

Bridges News

2016

Summer Edition



CEO message

You can tell that spring is here when daffodils and tulips start popping up in the gardens and the fragrance of boronia fills the air. It is also a time for some of our Volunteers who have headed north to return as the weather starts to warm up and we welcome them back with open arms, you have been missed.

This year we will Celebrate 40 years of Volunteering and we are celebrating this on Monday, 17 October at the Ferntree Gully Bowling Club during Seniors Week. We will have an opportunity to reminisce how we began and will then launch our Video to showcase Bridges, the programs we deliver and the positive impact volunteering has had on the lives of our residents of Knox and the South West Yarra Ranges. Brendan Scott will entertain us while we enjoy our morning tea and birthday cake. We proudly celebrate and acknowledge our volunteers throughout the year and think this is a great time to address the importance of volunteering not just here at Bridges but within our community. We are proud of our volunteering history and are taking the opportunity to celebrate this with anyone who would like to attend. As the face of volunteering changes over the years we seek to find new ways to recruit people on different media platforms to ensure our services survive and will be here for the next 40 years.

There have been some changes to our Board with the resignation of Kath Loxton and it is with sadness that the Board accepted Kath's resignation as Chairperson. We thank Kath for the many years she has served on the Board and the ten years she held the position of Chairperson. Bridges has benefitted greatly from Kath's leadership and governance skills and I would like to wish her well.

I welcome Janette Etherington who has taken on the position of Chairperson. Janette comes with a wealth of experience as a Senior Manager in the Education & Training sectors and I look forward to working with Janette over the years ahead.

We have also seen a change to our referral process for people who are 65 years and over accessing our services, as a result of being registered as a service provider with My Aged Care. My Aged Care is a gateway for clients to access services to make it easier to stay independent whilst living in their own home close to their loved ones and connected to their community. We have a flow of new clients entering our services and I welcome them and hope they will enjoy our services as much as we enjoy delivering them.

For those who are not familiar with My Aged Care it is a contact centre and website that makes it easier for older people, their families and carers to access information on ageing and aged care, have their needs assessed and be supported to locate and access services available to them.

Bridges has faced many challenges over the past year and I thank all my staff who through their dedicated service have continued carrying out their work at a professional standard that has allowed us to provide the best possible service to our clients. It is very satisfying when you receive a call from a new client who has tried out one of our classes who was ecstatic and said it was absolutely wonderful and cannot wait to go again. He said the people were lovely, the transport was great, and really enjoyed the tomato soup. He said that when he got home his wife said how much he was smiling that he must have enjoyed himself.

Cont.....



Knoxfield

6 Griffith Street
Knoxfield 3180

9763 9700

Fax - 9753 3791

www.bridgescc.com.au

Open

Monday - Friday
9.00am - 5.00pm

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facebook

We're on Facebook!

View our Page
or
Visit us online at
www.bridgescc.com.au

The Department of Health Vic (2011b) in its “Well for Life” Report stated that **Emotional wellbeing** is essential to a happy and healthy life and Bridges is proud to have programs that support this.

Part of our Continuous Improvement Framework involves seeking feedback from clients, volunteers and staff this help us shape our programs and ensure they are relevant to our community.

Please feel free to fill out our Compliments, Comments and Concerns forms and let us know how we are going; all feedback welcomed.

As we head toward the end of the year I would like to thank all our volunteers for their dedication and hard work throughout the year and hope you all have a wonderful break and rest up in the New Year in order so that we can do it all over again next year.

Rita

Should you wish to contact **My Aged Care** - please go to www.myagedcare.gov.au or



1800 200 422

Mon-Fri 8am - 8pm
Sat 10am - 2pm

Using an advocate

An advocate is someone who can support you to:

- ◆ Make decisions for yourself
- ◆ Make your voice heard
- ◆ Stand up for your rights
- ◆ Protect and promote your interests

An advocate can be a family member, friend or organization. People often used an advocate in a situation where they feel confused, overwhelmed, intimidated or lacks confidence. Sometimes people use advocates to speak on their behalf or support them to speak for themselves.

We encourage you to use an advocate when dealing with our organization if you feel confused, overwhelmed, intimidated, lack of confidence or if you think an advocate would be useful. For example, you could use an advocate if you want to address a concern or complaint or when you are re-assessed for services. You can choose your own advocate or we can assist you (wherever possible) to find one. You can change your advocate, or stop using an advocate, at any time.

We will not share information with your advocate if we do not have your permission to do so. If you want us to share information with your advocate when you are not present you must give us written permission. If you want to stop using your advocate or if you want to change your advocate please let us know so we can change the details on the advocate nomination form .

An organisation that can assist you with advocacy or provide you with an advocate is:

Office of the Public Advocate
221 Drummond Street
Carlton 3053
Phone: 9660 1444

or

Aged Care Complaints Commissioner
1800 550 552



Bridges prides itself on being an ever changing organisation to meet the needs of our Community providing the best care and service possible.

We rely heavily on feedback to be able to make continuous improvements in order that we remain valuable and relevant.

Forms to complete, can be found in all our vehicles, at our activity groups or by request.

Feedback is welcomed by the CEO at anytime!

What's On...

Upcoming outings and activities.
October 2016 - December 2016

Please call **9763 9700** if you would like to book.

Bookings essential prior to all outings

- October** 14th **Fundraising, Bunnings BBQ - Volunteers Required**
 17th Celebrating 40 Years of Volunteering
 18th Morning Melodies - Knox Tavern
 18th Carers Meeting - Venue TBC
- November** 1st Cup day holiday - Office closed
 7th Men's Lunch - Foodstar, Wantirna
 8th Morning Melodies - Village Green - Diana Jowsey
 15th Carers Meeting - Venue TBC
 15th Morning Melodies - Village Green - Aurora Mackrill
 18th **Fundraising, Bunnings BBQ - Volunteers Required**
- December** 5th Men's Lunch - Foodstar, Wantirna
 6th Volunteer Christmas Party
 9th PAG Closes - Last day
 16th Transport closes
 16th **Fundraising, Bunnings BBQ - Volunteers Required**
 20th Carers Meeting - Venue TBC
 22nd Office closes
- Jan 2017** 3rd Office re-opens
 4th Community Shopping Bus
 9th PAG and Transport start



WANTED

DO YOU HAVE ANY SPARE WOOL TO
DONATE TO OUR KNITTING GROUP.

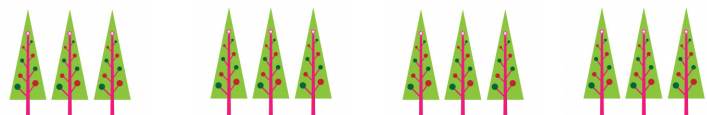
WE ARE PARTICULARLY SHORT ON 3 PLY
KNITTING WOOL AND WOULD
APPRECIATE IF YOU CAN HELP.

Upcoming Christmas Raffle

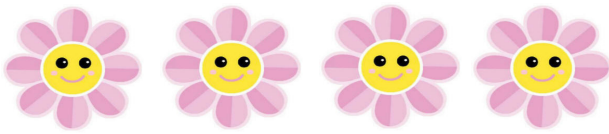
1st Prize: Mini Spit Roaster (donated by Douglas)
and Tupperware Cooler Bag.

*Watch out for tickets on sale -
mid November.*

If you have any items that you wish to donate to our
raffle, including food for a hamper, please contact our
office on 9763 9700.



From the Community Access Desk!



With less than 100 days to Christmas and another winter over, we are all looking forward to enjoying the Spring season.

The Community Access team is busy with home visits, care plans, assessments, intakes and liaising with our new and existing clients.

We have seen some new changes within the Community Access program, with the introduction of the My Aged Care System, now up and running. Our fantastic programs provide opportunities to socialise and interact with other likeminded people in the community. It is always lovely to see our clients happy and making new friendships whilst participating in activities they enjoy.

We are both so grateful to have the opportunity to introduce our new clients to the wonderful world of Bridges and look forward to working with you in the future.

Please feel free to contact us for any further assistance.

Jen & Lyn
Community Access Coordinator

Have you ever wondered what you do at a
Planned Activity Group!

There is something for everyone:

Coffee shops

Knitting

Singing

Woodwork

Craft

Mover & Shakers

Evergreen Social

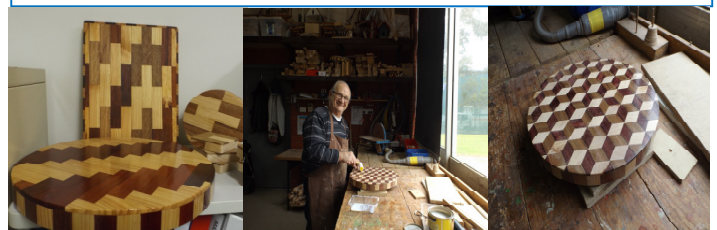
Morning Melodies

Outings

**EXISTING CLIENTS ARE WELCOME TO COME ALONG FOR
A FREE TRIAL AT ANY OF OUR PAG'S.**

Did you know that our programs also include

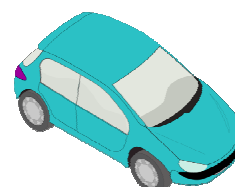
- ★ Phone a Friend Program
- ★ Friendly Home Visits
- ★ PET Companion



IMPORTANT TRANSPORT MESSAGE

To all our transport Clients, please be aware that you now need to give a minimum of **1 weeks notice** for all your transport needs.

To assist with our demand, we would appreciate if clients could contact our office on 9763 9700 as soon as possible if you need to **cancel** a drive. This allows us time to advise our volunteer driver with as much notice as possible.



Total Fire Ban Days No Drives in the Yarra Ranges

As summer is here please remember that on
Days of Total Fire Ban, drives in the Yarra
Ranges will be cancelled.





**Bridges Connecting Communities
is Celebrating 40 years of volunteering in our community.**

**We will be celebrating this event by showcasing our Seniors activities
on Monday 17th October at the Ferntree Gully Bowling Club,
between 10am-12pm.**

**You will also be entertained by Brendan Scott, who is sure to bring
some fun to the event.**

This is a free event and Devonshire tea will be served.

**RSVP essential
Please contact our office to register your attendance**



I would like to warmly thank all who have given generously
to Bridges over the past years and
I encourage you to keep supporting us as we support our
community.

Sponsorship Page

*If you would like to support our newsletter by contributing to the
cost of our newsletter we would be happy to support your
business in this section, please ring the office and speak to Rita
about our nominal rate.*

We thank our recent sponsors:

BUNNINGS WAREHOUSE

(for supplying a Saw Blade to our woodwork groups)



Bridges

Football Tipping Competition

Congratulations to our winners:

1st - Joy (Client)

2nd - Alan (Volunteer Driver)

3rd - John (Volunteer Driver)

Thank you to all that participated.



If you would like to join in the fun for next
years competition, please contact Jenny at the
office on 9763 9700.

Bridges Social Club

Our BBQ Breakfast in April was a small group, but although cold, the rain held off. Thanks to Harald for cooking us a lovely breakfast of eggs and bacon.

We would like to thank all those who give up their time to help with the social club and share their wonderful ideas.

Mac, Judy, Bronwyn, Carrie, Harald and Caroline.

Stringy Bark Festival - can you help out?

Bridges has been offered an opportunity to sell Snow Cones with the Lions Club at the Stringybark Festival in Rowville on Saturday 15th October.

We need 5 people per shift with each shift being 2.5 hours.

Shifts 10am - 12.30pm, 12.30 - 3.00pm, 3.00 - 5.00pm.

Please contact the office if you can assist for any time slots that may suit you. Should be heaps of fun.

Family Day

A Family Day is planned for Sunday November 27th at 12pm.

This will be held at the National Steam Museum located at 1200 Ferntree Gully Rd, Scoresby.

Entry is \$5.00 per adult, children 10 and under free.

BBQ lunch and drink will be provided.

Available to purchase on the day will be Mini Steam train rides, at a cost of \$2.50.

We would love to see you and your family there.

Coming up

We would like to plan a movie night at The Cameo in Belgrave. Should have more details later in the year.

Bridges Recipe Book

Bridges Social Club recipe book will be available early December.

This book would make a lovely Christmas present for family or friends.



Our Bunnings BBQ is back after the winter break.

Thank you to the dedicated volunteers who have manned our BBQ station in the past.

If you are interested in helping out at our BBQ's, enjoy meeting people and having fun, please contact Lyn at lynm@bridgescc.com.au, call our office.

The BBQ is held every third Friday of the month at Bunnings Knoxfield

From the Volunteer Managers Desk!

Volunteering is ultimately about helping others and having a positive impact on people's well-being. As a volunteer, you certainly give back to our community, some of the benefits that have been given to you.

Volunteering means taking time out and doing something in the hope that it will make a difference; however large or small, to someone else's life.

I want to thank all our volunteers for the outstanding job they do for Bridges.

We are currently looking for volunteers to fill several positions, as Social Support Group Assistants as below;

- ★ Café Assistant- assist the Bridges coordinator at various cafes and restaurants.
- ★ Catering Assistant- assist in the kitchen making sandwiches and serving lunch to our clients.
- ★ Assistant - assist the Bridges coordinator setting up and working in a social support group.

Please contact Lyn for more information on 9763 9700 or email lynm@bridgescc.com.au

THANK YOU
FOR ALL THAT
YOU DO!

Carers Support Group



Let Us Lighten Your Load!

Bridges Carer's group meets on the third Tuesday of the month at various locations for lunch. The aim of the group is to provide a safe and friendly environment where carers can come together to share their experiences and to give and receive support to each other.

The social activity for Carer Support Group volunteers has been supported by a grant from the Knox City Council's Incidental Community Grants Program.

This funding was used in August for a day out at the movies followed by a delicious lunch, at no cost to the carer's. A big thanks to Knox City Council for their generosity, it was a great treat for the carer's. If you are in a caring role and would like to join this group of friendly folk for some lively conversation and a few laughs, please call Leonie on 9763 9700.



It's been such a busy year on the Pet Companion Program with many new faces appearing, both clients and volunteers. Where has the year gone?!?!

It was very exciting to recently take part in the making of a DVD which aims to highlight the different Bridges programs including the Pet Companion Program. You will soon be able to view the video online and show it to all your friends. A big thanks to Joan, Jeanie and Sparky for being stars! ★ ★ ★

Thank you to all of you for taking part in the program and especially thanks to the amazing volunteers who ensure the continuity of the program. I look forward to working with you again in the new year. Cheers, Leonie

How to donate by cheque or money order:

Yes! I would like to support the work of Bridges Connecting Communities and make a single tax deductible donation of \$ _____.

My Details

First Name
Surname
Address
Postcode
Phone
Mobile
Email

Payment Details

Please find enclosed my cheque / money order for the amount of \$

- Please make cheques payable to Bridges Connecting Communities Ltd. and post to:
Bridges Connecting Communities Ltd.
6 Griffith Street,
Knoxfield, Vic. 3180

To donate by a secure one-off donation online visit Givenow.com.au and search Bridges.



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[Browse by Not of Cause](#)
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Bridges Connecting Communities
 Bridges Connecting Communities
<http://www.bridgescc.com.au/>
[Email: info@bridgescc.com.au](mailto:info@bridgescc.com.au)

Since 2016, Bridges Connecting Communities, (formerly Knox Community Volunteers), has been dedicated to providing volunteer services to the City of Knox and parts of the Yarra Ranges.

Bridges Connecting Communities, is a not for profit organisation that provides volunteer services to the local community to protect and improve the independence of elderly residents still living in their own homes.

Knox Community Volunteers was founded in 2016 by a small group of concerned individuals who recognised the need for volunteer assistance for elderly residents in the city of Knox.

Since this time, Bridges has succeeded in being able to provide support to elderly residents in the form of transport, social groups, community events, and community support.

A volunteer resource and information centre that provides volunteer recruitment, assistance, and information to local not for profit organisations was also developed and has become the volunteer hub for the City of Knox.

Are donations tax deductible? Yes

\$100 raised so far

Thank you for your donation.
A tax deductible receipt will be mailed to you shortly.

To unsubscribe from our mailing list
please phone 9763 9700 or email info@bridgescc.com.au