

# Cottage Courier

June-July 2022



Find us on:  
**facebook®**

Welcome to our June/July Cottage Courier this edition I am requesting some assistance from our readers.

Firstly, we have activated our Facebook page and it would be wonderful if you can all go onto our page and hit the Like button, that way you will see weekly updates of what's happening in the Cottage.

Secondly, we are after testimonials for our Myrtle Cottage Web page and again it would be great if you can write in to [info@myrtlecottage.org.au](mailto:info@myrtlecottage.org.au) or send a note along with your loved one.

Thirdly, I would like to let everyone know we offer Flexible Respite Care In-home to assist Carers that may need a break for a few hours on a regular basis across the Macarthur area. Please call the office and ask to speak with Christine Turner.

Lastly our next Cottage event will be R U OK Day 8th September 2022, keep an eye out for further information on this event.

Stay safe until next time.

**Kylie**

**It always seems  
impossible until it's done.**  
- Nelson Mandela



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## Myrtle Cottage Group

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[www.myrtlecottage.org.au](http://www.myrtlecottage.org.au)

**Disclaimer:** Information contained in this newsletter is believed to be true and correct at the time of publication. This newsletter is provided for information and awareness purposes only. People should make their own enquiries and judgement concerning any information, services or products contained within. The views expressed on this newsletter are not necessarily those of Myrtle Cottage.

# Elizabeth's Exciting Edit

## Manager's Report



Hi all,  
It hardly seems like two months have passed, but the new financial year is running and we are looking forward to having the regular visit from our auditors and getting ready to implement recommended changes. It is a great way to ensure we stay alert!

We continue to operate ensuring all those who want to attend find a spot in our programs, and to ensure we keep all safe, some Covid-19 restriction are still in place at the Cottage. This is to everyone's advantage so thank you all for your cooperation!

As we travel through winter once again it is good to remember it's important to ensure safety at all times, but much more so when we try to huddle up in front of our heaters to escape the cold weather.

With a number of opportunities coming up in the next few months to recognise the wonderful work our volunteers do, members could assist by nominating a volunteer you believe deserves special mention. Please ask for a nomination form and help out by filling it in on your next visit to the Cottage! We often say we would not be here without them, but it is so nice to tell the volunteers themselves.

Look after your selves and each other!  
**Kind regards, Elizabeth Delcasse, Manager**



## DONATIONS & BEQUESTS

### **Make a gift to be remembered for all time.**

There's no more generous contribution you can make to others and your community than to leave a gift in your Will. All funds from these gifts go towards enhancing the services our members rely on.

A bequest to Myrtle Cottage is an invaluable gift which will ensure we can continue to provide the great service we are known for.

Every year the money we receive from generous donors like you helps us to ensure we provide the best services for people to come together, have fun while maintaining skills to live independently.

We would like you to consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest, please contact the Manager of

Myrtle Cottage on (02) 9426-3100.

The following is a sample of the correct wording to be included in your will to ensure that your bequest is received by Myrtle Cottage Group:

*I give to Myrtle Cottage Group Inc. (ABN 74 489 511 308):*

- *The rest and residue of my Estate or*
- *\_\_\_\_\_ percent of my Estate or*
- *\_\_\_\_\_ percent of the residue of my Estate or*
- *The sum of \$ \_\_\_\_\_*

*free of all duties and testamentary expenses for its general purposes and I direct that the receipt of that organization shall be sufficient discharge to my executors for this bequest.*



# Ageing & Disability



Jo-Anne, Sarah, Cris, Natalie & Connie

**Please Note:** The Diversional Therapy Program operates at Myrtle Cottage five days per week. This program is specifically designed for younger people with a disability or people who are frail aged. The article below relates to this group only.

Hello everyone,

I hope everyone has been keeping warm during this frosty start to Winter.

Firstly, I would like to welcome **Emily R, Nola J, Daphne P, Romaine M** and **Margaret M** who joined the Cottage as new members.

Now that it is getting colder, we started the indoor outing program. Wednesday and Friday group enjoyed lunch at **Ingleburn Bowling Club**. Franc was a very accommodating host, making sure that we were looked after. Thank you, Franc!

Earlier in June, Wednesday members, watched the live **Circus** at **Campbelltown Performing Arts High school**. Thursday members went to Liverpool Library to experience a virtual reality customised for seniors, where members, staff and volunteers watched: **"Full of stars"** and **"Dolphins"**. Morning tea was provided at the library, followed by lunch at **Casula Mall** afterwards. Tuesday and Thursday group had a lovely buffet lunch at **Marconi Club**. Thanks to Dudley (manager) who made sure that we are looked after. Members have been visiting Darrell Lea chocolate factory to buy sweets for themselves and their loved ones. The visit to **Darrell Lea** was such as a success and enjoyed by all that it has be added



**Ingleburn Bowling Club**

to the next program.

We had a visitor named, **Jenny McM**, from **Service NSW**, who presented information about the Savings Finder Program. She went above and beyond assisting members and volunteers to obtain their Dine-In and Discovery vouchers, especially for members who cannot travel or have no one to take

them to Service NSW. Jenny also assisted some members with specific benefits with regard to respective eligibility. On behalf of our members and volunteers, thank you to Jenny.

Stay safe, healthy and warm, everyone!

**Cris and DT Team**



**Members doing craft**



# Craft Activity

## WICKER BALL MOBILE

Presently at the Cottage we have a great array of different coloured and sized wicker balls.

We have in the past made wreaths to decorate tables or front doors. A mobile is another great way to use them.

If you would like to make either of these crafts please do not hesitate to ask staff who are only too happy to supply you with some.

These balls have been painted nice bright colours and look great,

### Materials

Wicker balls – various sizes and colours

Fishing line to hang

Paint if needed

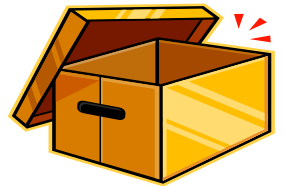
Sticks, driftwood and even embroidery hoops can be used

Use your imagination to create.

This wreath has been made using a hot glue gun to join balls and has some Christmas balls as well. Let staff know if you are interested in making on for Christmas.....it's never too early to start getting ready!



**LOST PROPERTY:** If you have misplaced an item please see staff. The Lost Property Box will also be placed on the Trading table for people to identify their belongings.



Do you know a volunteer who deserves  
recognition for the work they do?  
Volunteer Nomination forms are in the  
foyer information carousel



# Bell Program



**Please Note:** The Bell Program operates Monday, Tuesday, Wednesday and Friday for Campbelltown, Thursday for Wollondilly, Thursday for Narellan NDIS group and Wednesday for Camden. This program is specifically designed for people with Dementia. The article below relates to this only.

Hi all,

I hope everyone is staying warm, and lucky enough to avoid the winter flu.

I recently attended the **Café Connect** at the **Civic Center** in **Camden**, the theme was Christmas in July, it looked fantastic and everyone had a great time. I was able to speak to most people attending about our programs here at the cottage.



The members have been enjoying the activities, still a favorite is the sit-down soccer, they get very excited when they score.

We also had a Carers Information Day in June. Our guest speaker **Dr Tasneem Mayat** (Geriatrician) was very informative, answering many questions carers had for her. We had some information and samples from Confident Care. We had many carers attend and all enjoyed the day. It was good for carers to share their stories with everyone. Most requesting that they would like Three Information days throughout the year.

Hope to see you at the next one we organize.

Bye for now

**Christine Turner**

## Client Advisory Committee

We held our first Client Advisory Committee meeting for the year 7th June and Welcomed old and new members; Brian F, George C, Maria B and Dave H.

Discussion was had in regards to the committee and members roles, past members talked about what they have contributed to and what it means to be on the committee. New members talked about inviting more members to the committee. We are still after nominations to ensure that each member group has a voice in the work that we do at the Cottage. **It was resolved** that we would hold a morning tea and invite any interested members to attend 4th August.

Take care and hope to see you all soon

**Kylie Richardson,**  
**Assistant Manager**



# Dementia: Fact Sheet



## Help me be more at home living with dementia

**Here's how you can make my living space more dementia-friendly:**

- Help me focus with good lighting, less noise and fewer distractions
- Keep my door open and pathways to the toilet clear
- Leave everyday objects (like my toothbrush) in clear sight
- Give me a visitors' sheet so I can recall who's stopped by

Find out more at [discrimination.dementia.org.au](https://discrimination.dementia.org.au)

A little  
**support**  
makes a big  
**difference**



# RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



**Please Note:** The Recreation Program operates Friday & every second Saturday for people aged 18 to 65 years with a disability. The article below relates to this only

Hi all, we hope everyone is doing well.

We went to Parklea Markets two days in a row. It is always a very popular outing. Members spent up buying boxes of fruit and vegetables that are fresh and at a good price. We had a nice cup of coffee at one of our favourite lunch spots.

Other outings have included; **Narellan Shopping Centre, Picton Vinnies, Dumaresq Cinema, Mount Annan Flower Power Garden Centre, Appin Pub, The Bradbury, Campbelltown Catholic Club, Crossroads Hotel and Wests Country Club.** We always manage to find good food at reasonable prices. This makes our program very accessible for our members.

At the moment we are working on our next six-week program and any suggestions from members are more than welcome. Please don't hesitate to let staff know if you find any new venues that you would like to attend.

A lovely story to finish off, we went to an outing at **Crossroads Hotel** for lunch. We were quite a large group with three wheelchairs and it was all hands-on deck to organise seating, ordering and serving lunches to our members, something we are all used to do. A young family with their little one in a stroller



*Enjoying lunch at the Pink Diamond Restaurant*

were seated next to us. After all the members had received their lunches Connie was called over by the Dad who offered to buy soft-drinks for everyone. Connie thanked him and graciously declined saying all the meals came with drinks. He then wanted to give the staff money for doing such a great job. Both were lovely gestures that made our day, even now, every time we think about it.

**Connie, Penny and Jo-Anne**



## Donations Box

Thanks to members making use of the donation box for loose change etc. Every *little bit counts*. The total received since the last newsletter is \$19.80 which brings the total since July 2022 to;

**The Donation box is located near the entrance to the activity room. (it's the slot in the wall)**

**\$19.80**

# Link up to Linkline



Nasima

**Please Note:** The Linkline Program operates Monday to Friday at allocated times. The article below relates to this only

Hello Everyone,

Welcome to the June July Newsletter. We have had a survey done lately to find out how Linkline program is going. Thank you all, who have participated in the survey. The survey was anonymous and I would like to encourage you all to provide your feedback anytime, so we can tailor the program as per your requirements and likings.

One of our Tuesday Members Helen K has passed away in July and will be missed greatly. One of our Monday and Friday member has left the group as she is moving to permanent care. We will miss her dearly. Good news is that one of our Monday members is joining the DT program and will start attending the Cottage soon.

All of the DT outings are now indoors. They have been going out to Marconi Club, Ingleburn Bowling Club, West Leagues in Leumeah, and the members are enjoying it a lot. Please let me know if you are interested to join and have some fun with others. It is a great opportunity to socialize in winter without being worried about the weather and the transportation on your own.

I hope you are all keeping yourselves busy and active so the pains and aches cannot take you over. If you need some ideas on how to keep yourself busy, find a word, spot the difference or anything like that please feel free to let me know. Council also runs some programs for seniors in your neighbourhoods. You may give them a call and find something suitable for you.

Many of us tend not to drink much water during winter, please drink lots of water and other fluids to keep yourself hydrated. You may consider filling in a jug or bottle containing your daily target and leave somewhere visible as a reminder.

Linkline runs from 1.30pm to 2.30pm. It is a **FREE** service so if you know of anyone, frail aged and/or a carer that feels isolated in their homes and would enjoy conversation, trivia and games to brighten their week, please encourage them to call the Cottage for more information and assistance as we want to connect, socialize and learn from many in this program.

Stay warm, healthy, happy and safe. Bye for now.

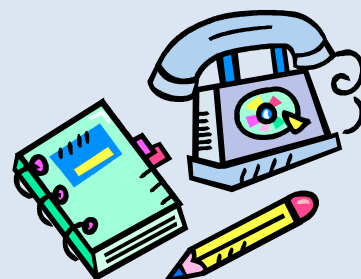
**Nasima**

## Confidentiality:

Due to privacy laws we are unable to give out personal information e.g. address and phone number.

It is very important to exchange contact details with people you would like to be in touch with outside the Cottage.

With your permission we can try to contact the person and give them your contact details.





# From Transport Desk



Welcome to the latest addition of the Transport report. I'm filling in for Azree as he is having a well-deserved break. I hope everyone is staying healthy and warm in this cold winter we are having.

Although our attendance numbers have been low our buses have been busy doing shopping trips, trips to Darrell Lea, Abcoe and Glenquarie just to name a few. It's been wonderful to see everyone coming back with all their goodies.

Currently we have a shortage of drivers at the Cottage. We thank everyone for your patience and understanding when bus runs get changed at the last minute. If you know anyone that would be interested in driving for us please send them our way!!

Please remember that the DT bus runs leave the Cottage at 8am so you can be picked up anytime after 8am. Bell bus runs leave the Cottage around 9.15am.

Special mention to **Syd** our wonderful Gardener who has been washing and detailing our buses for us. They shine like a diamond now!

**Until next time keep on driving.**

**Sarah**

## Joke of the Month.

### A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets

from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totalling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

## Donations Received

**Donations:** Peter S \$50 and Ian McT \$5

**Remember all donations over \$2 are tax deductible.**



# The Volunteers Voice



This column is for volunteers. It provides a summary of the volunteer meetings held, any notices or issues for volunteers & provides an opportunity for volunteers to have their say

Hello Everyone,

It has been great to meet you all for the Volunteer Support Session nearly after two years. Thank you all for being there and providing your valuable feedback. It reminds me of the quote of Aguidon- **"Sometimes, one needs another pair of eyes to see things clearly"**. Specially after these couple of challenging years we wanted to find out where we stand and where is our opportunity to improve. Volunteer Support Sessions will be held in every 4 months. I will leave the flyers out as soon as the dates are determined.

We have joined **Agency Exchange Day** after COVID at West Leagues Club at Leumeah on June 30<sup>th</sup>. It was my first participation and an excellent experience. It has been a great opportunity to introduce the Cottage to the broader community and other service providers in Macarthur region. All the volunteers are great resources and channels to represent the Cottage out in the community.

I am delighted to announce the news that the **Myrtle Cottage Kitchen Team** has been nominated for the **Werriwa 2022 Volunteer Award**. We will join the MP Anne Stanley for morning tea in August. Please join me to congratulate them. I will post pictures in the next newsletter. They have been working very hard as a team to make delicious cakes, scones, biscuits,



and many more fresh foods to be served every day, in a very organised manner following all the extra cleaning procedures. I believe you all deserve a pat on the back for being so supportive, flexible, and compassionate throughout.

**David P and Geraldine M** are helping me out to record newsletters for our vision impaired members. If anyone of you are interested in it or in any other new role please see me.

We do need bus drivers urgently and Friday Bell (Dementia Program) volunteers. Please spread the word around and refer anyone interested to the Cottage.

Stay happy, healthy and warm. Bye until next time.

**Nasima**

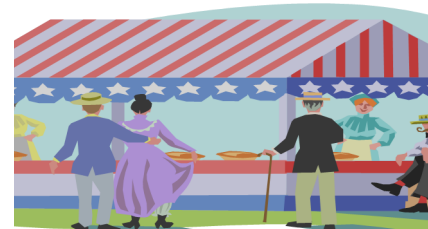
## New Volunteers

Glenda A



## The Trading table has raised \$350 since the last newsletter.

Larger items can be photographed and placed on the notice board.





# Member Update

Welcome to all  
our new Members:

*We hope you enjoy your time with us  
at Myrtle Cottage & make new friends*

**New Members:**

Daniel R, Margaret M, Daphne P, Nola J, Aylene F,  
Robyn R, Jeanette S, Romaine M, Mary Y, Gordon  
M, Sokhom K

**Members that have passed away:**

Helen K

**Members that have moved out of area:**

Hazel R

**Members that have gone into permanent care:**

Joan F, Filippo R, Robert M, Valerie B, Lesley H,  
Peter S

**Members that are not returning:**

Irene K, Barry C, Deborah G

**Welcome back:**

Doris H, Edith L

## June

Wayne S  
James B

**Members:**

Robert S  
Christopher H  
Con C  
Brian C  
Tio N  
Owen C  
Yolande H  
John C  
Beverly F  
Elaine A  
Kerry L  
Jan R  
Julie L  
Grant G  
Joan F

**Staff:**

Rachel N  
Jo M

**Volunteers:**

Jordan N  
Bradley M  
Linda M  
Mark B  
Thomas A  
Annette P

## Happy Birthday!

## July

**Members:**

Ann G  
Faris A  
Anita B  
Rhonda G  
Colin Le M  
Rhonda M  
Dorothy S  
Sokhom K  
Denis M  
William F  
Milagros T

Ann Maree M

Desmond L

Marlene X

George S

Pushpavathee N

Susan L

Roselyn McK

Nola J

Grace M

**Volunteers:**

Jenelle F



**Myrtle Cottage would like to  
thank the following for their  
generous support:**

- ☺ Ingleburn RSL Club
- ☺ Ingleburn Rotary Club
- ☺ Ingleburn Lions Club
- ☺ Ingleburn Quota Club

# Policy of the month

## Code of Behaviour for Employees and Volunteers

### Objective

The Code of Behaviour is a set of rules outlining standards of acceptable professional behaviour at work. It makes it clear to all people what is expected within the professional boundaries identified in individual's job descriptions, and reduces confusion and possible conflict.

This Code of Behaviour is intended to guide staff and volunteers at Myrtle Cottage to identify and resolve issues of ethical professional conduct that may arise. It is essential in a service like Myrtle Cottage that all people involved recognise and respect not only their own rights and responsibilities but also the rights and responsibilities of others in the community and at Myrtle Cottage.

A copy of the Code of Behaviour, together with all necessary documents detailed therein, will be given to all staff and volunteers to sign on recruitment. Staff and volunteers will be asked to read the documentation, ask any questions they may have regarding contents and sign off that they have understood their obligations under this Code.

### Definitions

**Bullying** means:

- repeated inappropriate behaviour, whether direct or indirect
- whether verbal, physical or otherwise
- conducted by one or more persons against another or others, at the place of work and/or in the course of employment
- Which could reasonably be regarded as undermining the individual's right to a safe and reasonable place of employment.
- It includes behaviour that makes the workplace or the association with the workplace unpleasant, humiliating or intimidating

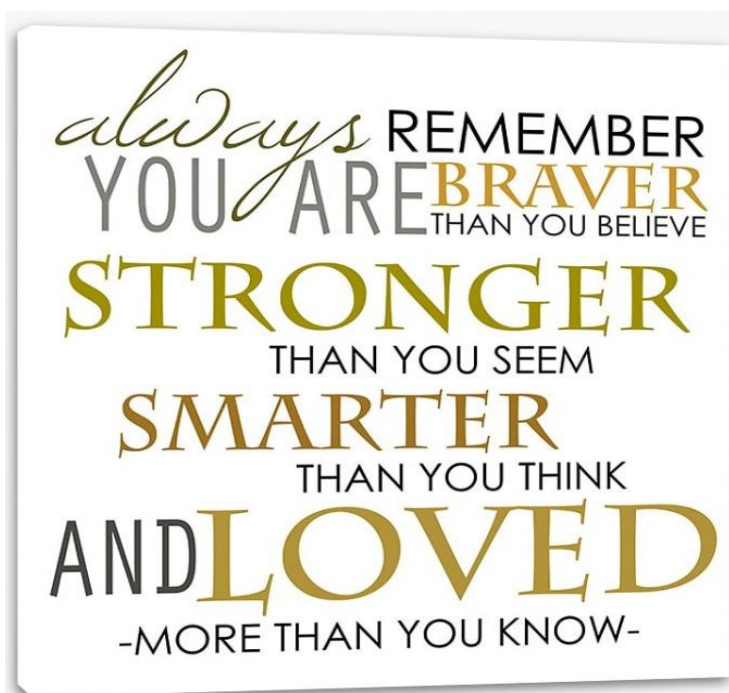
A **conflict of interest** arises when someone has a personal interest in a matter, which could improperly influence or appear to influence the performance of their duties

**Discrimination** for the purposes of this Code means treating someone unfairly or harassing them directly or indirectly because of their sex, pregnancy, race, disability, homosexuality, marital status, transgender, carers' responsibilities or age. It also applies when the unfair treatment happens because of a relationship with or association with a person from one of the groups listed above.

**Harassment** for the purposes of this Code means any unwanted behaviour which offends, humiliates or intimidates someone and targets them because of sex, pregnancy, race, disability, homosexuality, marital status, transgender, carers' responsibilities or age. It also applies when the unwanted behaviour happens because of a relationship with or association with a person from one of the groups listed above.

**Ethics and ethical conduct** refer to the standards of behaviour which govern the way in which we operate in dealing with others, including clients, employees, colleagues, and the community in general. Ethical conduct is underpinned by the principles of integrity, impartiality, responsiveness to the public interest, accountability and honesty.

*... Continued next Newsletter*





# FROM THE KITCHEN



Jo

Greetings from the kitchen,

We hope everyone is keeping well, and staying dry and warm after the deluge of rain we have been experiencing.

The kitchen crew have been a busy bunch, as always and I'm very proud to say that they have all been nominated for the **Werriwa Volunteers Awards**, with a special morning tea scheduled in early August.

We have hosted hospitality students from various local schools, who have all greatly enjoyed their time with us, as much as we have enjoyed having them, while learning the running of a commercial kitchen.

We catered for the **Bell Carers information day**, which was a great success, and also celebrated **Ice Cream Day** with a scrumptious decorated waffle cone for those that attended.



I have included an easy, no bake recipe for Lemon Slice, for those that enjoy a sweet treat.

**ENJOY**

**By Jo M**



## Lemon Slice

### INGREDIENTS:

- 1 packet any sweet biscuits Marie/Arrowroot/Granita)
- 1 Cup desiccated coconut
- ½ cup Sweetened Condensed Milk
- 100 gm butter melted
- Grated rind from one lemon

### ICING

- 2 cups icing sugar
- 20 gm butter
- Juice from one lemon

### METHOD

Crush the biscuits

Add coconut, melted butter, Condensed Milk and rind

Mix well, then press into a greased/lined square pan (15x25 cm) and refrigerate while you make icing.

Mix all icing ingredients together and spread over the top. (Yellow food colour may be used to colour the icing, and a sprinkle of coconut on top if desired).

## Health and Wellbeing

Subjective wellbeing describes how you, as an individual, think about your own state of happiness, fulfillment and satisfaction. This state of wellbeing goes far deeper than merely being happy – it encompasses your health, career, emotional and spiritual development, family life, relationships with friends, income and more. There are three major things that may contribute to subjective wellbeing are:

1. Lacking negative emotions and moods.
2. Having pleasant emotions and moods.

Experiencing satisfaction.

But there's no single key for achieving high subjective wellbeing because it's... subjective. Rather, you should view it as something that involves many different ingredients, which change as you go through life. You may be able to increase your likelihood of having high subjective wellbeing by doing the following things:

### Define Your Core Values

When you live in accordance with your personal ideals, you feel good about yourself. You can rest easy at the end of each day, because you know you didn't compromise on the things that you know are right.

### Create Job Satisfaction

All of us have a different idea of what it takes to make us happy. One person might define happiness as having a secure job earning a lot of money. Others might be more satisfied in a role that allows them to telecommute and work flexible hours, even if they earn less. Because you spend so much time at work, it's important to have job satisfaction, however you define it. Do you want work that's challenging? Do you want more variety? Take time to identify what gives you the most pleasure in your work, and think about what you could do to bring more enjoyment to what you do.

### Work With Purpose

Similarly, many people think that it's important that their work helps other people. It's obvious how some jobs make a positive difference to other people. Where this is less obvious, however, you can find meaning by helping someone else, in some way,

every day. This doesn't have to be a big thing: you could lend a listening ear to a co-worker who's having a bad time or help a colleague who's behind on work. These may be small acts, but they can make a big difference to someone else's life. They will also have a powerful effect on your own sense of wellbeing.

### Live a Healthy Life

Your health is another important contributor to subjective wellbeing. People who are physically healthy have more energy during the day; they're also happier, and better able to deal with stress and other challenges. Find ways to exercise regularly, get plenty of sleep, and stay hydrated during the day by drinking water.

### Build Positive Relationships

Having close, trusting relationships is a factor in high subjective wellbeing that transcends age, gender, and culture. Make sure that you're spending enough time developing good relationships. This might include leaving work at a set time one evening a week to spend time with your family or resolving to keep in touch with old friends.

### Think Positively

Your attitude plays a major role in how you feel about your life. Our thoughts have a major impact on our life: they influence the choices we make and the actions we take (or don't take). This is why it's so important to develop the habit of positive thinking.

### Key Points

"Subjective wellbeing" is a term that refers to the way that you think about your own state of happiness and fulfillment. People who experience a high level of subjective wellbeing in their life are happier, more creative and more productive. They have better relationships, and they're often healthier and more successful than people who aren't satisfied with their life. You can achieve high subjective wellbeing in your life by concentrating on the following areas:

Defining your core values.

Creating job satisfaction.

Working with purpose.

Living a healthy life.

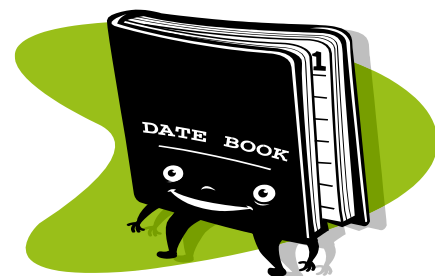
Establishing positive relationships.



## Important Dates to Put In Your Diary

**04/08/22:** Client Advisory Committee  
Information Morning Tea 10.00 am  
**09/08/22:** Volunteer Induction 10.30 am  
**25/08/22:** Training Day – Cottage closed  
**01/09/22:** Happy Feet Project Day - Podiatry  
**13/09/22:** Volunteer Induction 10.30 am  
**26/09 – 7/10/22:** School Holidays Term 3  
**03/10/22:** Labour Day Holiday  
**04/10/22:** Client Advisory Committee Meeting  
10.00 am  
**06/10/22:** Happy Feet Project Day - Podiatry  
**11/10/22:** Volunteer Induction 10.30 am  
**08/11/22:** Volunteer Induction 10.30 am  
**10/11/22:** Happy Feet Project Day - Podiatry  
**17/11/22 (Thu):** AGM – 2-4 pm

**25/11/22 (Fri):** Volunteer Christmas Party -  
PM  
**03/12/22:** International Day of People with  
Disabilities  
**06/12/22:** Client Advisory Committee Meeting  
10.00 am  
**08/12/22:** Happy Feet Project Day - Podiatry  
**10/12/22 (Sat):** Bell Carers' Christmas Party  
**12 – 16/12/22:** Daily Christmas Parties  
**21/12/22:** School Holidays Term 4 start  
**21/12/22:**  
Members' last day  
for the year  
**22/12/22:** Clean  
up and staff last  
day



# Happy Feet



**Sarah & Rebecca**

Hi everyone,

I hope everyone is doing well and is happy and safe.  
Podiatry has been going well this year so that has  
been good.

If you are interested in coming to Podiatry don't  
hesitate to contact Sarah or Myself for  
an information pack so you can give to  
your doctor to get the subsidised visits  
to come and get your feet looked after.

Once again, I would like to thank  
everyone that helps on the day it is very  
much appreciated.

Please find below the future dates for  
Podiatry for 2022 and if you have any



**Thursday 1<sup>st</sup> September**

**Thursday 6<sup>th</sup> October**

**Thursday 10<sup>th</sup> November**

**Thursday 8<sup>th</sup> December**

questions please contact Sarah or  
Rebecca on 94261300

**Rebecca/Sarah**

**Admin Assistant & Admin/DT Assistant**

**Be the Reason Someone Smiles Today**

# Music Word Search



S	B	F	H	Y	T	P	A	K	F	E	L	T	S	D	A	N	I	Z	B	E	I
K	U	C	L	O	R	A	S	C	T	T	E	N	T	K	U	H	F	B	R	A	A
V	Y	E	E	A	S	K	P	R	O	E	D	C	A	A	I	L	S	L	A	S	F
J	D	T	H	G	A	R	O	J	V	M	G	V	C	C	Z	V	O	U	A	S	D
W	L	L	T	N	A	F	B	E	H	P	E	G	C	J	B	E	A	R	M	T	S
E	L	N	S	H	H	V	R	I	R	O	R	P	A	R	W	B	T	K	F	R	G
H	X	Z	S	L	P	E	I	X	T	I	L	E	T	H	B	Z	C	A	F	V	Y
M	F	F	E	Z	T	M	L	S	S	Y	I	Y	O	D	M	I	F	L	M	R	E
L	J	T	Q	R	L	N	E	C	I	M	N	J	S	B	Q	H	A	E	C	P	E
C	T	N	A	B	I	R	P	L	Y	W	E	N	J	L	T	H	T	T	X	I	I
M	T	U	A	R	G	M	E	A	S	U	R	E	C	H	D	R	Y	O	W	T	L
L	Q	R	J	S	E	I	B	Y	F	X	C	T	G	E	O	D	T	P	C	C	T
J	G	D	E	A	T	P	W	H	O	L	E	I	T	N	X	S	Z	R	H	H	K
E	B	P	K	B	T	A	E	S	Q	K	E	T	O	R	E	Q	A	B	X	P	J
J	U	H	S	B	L	X	F	A	S	J	O	M	N	R	T	B	M	F	I	I	M
X	A	X	E	F	J	E	L	F	T	D	E	Y	P	I	U	F	D	A	J	M	O
D	N	Q	P	U	L	F	A	C	E	O	Q	I	E	B	J	U	N	N	W	U	D
C	P	K	E	P	L	D	M	L	Y	Y	N	G	Y	S	V	O	M	Z	P	K	F

METRONOME  
SHARP  
REST  
TIE  
MEASURE  
TEMPO

EIGHTH  
STACCATO  
QUARTER  
WHOLE  
TREBLE  
LEDGER LINE

FORTE  
PITCH  
STAFF  
PIANO  
BAR  
DOTTED HALF

HARP  
FACE  
FLAT  
BASS  
PRESTO  
REPEAT