

Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR JANUARY 2025

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email support@novacare.org.au

| | | Wed 1 January | Thurs 2 January | Fri 3 January |
|---|---|--|--|---|
| | | CLOSED | CLOSED | CLOSED |
| Mon 6 January | Tues 7 January | Wed 8 January | Thurs 9 January | Fri 10 January |
| Coffee Club Welcome Back for 2025 At Belmont 16 Footers | Scenic Drive and lunch at West's Club New Lambton | Men's Group Bus Outing Or NEW Group activity and lunch! See overleaf for more details | Shopping Shuttle 2 hours at Lake Fair Or Sketching with Fran and Lunch locally | Scenic Drive and Lunch at Young Street Hotel Newcastle |
| Mon 13 January | Tues 14 January | Wed 15 January | Thurs 16 January | Fri 17 January |
| Coffee Club Mawsons Café Caves Beach | Bingo plus Games with Sharon at the Swansea Centre | Men's Group Bus Outing Or Carers' Group Morning Tea and chat 11:00am at the Swansea Centre See overleaf for more information | Shopping Shuttle Jewells Shopping Centre 2 hours to shop Or Scenic Drive to Wye Nursery Lunch at Doyleson RSL | Morning Tea at Belmont Baths Lunch at Gunyah Hotel |
| Mon 20 January | Tues 21 January | Wed 22 January | Thurs 23 January | Fri 24 January |
| Coffee Club Outdoor Picnic weather permitting Or Active, Stronger, Better 10:30am - 11:15am Or Strength, Balance, Relax 1:00pm - 1:45pm | Scenic Drive to the Yard Brewery Morisset and Lunch | Men's Group Bus Outing Or Active, Stronger, Better with Arnold 9:00am - 9:45am Or NEW Strength, Balance, Relax Light exercise class 11.30am-12.15pm Or NEW Wednesday Group activities See overleaf for more details | Shopping Shuttle 2 hours at Lake Fair Or Scenic Drive to East Gosford Art Gallery and Lunch | Strength, Balance, Relax 12:15pm - 1:00pm Or Scenic Drive Lunch at Warners on the Bay |
| Mon 27 January | Tues 28 January | Wed 29 January | Thurs 30 January | Fri 31 January |
| CLOSED AUSTRALIA DAY PUBLIC HOLIDAY | John Collins Australia Day Concert and Lunch at the Swansea centre | Men's Group Bus Outing and Lunch Or Active, Stronger, Better with Arnold 9:00am - 9:45am Or NEW Strength, Balance, Relax Light exercise class 11.30am-12.15pm | Shopping Shuttle 2 hours at Lake Fair Or Lunch at Brown Sugar at Warners Bay | Strength, Balance, Relax 12:15pm - 1:00pm Or Scenic Drive Crangan Bay Lunch at Gwandalan Bowling Club |



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www.instagram.com/novacarenewy/

WELCOME TO 2025!



Happy New Year and welcome to 2025! As we step into this exciting new chapter, we look forward to continuing to support and connect with you. This year promises to bring new opportunities, activities, and moments to share together.

Thank you for being part of our community. Let's make 2025 a year filled with positivity, growth, and joy!

SWANSEA NEWS!

STAY 'SUMMER' SAFE

Summer is here and keeping hydrated is very important for your brain and body to work at its best. As we age it becomes more important so please ensure you are drinking up to 8 glasses of water a day (that does not include tea or coffee as caffeine dehydrates the body). Feelings of confusion or muddled thoughts and achey joints can all be improved by keeping up your hydration. The staff are mindful and bathrooms nearby for all outings so please don't be concerned to ask to be shown the facilities and drink, drink, drink!



Over the Summer months the social program is amended to ensure you are all enjoying the best of our beautiful Lake Macquarie and Newcastle foreshores without overheating. This means more indoor venues with air conditioning so perhaps bring a light jacket if you feel the cool. We will also keep the bus outings closer to home but still interesting.

CARING FOR A LOVED ONE AT HOME?

Need some time out? Please join us for our first Carer's morning tea at the centre on the third Wednesday of the month. Let's get to know one another, and we look forward to bringing the occasional speaker to the group to help with common concerns you may experience as a carer at home. Bookings are limited so please contact Fran or Michelle to book your spot.

NEW ACTIVITIES ON WEDNESDAYS

We hope you will join us for some smaller group activities being introduced this month. It might be a movie or a creative activity and lunch afterward or a local drive to a gallery plus lunch. Why not take a chance and book your spot with our lovely staff and your Novacare friends.



THANK YOU!

Novacare Swansea would like to thank you for your support throughout 2024.

We hope you have a Joyful Christmas and look forward to bringing you lots more happy days ahead in 2025.



Question:

What does the man who has everything need for Xmas?

Answer:

Antibiotics!



A message from the Australian Government Department of Health and Aged Care

We are making positive, lasting changes to aged care to put your rights and needs first.

From 1 July 2025, the new Aged Care Act will create a lot of positive changes, including a new in-program called Support at Home, a new regulatory model and more ability to speak up if you're not satisfied with your care.

The Government has established the Aged Care Transition Taskforce to help the sector get ready for the new Aged Care Act from 1 July 2025.

⁹More information about the Taskforce can be found on the Department of Health and Aged Care website. We will share more information as it is released to us.

Footwear now that the summer weather has arrived

To ensure your safety and comfort during social outings, we would like to remind everyone of the importance of wearing appropriate footwear.

For your safety, we kindly ask that you wear shoes that are secure, comfortable, and suitable for walking and other activities planned during the outing. Footwear should provide adequate support and protection to help prevent slips, trips, or discomfort during the day. Please note that thongs, skuffs, or other open or loose footwear are not recommended as they may not provide the necessary support and could increase the risk of accidents.

Your safety and enjoyment are our top priorities, and wearing the right footwear helps ensure that everyone has a comfortable and enjoyable experience. Thank you for your understanding, and we look forward to seeing you on our next outing!

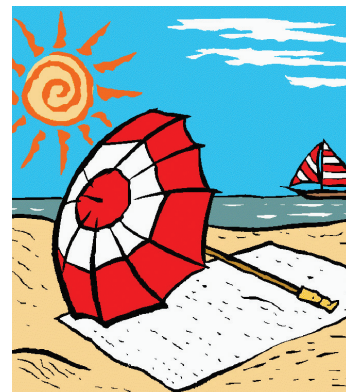
AFTER HOURS CALLS AND CONTACT OVER THE WEEKEND.

NovaCare have a voice mail after-hours service in place. Any calls made to the after-hours voice mail inbox will be actioned the next business day. For example, if you call on Saturday to talk to your Case Manager about a service change it will be actioned on Monday morning.

NovaCare also have a support service called Safety-Link that supports the staff delivering service over the weekend to our

Staying Safe in Hot Weather

As we approach the warmer months, it's important to take steps to stay safe and comfortable during hot weather. High temperatures can pose risks, especially for older adults, so we've put together a few tips to help you beat the heat and enjoy the season safely.



Tips for Staying Cool:

Stay Hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid excessive amounts of caffeinated or sugary drinks, as these can contribute to dehydration.

Dress Appropriately: Wear lightweight, loose-fitting clothing in light colors to help your body stay cool.

Keep Indoors Cool: If possible, stay indoors during the hottest part of the day (usually between 11 am and 4 pm) and use fans or air conditioning to maintain a comfortable temperature.

Protect Yourself Outdoors: If you need to go outside, wear a wide-brimmed hat, sunglasses, and sunscreen to protect yourself from the sun's harmful rays. Take breaks in the shade whenever possible.

Plan Activities Wisely: Schedule any physical activities or outings during the cooler parts of the day, such as early morning or late afternoon.

It's important to recognise the signs of heat-related illness, such as dizziness, nausea, headaches, or excessive sweating. If you or someone else begins to feel unwell in the heat, seek shade, hydrate, and notify a staff member or call for medical help if necessary.

home care package consumers. This is NOT an emergency service. In the case of an emergency please call 000, the operator will direct you to the appropriate service.

We encourage all consumers to discuss any additional services requirements prior to the weekend where possible. We understand that care arrangements can change very quickly, our aim is to respond quickly to ensure we keep everyone living safely in their own home. Our after-hours service helps us achieve this.

Opening hours: 8:30am-4:00pm, Monday to Friday.

If you need to call outside of these hours please call Head Office on 1300 363 654.
