



Newsletter

February 2020

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

A word from our CEO, Helen Pollard



South Eastern Community Care continues to have an increase in client numbers, and we have employed more staff during the early part of 2020. We expect we will continue to see growth in programs due to the needs of those in our communities.

Our Community

South Eastern Community Care employs over 150 Community Support Workers, and we deliver services to over 1300 people in the community. We take people to social events, shopping, appointments, and even sports games. We deliver services after hours.



Getting the most out of your Package

If you are looking for an increase in services, or if you have been approved for Packaged Care (Aged Care) please speak to one of our Coordinators who can walk you through the process.

We deliver care and services through many different programs and can be quite flexible, so don't hesitate to check with our Coordinators about what we may be able to do for you.



What's in the News?

The COVID-19 (coronavirus) continues to be in the News and has potential to reach us in Australia- however at this stage it remains contained. Public Health officials say wearing masks to prevent getting the infection is not necessary in Australia at this time. We are monitoring information about the virus, and will ensure we work with any precautions or actions that may be needed in the future should the situation here change. As we get updates from the government or changes- we will forward these to staff.

We Value Your Feedback

Anything you have to say about our services and programs is very welcome! If you have a compliment it boosts morale and we pass on to the staff concerned. If you have a complaint or constructive feedback – it may help us assess and improve the services we deliver to you and to others. We encourage and welcome feedback at any time.

Our Community



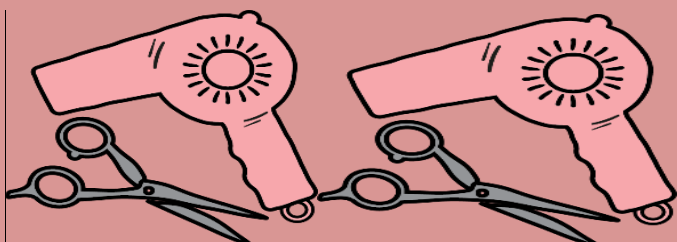
Looking at doing outings – Come along to our Day Centre Sorell every Wednesday or Brighton on a Thursday. Saturdays there are regular day trips to various parts of the State, and through these trips People have had the opportunity to visit places they have not had the opportunity to see for many years.

Feel Free to contact Reception on Ph. 6269 1200 for details



Get the hair salon experience in the comfort of your home!

Call qualified hairdresser, Karla, on **0420 583 370** to make an appointment.



INDEPENDENT LIVING UNITS NOW SELLING

4 x Two bedroom units in the heart of Sorell

- + Landscaped, maintained gardens
- + Air conditioning and all white goods included
- + Level access, architecturally designed for comfort
- + Safe, supported environment
- + Easy access to services, shops and amenities
- + Building commencing July 2019

Quality Community Care



NDIS NEWS

Farewell Kate Markham

Kate will be finishing with South Eastern Community Care this month. Please join me in wishing her all the best in future endeavours. We recognise the work that she has done in the disability team in commencing small groups last year as well as undertaking her coordination role.



Support Requests and Shift Changes

A reminder to all participants that SEC Care tries to accommodate short notice shift changes and requests where possible. However to guarantee support we require 1-2 week notice for permanent and one off supports. If you require changes please contact your coordinator.

**South Eastern Community Care will be participating in the wellness expo on the 29th February 2020
From 10-3pm at Princes Warf 1. Please come down and say hello**



The Wellness Expo is a project hosted by the West Moonah Community House and Rotary Tasmania to consolidate the health and wellness services and products available around Tasmania in one place so the general public can see what is available both free and at a cost. The Expo also supports and creates awareness relating to health and wellness within the community.

The aims of the expo are as follows:

- To promote services and facilities related to health and wellness in Tasmania
- To create awareness of the importance of physical, mental and emotional health and well-being.
- To educate, facilitate and support the community in choosing the best health and wellness services for their needs
- To provide an opportunity for networking and relationship building within the community



Relax and have your feet pampered at the SEC Care Foot Clinic!

SEC Care Foot Clinic is now operating out of the 'Little House' (opposite Banjos) every Wednesday and Friday. The Foot Clinic is for our clients and the community.

Foot Care is for any age/anyone and there are subsidised prices available for pensioners.

Fees: Pensioner: \$25.00 Private: \$60.00

For more information or to book an appointment, contact Reception on Ph.6269 1200

Recipe of the Month

Banana Bread

INGREDIENTS:

1 cup (150g) plain flour
1/2 cup (75g) self-raising flour
1 cup brown sugar
1 teaspoon Ground Cinnamon
125g butter, melted, cooled
2 eggs, whisked
3 ripe bananas, mashed

METHOD:

Step 1

Preheat oven to 180°C. Grease and line the base and side of an 11 x 21cm x 6cm deep (base) loaf pan.

Step 2

Combine flours, sugar and cinnamon in a large bowl. Whisk butter and eggs together. Stir in banana. Spoon into prepared pan. Smooth the surface.

Step 3

Bake for 45-50 mins or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 mins before turning out onto a wire rack. Serve warm spread with butter.

