

Take a look at what's on this month and join in the fun!

MORISSET SOCIAL CALENDAR

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

Day trips from just \$10 plus expenses, **Special Events** and **Morisset Activities**.

For more information or bookings please call.

BOOK NOW

4973 3855

or 1300 363 654

OCTOBER 2025

		Wednesday 1 October	Thursday 2 October	Friday 3 October
		Seniors Centre 9.30am - 2pm Or Shopping Shuttle – Lake Haven 9.30am	Seniors Centre 9.30am - 2pm Or Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm
Monday 6 October	Tuesday 7 October	Wednesday 8 October	Thursday 9 October	Friday 10 October
Public Holiday – Labour Day Centre & Office closed	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Food w Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 13 October	Tuesday 14 October	Wednesday 15 October	Thursday 16 October	Friday 17 October
Seniors Centre 9.30am - 2pm Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Shopping Shuttle – Local 9.30am	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm
Monday 20 October	Tuesday 21 October	Wednesday 22 October	Thursday 23 October	Friday 24 October
Seniors Centre 9.30am - 2pm Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Carers' BBQ – 12noon Seniors Centre - Garden	Seniors Centre 9.30am - 2pm Or Shopping Shuttle - Tuggerah	Seniors Centre 9.30am - 2pm Or Food with Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 27 October	Tuesday 28 October	Wednesday 29 October	Thursday 30 October	Friday 31 October
Seniors Centre 9.30am - 2pm Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour – 2.30pm <u>Guest:</u> Andrew Stone	Seniors Centre 9.30am – 2pm Or Movie Moguls: <i>"Find Me Falling"</i> - 2.15 pm	Seniors Centre 9.30am – 2pm Or Walkie Talkies 9.30am	Seniors Centre 9.30am – 2pm

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.

MORISSET NEWS!



Shopping Shuttle

On alternate Wednesdays we travel to either Lake Haven Shopping Centre or Tuggerah Westfields.

COST: \$10 (conditions apply)

If you are unable to drive, or don't want to fight for a parking space, or lift and carry your packages and would like to travel in air-conditioned comfort on one of our buses, this is for you. We will pick you up from home and drop you off at the shopping centre and then return you home in the afternoon. You can have a nice chat with your fellow shoppers on the way there and back, grab a coffee, have some lunch, do some banking, get a haircut, browse the shops, or pick up a bargain.



Once a month we run a local shopping bus to Bonnells Bay shopping centre, to pick up some groceries, pay a bill, go to the pharmacy or have a coffee with your friends. There is also a nice bakery and butcher available, great access with ramps throughout the complex. This shuttle runs between the Lake Haven and Tuggerah shuttles either Tuesday or Wednesday (check your newsletter). To book your seat on any of the shopping shuttles call – 49733 855.

Movie Moguls presents: “Find Me Falling”



After a failed comeback album, a rock star retreats to a cliffside home in Cyprus, only to find his new life complicated by visitors and an old flame. A romantic comedy starring Harry Connick Jr.

Wednesday 29 October at 2.15pm - Seniors Day Centre

Transport available (if req.)

Afternoon tea and lucky door prize draw

Cost: \$10

Monthly Outing

Mama Mia – The Musical

Date: Sunday 19 October, 2025

Cost: Opal Card for transport (bring money for lunch @ Clarendon Hotel)

There is **1 ticket left**...call 4973 3855, if you 'd like to come along.



National Carers Week 12 to 18 October – Carers week is when we stop and acknowledge, celebrate and raise awareness about the 3 million+ Australians, who provide care for family members or friends.

We would like to honor our wonderful Carers – by inviting them to join us for a free BBQ lunch in our beautiful garden (Seniors Centre) as our special guests. **Tuesday 21 October, 12noon.** RSVP by 16/10/25 on 49733 855.

Happy Hour

The **HAPPY HOUR** group this month (28/10/25 @ 2.30pm) will be facilitated by our wonderful friend Andrew Stone (Main Street Pharmacy). It's always fun when Andrew shows up. If you don't usually attend this group, we would love to extend an invitation to come along. Afternoon tea provided. Cost: \$5 p/p. **RSVP:** Monday 27 Oct. on 4973 3855.



FRIDAY 24 October @ 10.30am
Breast Cancer Fundraiser
Morning Tea
\$5.00 donation to attend.
Raffles and lucky door prizes.
Wear Pink (if you'd like)
and support our cause
Book: 4973 3855



🌟 Save the Date – NovaCare Community Christmas Party! 🌟



Wednesday, 10th December – Toronto Workers Club

Come along and celebrate the festive season with us! 🌟

The price for lunch will be confirmed soon. (Please note: drinks and transport will be additional.)

We can't wait to celebrate Christmas with you – make sure to save the date!



REMINDERS

Seatbelts

Seatbelts must be worn when the bus is in motion, only when the bus is parked can people take their seatbelts off. We are not a public bus where you can stand before you stop.

Labour Day Holiday Closure

The NovaCare office and all of the social centres will be closed on Monday 6th October 2025 for the Labour Day. A reminder there will be no CHSP services on the public holidays.

Happy Holidays

Viv will be away from 26 Sept and returning on 20 October (inclusive).

For Morisset programs/services, Margaret will be available Mon -Thurs and Janelle on Fridays – 4973 3855. Any other matters call head office: 1300 363 654.

Daylight Savings

Daylight savings begins at 2am on Sunday 5th October 2025 when clocks are put forward one hour.



Understanding the Commonwealth Home Support Programme

Understanding the Commonwealth Home Support Programme (CHSP)

At NovaCare, we know that staying safe, well, and connected at home and in your community is important to you. That's why many of our consumers receive support through the *Commonwealth Home Support Programme (CHSP)*—an Australian Government initiative that provides *entry-level support* for older people who need a little help to maintain their independence.

CHSP services are funded by the government and are designed to support a large number of older Australians with entry-level needs, so it must be shared carefully to ensure as many people as possible can access the help they need. Home Care Packages (HCP) Program offers more comprehensive support for those with greater care needs. Sometimes people feel confused—or even frustrated—about who is paying for what, especially when services appear similar but are funded differently.

Consumers receiving Home Care Packages (HCP) usually have more complex or ongoing care needs that require a higher level of support. Because of this, the government assigns individual funding to HCP consumers to help manage and pay for the wider range of services they may need—such as medication assistance, or daily personal support. This is different from the CHSP, where support is more limited and shared across the community. While this difference in funding can be confusing or feel unfair at times, it reflects the greater level of care required under the HCP program.

Everyone's situation is different, and sometimes it's not obvious why someone might be receiving Home Care Package (HCP) funding—especially when their needs aren't immediately visible. We're here to help clarify how your support is funded and what that means for you.

My Aged Care

If you or someone you care for has recently had a reassessment through My Aged Care (MAC) and been approved for additional services, including a Home Care Package (HCP), it's important to let us know as soon as possible. Staying informed about any changes to your funding or support level helps us ensure:

- Your care plan is updated appropriately
- You receive the right services at the right time
- We avoid any interruptions to your existing support
- Your transition to new funding (such as a HCP) is smooth and well-coordinated



Even if you're awaiting your HCP to be assigned, please let us know once you've been approved so we can help get additional services in place that support you to stay living in your own home safely.

If you're unsure whether your reassessment has led to changes or have any questions about what this means, feel free to reach out—we're here to help.

Please contact us on 1300 363 654 to update your information or discuss your next steps.

Supported by the Australian Government Department of Health, Disability and Ageing