



Newsletter

January 2020

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

A word from our CEO, Helen Pollard



Hello to all clients and families, I hope you enjoy our first newsletter for the year. Some of our Administration staff have had a chance to catch up on some tasks over the Christmas New year period and we are ready to get on with 2020!

Independent Living Units

Our units are continuing to be developed, and the builders are back into action after a break. We are on track for driveway and landscaping in mid-February which will make the site look much more inviting. I am working with a local Real Estate Agent to manage our last two units- so if you are interested, please contact me before the end of January.



Are you looking for more services?

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. 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.



Fire Safety

As terrible as the fire news has been in recent weeks, we are aware that fire season still has many weeks to go. Please make sure you have an emergency plan and your loved ones are aware of your plan. If you haven't already – make sure general housekeeping is undertaken around your home and any potential fuel is removed/minimised. Our thoughts are with those who have lost so much in the recent fires.

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.

Accounts – Late Cancellation Fee

As of 1 March 2019, we introduced a "late cancellation" fee of \$25.00 when a client cancels their service with less than 24 hours' notice. This is to reduce late cancellations numbers, disruption to schedules for clients and ensure the costs we incur (such wages for staff) are in part covered. This fee is in line with other providers.

The Day Centre Christmas Party 2019



On Tuesday 17th December South Eastern Community Care hosted our annual client Christmas Party. The Day Centre team spent the Monday before setting tables and decorating, ready for another great event. Live music had everyone dancing before food was served, It was a lovely meal along with great company. Thank you to everyone who came along and enjoyed the fun.



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

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



Our Community

Have your say about the topics that affect your world: email julene@secommunitycare.com.au

NDIS NEWS

Reptile Rescue

South Eastern Community Care final boy's day out last year saw Reptile Rescue come out and educate our enthusiastic group on safety around these beautiful animals. Shane Lord with a "little Lizard". Well done Shane.



Recommencing NDIS Group Activities

Thank you to you all for your patience over Christmas. Our small group activities will recommence in February and we have a lot of exciting things planned for 2020. If you would like more information or have any suggestions please contact your coordinator.

Introducing NDIS Coordinator

Introducing Andrew Small, to those who have not met him yet. Andrew comes to the team in a relief coordination position, he has experience in direct support and coordination. He will be providing relief over 2020. Andy will be out meeting participant in the next two months and updating information and working with you on achieving your goals.



Receiving HACC (Home and Community Care) but am I eligible for NDIS?

The Tasmanian Government continues to provide support to Tasmanian's under 65 years of age that have a disability or require assistance to remain living at home, with transport and or accessing the community. The NDIS is an Australian program that may be able to assist you in a variety of ways with greater flexibility and access. To meet eligibility you need meet the following criteria:

You are aged 7 to 65 years old

Australian citizen

Need help from a person because of a permanent/significant disability that is considered life long

Do you need special equipment to reduce the impact of a permanent/significant disability?

If support is needed now to reduce future needs

If you meet the above criteria you may be eligible for NDIS services. To find out more you can contact the NDIS by phone on 1800 800 110 or via their web page www.ndis.gov.au.



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

Beef and cashew stir-fry

Ingredients:

- 500g Graze Grass Fed Beef Stir-Fry strips
- 1 red onion, cut into wedges
- 2 bunches baby broccoli, cut into 5cm lengths
- 1/3 cup (80ml) sweet chilli sauce
- 1/2 cup (75g) toasted cashews

METHOD

Step 1

Heat a non-stick wok over high heat. Add one-quarter of the beef and stir-fry for 1-2 mins or until browned. Transfer to a bowl.

Step 2

Repeat in 3 more batches with remaining beef.

Step 3

Add onion and baby broccoli to the wok and stir-fry for 2 mins or until just tender. Return the beef to the wok with sweet chilli sauce and cashews. Stir-fry for 2 mins or until heated through.

