

Cottage Courier



APRIL TO MAY 2015

Letter from the Editor

Hi everyone, welcome to the new and latest newsletter. My name is Michael McGann and I'm a year 11 student from Campbelltown Performing Arts High School doing my work placement for my VET course "Business Services". I have been here for a week as the editor for the Cottage Courier learning and constructing this newsletter and also gaining some work experience in an office environment.

In this newsletter you will find staff reports that will give you an insight into what is happened at Myrtle Cottage what experiences the members, staff and even volunteers have had, upcoming events and important dates to mark down in your calendars; a funny joke to brighten up your day, the volunteers voice, policy and service of the month and also an amazing cooking recipe from the kitchen. I hope you're satisfied with reading this new and improved edition of Cottage Courier by this month's Editor.

Michael McGann



Editor

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Myrtle Cottage Group

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 (02)9426 3100

Elizabeth's Exciting Edit Manager's Report



Hi all,

It has been really great to return from leave and feel welcomed by all. After spending 4 weeks surrounded by family I believe I am truly lucky to then return home to find so many people happy to see me! Of course I came back ready to start the work associated with the end of financial year but must admit there have been a few distractions during my visits to the programs... and I should have anticipated it!

I am pleased to announce that the Third Party Verification process has been finalised and we now have accreditation to provide services as required by the State Funding body, Ageing Disability and Home Care (ADHC).

During Volunteers' Week staff and members recognised the invaluable contribution of all volunteers at the Cottage, presenting them with our promotional bag. I am sorry I missed the opportunity as I would have liked to add my voice to our huge 'Thanks', but will have to stay around next year!!

We are also preparing to say goodbye to Chris Staraj, Ageing and Disability Coordinator. Chris finishes in her position this week and will change career moving into residential care. I am sure members will join me in thanking her for her contribution to our Cottage and wish her well for the future. Surely she will be remembered for her sense of humour!

Remember to rug up and keep warm for winter, as this year does not appear to be too kind with it's temperatures.

Look after your selves and each other!

Kind regards, **Elizabeth Delcasse , Manager**



Ageing & Disability



Sarah,
Warren
Chris,
Rochene,
Joanne,
Connie
(Marilyn)

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.

Hi Everyone,

During the months of April members have enjoyed a number of activities that have been introduced: exercises with Jessica who is bringing energy back into our lives on a Thursday afternoon. It's great to see the younger generation having interests in the older generation, healthy bodies healthy minds.



Also word games have been introduced across the programs with Marilyn to pick your brains and get us thinking. We all have been busy cooking making beefburgers and fish cakes for lunch, they were yummy.

We will be continuing the cooking program as it has been a great success. In the upcoming program we will be introducing a gardening group; any of you who have some plants we could grow would be most welcome.

Outings during the months of April-May we had to cancel were Nepean Dam and East Hills Park BBQ due to bad weather and were replaced with Crossroads Pub and Tahmoor Inn as you can see we all enjoyed both outings.



Trading Table

I hope you all enjoy all the upcoming activities and outings, I have enjoyed getting to meet you and I will miss you all as I will be leaving Myrtle Cottage to return to residential care at Camden House so if anyone of you are looking for respite come my way and we can continue to have a lot of fun. Goodbye look after yourselves

Craft Activity

Love Chris X

Craft Idea

Materials

- *Cardboard
- *Coloured paper
- *Picture frame
- *Decorations
- *Scissors
- *Glue
- *Mask template

Method

- *Glue mask template to coloured paper
- *Cut around glued mask template
- *Decorate mask
- *Place mask inside frame
- *Place coloured paper at the back of the mask
- *Place backing picture frame to secure picture



LEAP and the
Net will
Appear!

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 \$60 which brings the total since June 2014 to;

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

\$644.70

Bell Program



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

Hi Everyone,

The Bell program re-visited the Picton Bowling Club on our last outing, and our next outing is scheduled for the 22nd of June.



We have been trailing a new activity in the Bell program called the reading groups. All the members that have joined the group have really enjoyed it. We ask the members who would like to read a short story or a poem; after they have read it they discuss it.

So far every session has become very similar to our reminiscence activity, but that's ok because they really enjoy talking about their life stories, especially their childhood. We are all enjoying how much they interact with each other. The quirky sayings that we are hearing are forming



another structure to the reading activity. Just to name a few: "I am not always right but I am never wrong". "I've got to spend a penny". This activity will be soon added to our programs. We have a vacancy in the advisory committee; if any carer's are interested

to join please call myself or Elizabeth.

The Bell programs are taking referrals, but we do have limited vacancies. For more information please call Christine on 9426 3114

Until next time

Christine Jurner
Bell Program
coordinator

HAPPY BIRTHDAY

May: Malcolm L, Alison G and Trevor W
June: June H, George S and Heinrich S.

AGM

ANNUAL GENERAL MEETING

Our AGM is on 28th of October so start putting on your thinking caps: WHO WOULD YOU NOMINATE FOR THE 2015 ACHIEVEMENT AWARD?

Don't forget Membership is due 30th June

Donations Recieved:

Donations: Ed \$10 and Rookwood Rockers \$50

Remember all donation over \$2 are tax deductible.

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.



Dementia: Fact Sheet

Hallucinations and false ideas

People with dementia sometimes experience a range of conditions in which they do not experience things as they really are. Although hallucinations and delusions are imaginary, they seem very real to the person experiencing them and can cause extreme anxiety, and even panic.

Hallucinations

Hallucinations are sensory experiences that cannot be verified by anyone other than the person experiencing them. Such experiences may include any of the senses, but the most common are visual and auditory hallucinations – the person sees or hears something that is not there. Voices may be heard, people may be seen who are not present, or strange and frightening noises may be heard.

Delusions

Delusions are ideas that are not based on reality, but which are thought to be true by the person with dementia. Their content can often be centred on people stealing money or other possessions, or they may have fixed ideas about people intending to harm them.

What causes hallucinations and false ideas?

Dementia may cause the person to lose the ability to recognise things because the brain does not accurately interpret the information that it has received.

Problems with memory, which occur in dementia, may lead to suspiciousness, paranoia and false ideas. If people with dementia are unaware that their memory is poor, they will often create an interpretation in which someone or something else is blamed. This is understandable when they may live in a world with no memory of recent events, where things “disappear”, explanations can be forgotten and conversations do not always make sense.

What to try

- Do not argue. It is better to acknowledge that the person may be

frightened by the delusions and hallucinations

- Attempt to distract the person if possible
- Distractions which may help include music, exercise, activities, conversations with friends and looking at old photos
- Physical contact may be reassuring, but be sure that the person is willing to accept this
- Try to maintain a familiar environment. If the person has to move, take some familiar things from the previous residence
- Increase lighting in the home and use night lights
- Try to maintain consistent caregivers and a consistent routine
- Try to learn the person's common hiding places
- Keeping a diary may help to establish whether these behaviours occur at particular times of the day or with particular people. Identifying such causes may help you to be able to make changes to overcome the difficulties
- If possible, keep a spare set of things that are often mislaid such as keys, purse or glasses
- Some hallucinations and false ideas can be ignored if they are harmless and do not cause the person to become agitated
- Do not take the accusations personally and be aware that the person is not able to control this behaviour.

To be continued

The Trading table has raised \$508.45 since the last newsletter.

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



The changes to the trading table have been well accepted by all.

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.





RECREATION PROGRAM

NEWS FROM THE WANDERERS

Connie and Penny

Please Note: The Recreation Program operates Friday & second Saturday for people aged 18 to 60 years with a disability. The article below relates to this only

G'day to all our Whacky Wanderers, Windsong Lavender Farm was a great choice from the members. We got to enjoy home-made strawberry jam and scones. It was great being seated in the gift shop surrounded by all the treasures. As we ate we looked around at what we were going to buy. A big thanks to Carmel our host.

Blacktown RSL is a place that we will be returning to with the great variety of choice in food it offers.

Symbio Wild Life Park was sadly cancelled due to bad weather. So we had a Coastal drive and went to Master Builders in Wollongong for a filling lunch.



A big thanks to the Rotary Club for the free tickets to The Stardust Circus. It was entertaining watching the monkeys doing some great tricks. The girls were unreal doing aerial stunts. The lion wasn't responding to the trainer's orders, maybe he was thinking of eating the trainer as he wasn't doing what he was asked.

The lions were fascinating up so close to us, we felt so small.

Ingleburn Bowling Club is always popular I wonder if it's because Kathy won the first and last game. Well done Kathy every time I've been to bingo you are one of the winners.

In May we made our way to Wests Leagues Club for a Chinese dinner. Then we were off to watch a live football match West Tigers v Cowboys. Sadly the Tigers lost 0/8. Darryl said it was years since he had

been to a football match. It would have been great for the Tigers to win as we were with our mad Tigers supporter, Andrew. Sharren was delighted with the fireworks display,

Bye For Now...

Penny & Connie

The Recreation Team

HAPPY BIRTHDAY

May: no members birthdays.

June: Hani Berbari

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



From the Improvement box

Date: 29/04/2015
From: Member
Issue: All printed paperwork to be put into braille for visually impaired people e.g. forms, newsletters, program. Members that live alone do not have anyone who can read for them. An investigation into where and how we can translate information into braille has not been successful so far.
Action: Vision Australia is going to provide a quote though this can only be used for our newsletter. Will keep you informed.

Member Update

Members that have left the Cottage:

Nancy M, Geoff M, Fred L and Brenda F



Members that are in permanent care:

Betty M and Anita G



Members who are Sick:

Stanley L, Sophia R, Anne W, Josie H, Sophia R,
Klare B, Margaret K, Anne W, John C, Josie H and Valda O



Welcome back:

Narelle I, Chizuko T and Helen S



Welcome to all our new Members:

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

George D, Victoria A, Fred L, Christine R and John D

Haircuts

Anyone wishing to get their haircut whilst at Myrtle Cottage can make an appointment with Merilyn. **Cost \$10.00** Phone the Cottage: **9426 3100**



Client Advisory Committee

Date: 2/6/2015 **Attendance:** Sheila J, Fay T, Rhonda F, Robyn O, Andrew M, Helen M, Peter M, Elizabeth D

Apologies: Brian F, Janice M, Ann G

Next Meeting will be: 4th August 2015

<u>Item</u>	<u>Discussion</u>	<u>Outcomes/ solutions</u>
Training – attended or required	Small training sessions continue, with a refresher being planned regarding use of vehicles' hoist for staff and drivers	Warren to continue organising training sessions to revisit safety issues/ practices
Work experience and volunteers	Monthly induction sessions continue regularly. Suggestion made to contact local court and enquire about young people doing community service hours to utilise in gardening Jo Greenwood to continue supporting volunteers	Local court to be contacted Current practice to continue
Policy development, review and Implementation	Policy reviewed: Members and the Criminal Justice System	Two typing errors identified to be corrected
WH&S	Nil unresolved items to report	
Strategic Plan Updates	Third Party Verification – the process was completed and accreditation achieved as a result	
Agenda Items (for specific meeting)	Promoting Client Advisory Committee – The committee has some new members but more participants are needed to cover all vacancies. Methods were discussed to promote the committee	Vacancies on Monday, Thursday, Friday, Bell and Linkline. Flyer to be created explaining reasons for committee, benefits of having greater input and expectations of participants

<u>Item</u>	<u>Discussion</u>	<u>Outcomes/ solutions</u>
Other business	Details about 'Delegation of Functions' which sets out the functioning of the advisory committee is to be discussed next meeting.	Copy of document to be tabled
	Regarding activities: A number of queries were	
	<p>Can outing include 'Mystery Tours', perhaps with two stops? Could use related clues or trivia</p> <p>Can Exercises with Jessica be run in the morning?</p> <p>Can Exercise program be run with a video?</p> <p>Can Craft include more variety of items, particularly craft to paint?</p> <p>raised as participants brought questions from the days they represent-</p> <p>Why outings are often to local clubs for lunch</p> <p>Ingleburn RSL has a seniors' concert last Thu each month. Is it possible to go?</p> <p>Can program include outing to Watson's Bay for lunch at Doyles'? Or trips towards Sydney?</p>	<p>All members to be encouraged to make suggestions when new programs are being developed</p> <p>Detail to be tabled at staff meeting</p>

<p>Other business</p>	<p>Can groups be split so members not wanting to go can stay at Cottage instead of missing out on a day, if they don't want long trips or particular activity?</p>	
	<p>Monday Members said they were devastated that due to Marilyn not working Mondays they have lost their 'Art' and hairdressing. Discussed that Marilyn is reducing days due to personal election. Members are encouraged to suggest 'art' as part of upcoming program consultation. Monday group also wanted to mention that DT Coordinator Chris Staraj will be missed after she finishes this week</p>	

I am looking for a Ms Myrtle.

Rooms offered for Rent at Myrtle Cottage



1. Room area 70 sq. m 2 toilets, access to adjoining courtyard.
2. Room area 180 sq. m audio visual facilities, room size can be adjusted to 90 sq. m with access to large courtyard.
3. Room area 40 sq. m full kitchen facilities, 2 toilets, ideal for group training, computer access.

Link up to Linkline



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

Hi all and welcome to another addition of the Myrtle Cottage Courier April has been full of holidays and fun outings. We enjoyed a great lunch at Warragamba Sports club where Connie took home a couple of meat raffles and I noticed a few of you enjoying some ice-cream sundaes, chocolate and strawberry being the flavour of choice. We had Easter in the early part of the Month which meant we didn't have as many outings as usual however Avon Dam was a special treat and the weather held perfectly for our bbq lunch with a drive down to the face of the dam, Chris was able to get some lovely photos of all those who attended. As I am writing this today I'm listening to the rain thunder down on our tin roof and wondering if we were to see the dam today would it look much fuller, as we were all commenting on how low it was looking. Our outing to Nepean dam was cancelled due to the massive amounts of rain coming down but a great alternative in the Tahmoor pie shop replaced it. I'm sure all the members would have enjoyed that, a nice drive and good food with very friendly service. As you are aware I am now down to three days a week having given up Mondays I will try to come in once every 6 weeks to catch up with haircuts for you and bring my littlies in with me. Again I will miss you all, you have been a big part of my life for a long time.. best regards

Marilyn Gear
Linkline Coordinator

HAPPY BIRTHDAY

May: Valerie Carson, Joan Watson and Aino Ruonala.

June: no members birthdays.

FROM THE KITCHEN

Overnight Raisin Oatmeal

Pancakes

Ingredients

- *2 cups quick-cooking oats
- *2 cups buttermilk
- *1/2 cup all-purpose flour
- *2 tbsp white sugar
- *1 tsp baking powder
- *1 tsp baking soda
- *1/2 tsp ground cinnamon
- *1/2 tsp salt
- *2 eggs, beaten
- *1/4 cup butter, softened
- *1/3 cup raisins



Directions

- 1.) In a medium bowl, mix together the oats and buttermilk. Cover, and refrigerate overnight.
- 2.) The next morning: In a large bowl, sift together the flour, sugar, baking powder, baking soda, cinnamon, and salt. Make a well in the center, and pour in the oatmeal mixture, eggs, butter, and raisins. Stir until just moistened. Allow batter to sit 20 minutes before cooking.
- 3.) Heat a lightly greased, large skillet or griddle over medium heat. Pour 1/4 cup batter onto the hot griddle for each cake. Cook pancakes until bubbles appear on top, flip, and cook until lightly browned on bottom.



DONATIONS & BEQUESTS

Please remember the following methods are available to support the Cottage and secure it's future.

Donations:- These are fully tax deductible and can be made by cash or a cheque payable to Myrtle Cottage

Bequests:- A bequest is a gift arranged during a persons lifetime but which does not pass to the beneficiary until the future.

We realise that most people involved with the cottage have directed the proceeds of their estate in their wills to family/friends etc. There are however, people who decide to direct the proceeds of their estate, either in full or part to Charity. We would like these people to consider a bequest to Myrtle Cottage. If you require further information on how to make a bequest please call us at Myrtle Cottage.

Warren's Wisdom

Transport Report



Warren

Members with colds and flu

Coming into winter when infections/viruses are more prevalent, it is a good time to remind everyone about the importance of hand washing and cough etiquette.

It is expected that ill members will take a responsible and common sense course of action and not attend or remain at the cottage whilst they are unwell. Members who appear unwell should be encouraged to seek medical assessment if appropriate.

In addition, tips for protecting yourself and others from respiratory illness during winter may include:

- Stay home if you are ill.
- Cover your nose and mouth when coughing or sneezing.
- Use a tissue and dispose of it into the waste.
- Always wash your hands after coughing and sneezing or disposing of tissues.
- Hand washing is the single most important measure to reduce the risks of transmitting infection from one person to another.
- Vaccination with the seasonal influenza vaccine available from your local doctor.

How to avoid aggressive drivers and road rage

If you are a driver, at some point, you've gotten frustrated behind the wheel. However, it's important to avoid engaging in aggressive driving behaviors and avoid those who are displaying them.

Aggressive driving behaviors include speeding, running red lights, quick lane changing, failure to yield and following close behind or making contact to tell someone you don't appreciate what they've done. This behavior can become a serious threat to your safety and others on the road.

Below are some tips to help you avoid engaging in aggressive driving behaviors and how to avoid other aggressive drivers:

- Have the right attitude behind the wheel: When we're in a hurry we have little patience for bad drivers, which can cause unnecessary stress and frustration. So leave yourself enough time to get to your destination so you don't feel the stress of being rushed. If someone

offends you, take a deep breath and put yourself in their shoes. Most times, mistakes aren't done on purpose and remember that escalating the situation will only make things worse.

- Avoid offending while you are driving: It's easy to point fingers at other drivers, but face the fact that at some point you've also made mistakes on the road, so make sure you are a thoughtful driver. Avoid cutting drivers off and apologize if you do, avoid tailgating and aggressively honking your horn. Finally, if someone offends you, avoid making inappropriate or offensive gestures.
Avoid aggressive drivers.

JOKE OF THE MONTH:



Getting a Hairdryer Through Customs.

An attractive young woman on a flight from Ireland asked the Priest beside her, 'Father, may I ask a favour?'

'Of course child, What may I do for you?'

'Well, I bought my mother an expensive hair dryer for her birthday. It is unopened but I'm well over the Customs limits and I'm afraid they'll confiscate it.

Is there any way you could carry it through customs for me? Hide it under your robes perhaps?'

'I would love to help you, dear, but I must warn you, I will not lie.'



'With your honest face, Father, no one will question you.'

When they got to Customs, she let the priest go first. The official asked, 'Father, do you have anything to declare?'

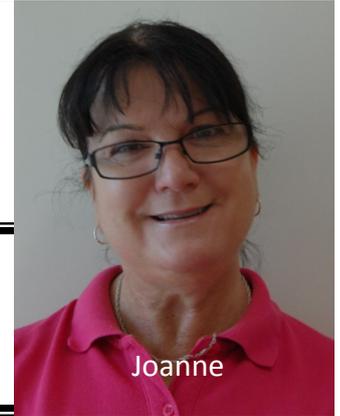
'From the top of my head down to my waist I have nothing to declare.'

The official thought this answer strange, so asked, 'And what do you have to declare from your waist to the floor?'

'I have a marvellous instrument designed to be used on a woman, but which is, to date, unused. 'Roaring with laughter, the official said, 'Go ahead, Father. Next please!'



The Volunteers Voice



Joanne

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 everybody

I cannot believe how fast these months are going. We have celebrated Easter which we made some great cards and craft also mother's day which I hope you all had a great day and enjoyed spending time with your families. Also National Volunteers Week we would like to give a big thankyou to all our wonderful volunteers who do a fantastic job and help our cottage to run.

We have also have had some volunteers Birthdays as well so Happy Birthday to you all hope you had a great day.

With the cooler weather approaching make sure you rug up to keep nice and warm. Take care look after yourselves until next time.

Joanne Greenwood

Volunteers Voice



New Volunteers:

Lisa M, Anthony R, Jodie H, Virginia S, Peter M and Odette S

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



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



HAPPY BIRTHDAY

In May



Members:

Valerie C, Joan W, Malcolm L, Walter W, John D, Trevor W, Norma L, Beryl N, Alison G, Eileen C, Aino R and Anne-Marie P.

Volunteers:

Virginia S, Lourdes P, Kim S, Raymond P, Barbara L and Gina P

Staff:

No staff birthdays



HAPPY BIRTHDAY

In June



Members:

Safwat A, June D, Hani B, Shane G, June H, Margaret K, Janice M, Ronald B, John C, George S and Heinrich S.

Volunteers:

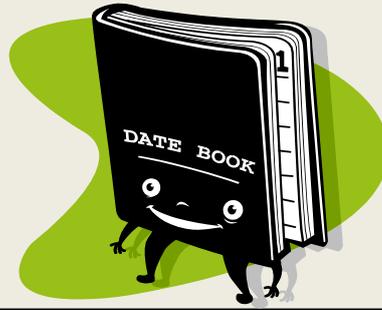
Barry B, Odette S, Gail J, Sonya D, Gary H, Shirley H, Thomas A, David M, Sandy D, John G, Trevor W and Zlatko K.

Staff:

Jane A, Renee D, Joanne G and Warren K.



Important Dates to Put In Your Diary



27/6 – 12/7/15

School Holidays

3/8/15(Mon)

Bank Holiday

6/8/15

Happy Feet Project Day - Podiatrist

10 – 14/8/15

Client Advisory Committee Nominations
(Monday, Tuesday and Wednesday)

27/8/15 (Thurs)

Staff Training day – Cottage closed

17/9/15

Happy Feet Project Day - Podiatrist

19/9 – 5/10/15

School Holidays

5/10/15 (Mon)

Labour Day Holiday

28/10/15

AGM

29/10/15

Happy Feet Project Day - Podiatrist

25/11/15(Wed)

Combined Christmas Party

1/12/15

Client Advisory Committee Meeting 10 AM

5/12/15 (Sat)

Bell Carers' Christmas Party

10/12/15

Happy Feet Project Day
Podiatrist

11/12/15 (Fri)

Volunteer Christmas Party

14 – 18/12/15

Daily Christmas Parties

18/12/15(Fri)

DT & LL last day for the year

19/12/15 (Sat)

Recreation and Bell Program last
day for the year

4/1/2016

Return back on Monday



Policy of the month

Members and the Criminal Justice System Policy

Objective

To ensure that each member's access to services provided by Myrtle Cottage is decided only on the basis of relative need including people who have experience with the criminal justice system.

Definition and scope

The criminal justice system includes the NSW Police, Department of Corrective Services (including Justice Health), Probation and Parole, legal professionals, family advocacy and support organisations.

Policy

At times, Myrtle Cottage may provide services to people who:

- have spent time in goal
- have had problems under the law (including being questioned by police)
- have been victims of crime
- are at risk of being involved in legal matters.

These experiences can be extremely challenging for the person, their families and carers. It may also have implications for Myrtle Cottage and the way services are provided. Refer to assessment checklist, member's profiles and care plan for implementing services to meet individual needs.

Procedure

Myrtle Cottage has various strategies to minimize the barriers that may affect the access of potential and current participants to activities and services, as follows –

- Establishing and maintaining a wide range of networks with other organisations across the community, particularly services for ethnic and multicultural communities
- Participating in relevant training for staff regarding the criminal justice system for people with a disability and their families

- If needed, recruiting Board members, or staff/consultants, with specific expertise in the criminal justice system to enhance the capacity of Myrtle Cottage to meet the needs of members and/or carers
- Advocating for members involved in the criminal justice system to ensure their civil and human rights are respected
- Promoting members' access to additional services that may provide support and advice on specific criminal justice systems
- Liaising with criminal justice and case management organisations to enable coordination for people accessing several services, and for advice about amending activities to support member's goals and needs in their individual plan.

Service of the month is:

Happy Feet Project

Myrtle Cottage would like to assist its members and volunteers by having a podiatry service once every six weeks at the Cottage on a Thursday. Aged Foot Care Australia will provide this service to a maximum of 25 people in one day.

The benefits for members and volunteers are that they would attend a place they know, an area will be dedicated on the day with tea/coffee and you can participate in the program while you wait.

Transport can be arranged for members who do not regularly attend the Cottage on a Thursday.

Up to five (5) visits per year will be free to anyone that has a DVA entitlement or a Medicare Enhanced Primary Care plan for podiatry. Otherwise the cost will be \$36.00 if paid on the day or \$41.00 if you require an invoice to be sent out.

Please see Margaret or Connie if you are interested in this service

Wish list

More items to sell at the trading table please!

