

at home with
WILLOUGHBY



CLIENT NEWSLETTER

WELCOME TO THE 2023 WINTER EDITION

At Home with Willoughby Client Survey

You'll have recently received our annual AHWW Client Survey through the post. Please complete the survey and let us know what we are doing well and what we could be doing better! We really value your opinions and use your feedback to make changes to our services in the future.

Completed and returned surveys will be entered into a prize draw to win one of three \$20 vouchers for the Blend Café at the Dougherty Centre.

For more information or another copy of the survey, please call 9777 7824. Please return surveys by 1 June 2023.



Return of Out & About on Fridays

At Home with Willoughby are pleased to announce the return of Out & About on Fridays. This service will now be operating every Friday (except public holidays) from 10am – 2pm.

Out & About is a car service that will collect you from your home (or anywhere else within the Willoughby local government area), and take you to wherever you want to go within the Willoughby area. You could use this service to visit friends or relatives, attend medical appointments, go shopping, or to just pop out for a coffee.

Trips are \$6.90 each way, and a My Aged Care referral is required. Please call 9777 7824 for more information.

SOCIAL BUS OUTINGS



Join us for an outing around Sydney

At Home with Willoughby's Social Outing Program aims to provide the community with a range of varied and interesting experiences as well as opportunities for social engagement and education. Come along and meet new friends, travel to interesting locations around Greater Sydney, and enjoy lunch within an inclusive and supportive environment.

What you need to know

The basic cost for each bus trip is \$17.50, which is invoiced at the end of the month. At cafés and restaurants, clients order and pay from the menu at the venue.

Trips operate on the first, third and fourth Wednesdays of the month. The trip on the fourth Wednesday of the month is shorter and is suitable for clients with mobility difficulties or who may be unable to spend longer periods of time on the bus.

June 7 th 2023	Ferry ride to Manly from Circular Quay, lunch at Ivanhoe Hotel and Ice Cream at Anita Gelato on the Corso
June 21 st 2023	The Como Hotel and scenic drive
June 28 th 2023	High Tea at My Little Cupcake – Short Trip
July 5 th 2023 	Christmas in July – The Fiddler Rouse Hill - \$55pp Welcome drink, Traditional Christmas two course lunch & Entertainment
July 19 th 2023	Art Gallery NSW + lunch
July 26 th 2023	Ironwood Café Woolwich – Short Trip
August 2 nd 2023	Geranium Cottage Dural
August 16 th 2023	Short trip - Harbord Beach Hotel and scenic drive
August 23 rd 2023	Auburn Botanical Gardens – Cherry Blossom Festival Lunch at Club Auburn – Yum Cha

Please call Jackie on 9777 7826 for further information about Social Outings

SOCIAL ACTIVITIES GROUP



Wednesday Social Activities Group (WSAG)

We have been doing a lot of **funfilled activities** this quarter, including **arts and craft, nature painting, paper toys, playing board games, bingo** & lots more.

We have also been making artwork as a group where clients create individual pieces and collectively put it together to display during special events. The paper bunnies in the photo below were all made individually by clients and used as part of decoration during Easter celebration. Clients loved spending their time creatively making paper bunny hats, paper birds, paper fans & much more.



Sample Timetable for May 2023. Subject to change; morning tea and lunch provided every week

3 May	Seated Yoga	Mother's Day Craft	Bingo
10 May	Gentle Exercise	Scrap Paper Collage Art	Dice Games
17 May	Gentle Stretches	Origami Paper Toys	Board Games
24 May	Chair Yoga	Nature Painting Activity	Bingo
31 May	Seated Yoga	Tissue Paper Flower Making	Dice Games

Our Wednesday Social Activities Group meets every week on Wednesday 10am - 3pm for social activities and friendship. WSAG is open to people who are over 65 from all backgrounds (over 50 for Aboriginal and Torres Strait Islanders) and who are registered, or willing to register, with My Aged Care: 1800 200 422 or www.myagedcare.gov.au. For more information about how to join this program, please call 9777 7526, or email gauri.borkar@willoughby.nsw.gov.au

SOCIAL CIRCLE



Social Circle

Join in with us...

Social Circle is a weekly get-together on Thursday afternoons from 1.00pm to 3.00pm at the Dougherty Community Centre. Our friendly group enjoys newly released movies, old favourites, documentaries and travel adventures. This is a great social event where you can make new friends and have a chat over a cuppa.

Program June – August 2023

If there is something in particular you would like to see then let Ita know and we will see if we can screen it for you.

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|------------------|--|
| 1 June | <i>Surviving Paradise</i> – released 2022 <i>An Animal family tale of survival in Africa</i> |
| 8 June | <i>Ticket to Paradise</i> -- released 2022 starring George Clooney and Julia Roberts |
| 15 June | <i>Half Time</i> – released 2022 documentary, The Jennifer Lopez Story |
| 22 June | <i>True Spirit</i> – The Jessica Watson story, youngest person to sail solo around the world |
| 29 June | <i>Gifted Hands</i> – released 2009 starring Cuba Gooding Jr. |
| 6 July | <i>Big Fat Greek Wedding 2</i> – light-hearted comedy with Nia Vadalos and John Corbett |
| 13 July | <i>A Star is Born</i> – released 2018 starring Lady Gaga and Bradley Cooper |
| 20 July | <i>Rams</i> – released 2020 Australian comedy drama starring Sam Neill |
| 27 July | <i>The Great Gatsby</i> – released 2013 Baz Luhrmann movie with Leonardo Di Caprio |
| 3 August | <i>Phar Lap</i> – classic 1983 movie about the racehorse Phar Lap, with Tom Burlinson |
| 10 August | <i>Mrs Harris Goes to Paris</i> – released 2022 comedy drama with Leslie Manville |
| 17 August | <i>The Bodyguard</i> – classic 1992 romance with Whitney Houston and Kevin Costner |
| 24 August | <i>Peter Rabbit</i> – released 2018 charming film starring James Gornall |
| 31 August | <i>The Man From Snowy River</i> – Classic 1982 movie starring Tom Burlinson and Jack Thompson |

For further information about this group, please call Ita Flynn or Debi Rose on 9777 7824.

SOCIAL LUNCH CLUB



Social Lunch Club

Staying socially active and regularly connected with friends is important for keeping healthy and happy, so why not come along to our Social Lunch Club?

Social Lunches are held on the second and fourth Wednesdays of the month at the Dougherty Community Centre. The lunch on the second Wednesday has a more traditional menu, and is often themed to celebrate cultural events. The Social Lunch on the fourth Wednesday of the month has a multicultural focus, with an Asian inspired menu.

Lunches are \$16.50 payable by card on the day, and include two courses, tea / coffee & small glass of wine. Cash is not accepted for payment.

There is limited transport available for residents in the Willoughby LGA to the traditional social lunch on the second Wednesday of the month if required.

Bookings are essential. Please call 9777 7830 to book the traditional themed social lunch, and call Rufina Lee 9777 7847 to book your place at the multicultural Social Lunch.

Upcoming Social Lunch Dates

14 June 2023 – King's Birthday

28 June 2023 – Thai cuisine

12 July 2023 – Christmas in July!
Join us for a festive winter meal \$20.

9 August 2023 – Winter Warmer

23 August – Japanese cuisine

13 September 2023 – Springtime

27 September – Vietnamese cuisine

Entertainment provided from the
Beating Time Choir

Please note that there is no Social
Lunch on the 4th Wednesday of July.

Changes to Social Lunch Bookings

Please note that the below changes to Social Lunch bookings are effective from 1 June 2023.

- If you are booked in to attend the Social Lunch and are unable to attend, please call 9777 7830 or 9777 7847 to cancel. These lunches are fully booked, and you cancelling will allow us to offer your place to another guest.
- The deadline to book in to a Social Lunch is midday on the **Friday prior to the lunch**. If you book after this, you will be added to a waitlist and only able to attend if another guest cancels.

Thank you for your understanding.

MEALS ON WHEELS



Meals on Wheels

We offer a range of hot, frozen or chilled main meals, desserts and sandwiches all delivered to your door by our team of friendly volunteers.

All main meals are made locally using fresh ingredients without preservatives, and provide excellent value for money. Main meals are \$7.75 for CHSP clients.

All meals meet the Meals on Wheels National Meal Guidelines, so you know you will be receiving healthy meals that meet your nutritional needs. Meals are balanced to ensure adequate protein, fibre and energy to empower you to continue to live independently and maintain (or improve!) your quality of life.

Our Meals on Wheels menu changes regularly – please call 9777 7830 if you would like to try one of our meals or if you would like further information.

Winter Warmer Soups

We are excited to offer a range of winter soups which are delicious, nutritious and warming!

Soups are frozen, ready for you to eat whenever you would like. They are delivered to your door by our team of friendly volunteers.

Soups are individually portioned – enjoy a very generous serving (approx. 725g) for **\$8.50**.

Choose from:

- Creamy pumpkin and oregano
- Chicken & sweetcorn with coriander zing
- Minestrone
- Chicken & vegetable
- Roasted winter vegetable finished with cream and nutmeg
- Creamy cauliflower finished with truffle oil and parsley

Please call 9777 7830 to order



DEMENTIA AWARENESS & SUPPORT



Forward With Dementia

A diagnosis of dementia for you or a loved one can be a confusing time. Forward With Dementia is an international partnership of clinicians and researchers who are working together to provide resources and support for the first year after a dementia diagnosis.

Resources can be accessed online at www.forwardwithdementia.au, and include information around:

- Understanding the diagnosis
- Coming to terms with dementia
- Managing changes
- Supporting wellbeing

The website also provides general advice and news stories around how to reduce the risk of developing dementia, resources for LGBTQ+ adults with dementia, as well as programs and research projects. Information from Forward With Dementia will be included in this newsletter in future editions.

For more information, please contact Forward with Dementia via email at forwardwithdementia@unsw.edu.au

Dementia Australia Library

Dementia Australia has a national library service providing access to a collection of print and digital resources about dementia.

This library can be accessed online or in person. Register online at www.dementia.org.au/library, email library@dementia.org.au or call 1800 100 500 for more information.

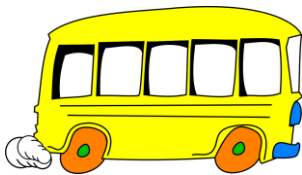


**National Dementia Helpline 1800
100 500**

SHOPPING SERVICES



All Aboard! The Tuesday Shopping Bus



The SHOPPING BUS will pick you up from your home and drop you off at the Spring Street entrance of Westfield Shopping Centre at 12 noon. You will have approximately 2 hours for shopping before the bus returns at 2pm to take you home. Cost \$7.75 for the return trip or \$5.25 one-way.

If you require additional assistance with shopping, please contact the At Home With Willoughby Team on 9777 7824.

Companion Shopping

Individually assisted Companion Shopping services can be arranged for residents living in the Willoughby area who have low vision or a mobility issue that prevents them from using public transport or the shopping bus. This service can be utilised fortnightly, monthly or on an ad-hoc basis. Cost is \$20 for a 2 hour service.

Home Delivered Groceries

At Home with Willoughby can organise a home delivery of groceries through Coles or Woolworths Online Shopping. You will need to have a debit or credit card.

Our friendly volunteers will contact you by phone on Mondays and take your order. It will be processed through the internet and Coles or Woolworths will deliver your groceries to your door later in the week, generally on a Thursday. There is no cost from At Home with Willoughby for this service but Coles and Woolworths do charge a delivery fee dependant on the timeframe you choose for delivery. You can choose whether you prefer to receive groceries from Coles or Woolworths.

For further information on any of the above shopping services, please phone the office on 9777 7824.



COMPANION SERVICES



Out and About

The **At Home with Willoughby Out and About** is a service to help you get out and about!

Do you need a lift to the hospital, doctor, health professional or to visit the shops? Do you have family or friends in the Willoughby area you want to visit?

Bookings available Tuesday to Friday 10.00am - 2.30pm within the Willoughby Local Government Area

Cost: \$6.90 each way

My Aged Care eligibility required.

For help with My Aged Care call **Debi on 9777 7824**

For bookings call **Karyn on 9777 7802** Monday - Friday before 2.00pm.

Companion in the Community

At Home with Willoughby arranges a home visiting service for residents living in the Willoughby local government area. The service introduces you to a friendly volunteer who will visit you once a fortnight. Our volunteers are outgoing, friendly people who enjoy a chat over a cup of tea, play a game of cards or perhaps read articles from magazines. Visits take place between Monday and Friday for approximately one hour. There is no cost for this service. For further enquiries please call **9777 7824**.

Volunteering with At Home with Willoughby

Volunteers are the life blood of the At Home with Willoughby services. Without volunteers, we would not be able to reach as many residents. Volunteering is beneficial for you and for the community. By giving back to your community, you can develop and experience:

- Feelings of fulfilment
- New friendships
- New memories
- New skills
- Mental stimulation
- Feelings of happiness

If you, or someone you know, are interested in volunteering, please call 9777 7826 for further information.



LINEN SERVICE



At Home with Willoughby Linen Service

The Linen Service provides freshly laundered sheets, pillowcases and towels to eligible clients living in the Willoughby local government area.

A team of caring volunteers visits your home each fortnight on a Tuesday morning to deliver the fresh linen and towels and to remake your bed. Used linen is collected and sent out to a commercial laundry for cleaning.

The cost of the service is \$13.25 per bed. Clients receive an invoice at the end of each month and direct debit can be set up for ease of payment.

For further information please contact Linda on 9777 7828.



At Home with Willoughby services and programs require a My Aged Care Referral Code. If you have not been assessed by My Aged Care you should call and ask for an assessment for service. Phone **1800 200 422**. If you are unsure or need assistance when calling My Aged Care, you can call our office on 9777 7824 and we are happy to support you with this process.

My Aged Care is the central hub for accessing all aged services. It is important that you call and get your Aged Care number early and before you are in need of help at home.

You may be able to access services that will support you to be able to remain living at home independently and with confidence for as long as you wish.

LOCAL NEWS AND EVENTS



A 'Thank You' from a volunteer

The below letter came from a very grateful At Home with Willoughby volunteer.

I ride my bike to the Dougherty Centre to volunteer. One day, upon arriving at the centre, I found my bike bag had fallen off along the route. I immediately rode back home, searching the road for the bag which contained my wallet, cards, address and house keys.

I spent several hours informing police and organising replacement bank cards before the wise suggestion that someone may have picked the bag up and moved it away from the road. I set off walking to the Dougherty Centre hoping against hope to find the bag... and I did! Five hours after I lost it, I found it propped up against a tree on Victor Street with my purse and bank cards all inside! When I returned to the police station to report that the bag and contents were in my possession, the desk sergeant said that Willoughby was generally thought of as being an honest suburb; after this experience, I most wholeheartedly agree.

The bag could have been placed under the tree by someone reading this account; if that is the case, thank you for your honesty.

Dougherty Centre Art Exhibition – Connections, June 2023

By Alison Lee Cousland, Sue-Ellen Smith, and Jan Denham

Connected through friendship and a mutual love of nature, local artists Alison Lee Cousland, Sue-Ellen Smith and Jan Denham hope you enjoy this exhibition. Why not connect with a friend, or friends over coffee at the Blend Cafe Art Space and take in the wondrous imagery of birds, blossoms and fungi. We hope you enjoy the feeling of simple connection.



CLIENT FEEDBACK



YOUR SUGGESTIONS AND FEEDBACK ARE IMPORTANT TO US.

You are important to us; we would like to tailor our services to meet your needs. Please take this opportunity to provide us with suggestions and feedback and return it to the At Home with Willoughby Coordinator. Feedback forms may also be posted to:
Dougherty Community Centre, 7 Victor Street Chatswood, 2067

Name (optional):

Date:

Feedback:

How would you rate your overall satisfaction with the services you receive?

Lowest

1 2 3 4 5 6 7 8 9 10

Highest

(Please circle)

The information in this newsletter is for the clients of "At Home with Willoughby" as part of The Commonwealth Home Support Program in conjunction with Willoughby City Council. If you are not currently a client and would like to join any of our activities or programs, please phone: At Home with Willoughby on 9777 7824 or 9777 7830.