



# Newsletter

## November 2020

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

### A word from our CEO, Helen Pollard



#### **Summer & Fire Safety**

As we are heading into warmer weather, it is time to ensure your home is fire-safe, and that you have a plan in place which you have discussed with your family. You can find great information on Tasmanian Fire Service website - <https://www.fire.tas.gov.au/>

#### **Public Holidays**

Before we know it, Christmas and New Year will be upon us!

*The office will be open for reduced hours during the Christmas period and we will put our Christmas hours in the next client bulletin.*

In addition- CHSP programs (in particular Domestic Assistance) is not delivered on Public Holidays and it is likely if you get fortnightly home help you will miss one of your services over the Christmas period. For clients on other more flexible programs (such as Disability, or Home Care Packages) please speak with your Coordinator about how your services may be impacted over the Christmas/New Year period.

#### **Gifts to Staff- please refrain**

As we start to think towards the festive season, we often see clients wanting to recognise their support workers in some way. While we do understand this, it is extremely important for everyone that you do not give substantial gifts to staff. Staff are not allowed to accept cash (please note this also includes gift vouchers- staff are advised that if they receive cash or vouchers- these do need to be respectfully returned). If you do wish to give staff a gift- garden produce, chocolates, flowers or similar are fine. In the past we have said we even accept hugs, but sadly that is not an option in these COVID times either!

#### **Feedback**

We value your feedback, and want to hear what your experience of our services are! We have "I have a Comment" forms which are available from the office. In addition you are welcome to just give our office a call or email us [mail@secommunitycare.com.au](mailto:mail@secommunitycare.com.au) - compliments are passed on to the particular staff and it boosts morale. Complaints and constructive comments help us work out ways we can improve our services and programs. If we improve something for you, we most likely improve it for many people. Thank you to those who do give us feedback, we appreciate it and do take note of the comments and notes we receive.

## Annual Report 2019/20

In late October South Eastern Community Care held our annual general meeting, and our Annual Report was presented to those present. Over the coming weeks we will be mailing the Annual Report to our Association members. A copy is on our website for your information. If you would like a hard copy of our Annual Report- it can be requested through our reception staff or collected from our office. Our income was lower than budgeted last financial year- with COVID19 making an impact, however we made a modest surplus and have budgeted for a further surplus in the next (current) financial year. These surpluses over time help us to instigate projects which will improve flexibility and enable us to continue to meet the needs of the communities in which we work.

## Payment of Accounts

A reminder that we offer direct debit and that is our preferred method of payment. Forms to complete for direct debit are available at our office and can be arranged if you phone or email reception [mail@secommunitycare.com.au](mailto:mail@secommunitycare.com.au)

We do continue to accept debit and credit card payments, as well as cash at our office, and payments can be made at any Bendigo Bank.

## Sorell Day Centre – NDIS

It's with great excitement that we can announce that Sorell will open its doors to a number of NDIS participants that have not been able to participate in day center activities since the end of March. Participant number are restricted due to COVID19 Rules. Due to this a wait list has been developed to increase days. If you are interested in attending center based activities with can include craft, activities, and outings including bingo. Meals and drinks provided, for the low cost of \$5. Please contact your coordinator and register your interest



### 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

## Our Community

Have your say about the topics that affect your world: email [julene@secommunitycare.com.au](mailto:julene@secommunitycare.com.au)

### Restrictions are Easing

It's great to start seeing some photos come in of Participants and their workers out in the community. Left is Michael Purdon DSW and Participant Garry McLaughlin Go Karting. The winner is still yet to be determined.



### Camel guys

"Camel guys" Mr Elliot has walked across the country and stopped off have a chat to some of our participants and staff up the coast last week. He has walked to raise money for Beard Season which researches early intervention for melanoma, a good reminder for us all to slip, slop, slap and slide



Blind Bearer Asha martin celebrating Halloween at her stall in Richmond, selling all her home made products. Love the hat Asha.



### Activities at home – Feedback from staff

Amelia had a great day with Asha, Asha's mum has a gluten intolerance so they made homemade gluten free crackers and also a Tuna Quiche with gluten free pastry (all made from scratch). Asha was happy to be able to prepare a meal and snack to share with her parents.



## RECIPE OF THE MONTH

# Shortbread Biscuits

## Ingredients

250 g butter, softened

½ cup caster sugar

3 cups plain flour



## Method

1. Preheat your oven to 160°C and line 2 trays with baking paper.
2. Place the butter and sugar into the bowl of an electric mixer and mix on a medium speed for 5-7 minutes or until the mixture is light and creamy.
3. Reduce the speed of the mixer to slow, and gradually add the flour 1/2 a cup at a time, mixing well after each addition. Mix for a further 30 seconds or until the mixture begins to resemble dough.
4. Turn the mixture onto a lightly floured bench and gently bring it together to form a ball with your hands.
5. Cut the shortbread dough in half. Wrap one piece in plastic wrap and pop it into the fridge until needed.
6. Roll the dough until it's approximately 5mm thick and use an 8cm round cutter to shape the biscuits. Transfer the shortbread to the prepared baking trays. Repeat until you've used all the dough including the extra dough in the fridge.
7. Bake for 10-12 minutes or until the edges are just beginning to turn golden.
8. Carefully remove the shortbread from the oven and allow to cool on the baking trays for 15 minutes before transferring to a wire rack to cool completely.