

Cottage Courier

August - September 2023

Welcome to the spring edition of the Cottage Courier now let me introduce myself.

My name is **Penny Williams** and I have taken over from Kylie who is now our CEO since Elizabeth has retired.



I commenced work within the legal sector and undertaking court work which was very interesting and then one day was asked to assist a local disability service. This is when I made a career change and have worked within the Disability & Aged Care sector for over 30 years in the Macarthur Region.

Before moving to Macarthur, I lived just outside of the Junee township on a farm. Junee is not very far from Wagga Wagga and was once a bustling town but now there are not many shops left and the township is very quiet.

The main thing I remember living on the farm was how itchy hay was when sitting on the bails in the back of the ute and hated being the one to throw out the hay from the truck.

When I was of school age my family moved to Sydney and I spent my school years growing up near botany bay at Sans Souci. I have had the best of both worlds growing up in the country and beach areas near Sydney.

I am very excited to join the team at Myrtle Cottage and came across the service not long after moving to the area, a friend's daughter attended the service and I would drop her off some days. She loved attending the group which ran out of a small house that belonged to the Department of Health at Ingleburn.

Well I must say the agency has surely grown over the years and what wonderful facilities and transport support it now has to offer. I hope to get around to meeting all the members individually over the next few months and please feel free to come and have a chat with me when you see me around.

Penny



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CEO's Report



Hi all,

Well this is my first of many Newsletters coming to you as CEO! and what a month it has been. Thank you to all people who have congratulated me on becoming the new CEO and I will do my best to continue the great work Elizabeth had been doing.

We are in the last quarter of the year and things at the Cottage have really started to get busy. Our member numbers continue to grow in all programs and we are enjoying seeing new and old faces. Planning is underway for our AGM in November and Christmas parties in December.

You would have noticed that most Covid-19 restriction have eased at the Cottage, you are no longer required to wear face mask however washing of hands and staying home when unwell is still a must for all. Staff will continue to ensure that all members are kept safe as these changes occur.

As we move from winter into spring here are some tips to help you along the way; spending time in nature and noticing the world around you can be a great way to renew your energy and reconnect with what's important to you. Perhaps you can take a walk and spend some time reflecting on what is important to you. Also, there are plenty of wonderful fresh fruit (I

personally cannot get enough strawberries and blueberries) and vegetables at this time of year so enjoy!

Myrtle Cottage is grateful for all our partnerships and we would like to thank 'Meals on Wheels 2023 partnership with Reckitt' in supporting members and volunteers with donations of Pine O Clean wipes.

NAMING COMPETITION

We have some exciting news that some of you may already be aware of. We purchased a house in Spring Farm for our Outreach and NDIS programs that currently run out of Mt Annan hall.

What we need now is a name! so far, we have been referring to the house as Mini Myrtle but we feel a new name to start a new journey is needed.

So, get your thinking caps on and there could even be a prize for the selected name.

Please email info@myrtlecottage.org.au write a suggestion and pop in our suggestion box or hand to a staff member competition ends 10th November 2023 and the winner will be announced at the AGM on the 16th November 2023.

Kind regards, Kylie Richardson, CEO

I look forward to growing old and wise and audacious. *Glenda Jackson*

**Our AGM is on Thursday 16th November
so start putting on your thinking caps**

**WHO WOULD YOU NOMINATE FOR THE 2023 ACHIEVEMENT
AWARD?**

Don't forget Membership is due 30th June

Ageing & Disability



Natalie, Cris, Sarah & 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 would like to welcome our new members: **Kim H, Eleanor L, Charles S, Mary S, Hiam H, Rhonda L, and Ludy H** who joined our programs and have settled in quite well and have made new friends.

The Diversional Therapy members, volunteers and staff partook in a variety of activities during the programs. For example, Senior Citizens Day, where we had the Camden Choir come to the Cottage to entertain everyone with their beautiful songs. As part



Tuesday

goal is to encourage everyone to engage even in a brief conversation with family members, a friend or even a stranger who might be going through a difficult moment in life. In addition, we celebrated, **Oktoberfest, World Indigenous Day, Read a Book**



Monday

of the day, we had the **reminiscing activity** where members had to bring a younger photo of themselves and share with everyone. "R U OK Day?", when we remind everyone that

any day is an appropriate day to ask someone "**Are you OK?**", does not matter the time nor place. The



Wednesday

Thursday



Day, Forgiveness Day and World Gratitude Day.

I would like to say thank you to all who contributed to the Father's Day raffle. We raised a total of **\$424.00**. Our lucky and very happy winners are: **1st Prize went to Kim H, 2nd Prize went to Elsie H, and 3rd Prize went to Luz T.** Also, a huge thank you to all staff and volunteers who organised the raffles, as well as, making sure that all activities ran smoothly for all participants.

We received a donation of Pine O Cleen wipes packs from "**Meals on Wheels with Reckitt**" that were distributed to each member and volunteer. On behalf of Myrtle Cottage, thank you to this great organisation.

Stay safe and healthy everyone!



Cris and DT Team



Friday



Craft Activity

DIAMOND ART CRAFT REIMAGINING

How much fun is Diamond Art?

It's great to relax and let your mind be creative while putting together a diamond art kit.

But, have you ever wondered what to do with your left-over beads after completing your Diamond Art project?

Don't let them accumulate!

Don't throw them away only to end up in landfill!



Reuse them

..... to create a unique art work that you can keep or give away as a gift.

LET YOUR IMAGINATION BE INSPIRED BY THE COLOURS AND BEADS TO MAKE YOUR OWN ORIGINAL PIECE

All you will need is: Left over Diamond Art beads, runny glue, Diamond Art stylo, something to glue the beads to and your imagination!

You have your very own self designed Diamond Art piece using left over beads!



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

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

Bell Program



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

Hi everyone,
Hope you are all well.

It was great to see some of our carers visit the program and joining in with our activities, we had 20 carers attend throughout the week, they all enjoyed joining in with the activities, we had a carer visits from a with darling grandchild, a beautiful family pet and a birthday day cake for all to share. The feedback from carers that were able to attend was, its great to see the interaction, participation and rapport they all have with each other, the volunteers and staff.



when I was out doing assessments and she did a great job as usual. I plan to organize the carers visits



Thank you to the program staff and volunteers for making sure the week ran smoothly, S u e welcomed all the carers before the end of the year. Please see let me know if you missed the invitation to the next carers event, on the 19th of



O c t o b e r , carers week. I was lucky enough to book in a Geriatrician and Dementia Australia. You must book in for this event by calling myself or the office.



We have finished designing our new 6 weekly program and this will be sent out the week before it commences on the 23.10.23, hope you all like it. Early next year we will do our yearly surveys and look forward to any suggestions you may have.

Christmas is not to far away, the Bell, Outreach and Flexible Respite staff are very excited to be able to have our Carers Christmas party here at the cottage, as it was before the Covid epidemic, the invitations will be sent early November.

Bye for now
Christine Turner

?? 12 RISK FACTORS FOR DEMENTIA YOU CAN CHANGE



Controlling these lifestyle factors is also very beneficial for people living with dementia as it helps slow down the progression.

Lets make a plan now!

RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny



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

Hello to all our Wanderers

Robertson Pie Shop offer a large variety of savoury and sweet pies, made fresh daily with a menu that just keeps growing each time we make our way back. Our members enjoyed cruising through the Southern Highlands taking in the beautiful scenery.

After all these years going to Aqua Golf with these guys, we finally have Christopher get a hole-in-one. I couldn't believe my eyes! Well done Christopher, you were the first to actually win money, \$15.00! Some of our members don't always play, but they sure are out for a good time. Next time we go to Aqua Golf I'll be showing members to aim for the \$500 prize. Do you have any tips on getting our aim right!?

Parklea Markets is a very popular venue for all to get out for the day. Members love to grab a bargain, food is what we mostly go for and is a treasure trove of international food, fashion, toys, tools, kitchenware, cosmetics and so much more!

Bunnings at Campbelltown on the weekend of Father's Day was busy with lots of activities to be a part of, a petting farm of baby goats to hold and



snuggle up to, wood turning demonstrations, trialling food. We also can't wait to pick up all the bits and pieces for small projects around the house. Some of the



Aqua Golf Penrith Panthers

others places we've visited are Collegian Wollongong, Club Condell Park, Campbelltown Arts Centre, Coastal Drive - Austinmer Beach.

Bye for now

Connie & Penny

Link up to Linkline



Nasima

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

Dear Linkline members welcome back to the newsletter.

Hope you are all feeling much better in Spring. It is time to get out and about and get involved in some happy activities!! I have sent you all a list of happy habits with the last program. Those habits are proven to be very helpful if we can incorporate them in our daily life. Smiling is something we can do many times each day. Fake smiling works well too. If you are not happy and fake smile that will release endorphin in your bloodstream which helps to reduce depression, lower blood pressure, improve breathing and blood circulation, stimulate and release muscle tension. Laughter is even better. It promotes and enriches brain function, makes heart connection with other people naturally. How good is that!! Laugh even if your at home by yourself, looking at the mirror. Your brain does not know it is fake or real. It will release the endorphins and you will enjoy the benefit.

As it is not too hot yet you may like to go out for fishing, walking your dog, join your grandkids in the playground, practice your photography in the nature,



try to arrange fresh flowers, cooking new easy recipes, join exercise classes, do meditation. So many things, it is exciting!!

Please see the outing list sent to you with last programs and call the Cottage if you wish to join on your allocated days. I am posting some photos of our Linkline members, who come to the Cottage and join the outings. See their beautiful happy faces. You can easily have that fun too. So, don't be late to decide. Pick up your phone and let us know.

Linkline calls run every afternoon from 1.30 to 2.30 pm except for Thursday. 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, socialise and learn from many in this program.

That is all from me. Indulge in good laughter and stay healthy

Nasima.



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.



From Transport Desk



Mobility Scooters

Mobility scooters are used by less mobile people to assist them get to everyday places, such as the local shops.

When using your mobility scooter always follow the same road rules that apply to pedestrians. This means riding on the footpath, preferably at walking speed which is 2-3 kilometres per hour. You should also cross the road at safe places, such as traffic lights with pedestrian signals and pedestrian crossings.

NSW road rules

- Mobility scooters must not travel at more than 10 kilometres per hour.
- You don't need a NSW driver licence to operate a mobility scooter.

Safe driving tips

Slow down to turn- Always slow down before turning. If you go too fast around a corner, the scooter's wheels can unbalance and you may fall and be injured.

Be careful riding up or down steep hills- avoid riding up and down steep hills unless it's necessary. Riding up steep hills can drain the battery. Riding on steep hills can put strain on the brakes. Be careful if you need to turn on a steep hill, as you can topple over easily. If possible, ride to a flat surface before turning.

Make sure you are visible- Use a flag and wear bright coloured clothing when riding your mobility scooter to make sure cars and pedestrians can see you.

Slow down when crossing driveways- Always slow down and look and listen for cars when crossing driveways, as drivers may not have seen you. Remember that mobility scooters are smaller than cars, and when you're seated you can be shorter than pedestrians and harder to see.

Use your baskets or racks- When you need to carry things, always use a basket or rack, not your lap. Balancing anything on your lap can distract you when riding and affect your ability to operate the scooter's controls.

Health and medications

Your ability to use a mobility scooter can be affected by your health and any medications you take. Check with your doctor before riding to make sure you have the ability to safely operate your mobility scooter.

Basic skills you will need:

Strength- You need a firm grip to hold the handlebars and steer around tight corners.

Balance- Good balance helps you to stay upright when riding over uneven ground or down a hill.

Coordination- You need to be able to quickly and correctly swap between using the accelerator and brake while steering at the same time.

Good eyesight- You must be able to see properly to avoid crashing into obstacles, people and vehicles.

Perception- the ability to know how fast you're going and judge the distances of objects, people or vehicles can help you avoid a crash.

More information on mobility scooters:

For more information on mobility scooters, call the Independent Living Centre NSW on **1300 452 679** or visit ilcnsw.asn.au

Joke of the month

(Taken from Golden Carers)

The Wish Fairy

A nursing assistant, a floor nurse, and a charge nurse from a small nursing home were taking a lunch break when a fairy suddenly appears.

She says: "Hi, I'm Gina the fairy. I am so pleased with the way you looked after my aunt that I am

going to grant each one of you a wish. Ask me anything”.

The nurse’s assistant quickly says: “I wish I was on a tropical island with my boyfriend feeding me fruit and tending to my every need.” With a puff of smoke, the nurse assistant was gone.

The floor nurse went next. “I wish I were rich, retired, and spending my days in a warm cabin at a ski resort with a good-looking man”. With a puff of smoke, the nurse too was gone.

Then it was the charge nurse’s turn. She said to the fairy: “My wish is to have those two back on the floor at the end of the lunch break!!”

The Operation

A man was wheeling himself frantically down the hall of the hospital in his wheelchair, just before his operation. A nurse stopped him and asked: "What's the matter?"

He said: "I heard the nurse say, 'It's a very simple operation, don't worry, I'm sure it will be all right.'"

"She was just trying to comfort you, what's so frightening about that?"

"She wasn't talking to me. She was talking to the doctor!"

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.



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.

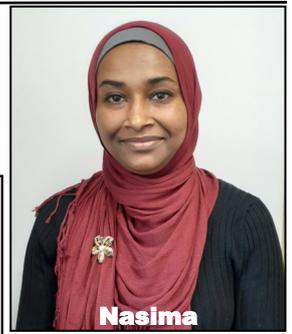
The following is a sample of the correct wording to be included in your will to ensure that your bequest is received by Myrtle Cottage Group:

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.

The Volunteers Voice



Nasima

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

Welcome to the spring everyone. Beautiful sunny days, blue sky, lots of colours in nature and outdoor activities. New days bring new hopes. Optimism, gratitude, and contentment are very interrelated. We find contentment by practicing gratitude. Gratitude comes from positive thinking. Positive thinking is optimism!! We find a lot of gratitude in our daily life by helping others. It helps us to lift our spirit and brings positive energy in life.

Our volunteers are helping in numerous ways every day without any expectation in return. That is what make them content. Their effort never goes unnoticed. We do appreciate their gesture, effort, generosity, and kindness. We do nominate our volunteers to recognise their effort in the bigger platforms to encourage others to the positivity. Our volunteers have been nominated for senior volunteer of the year and adult volunteer of the year. I am delighted to let you all know that we did attend the ceremony and had a lovely time. All of you are winners in your own way. Please join me to congratulate them all and keep encouraging others towards positivity with your great work.

Our monthly volunteer inductions are slowly picking up. We hope to continue growing our volunteer team with diversity and skills and experience.

Please keep spreading the words and refer any friend, family, neighbour who will enjoy some great community connection through volunteering.

I thank you all for your continuous support and look forward to strengthening our team with all of your ongoing support.

Enjoy the beautiful spring and stay happy.

Nasima.



New Volunteers

Lucy K, Stephanie K, Maddison M, Adelaide C, Vivian O, Emma T, Millii A, Isabelle V, Mavis H



Member Update

Welcome to all our new Members:

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

New Members:

Heng S, Brian M, Kim H, Glynis M, Eleanor L, Rhonda L, Jorge D, Anita F, Charles S, Mary S, Liduvina H, Joseph C, Beverly F, Mary W, Pete L

Members that have gone into permanent care:

Doug G, Hector V, Barbara R

Members that have moved out of area:

Hans K, Gladys F

Members who are sick:

Rita C, Paulette B, John C, Helen D, Pam D, Ann P

Members that are not returning:

Jeanette B

Happy Birthday!

August

Members:

Bruce F, Frank T, George S, Hellenyta R, Susan D, Glynis M, Bruce R, John W, Lily M, Maree P, Peggy C, Roslyn M, Beverly W, John B, Daphne H, Margaret S, Herti H, Elizabeth McG, Mary W, Tracey C, Fe D

Volunteers:

John S, Marie T, Elaine F, Philip D

Staff:

Susan P, Cris V, Elizabeth D

September

Members:

Noleen R, Beryl G, Rodney C, Jeanette H, Dianne

B, Johnson C, Dorothy T, Luz T, Elsie H, Francesco C, Stephen G, Jimmy L, Pamela L, Donna W, Rita C, James B, Charles S, Christine L, Patricia M, Dean P, Trisilowati S, Alfred O, Pamela D, David K, Kathleen W

Volunteers:

Jasmina B, Cecilia C, Daniel N, Dayne T, Jennifer H, Lourdes P, Aaron L

Staff:

Debbie T



Policy of the month

STAFF AND VOLUNTEER CODE OF CONDUCT

All employees and volunteers of Myrtle Cottage Group, including Board members, commit to follow this Code of Behaviour, including but not limited to:

General Principles

- Act in a lawful and ethical manner according to this Code
- Abide by the philosophy of Myrtle Cottage Group
- Respect individual differences and not discriminate against, harass or bully people
- Respect the rights and dignity of people
- Maintain confidentiality of staff, volunteers & members
- Not attend work under the influence of alcohol or other drugs - Myrtle Cottage has a zero tolerance to drugs and alcohol
- Follow all Work Health & Safety directions

Code of dress

Employees and volunteers clothing should be neat, clean and appropriate to the type of work they perform

Examples of inappropriate dress:

- Thongs, sandals or high heels (closed in shoes must be worn as per Work, Health and Safety (WH&S policy)
- Clothing with slogans on them (Some slogans/pictures can be offensive and cannot be worn at the Cottage.)
- Frayed or torn clothes
- Hats worn inside

Please refer to the following Policies for further details;

- Code of Behaviour for Employees and Volunteers
- Privacy & Confidential
- Bullying, Discrimination & Harassment
- Grievance, Complaints & Disputes Staff & Volunteers

Failing to abide by the above rules may lead to dismissal from Myrtle Cottage Group Inc

Client Advisory Committee

Our last meeting was held 12/09/2023 with 1 member and 2 volunteers along with 2 member apologies. Items discussed included recruitment of new committee members along with many topics in regards to the Cottage activities and changes to the Aged Care and NDIS systems.

EOI

Myrtle Cottage Advisory Committee is currently seeking expressions of interest for new committee members and we open this up to our members and

their carers. The committee meets quarterly on a Tuesday from 10am to 11.30am and we are looking for member with the necessary skills and experience who will represent the interests of our Myrtle Cottage Member groups (DT, Bell, Linkline, Flexible Respite, Outreach). If you are interested or have any questions please contact Kylie Richardson on 9426 3100 by 1/12/2023.

Take care and Hope to see you all soon

Kylie Richardson, CEO

FROM THE KITCHEN



Jo

Greetings from the kitchen,

Spring has sprung and with the warmer weather, we have been enjoying delicious BBQ lunches and picnic outings. We have also celebrated Oktoberfest, National Beer Day, Choc Chip Cookie Day, RU OK Day and Gratitude Day with more celebrations to come.

The kitchen staff would like to welcome back Adelaide to our busy little team, and I would like to take this opportunity to say a huge Thankyou to all kitchen volunteers and students who have given their time and worked so hard. You are all appreciated so very much.

We are grateful for any feedback, comments or suggestions that are brought to the kitchen.

I have included a yummy and easy no bake recipe for Chocolate Crackles, which we will also add to our next program for baking class especially with Christmas almost upon us.

Jo M



CHOCOLATE CRACKLES

INGREDIENTS:

- 250 grams Copha
- 4 cups Rice Bubbles
- 1 cup Icing Sugar
- ½ cup Cocoa
- 1 cup Desiccated coconut
- Patty Pans or paper cupcake cases

METHOD:

- Melt the Copha in a pan gently, then allow to cool
- Combine all dry ingredients in a bowl
- Add Copha and mix well
- Spoon into cupcake cases and refrigerate until set

ENJOY

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 \$19.05 which brings the total since July 2023 to;

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



Health and Wellbeing

Health & Wellbeing Article

Do you have trouble sleeping?

For many people, getting enough sleep can be a challenge. Losing sleep is even more common in people who work in the medical field or other jobs that require shift work.

Being in a prolonged state of sleep debt or sleep deprivation on a regular basis increases the risk of diabetes, hypertension, heart disease, and stroke. Sleep deprivation is also linked to reduced immune function, metabolic dysregulation and weight gain, and a greater risk of falls and accidents. Prolonged sleep deprivation also affects memory and cognitive functions.

After middle age, our body clock gradually changes and as we get older, the hormone that helps us sleep melatonin may not be made by the body at the same level as when we are younger. This will affect our



sleep but there are many simple things that can be done to help improve sleep.

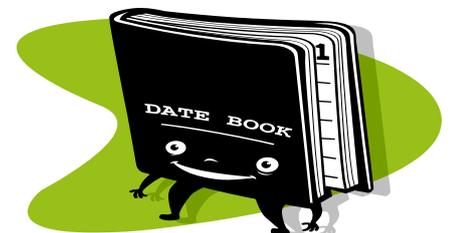
- keep regular sleep hours.
- Try to go to bed at about the same time every night and get out of bed about the same time every morning.
- Avoid sleeping in, even if you have had a poor night's sleep and still feel tired.
- Don't go to bed too early and aim to only spend the time in bed that you actually need for sleep (e.g. 8 hours).
- If you happen to wake early, think about getting out of bed and starting your day.
- Exercise during the day will help you to feel sleepier at night.
- Nap no longer than 15-20 minutes in the afternoon.
- Good sleeping temperature for your room is 17 to 19 degrees
- Try and keep the room dark
- Half an hour before bed write down any worries you may have and do your to do list for the next day.

<https://www.sleephealthfoundation.org.au/good-sleep-habits.html>

Important Dates to Put In Your Diary

02/10/23: Labour Day Holiday
10/10/23: Volunteer Induction 10.30 am
19/10/23: Happy Feet Project Day - Podiatry
14/11/23: Volunteer Induction 10.30 am
16/11/23 (Thu): AGM – 2-4 pm
23/11/23: Happy Feet Project Day - Podiatry
24/11/23 (Fri): Volunteer Christmas Party - PM
03/12/23: International Day of People with Disabilities
07/12/23: Client Advisory Committee Meeting 10.00

am
09/12/23 (Sat): Bell Carers' Christmas Party
11 – 15/12/23: Daily Christmas Parties
20/12/23: School Holidays Term 4 start
20/12/23: Members' last day for the year – all programs
21/12/23: Clean up and staff last day
02/01/24: First day back



Happy Feet



Sarah & Rebecca

Hi everyone,

How are you all going, once again I am back with another edition of the Happy Feet report this newsletter.

Things have been well for Podiatry this year and we have a lot of interest in this service and as always if you are interested in this service please don't hesitate to contact Sarah or myself and we will give you an information booklet that will contain all information regarding this service.

It is strongly advised that you get a care plan as you may be entitled to 5 free visits a year which means that you can use them every 2nd visit that we offer here at the Cottage. This will then cover you for the 12-month period. If you do not have a care plan then you will need to pay \$56 per visit which is paid directly to Corinna our lovely Podiatrist.

I would like to remind everyone that they are only two sessions left for Podiatry this year if you would like to use before we break up for the year the next Podiatry date for 2024 will be the 1st February.

I will like to remind everyone that sessions will run for 30 minutes to ensure all needs are being looked

after.

I would like to thank the Volunteers and Staff that help out on the day. Your help is very much appreciated it makes the day run smoothly.



Please take note of the dates for Podiatry for the rest of the year.

Warm Wishes,

Rebecca,
Admin Assistant

Podiatry Dates for 2023

Thursday 19th October

Thursday 23rd November

Donations

Received:

Donations: Kath W \$216.47, Bernd S \$50, Sushila S \$50, Ann G \$40, Di S \$20, John B \$10, Kathryn W \$10, Bill F \$6.40, Anton B \$5.25, Tony B \$4, Elizabeth D \$2.

Remember all donations over \$2 are tax deductible.

Do you know a volunteer who deserves recognition for the work they do?

Volunteer Nomination forms are in the foyer information carousel



CAMPING

T	H	P	F	H	U	C	F	O	E	R	T	T	E
R	O	H	O	I	T	E	N	T	O	U	R	R	P
I	F	F	R	E	F	T	O	R	E	R	M	P	N
R	O	H	E	T	R	A	T	B	E	T	F	H	H
O	M	M	S	F	E	I	T	A	R	B	F	M	F
M	F	H	T	E	T	H	A	T	T	A	R	A	P
A	O	I	T	F	O	O	T	P	R	I	N	T	O
M	S	E	H	S	I	F	O	M	R	T	O	T	M
M	U	S	H	R	O	O	M	F	K	C	O	R	A
F	E	I	H	R	T	C	I	M	T	T	F	F	E
R	T	H	H	M	R	O	O	O	S	I	T	T	R
O	R	O	C	O	T	R	R	H	S	C	U	H	T
N	H	R	R	E	R	S	I	C	O	R	E	I	S
I	O	O	R	F	E	N	C	R	H	O	E	O	T

MUSHROOM

FOOTPRINT

ROCK

TREE

TENT

FOREST

TORCH

BAT

STREAM

FISH