



Newsletter

January 2021

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

A word from our CEO, Helen Pollard



On behalf of Staff and the Board I wish all clients, participants and families a safe and happy New Year.

Our Office is back to regular hours of operation. Day Centre Programs are beginning to recommence and it is great to see all-be-it smaller groups being able to gather and enjoy programs, outings and socialising together.

COVID19

AS we put 2020 behind us, and enjoy some of the freedom we are experiencing in Tasmania due to little or no COVID present- it is important that everyone in our Community remains vigilant. With Travel we do have an ongoing risk of COVID entering our State, and we have seen many instances of how quickly the situation can escalate. South Eastern Community Care has a COVID safety plan, and we continue to monitor the situation in Tasmania and Australia. If there are any changes or a need to increase use of PPE, masks, close our offices we will communicate this to clients and to our staff. We will announce major changes of operations on our website and Facebook, as well as writing to clients if needed.

SUMMER SAFETY

As we head into warmer months- there is information available through various sources about making sure you home and grounds are fire-safe and there are some great tips at Tas Fire www.fire.tas.gov.au

As well as keeping your property safe- there are some things you should do to make sure you manage your health and wellbeing through the warmer months.

- Be sun-smart. Wear a hat, use sunscreen and keep out of the sun during the hottest parts of the day.
- Make sure you keep up with your fluids to avoid dehydration. Drink plenty of water- even if you are not feeling thirsty (seek medical advice if you have any conditions which may mean you are fluid-restricted).
- Keep your house cool. You can do this by shutting curtains and blinds through the day, and don't open windows to let air in through the heat of the day.
- Take care of others- visit or check on elderly or frail friends/family/neighbours regularly.
- Children need to be reminded to drink water.
- Ensure animals have water and shade available
- Never leave children or animals alone in a car, even if the air conditioner is on or windows open.

FINDING INFORMATION

South Eastern Community Care have a website which we update when we have changes, information and news for our staff and clients. Our Client newsletters are available on our website. To access latest information, our annual reports and information about SEC Care, you can visit www.secommunitycare.com.au

If you wish to see what is happening at our Day Centres, and some of the initiatives in our office or more broadly out and about- you can follow us on Facebook! Feel free to follow and like our page.

FEEDBACK

Your feedback is very important to us. You can contact your Coordinator, call reception, email our office [_mail@secommunitycare.com.au](mailto:mail@secommunitycare.com.au) or complete an "I have a Comment" form. The forms have details of contacts for external bodies if you are not satisfied with the response you receive from our Organisation or you feel uncomfortable raising your issue with our staff. If you have a compliment we pass it on to the relevant staff/department and it boost morale. If you have a problem, concern or suggestion- it may improve services not only for you, but for others!



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). 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