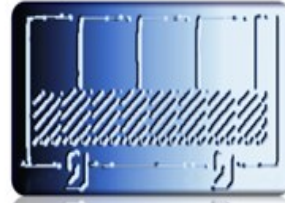


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“Transport with Safety & Care”

## Leichhardt Marrickville Community Transport Group (LMCTG) Issue 8. January Quarterly Newsletter 2015

**Introduction:** In the last newsletter we said that we had to scale down the newsletter to reduce costs until we lease a printer from a printing company. We are the process of leasing a printer as this will make printing cheaper. We have not at this time leased a new printer so this newsletter is still the scaled down version. The next newsletter in April will be the usual size with the normal features.

### **The Premiers Seniors Gala Concert:**

We have been successful in obtaining 15 seats for this event on Wednesday 18<sup>th</sup> March. The concert is at the Sydney Entertainment Centre and goes from 2.30-4.30PM. Transport is available through LMCTG. If you are interested in attending fill in the cut out slip and return it to us, or put it in an envelope and give it to your driver. The slips will all be put in a hat and Helen Dwyer the President of the Management Committee will pick out 17 slips, 2 places will be on the waiting list in case there are cancellations. You must return the red return slip to us by Thursday 26<sup>th</sup> February as the names will be picked on Friday 27<sup>th</sup> January. Good luck.

### **The Christmas Lights Outing**

This was the first time that we have had this Christmas Lights event. We had dinner at the Canterbury Hurlstone Park RSL then drove 4 buses around a number of different streets lit with Christmas lights in the Ashbury area. In general we think that the event went well especially as it was a first time event. This Christmas lights event will now become an annual event for LMCTG. See photos on our website [www.lctg.net.au](http://www.lctg.net.au) click on the blue Facebook icon to be redirected to our Facebook page.

### **Clients Christmas Party**

This was also the first time that we have held a Clients Christmas party event. It was held at Tom Foster Community Centre. There was, unfortunately rather a lot of late cancellations.

We are not really sure why this happened we will have this party earlier in December this year. We also think this event went well. The PA system at Tom Foster is not very good so we started singing Christmas songs ourselves. I enjoyed it very much, some staff members had a slightly pained expression on their face. See photos on our Facebook page.

### **Drivers Lunch Breaks on Individual Transport (IT) Service**

We are introducing a system for trial where the IT drivers will have more standardised lunch breaks this could result some delays in return trips. We need to ensure that we manage driver fatigue effectively so we ask for your patience during this trial period.

### **The Annual General Meeting and Management Committee**

The AGM was held at our office in November there was not a lot of room but it was adequate for our needs. Helen Dwyer is now the president of the Management Committee Val Lees is the Vice President. I am happy to say that we have three new members: Rosy Walia, Michael Cerrone and Yulia Taylor all of whom work for community organisations of various kinds.

### **Information and Feedback Event**

We will be holding another Information Day on April 10<sup>th</sup> at the Canterbury Hurlstone Park RSL Club from 11:30 - 2:00 PM. This will be an opportunity for clients to get information on our services. We also want you to give us feedback on our performance and tell us what services you would like to have that you currently don't receive and how we can improve our services. There will be transport available, no charge, for the event and lunch will be provided. Please fill in the blue return slip or give it to your driver by Friday 27<sup>th</sup> February. On the return slip can you also let us know if you will be coming with your carer.

### **No Services Days: March 20<sup>th</sup> +May 1<sup>st</sup>**

In order to conform to the compliance requirements of our funding body we need to hold some training events for our staff members, we have to suspend services on these days in order to conduct this training. Can I also take this opportunity to remind clients that we don't operate on Public Holidays.

### **New vehicle added to fleet**

We will soon accept delivery of a new 15 seater Mercedes Sprinter. We will be using this vehicle for a range of different services including the short day trips when you have up to 14 clients traveling. At the moment the seats are being installed in the vehicle.

**3 Bridges Community Centre Based Day Care Addison Road, Marrickville:** 3 Bridges Community provides a program that supports the needs of older people in the Inner West through companionship, gentle exercise, and diversional activities. Morning tea and lunch is provided. The program operates Monday to Thursday every week. LMCTG provides transport. Contact 3 Bridges Community on PH 8558 4000 for further details or see brochure.

## **Safety at Home**

We are going to include information from the NSW Government website to increase client's awareness of ways of improving home safety.

### **When leaving your home unattended**

When leaving your home unattended for any length of time, lock up thoroughly; take the usual security precautions of making your home look occupied.

Ask a friend or neighbour to help as needed (and offer to do the same for them when they go away). Simple precautions include:

Arrange for a neighbour to collect your mail and newspapers while you are away (and/or bring in any rubbish bins that you may have left out)

Leave a spare set of keys with a neighbour you trust rather than hiding house keys in predictable spots like under a flower pot or doormat.

Avoid leaving messages for friends or neighbours on external doors – these are a “giveaway” that you're not at home.

Make your yard secure by locking away tools and work items. Leave a radio on while you're away, and consider buying an automatic timer to turn lights on and off at pre-set times. Install an external light that will automatically turn on when someone enters the area.

## **What's on Leichhardt**

**HOPE – Healthy Older People Eating** is held on the 3<sup>rd</sup> Wednesday of each month at restaurants and cafes in the local area.

Next luncheon will be on Wednesday 18 February held at *At Fernandos* Italian Cuisine 118 Norton St, Leichhardt. Cost \$25 p/p. Bookings Essential – Ph: 9367 9146

**Leichhardt Council, Home Library Service** provides library resources delivered to your door such as large print books, talking books on CD, DVDs etc. if you have a disability or limited mobility. Please phone 9367 9362 for more information.

**D'café On Norton** provides a relaxing opportunity for people caring for a person with dementia to come together and share information with other carers. Coffee mornings are held on the 4<sup>th</sup> Tuesday of each month. For more information phone Leichhardt Council on 9367 9043.

**Leichhardt Park Aquatic Centre** provides affordable exercise programs for seniors both in the warm water pool and on land to improve your well-being.

If a class setting is not for you why not come along and try a gentle swim at your own pace. Phone 9555 8344 for more information.

**The Not So Young Club** is held at the Hannaford Centre in Rozelle on the 4<sup>th</sup> Wednesday of the month. The free event includes a presentation on a topic of interest to seniors followed by a light lunch. The next Not So Young Club will be held on Wednesday 25<sup>th</sup> February from 11.30am – 1.30pm. For further information call 9367 9043.

**What's on Marrickville**

Seniors Health and Wellbeing Expo at Marrickville Town Hall – Wednesday 11<sup>th</sup> March, 9.30am-12noon. Come along and try the workshops, talk to local service providers and join in. Phone 9335 2143 for more information. If you are interested in attending this event and require transport, ring 9558 6800.

Marrickville Movie Club is on the 2<sup>nd</sup> Tuesday of the month in the Marrickville Town Hall meeting room at 10.15am. Phone Marrickville Library on 9335 2173 for more information.

Ukulele lessons at Newtown Neighbourhood Centre supported by Marrickville Council's Active and Connected program. Starting on Friday 6<sup>th</sup> February from 2pm – 3.30pm. This 8 week session of lessons are free and everyone is welcome to join in. Ukuleles are provided and the class is run by an experienced facilitator.

Gentle Exercise at Marrickville Town Hall Mondays 11.30am and Wednesdays 11am. All Welcome. Phone Freeda on 9562 0511.

Seniors Week Come and Try at the Annette Kellerman Aquatic Centre from 14<sup>th</sup> - 22<sup>nd</sup> March. Free entry and activities for seniors during Seniors Week. Phone 9565 1906 for details.



**LMCTG Premiers Seniors Gala Concert Attendance Return Slip**

Please write your name below in the space provided if you wish to attend the Premiers Seniors Gala Concert. I.....wish to attend the Premiers Seniors Gala Concert on **Wednesday 18<sup>th</sup> March.**



**LMCTG Information Day Attendance Return Slip**

Information Day at the Canterbury Hurlstone Park RSL Club on **Friday 10<sup>th</sup> April.**  
I.....wish to attend the information event at the Canterbury Hurlstone Park RSL Club. My Carer whose name is.....will also attend.

LMCTG is jointly funded by the Commonwealth Government, Home and Community Care (HACC) and the NSW Community Transport Program.

