



# Newsletter

January 2018

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

## A word from our CEO, Helen Pollard



### Welcome to the first newsletter for 2018!

The office is in full swing and we are looking forward to the New Year. Some of our staff have changed roles recently and so there may be different people in contact with various clients over the next couple of months.



**SEC Care is a National Disability Insurance Scheme (NDIS) accredited provider. While the Scheme is rolling out nationwide (finishes July 2019), we can also support people eligible for Individual Support Programs (ISP).**

### Changes to our Coordinator team

One of our Package Coordinators, Sacha Lloyd-Timbs, will be coordinating our Disability Services in 2018. Sacha will focus on growing our Disability Support Programs through linking with other providers, developing service plans, supporting staff, as well as creating training programs. This means Sacha will be handing over her non-disability clients to our experienced Coordinator Team. Those who will be affected will be introduced to their new Coordinator in the next month or so. Thank you to all involved for your patience and understanding.

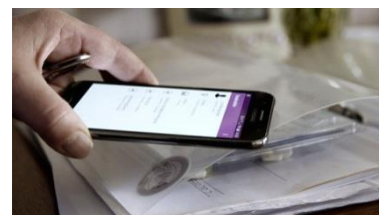
### An exciting year for the Day Centre!

Day Centre programs have recommenced for the year, and staff are busy planning a full calendar for the year- which includes overnight trips- this has certainly been a popular addition to our programs.

I am keen to start the year with a review of client feedback- checking how you are finding our services and so an "I have a comment" brochure will be distributed with the January accounts. Comments are very useful and help us evaluate what we do and how we do it. Your feedback may assist us improve services to you – and to many others!

### SEC Care staff using mobile phones for their job

We are expanding the group of staff who are using mobile telephones, replacing the need for paper schedules and notes.



Instead of carers coming to your home and checking a paper file containing your service notes, there will be a digital version of your information accessible on their work mobile phone. While we are not able to eliminate paper completely, we are thrilled to be making this switch to a more sustainable, efficient way of doing business.

### Projects in the works for 2018

We will be working on numerous projects again this year. First of all, we will be making use of the small building (we call it the little house) next to our main office building. Another project we have begun is the 'wrapping' of our transport vehicles. Those who use our transport service may have already seen one of our cars with our logo, contact details and colour theme covering the majority of the car's exterior. We are pleased with the look of these cars, and will 'wrap' our remaining transport vehicles in similar fashion over the rest of the year.

**While staff are not permitted to take personal calls, or use their personal phones during a visit, you will begin to see them using a phone at the start and end of their visit. It is our goal to have all of our staff working in your homes and community using mobile phones for their job by mid-2018.**

**We are looking forward to another busy year supporting our communities, groups and individuals –helping people to live happy, healthy and fulfilled lives in their homes and communities.**





## Day Centre highlights from last month

Thank you to all the clients who came to the SEC Care Day Centre Christmas Party!



### Day Centre highlights at a glance:

#### Sorell Day Centre:

- Friday, 19 January – Shoreline Hotel for lunch.
- Saturday, 20 January – Bus trip to the Ida Bay Railway for a train ride and a light lunch!
- Wednesday, 24 January – Australia Day BBQ lunch, featuring entertainment by Peter Campbell.

#### Brighton Day Centre:

- Tuesday, 16 January – Bus trip to the Salmon Ponds for lunch.
- Thursday, 25 January – Australia Day BBQ lunch, featuring entertainment by Peter Campbell.
- Saturday, 27 January – Bus trip to the Ida Bay Railway for a train ride and a light lunch!

#### Orford Day Centre:

- Monday, 15 January – visit from Advocacy Tasmania.
- Wednesday, 14 February – Valentine's Day luncheon at Levendale.

#### Richmond Day Centre:

- Thursday, 18 January – trip to the New Norfolk River and lunch at the pub.
- Monday, 29 January – trip to the Pontville Hotel for lunch.
- Tuesday, 30 January – lunch at Tasmanian Gourmet Seafood (near airport).



## Our Community

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

### 'Crafternoon' at the Day Centres!



The SEC Care Day Centres were back in full swing in mid-January, and what better way to start the year than by making customised calendars for all the activities and outings planned this year!

**Pictures:** Clients out of the Sorell Day Centre getting creative with their personalised Day Centre calendars.



### ATTENTION CLIENTS: Do you like to cook? We want your recipes!

There is an exciting project in the works for 2018, but we can't do it without you! We are looking for people to come forward with their best home-cooking recipes for a SEC Care cookbook we are looking to create as part of our 2018 community outreach. We will also be inviting staff and carers to come forward with their recipes. Our goal for this project is to create a book that the whole SEC Care community has contributed to make. The creators of the best recipes will have their recipes featured in the book. For more information, call me on 0417 399 227. To contribute your favourite recipe – email it to me at [emily@secommunitycare.com.au](mailto:emily@secommunitycare.com.au).



### Do you have any old slides you would like on your computer?

"Hello there, I have just bought a new photo scanner which is able to copy old colour slides and negatives on to a computer. If there is anyone out there who has a bunch of old slides, I would be happy to copy them onto a USB stick or other storage device at no charge and let them bring back old memories. They could also select the best of them and get them printed at any chemist or photo shop, or maybe even know someone who could do it for them. It would help fill in the day for me."

**Peter McKinley, Dodges Ferry.**

For Peter's contact details, please phone 03 6269 1200.

### Get the hair salon treatment in the comfort of your home!

Rebekah Duharte is a qualified hairdresser with over 24 years of experience. Rebekah is available by appointment to give you affordable cutting and styling in the comfort of your home!

If you are looking for VIP hair salon treatment without the stress, call Rebekah to discuss your options on 0406 756 874.

Rebekah Duharte  
Hairstylist



# Health, Wellbeing and Nutrition

## Summer Apricot & Raspberry Crumble

It is summer time, which means stone fruits and berries are in bountiful supply in the supermarkets and people's backyards. Don't miss this opportunity to make beautiful food with your fresh and sumptuous fruits and berries! This summer-inspired crumble is full of goodness and tastes delicious.

It is a perfect dessert to have on a balmy summer night or even for breakfast with a big dollop of yogurt. Enjoy!



### Ingredients (Serves 8):

- 1kg of fresh apricots, halved and pitted
- 8 whole almonds
- 1 cup firmly packed light brown sugar
- Finely grated zest of 1 lemon
- 3 cups raspberries
- 2 tablespoons fresh lemon juice
- 1 cup all-purpose flour
- 3/4 cup old fashioned or quick cook (not instant) rolled oats
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 10 tablespoons butter, cubed



### Method

1. Adjust the rack to the lowest third and preheat the oven to 190 degrees. Place the apricots in a shallow 9-inch dish, preferably rectangular in shape.
2. In a food processor, grind the almonds with 1/4 cup of the brown sugar until fine (about 30 seconds). Add the lemon zest and process for about 5 to 10 seconds. Scrape the sugar mixture over the apricots and toss. Scatter the raspberries over the apricots and drizzle with the lemon juice.
3. In the food processor, combine the flour, oats, cinnamon, salt, and remaining 3/4 cup brown sugar. Process for 10 seconds. Add the butter and pulse just until the mixture resembles coarse crumbs. Sprinkle the topping over the fruit and bake for about 55 minutes until the topping is browned and the filling is bubbling.
4. (Optional) Drizzle a small amount of melted butter over the top of the browning crumble to have an extra crispy crumble top.

