

Anita has started receiving one-on-one support through St George Community. With a dedicated and highly capable support worker by her side, she's already walked to the local shops in Hurstville and joined her first Sunshine Group social outing to Karimbla restaurant in Miranda.

"She hadn't stepped outside since September," Raj shared. "Now she's getting dressed, looking forward to things, laughing again. It's like we've got our Anita back."

The changes go beyond social outings. Anita has begun talking about her long-time love of basketball – and with growing confidence and new connections, she's starting to imagine playing again. Raj is hopeful that through her new network, she'll have the support to get back into the sport she once loved.

In addition to social support, Anita is now exploring assistive technology to improve her independence at home. St George Community has connected her with occupational therapists who can help assess and recommend tools to support her reading and everyday activities.

The family discovered St George Community almost by chance, after a relative walked past the Mortdale office. "We reached out straight away. Within days she had support in place. It's been such a relief."

Anita is now looking ahead to her next Sunshine Group outing in Bundeena – and whatever comes after that.

"Whether it's the beach, the shops, or the basketball court – she wants to be part of things again," said Raj. "This support hasn't just changed her days – it's changed her future. I'd say to any family out there who's unsure where to turn: don't wait. Reach out. The right support makes all the difference."

Nurina Simpson, Operations and Development Manager at St George Community, said this is what the organisation is all about.

"We provide 1:1 support in the home or out in the community to help individuals achieve their personal goals, build social connections, and engage in local activities. Whether it's catching up with friends, attending local outings, or joining in community events, we're here to empower people like Anita to live life on their terms."

WANT TO FIND OUT MORE?

If you or someone you care for could benefit from one-on-one support or our group outings, we'd love to help. Call St George Community, NDIS Team Leader, Sandeep Ghimire on (02) 9585 3000 / sandeep.ghimire@stgct.org.au or visit stgct.org.au to learn more about our NDIS services.

st george community.



OVERNIGHT TRIPS

Katoomba

TUESDAY 15 - WEDNESDAY 16 JULY 2025

2 DAYS 1 NIGHT TRIP

- Stay at The Carrington, Katoomba
- Enjoy the magic of Yulefest in the Blue Mountains, where the air is crisp, the fires are roaring, and the festive spirit is in full swing.
- Think cosy log fires, hearty winter fare, and the warm glow of fairy lights. The Blue Mountains truly transforms into a winter wonderland at this time of year



BOOK NOW 9585 3000

Southern Highlands

. 3 DAYS 2 NIGHTS TRIP

TUESDAY 26 - THURSDAY 28 AUGUST 2025

Details coming soon!

Overnight trips available to CHSP clients only.

SGC Social Outings





- Online: Visit stgct.org.au, click 'BOOK A SERVICE', select 'Social Outings', and submit your details.
- **Phone**: Call 9585 3000 and press '2' for Social Outings.
- Email: Send your booking to harvey@stgct. org.au and await a response.

Payments

- Bus fares: Pay on the day via cash, EFTPOS, or monthly invoice.
- Event fees: Pay on the day unless prepayment is requested (via phone with VISA/Mastercard or EFT: St George Community Transport BSB 062 206 and A/C 1038 4093.
- Food & Drink: Bring money for meals.



Cancellations

- Call 9585 3000 by 10am the day before to cancel your booking. You can leave a message outside office hours.
- If an outing is cancelled, we'll organise an alternative.

Social Outings Reminder Calls

You'll get two automated calls:

- 1st call: Courtesy reminder 2 days before, around 10:30am.
- 2nd call: Your pickup time the day before, around 4:00pm.

You can follow the prompts at the end of the message to confirm or cancel. For questions, call 9585 3000.

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Play Bingo and have a bite to eat with your friends WEDNESDAY South Hurstville RSL Drop-off 9.45 am THURSDAY St George Leagues Club Drop-off 10.15 am FRIDAY Bexley RSL Drop-off 10.45 am FRIDAY Oatley RSL Drop-off 10.45 am

Return Pickup time is 1pm for ALL of the above

Pickup may start from 1 to 1.5 hour before drop-off time.

Transport: \$10 or \$15(couple) Return. Call the office on 9585 3000 to book.

July Social Outings Calendar

Tuesday 1 July

Dollar World Warwick Farm

Bargain hunters, this one's for you! Dollar World is a massive warehouse packed with supercheap everything. From everyday essentials to quirky finds, there's something for everyone – just don't get lost! A fun day out with plenty of time to browse and grab lunch with friends.







\$20 Bus Shopping time approx 2hrs

Wednesday 2 July (Also on Tue 8/7/25)

A trip on the Driverless Metro – Sydenham to North Ryde

Ride Sydney's cutting-edge Metro from Sydenham to North Ryde. This driverless train is part of Australia's biggest transport project. Glide through tunnels and bridges on a smooth, fast journey. A unique day out for curious minds, tech lovers, and anyone who enjoys a scenic ride across the city

.\$20 Bus OpalCard







Thursday 3 July

Simply Lunch: Pippi's Cronulla

Soak up the coastal charm with Simply Lunch at Pippis Cronulla. Overlooking the marina, this relaxed spot serves up fresh, Mediterranean-style dishes in a, waterfront setting. With its BYO policy and friendly atmosphere, it's the perfect place to enjoy good food and great views with friends.

\$20 Bus

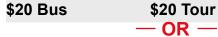




Friday 4 July (Also on Mon 14/7/25)

Callan Park Tour 1

Step into Sydney's past with a guided tour of Callan Park and Broughton Hall. Uncover stories from this iconic heritage site, stroll through historic gardens and grand buildings, then unwind over lunch. A fascinating day out in one of the city's most scenic harbourside parklands.Limited seats.









- or -

Friday 4 July

Aidacare Healthcare Equipment & Como Hotel

Check out the latest equipment and assistive technology for seniors. Then enjoy a relaxed lunch at the historic Como Hotel, nestled by the Georges River. With its charming verandas and scenic views, it's the perfect spot to unwind.





\$20 Bus

Saturday 5 July

Carousel in Concert: Pavilion Sutherland

Celebrate the 80th anniversary of Rodgers and Hammerstein's Carousel with The Sydney Musical and Opera Society as they bring this beloved classic to the stage in July. Performed by a full 23-piece orchestra, featuring timeless songs like 'You'll Never Walk Alone' and 'If I Loved You'.







\$50 Ticket

\$25 Bus Fully booked - Waitlist only

Monday 7 July

North West Drive & Ettamogah Pub Lunch

Enjoy a scenic drive through Sydney's North West before stopping for lunch at the iconic Ettamogah Pub. Known for its quirky architecture and country charm, the pub offers classic Aussie meals in a relaxed setting. A fun day out with good food, great company, and plenty of photo ops!







\$20 Bus

Tuesday 8 July (Also on Wed 2/7/25)

A trip on the Driverless Metro – Sydenham to North Ryde

Experience the future of travel on Sydney's driverless Metro! Journey from Sydenham to North Ride on sleek, fully automated trains. Part of a 113km, 46-station network, it's Australia's most advanced railway – and a fascinating day out for lovers of innovation and scenic rail travel.







\$20 Bus

Opal Card

Wednesday 9 July

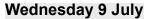
CATS: Theatre Royal

Celebrate 40 years of CATS at Theatre Royal Sydney! Step into the magical world of the Jellicle Cats, complete with dazzling sets, unforgettable characters, and the iconic song Memory. A spectacular musical experience in one of Sydney's most beloved theatres.

\$80 Ticket

\$20 Bus Fully Booked - Waitlist Only

– OR —



Duelling Pianos: Jazz Duets, Beauty Point

Step back into the roaring 1920s with Duelling Pianos at Beauty Point! Enjoy jazz duets and solos by Robbie Mann and Bradley Newman as they channel the spirit of rent party showdowns. A toe-tapping afternoon of fun, flair and musical one-upmanship in a gorgeous harbourside setting.

\$20 Bus \$10 Ticket











Thursday 10 July

Aitkens Australia In The Round Panorama at Glenbrook

Experience Australia like never before at Aitken's Australia in the Round, Glenbrook. Take in breathtaking panoramic scenes of iconic landmarks – Uluru, the Great Barrier Reef, the Blue Mountains and more – all in one visit. A peaceful, immersive journey through the beauty and wonder of the Australian landscape.

\$25 Bus

\$5 Donation







Friday 11 July (Also on Tue 15/7/25)

Camden Town Farm & Community Gardens 1

Discover the charm of Camden Town Farm and its vibrant Community Gardens. Explore the scenic Miss Llewella Davies Pioneer Walkway, admire the historic farm buildings, and see the community-tended garden plots. A peaceful day out celebrating nature, heritage, and local sustainability.

\$20 Bus



Monday 14 July (Also on Fri 4/7/25)

Callan Park Tour 2

Join us for a guided walk through the historic grounds of Callan Park and Broughton Hall. Discover stories from the past, admire the grand architecture and tranquil gardens, and take in the harbour views. We'll finish the day with a relaxing lunch in good company.





\$20 Bus

\$20 Tour

— OR —

Monday 14 July

Archibald Art Prize & Art Gallery of NSW 1

Experience Australia's most celebrated art event at the Art Gallery of NSW. The Archibald, Wynne, and Sulman Prizes showcase outstanding portraiture, landscapes, and genre works. You can also enjoy the gallery's permanent exhibition and café at your leisure.







\$20 Bus

\$22 Entry to Archibald

Tuesday 15 July (Also on Fri 11/7/25)

Camden Town Farm & Community Gardens 2

Discover the charm of Camden Town Farm and its vibrant Community Gardens. Explore the scenic Miss Llewella Davies Pioneer Walkway, admire the historic farm buildings, and see the community-tended garden plots. A peaceful day out celebrating nature, heritage, and local sustainability.







\$20 Bus

Wednesday 16 July

Music in the Morning: Hurstville Entertainment Centre

Powerhouse vocals from Paige Jeffrey and smooth jazz stylings by Geoff Zhang, backed by the award-winning Joseph Macri Band – this lively, feel-good show features songs you know and love, performed by some of Australia's top talent.





Thursday 17 July

Christmas in July: Moorebank Sports Club

Celebrate Christmas in July at Moorebank Sporties! Enjoy a festive two-course lunch with all the trimmings, tea and coffee, and a cheerful atmosphere. With entertainment and good company it's the perfect way to enjoy a mid-year dose of Yuletide spirit.



\$35 Lunch



Thursday 17 July

Archibald Art Prize & the Art Gallery of NSW 2

Experience the Archibald, Wynne & Sulman Prizes at the Art Gallery of NSW. Australia's most prestigious art event showcases outstanding portraiture, landscapes, and genre works. You can also enjoy the gallery's permanent collection and café at your leisure.

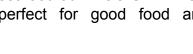


\$22 Entry to Archibald

Friday 18 July

Simply Lunch: Cronulla Golf Club

The Cronulla Golf Club offers a delightful dining experience with picturesque views of the greens. Enjoy generous portions of classic favourites like steaks, schnitzels, and seafood at Mike's Grill. A relaxed, scenic outing perfect for good food and great company.



\$20 Bus

Monday 21 July

Narrabeen Lagoon Walking Trail 1

Take a peaceful stroll along the accessible Narrabeen Lagoon Trail. With tranquil waters, scenic bushland, and panoramic lake views, it's a gentle outing perfect for relaxing the mind. Enjoy nature at your own pace on this flat, easy path — ideal for walkers of all abilities.



















Tuesday 22 July

Local Christmas in July Lunch: Club Rivers

Join us for a local Christmas in July lunch. Enjoy a traditional festive meal, warm company, and a relaxed, friendly atmosphere – all close to home. It's the perfect way to celebrate the season without the travel. Spaces are limited, so book early to avoid missing out!



\$20 Bus

\$40 Lunch

Wednesday 23 July

Wednesday Pickers Bazaar, Fairfield Showground

Love a good rummage? Join us for a fun day out hunting for vintage treasures, quirky finds and bargain buys. With fruit and veg and other food stalls, there's plenty to explore. Its a great mix of shopping and socialising. Bring your curiosity - you never know what you will find.

\$20 Bus Free



Thursday 24 July (Also on Mon 21/7/25) **Narrabeen Lagoon Walking Trail 2**

Enjoy the natural beauty of Narrabeen Lagoon on a leisurely visit tailored for seniors. Take a short, accessible stroll along the lakeside trail, soak up the views, and unwind in the tranquil surrounds. With calm waters, gentle paths and plenty of spots to sit, it's a peaceful escape into nature.







\$25 Bus

Friday 25 July

She Loves Me the Musical: Miranda Musical Theatre, Bangor

Regarded as one of the most enchanting musicals ever created, She Loves Me is a delightful romantic comedy brimming with old-world charm. Based on Mikos Lazlos' play Parfuemeri, this story has inspired beloved adaptations like the film, You've Got Mail, and the Jimmy Stewart classic The Shop Around the Corner.

\$20 Bus Prepay \$45 by Monday 14/7/25







Monday 28 July

Simply Lunch: Parea Greek

Warm Hospitality and classic Greek flavours. Tuck into generous plates, from souvlaki to seafood, in a relaxed, welcoming setting. the perfect spot to share good food and great conversation. Come hungry and leave happy!



\$20 Bus

Tuesday 29 July

Christmas in July Camden Valley Inn

It's time to return to the lovely Camden Valley Inn for Christmas in July! Enjoy a traditional twocourse festive meal, tea and coffee, a welcome drink, and live entertainment. A cosy and cheerful winter celebration in a beautiful countrystyle setting - come feel the Christmas spirit!



\$20 Bus

Lunch \$66

Wednesday 30 July (Also on Thurs 31/7/25) **Innovations Showroom 1**

Join us for a fun outing to the Innovations Showroom, where you'll find a treasure trove of clever gadgets, gifts, homewares and more. Browse the displays at your leisure before we head off for a relaxing lunch nearby. A great day out for curious minds and keen shoppers! Limited to 20 per day.





\$20 Bus

Thursday 31 July (Also on Weds 30/7/25)

Innovations Showroom 2

Join us for a fun outing to the Innovations Showroom, where you'll find a treasure trove of clever gadgets, gifts, homewares and more. Browse the displays at your leisure before we head off for a relaxing lunch nearby. A great day out for curious minds and keen shoppers! Limited to 20 per day.







\$20 Bus







Social Outings RECAP MAY 2025







Better Support. Stronger Connections.

st george community.

Phone

02 9585 3000

Address

Website

1/29-33 Pitt Street www.stgct.org.au

Mortdale NSW 2223 Connect with us



