

Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR OCTOBER 2024

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

Mon 30 September	Tues 1 October	Wed 2 October	Thurs 3 October	Fri 4 October
Active, Stronger, Better 10:30am - 11:15am Or Coffee Club BBQ breakfast at Blackbutts Reserve And / Or Strength, Balance, Relax 1:00pm - 1:45pm And / Or Shopping Belmont Coles Citi Centre 2:00pm 2 hours to shop	Mystery Bus outing! Let's celebrate International Day of the Older Person!	Active, Stronger, Better 9:00am - 9:45am Or Men's Group Bus Outing Or Relaxation / Meditation at the Centre 11:00am Or Spring Picnic at Summerland Point	Shopping Shuttle 2 hours at Lake Fair Or Sketching outdoors and Lunch locally	Strength, Balance, Relax 12:15pm - 1:00pm Or Scenic drive to Newcastle and Lunch at Queens Wharf Hotel
Mon 7 October	Tues 8 October	Wed 9 October	Thurs 10 October	Fri 11 October
Public Holiday CLOSED	Bus trip to Alpaca Farm at Jilliby Cost is \$27.50 for Alpaca Meet and Greet and Lunch	Active, Stronger, Better 9:00am - 9:45am Or Men's Group Bus Outing Or Tech Support 11:00am Booking essential	Shopping Shuttle 2 hours at Lake Fair Or Bus outing Fish and Chips The Swordfish, Budgewoi	Strength, Balance, Relax 12:15pm - 1:00pm Or Hunter Valley Zoo and outdoor Lunch
Mon 14 October	Tues 15 October	Wed 16 October	Thurs 17 October	Fri 18 October
Active, Stronger, Better 10:30am - 11:15am Or Coffee Club Murrays Beach Café And / Or Strength, Balance, Relax 1:00pm - 1:45pm	Craft at the Swansea Centre and Lunch	Active, Stronger, Better 9:00am - 9:45am Or Men's Group Bus Outing Or Relaxation / Meditation at the Centre 11:00am - 11:45am	Shopping Shuttle 2 hours at Lake Haven Or Visit to Hunter Multicultural Centre \$25 includes 3 course meal and Tour	Strength, Balance, Relax 12:15pm - 1:00pm Or Visit the Nougat and Chocolate Factory, Gosford and Lunch
Mon 21 October	Tues 22 October	Wed 23 October	Thurs 24 October	Fri 25 October
Active, Stronger, Better 10:30am - 11:15am Or Coffee Club Lakeside at Speers Point Park And / Or Strength, Balance, Relax 1:00pm - 1:45pm	Bingo Games at Swansea Centre and Lunch out	Active, Stronger, Better 9:00am - 9:45am Or Men's Group Bus Outing Or Mexican Lunch!	Shopping Shuttle 2 hours at Lake Fair Or "Let's Get Creative" at the Centre and Lunch	Strength, Balance, Relax 12:15pm - 1:00pm Or Lunch at Olive Tree Brasserie at Summerland Point
Mon 28 October	Tues 29 October	Wed 30 October	Thurs 31 October	
Active, Stronger, Better 10:30am - 11:15am Or Coffee Club Sandy Beach picnic at Summerland Point And / Or Strength, Balance, Relax 1:00pm - 1:45pm	Bus Outing	Active, Stronger, Better 9:00am - 9:45am Or Men's Group Bus Outing	Shopping Shuttle 2 hours at Lake Fair Or Let's Get Creative outdoors and Lunch locally	

SWANSEA NEWS!

Please note that due to increased demand coupled with limited spaces available for our outings, not everyone may be able to attend every outing. We appreciate your understanding as we work to ensure that all our consumers that want to get out and about can join in.

CARER'S WEEK is coming up in October.

To celebrate our carers and the contribution they make to the lives of so many of our consumers we will be hosting a luncheon at our Morisset Day Centre. If you know a carer that needs an opportunity to unwind, connect with other carers and enjoy a well-deserved break please let us know.

Please call Simone Parker on **1300 363 654** and she will make sure they get a personal invitation to our celebration. This is our way of saying thank you!



NovaCare will be hosting a Community Christmas party on Tuesday 3 December. Join us at Belmont Golf Club as we come together to enjoy the magic of Christmas. The cost is \$40 for a two-course lunch, drinks and transport additional. (Numbers will be limited).



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

A warm welcome to Vanessa!

Vanessa has joined the Home Care Package team as our very first Leisure and Lifestyle Coordinator. Vanessa will be working closely with the Case Managers and Day Centre Coordinators to help support more consumers access the community and do the wonderful things we all like to do. Vanessa will visit consumers in their homes, organise small group activities, outings and events. NovaCare is the first home care provider to offer this service and we are very excited to welcome Vanessa into the NovaCare team.



Swansea Olympics!

We had a brilliant time at the Swansea Olympics with a combination of table games including building the Eiffel Tower out of Jenga blocks, creating a dominos trail and an echidna puzzle, balloon badminton and egg and spoon races.



Labour Day Holiday Closure.

The NovaCare office and all of our social centres will be closed on Monday 7 October 2024 for Labour Day. A reminder there will be no CHSP on the public holidays.

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.