



Newsletter

August 2018

"A leading service provider helping our communities enjoy the life they want to live"

A word from our CEO, Helen Pollard



Organisational growth

As I mentioned in the last newsletter, the 2017/18 financial year was a time of growth for SEC Care. We have experienced some inevitable challenges that come with an increase in staff, funding programs and reporting requirements. We continue to look for ways to improve communications between staff and departments, as well as with clients and families.



**REGISTERED
NDIS
PROVIDER**

NDIS at SEC Care moving forward

Our Senior Staff and Board President (Lois Green) have spent three very full days with an external facilitator working on plans for SEC Care's involvement in the NDIS. We are excited to have workshopped some great ideas and have a new project to develop over the next few months.

The NDIS represents a wonderful opportunity for SEC Care to further serve our local communities – look out for updates over the next twelve months!

Robert (Bob) the Builder is here to help!

We are excited to have added a 'handyman' to our enthusiastic and friendly team. Robert is a qualified carpenter with experience in Aged Care, as well as a long history of working for himself. Robert is also experienced in project management and the coordination of other tradesmen.

Robert is currently completing a range of jobs at our office (and grounds), but is also available to provide maintenance in your home! Having our own handyman will reduce our reliance (in some cases) on contractors, allowing jobs to be more cost-effective for clients and done in a timelier manner.

Robert's services can be used for jobs that are funded through various Packages, and he is also available on a fee-for-service basis.



Picture above: Meet Robert, our new handyman! If you have any 'odd-jobs' that you think Robert could assist with, please speak to your Coordinator.

2018 Tasmanian Telstra Business Awards

2018 Telstra Business
Awards Finalist
Tasmania Social Change Maker



#TelstraBizAwards



Picture Above: A group of 15 SEC Care staff and Board Members at the Telstra Business Awards at Glen Albyn Estate on Thursday, 26 July 2018.

I was honoured to attend the 2018 Telstra Business Awards with 14 representatives from the SEC Care Board and staff team on Thursday, 26 July 2018. For the second year running, SEC Care was a finalist in the Awards – this year we were acknowledged as one of Tasmania's leading 'Social Change Makers'.

In Tasmania, there were 2,000 nominations, and nationally there were over 10,000. To be a Finalist is a huge achievement, and a testament to the amazing work done by SEC Care staff and volunteers in all areas of service. Thank you all for the work you do – you should be proud of the difference you make in our communities.

AGM 2018 – Save the Date

Our Annual General Meeting (AGM) will be held on Monday, 24 September 2018 at Somerville Street. The doors to the Day Centre will be open from 12:00pm and a light lunch will be served at 12:30pm. The AGM will commence, with a guest speaker, after lunch is finished. All clients and their family/friends are most welcome to the AGM.

Day Centre highlights from last month

Christmas in July!

On Thursday, 26 July, 100 Staff, clients and volunteers travelled down to Cygnet for a wonderful Christmas in July celebration at the 'Top Pub'. Clients were treated to a delicious three-course meal, as well as a guest appearance from Mrs Claus herself (Santa was hibernating!).

Here are some of the photos taken on the day:



Day Centre highlights coming up:

Sorell Day Centre:

- Saturday, 18 August – bus trip to Dover and lunch at the Dover RSL
- Saturday, 25 August – bus trip to Bothwell and lunch at the Bothwell Hotel
- Friday, 31 August – trip to Hobart and lunch at the Black Buffalo.

Orford Day Centre:

- Wednesday, 22 August – trip to Sorell for shopping
- Monday, 27 August – trip to Woodsdale Museum
- Friday, 31 August – trip to Richmond and lunch at the Richmond Arms.

Brighton Day Centre:

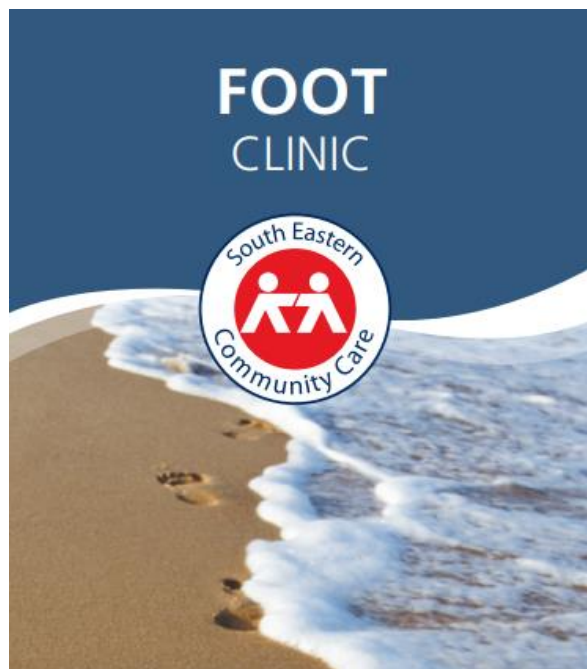
- Thursday, 23 August – in house day at Brighton Day Centre, featuring cooking, bingo and diamond art
- Tuesday, 21 August – trip to Dunalley and lunch at the Dunalley Hotel
- Thursday, 31 August - in house day at Brighton Day Centre, featuring scrapbooking, bingo and diamond art.

Richmond Day Centre:

- Monday, 20 August – trip to Kingston and lunch at the Antarctic Division's Southern Lights Hotel
- Tuesday, 28 August – trip to Salmon Ponds (weather permitting)
- Monday, 3 September – trip to Waterworks Reserve in South Hobart.

Our Community

Have your say about the topics that affect your world: email emily@secommunitycare.com.au or phone 0417 399 227



Do you have trouble reaching your feet? Come and see us at the SEC Care Foot Clinic!

The SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos, next to our office at Somerville Street) to help you with all your foot-hygiene needs. We can:

- Clean your feet
- Cut your nails
- Provide relief through therapeutic foot massage
- Moisturising of the feet and legs
- Referrals to podiatrists if necessary

Foot Care is for any age/anyone and there are subsidised prices available for pensioners. To book an appointment, **contact Tanya Cleary via reception on 6269 1200.**



ATTENTION: Do you have any unwanted Lego?

Do you have kids or grandkids who loved Lego and now you have boxes of unwanted Lego cluttering your precious space?! Then give it to us! Sacha and the Disability Services team will soon be working on a project that involves creating a Lego bank. Donate your Lego today by calling Sacha on (03) 6269 1260 or drop it off at reception. Thank you!

South East Community Care proudly invites the whole family to our

2018 Community Expo

11:00am–2:00pm
Saturday 20th October 2018
12 Somerville Street, Sorell
(opposite Banjos)



FREE SAUSAGE SIZZLE • FAMILY ENTERTAINMENT • COMMUNITY STALLS • DEVONSHIRE TEA • PRIZES



Speak Out Advocacy presents: Gearing Up for Choice and Control EXPO 2018

For those who support a person with a disability, I urge you to consider taking them to the 2018 Speak Out Advocacy Disability Expo. This is an opportunity to gain further information about disability services, enter competitions, receive goody and freebies, as well as a chance to socialise with people in similar situations. Entry is free.

When: Thursday, 30 August 2018, from 11:00am – 5:30pm.

Where: Derwent Entertainment Centre, 601 Brooker Hwy. Glenorchy TAS 7010.

Health, Wellbeing and Nutrition

Easy-peasy strawberry and banana bread

It's time to get those over-ripe bananas out of the freezer and to put them to good use! Strawberries are also coming into season, so now is the time to take a family classic (banana bread) and add a juicy and delicious berry twist! I hope you enjoy this recipe as much as I did!

Ingredients:

- 2 cups (300g) self-raising flour
- 1 cup (220g) brown sugar
- 1 teaspoon baking powder
- 2 over-ripe bananas, mashed
- 2 free range eggs, lightly whisked
- 150g butter, melted
- 1/2 cup (125ml) buttermilk
- 1 cup (130g) chopped strawberries
- Strawberries, halved or quartered, extra, to decorate.

For strawberry butter-cream:

- 75g strawberries, finely chopped
- 1 tablespoon caster sugar
- 125g butter, softened
- 1 1/2 cups (240g) icing sugar mixture.



Method:

Step 1

Preheat your oven to 180C. Grease and line the base and sides of a 10cm x 22cm (base measurement) loaf pan with baking paper, allowing the 2 long sides to overhang.

Step 2

Place the flour, sugar and baking powder in a large bowl. Whisk the banana, egg, butter and buttermilk in a medium bowl. Add the egg mixture and chopped strawberry to the flour mixture and stir to combine. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside in the pan for 5 mins to cool before turning onto a wire rack to cool completely.

Step 3

Meanwhile, to make the strawberry butter-cream, combine strawberry and sugar in a small saucepan over medium heat. Cook for 5 mins or until the sugar dissolves and strawberry breaks down. Cook for 2 mins or until mixture thickens slightly. Set aside to cool.

Step 4

Use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, beating well after each addition. Beat in the strawberry mixture.

Step 5

Spread the strawberry butter cream over the top of the banana bread. Top with halved or quartered strawberries.

Yum!