CHARLESTOWN CARING GROUP

September, October & November 2017

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OFFICE HOURS: Monday to Friday- 8am- 3pm

Message from the Office- Welcome to our Private services and NDIS clients

A lot of things have been happening since our last edition, we have baby fever! We welcomed my little granddaughter Ivy into the world (now 2 weeks old) Our casual staff member Rebecca gave birth to "Verity", mother and baby are doing well and now our new staff member Amanda who starts on 25/8 called in with her little girl Eadie. Amanda will be coordinating the NDIS (Disability Services) as well as our Private services. If you know anyone that wants cleaning, One off spring clean, inside window clean, mowing, gardening, plus lots more - Just ring the office. Amanda has a lot of experience and will also be filling in for Michelle while she is on leave.

We completed a survey at social mornings and it was voted to continue, with no changes for the remainder of 2017.

We were excited to be nominated as finalist in the Lake Macquarie Business Excellence award for 2017 in the not for profit section.

We would like to welcome new clients and volunteers that have joined the team, since last edition there has been a lot of sickness and injuries with our clients (as well as some volunteers), we all are thinking of you and wish a speedy recovery. Sympathies to the families and friends of people who have lost loved ones

Margaret - General Manager.

CCG would like to acknowledge that the printing of this newsletter has been provided by Pat Conroy MP, Federal Member for Shortland using federal government funds.

Charlestown Caring Group Inc. Management Committee Members:

Office Bearers

John Mihell	Chairperson
Gordon Hughes	Treasurer
Marion Falcocchio	Secretary

Members

Tony Frawley	Committee member
Jill Hall	Committee member
Janice Knowles	Committee member
Greg Renwick	Committee member
Daryl Jeffs	Committee member
John Falconer	Committee member

Operations Manager's Report

Firstly, I would like to share one of my favourite photos of 7 of our many wonderful clients – This was a great day!

Secondly, I would like to share a photo that simply makes me laugh!… We are all aware that CCG has regular fundraising ideas and events to better support our clients.
This one was one of the easiest fundraisers, as most of us love chocolate.
The staff sure do anyway!! And we also have Thompson's pies lamington drive, so much for our staff "Healthy at work Program" - - we are buying a lot of goodies.

A huge thank you to everyone for your ongoing support with all of our fundraising ideas.
Every little bit helps!

SPECIAL EVENTS

- Trivia night-Friday 13th October – please join us. Bookings are essential – contact the office if you wish to join in a team.
- Annual Fete – Charlestown Caring Group will be holding its annual fete on Saturday 18th November 2017. We have had an overwhelming amount of donated items to sell. Please continue to forward any items that you no longer need and we will sell them on the stalls.
- Client Christmas party – Our client Christmas party will be held on Tuesday 12th December – venue to be confirmed.

The next three months – please fill out your Activity booking sheets and return to the office, so you don't miss out!! **Michelle-*Operations Manager***

Lifestyle Coordinator's Report

We love it!

Due to popular demand, we will continue to have ten-pin bowling on the calendar last Friday of each month.

We need a name!

For our regulars who attend our bowling group, pop your thinking hats and think of a catchy name to call our team. Write it down, give it to myself and I will take it to the office for judging. The winner gets a prize!! The more the merrier so please think about coming along to join in. I would like to acknowledge Graham (manager) and his team at Super-strike Warners Bay. You have been fantastic supporting our clients.

We have been really lucky with the weather the last three months, making our community outings even more enjoyable – went to the Entrance Markets; picnics at foreshore, Kilaben Bay and Stockton, lost in the 50's just to name a few. Keep up with the suggestions for community events suggestions too please.
Check the calendar for any up and coming theme days (dress up and come along).

Grab your cossies out! Aqua is going to continue every fortnight but we will now be back at Charlestown swim centre…

I love gardening so much I wet my plants!...–
I have now started a "Green Thumb club" – Lets share what we know with each other…come along!.

Soup days during the winter months have been a huge success. A big thank you to our great soup makers - Helen and John for the lovely pea and ham soup and thank you also to Sheryle for the tasty pumpkin soup

We have had great feedback about our pamper days, and requests for more of these days, I have included the pamper days into the program

We also have some interesting guest speakers booked in eg. Stroke awareness, arthritis, fire brigade visit, so make sure you book in!
DEB- *Lifestyle Coordinator*

Community News

REMINDERS FOR HOT WEATHER:

- Check cooling systems in your home are adequate and working effectively
- Keep curtains and blinds closed in your home to reduce excess heat
- Have small amounts of fluids readily available (water)
- Eat frequent small meals
- Wear loose fitting clothing
- Use sunscreen and keep skin covered when exposed to direct sunlight
- Seek shade when outside, and avoid going out between 11am and 3pm
- When going on outings (picnic, BBQ etc) take a hat, sunscreen and water bottle with you
- Thaw food in the fridge, do not leave out on the bench.
- Check smoke alarms

FIND THE HELP YOU NEED

My Aged Care – established by the Australian Government, can help you find information about aged care services and what you need to do to receive them.
Call – 1800 200 422.

Charlestown Caring Group: AGM

We will be holding our Annual General Meeting on Thursday 14th September – 11.00am at the CCG office, members of the Community are welcome to attend. Please RSVP by 8/09/16 for catering and seating purposes.

ABUSE

If you know of or suspect and type of abuse (physical, verbal, financial, and psychological) Please let us know as we all have a duty of care in the community.

There is abuse hotline numbers for where you can call anonymously.
Call the office and ask to speak to Margaret or Michelle and we will give you the correct details for elder abuse and/ or disability abuse.

PHOTOS