

As I write my message for our April newsletter, I am making our final preparations for the Mudgee trip which I am attending. I can't wait to revisit this beautiful part of the country and share the experience with some of our lovely clients. Mark and Darren will be my staff companions and so we are sure to have a blast! Can't wait for the dinner and music on Friday night at the Woolpack Hotel. This will be the first time our overnight trip runs into a weekend as I wanted to take our clients to a country market to see and sample the fresh, mouthwatering, produce of this region. Our South Coast trips are almost full, and all our bookings are in place. Once again, this trip is filled with lots of different activities from beautiful lookouts to the Dolphin Watching tour. There is so much to do and only three days in which to do it. I am getting better at allowing some free time for our clients to meander the local villages and shops and there is no better place to do this than in Berry.

In early March, Nurina and I had the pleasure of meeting with our local Federal Member of Parliament, David Coleman, to discuss the parking issues experienced by our drivers on a daily basis. There are several hot spots in Kogarah, Oatley, Penshurst and Hurstville which you may have experienced yourselves. Thank you to those drivers who completed my request for feedback.

The Board and the management team have been working very hard to develop our Strategic Plan for the next three years. I find these planning sessions very helpful, as we are reminded of what really matters in our business which is ensuring we meet our clients' needs. More detail is provided in this newsletter.

We have lots happening with our upcoming Volunteer Event in May and our Community Partners event in June. Keep up to date with our

newsletter for those activities that might be of interest to you, especially our BActive program. A chair-based class is now included as part of our suite of activities which is ideal for someone who has mobility issues but is happy to exercise their upper body and feet from a sitting position. Over the last couple of months, we have noticed a higher than usual number of cancellations at the door on the morning of the transport or social outing. We completely understand that people can wake up feeling unwell but, on some occasions, people have simply changed their mind. When this happens, it means that someone else has missed out and we regularly have standby bookings that we cannot deliver because we are at full capacity. Therefore, if you know something has come up and you no longer need transport or you can no longer go on an outing, please give us a call and let us know with as much notice as possible so that another client can take your place.

Have you seen our 40-year celebration photos on our website? Scroll down on the home page until you get to the 40-year logo and open the photos by clicking on 'here.' Thank you to Ted Dimitropoulos, who did a magnificent job on the day, taking all the photos, and for spending many hours preparing the final spread for our enjoyment. Thank you also Amalia, for very cleverly making them available on the website in such an appealing format.

On the 12th March, we will be a stall holder at the Georges River Council Seniors Festival Expo from 10am to 2pm at Marana Auditorium, 16 MacMahon Street Hurstville. Nurina and I and some of our team will be there to showcase our services. It would be lovely to see a few familiar faces and if you need transport, let us know.

Take care - Carol

Strategic Plan 2024-2027



VISION: Facilitate a good quality of life, strong connections and independence for our clients.

The Board and the Management Team have developed our Strategic Plan for 2024-2027. Our focus is safe, reliable and trusted services for our clients and a positive, secure, and rewarding environment for our team.

Client Services

We continue to look at how we can improve and expand our services to clients by seeking regular feedback. We address all incidents to ensure we take steps to improve our safety systems and keep our team informed of new processes. We have a good relationship with both the State and Commonwealth Government and endeavour to achieve positive financial results to meet expectations.

Technology

We look for opportunities to improve our systems to reduce double handling of information. Clients have the choice to book services online and in the future will be able to book a service using a mobile application on their phone. Our administration team will save time with more integrated systems.

Partnerships and Collaborations

We would like to offer our CHSP clients a broader range of services and ensure we can remain competitive in a rapidly changing marketplace through building strong partnerships and collaborating with like-minded organisations.

Workforce Governance and Management

The CEO reports to a Board and Board Sub-Committees who lead our organisation for future sustainability in a well-managed environment where risks are carefully reviewed, and we work alongside our partners and stakeholders to provide a better service to our clients. We plan for succession so that operations continue smoothly despite any changes at a Board or management level. We are an employer of choice and support our staff through regular communication, meetings and training.

Fleet Management

We are developing our fleet to meet the needs of our clients whilst ensuring we are making decisions that are cost effective in the long term.





We welcome Vicky to the NDIS Team

Welcome to Vicky Valanidas, the newly appointed NDIS Coordinator, working alongside Tracey Mitchell at St George Community. Vicky grew up in the St George region, and comes from a social work background, graduating from the University of Sydney in 2017. Throughout her degree she was given the opportunity to work at both the Royal North Shore Acute Mental Health Ward, and at the Department of Communities and Justice – Child Protection Services sector. Some of you may remember Vicky as the receptionist at Eastbrook Medical Centre in Carlton, or the girl who took your orders at Crust Gourmet Pizza Bar, Mortdale. She worked in both these roles for a very long time and became very familiar with the local area.

Following the completion of her degree, she was employed by a rehabilitation provider as a Social Worker specialising in traumatic brain and spinal injuries, amputations and burns victims. As she progressed in this role, she also began providing social work services for the elderly who were experiencing dust disease concerns. In the beginning of 2020, Vicky was providing both

counselling and social work services for a variety of workplace related injuries.

By 2021, Vicky had gained a significant insight into brain and spinal injuries and began providing case management services to injured workers. At the end of 2021, she became an independent provider and opened ViCare Support Services and also began providing NDIS Support Coordination.



Outside of work Vicky enjoys spending time with her friends and family and giving back to the community. On Tuesday nights you will find her at Christian Aid in Minto, providing free social work services to the more vulnerable people in the community. On the weekends you will probably find her enjoying a “well-earned” ice cream at one of the local Messina stores.

We wish Vicky all the best in her new role.

Upcoming overnight trips for our CHSP clients

In our March newsletter we advertised overnight trips to the City, Katoomba and the Southern Highlands. Please call us to add your names to the waitlist but only if you are very keen to attend. When 10 people are on the waitlist, the outing will be planned, and you will be contacted to confirm the itinerary and the cost.



The cut off dates for each trip are as follows:

City in May - 15th March

Katoomba in June - 12th April

Katoomba in July - 10th May

Southern Highlands in August - 14th June

A 20% non-refundable deposit will be required to secure your place on the overnight trip.

This is not required from clients on the waitlist. You will be sent a deposit invoice once you have confirmed your attendance with Shannon or Carol.

BActive

Live Longer, Live Stronger

Remember to keep hydrated, eat well and exercise regularly

CALL SHANNON ON 9585 3000 TO BOOK YOUR TRANSPORT

Please note for non-funded clients, Transport costs will be calculated individually.



AQUA AEROBICS

IRT Peakhurst

Tuesdays at 10.30am (limited places)

\$10 Transport & \$12 per Class

Enjoy some gentle exercises in the beautiful heated pool at IRT and hop in the spa to relax at the end. Bring/wear your cossies and a towel.

Contact: Cassie 0435 079 680

ZUMBA GOLD

Oatley Uniting Church Hall

Tuesdays 12.00pm to 1.00pm

Wednesdays 10.15am to 11.15am

(School terms - ring to check dates)

\$10 Transport & \$10 per Class

Zumba is low impact, low intensity and is for everyone. Come and shake your hips to some great music.

Contact: Kate 0421 902 520



STEADY STABLE AND ABLE

Oatley Uniting Church Hall

Wednesdays 11.30am to 12.30pm

\$10 Transport & \$10 per Class

Bexley Congregational Church

Tuesday 9.30am to 10.30am

\$10 Transport & \$15 per Class

Exercise and have some fun with a cardiovascular warm up, strengthening and balancing exercises. You will need to walk independently and be able to get yourself in and out of chairs.

Contact: Kate 0421 902 520





SEATED AND STRONG

Bexley Congregational Church
Tuesday 10.30am to 11.30a m
(School terms - ring to check dates)
\$10 Transport & \$15 per Class



This new chair-based class will help you get stronger and fitter.

Contact: Kate 0421 902 520
katedemayo@gmail.com

ACTIVE AGEING FITNESS GROUP

Oatley Community Hall
Mondays 10.00am to 11.00am

PJ Ferry Reserve Community Hall
Tuesdays 11.00am to 12.00pm

\$10 Transport & \$8 per Class. 10-week term

Join our friendly group classes while strengthening muscles using exercise bands, and weight bearing strength work with stretching which also assists with bone density. The class also includes falls prevention with balance work, flexibility of joints and muscles.

Contact: Coralie 0415 065 800



SENIORS DANCE FITNESS CLASS

No experience needed

St George Maso's Club
Tuesdays 12.00pm to 1.00pm Starting March 5th
(Classes run school terms)
\$10 Transport & \$7 per Class (1st class Free)

A fun low impact exercise class especially designed for Seniors moving to all your favourite hits from yesteryear. Stretching, flexibility, balance, low-impact dance moves and strength training. The class is both seated and standing.

Contact: Tracie 0419 999 650
tracie@dancefitsydney.com.au



**DANCE
FIT
SYDNEY**

*ALL AGES *ALL FITNESS LEVELS
Where fitness and friendship come together

Special Classes for Seniors



SGC April Shopping Bus



Cost: only \$10 per person or \$15 per couple.

Contact the office for NDIS and Home Care Package Fees.

2 hours allocated for shopping time.

Max 4 bags per person. Max 16kg in total



	Green Area	Yellow Area	Blue Area	Pink Area
Which AREA are you in?	<ul style="list-style-type: none"> Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	<ul style="list-style-type: none"> Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	<ul style="list-style-type: none"> Allawah Arncliffe Bardwell Park Bardwell Valley Bexley Bexley North Carlton Turrella Hurstville 	<ul style="list-style-type: none"> Banksia Brighton-Le-Sands Cars Park Kogarah Kyeemagh Monterey Ramsgate Rockdale Sandringham Sans Souci
Roselands Shopping Centre	Fri 12 th April Mon 15 th April Fri 26 th April Mon 29 th April <i>Pickups start from 10:00 am</i>	Fri 12 th April Mon 15 th April Fri 26 th April Mon 29 th April <i>Pickups start from 8.30 am</i>	N/A	N/A
Rockdale Plaza	N/A	N/A	Fri 5 th April Mon 8 th April Fri 19 th April Mon 22 nd April <i>Pickups start from 8:30 am</i>	Fri 5 th April Mon 8 th April Fri 19 th April Mon 22 nd April <i>Pickups start from 10 am</i>
Southgate Sylvania	Wed 3 rd April Tue 9 th April Wed 17 th April Tue 23 rd April <i>Pickups start from 10:30 am</i>	Wed 3 rd April Tue 9 th April Wed 17 th April Tue 23 rd April <i>Pickups start from 8:30 am</i>	Tue 2 nd April Wed 10 th April Tue 16 th April Wed 24 th April Tue 30 th April <i>Pickups start from 8:30 am</i>	Tue 2 nd April Wed 10 th April Tue 16 th April Wed 24 th April Tue 30 th April <i>Pickups start from 10:30 am</i>

Menai Marketplace

Westfield Eastgardens



	Green Area	Yellow Area	Blue Area	Pink Area
Which AREA are you in?	<ul style="list-style-type: none"> Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	<ul style="list-style-type: none"> Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	<ul style="list-style-type: none"> Allawah Arncliffe Bardwell Park Bardwell Valley Bexley Bexley North Carlton Turrella Hurstville 	<ul style="list-style-type: none"> Banksia Brighton-Le-Sands Cars Park Kogarah Kyeemagh Monterey Ramsgate Rockdale Sandringham Sans Souci
Menai Marketplace	Thur 4 th April Thur 18 th April <i>Pickups start from 10:00 am</i>	Thur 4 th April Thur 18 th April <i>Pickups start from 8.30 am</i>	N/A	N/A
Westfield Eastgardens	N/A	N/A	Thur 11 th April <i>Pickups start from 8:30 am</i>	Thur 11 th April <i>Pickups start from 10:00 am</i>



Play Bingo and have a bite to eat with your friends

WEDNESDAY	Hurstville RSL	Bingo starts 10.00 am
THURSDAY	St George Leagues Club	Bingo starts 10.30 am
FRIDAY	Bexley RSL	Bingo starts 11.00 am
FRIDAY	Oatley RSL	Bingo starts 11.00 am

Pickup starts 1 hour and 15 minutes before bingo, arriving 15min early.

Transport: \$7 Return.
Call the office on 9585 3000 to book.

Return Pickup time is 1pm for ALL of the above





Come along on an outing and meet us 😊

Social Outings Information

Booking Options

- Call 9585 3000. Press '2' for Social Outings.
- Email your outings to harvey@stgct.org.au and you will receive a reply email.
- Use our website stgct.org.au
Open our homepage and click on heading 'ONLINE BOOKING', choose 'Social Outings', fill in required fields with your information. Click 'Send'.

Payments

- **Bus fares:** No advance payment. Cash or EFTPOS on the day or go on account and we will invoice you once a month.
- **Entry fees and other event costs:** Pay ON THE DAY unless we ask for a prepayment in the Newsletter. Any prepayments can be made over the phone using VISA or Mastercard.

Cancellations

If you need to cancel your booking(s), please call the office by 10am the day before at latest. You can also leave a message if it is outside office hours.

Social Outings Reminder Phone Calls

You will receive two courtesy reminders for each outing. Please let us know which phone number you want the messages sent to.

- The first reminder: two days before an outing between 10.00 - 11.00am
- The second reminder: the day before your outing between 3.30 - 4.30pm (includes your pickup time)

Follow the prompts at the end of each message to confirm or cancel your outing. Please call the office if you have any questions **9585 3000**.



Always bring money for food and drink. If any of our outing venues cancel, an alternative will be organised

April Social Outings



Our disability Sunshine Group enjoy social outings once per month.

If you are on an NDIS plan why not join? Come along and meet new people, visit fun and interesting places and have a fabulous time! Great team of carers will make sure that you enjoy your day. Please call Carol or Bronwyn on 9585 3000.



Thursday 18 April

Lawn Bowls and Sausage Sizzle at Grandviews

Kick back, relax, and let the good times roll with a game of barefoot bowls and sausage sizzle for lunch! Remember to bring a hat, sunscreen and wear comfortable clothes. Flat-soled heel-less footwear is also acceptable.

\$20 Bowls & Sausage Sizzle

The Riverboat Postman: Hawkesbury River Cruise

2024年4月4日星期四

内河船邮递员：乘船游览霍克斯伯里河 (Hawkesbury River)

这是重复上个月的活动，因为这活动极受欢迎，但有人无法参加。持有经营许可证的3小时游船，包括早茶、农夫午餐[包括面包、奶酪、泡菜和色拉等] (Ploughman's lunch)，并有船长的解说。早上7点开始接载参加者。

3月22日星期五之前预付

巴士费：\$20

\$65 午餐及游船费



Longer day

The above outing is in response to demand from all of our Chinese clients, and is open to all.

Social Outing Key



Stairs involved



Wheelchair friendly



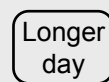
No walker access



Uneven ground or gravel paths



Own carer or Motorised required



Longer day



Some walking



No wheelchair access



Opal Card

Always bring money for food and drink.

If any of our outing venues cancel, an alternative will be organised.

Social Outings

Tuesday 2 April (Also on Wed 10/4/24)

Western Sydney International Airport Experience Centre 1

Time to catch up on how the Western Sydney International Airport development is progressing. You will be immersed in the experience as you step into the airport control room and arrive at your final destination, the airport site.

\$15 Bus



Wednesday 3 April

Innovations Showroom, Frenchs Forest

Innovation has a new "On Special" showroom with various goods for your home, garden, beauty, fitness, recreation, and more. You may purchase items and 'Innovations' will post them to your home - free of charge! Morning tea on site.

\$15 Bus



Thursday 4 April

The Riverboat Postman: Hawkesbury River Cruise

A repeat of last month's trip for those who could not get on this super popular outing. A fully licenced 3hr cruise to enjoy morning tea, Ploughmanns Lunch and includes commentary from the Ship's Captain. Early start with first pick up around 7am.

Prepay by Fri 22/3/24

\$20 Bus

\$65 Lunch & Cruise



Longer day

Friday 5 April

Simply Lunch: Scots Club Arncliffe

Way back in 1913, the members of Arncliffe Presbyterian Church, mostly Scotsmen, decided to form a Cricket and Baseball team. And now we can get a good value meal at a local club. Have we ever been here before?

\$15 Bus



Social Outings

Monday 8 April

SES Community Preparedness and Resilience Talk, Local Club

Ever had an emergency at home after a storm? Find out how the SES works and get some great advice on preparation and safety. Our own Mark Scheuer, as the Commnder of the local SES, will be there. Watch out, he may have a chainsaw!!

\$15 Bus



Tuesday 9 April (Also on Mon 15/4/24)

Black Pepper Panania 1

Sit down and have a personalised fashion review of Black Pepper's winter catalogue. You can enjoy shopping over a complimentary morning tea and receive their attentive customer service. I hope you find something perfect! Followed by lunch afterwards.

\$15 Bus



Wednesday 10 April

Western Sydney International Airport Experience Centre 2 (Also on Tue 2/4/24)

Discover how Western Sydney International Airport will help shape the future of Western Sydney. You will be immersed in the experience as you step into the airport control room and arrive at your final destination, the airport site.

\$15 Bus



Thursday 11 April

Kiama Train Trip and Lunch

We are going to try the beautiful train trip to Kiama, with its lovely views of the ocean and the National Park. Limited numbers for this first trial of this trip. Taking you to the station, the train leaves Hurstville 9.46am and arrives Kiama 11.39am; and return train is 1.55pm arrives Hurstville 3.42pm. You must be able to walk 200-300m.

\$15 Bus



Longer day



Social Outings

Friday 12 April

Crown Street Markets, Wollongong

Here is a first for us. We are checking out Wollongong's independent growers, food producers, designers, makers, food vans, artists and creative entrepreneurs!

\$15 Bus

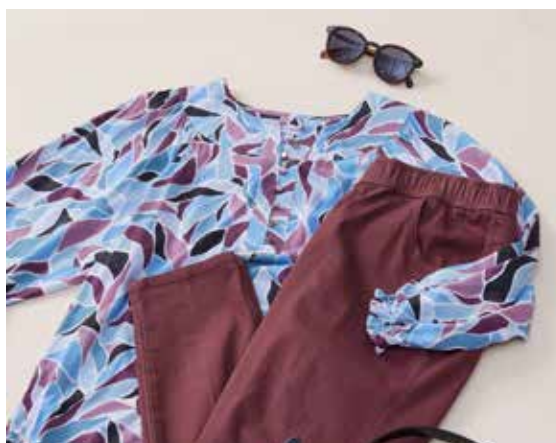


Monday 15 April

Black Pepper Panania 2 (Also on Tue 9/4/24)

Our last visit here was enjoyed by all. Now it's time to have a personalised review of their winter fashion over a free morning tea. I hope you find something perfect! Followed by lunch afterwards.

\$15 Bus



Tuesday 16 April

Harness Racing: Menangle Park, Club Menangle Trackside

Another lovely day at the races, with lunch and program included for afternoon races. Enjoy the lovely atmosphere of a country race track. Bet or don't bet, it will still be a spectacle to enjoy!

Prepay by Fri 5/4/24

\$15 Bus

\$50 Luncheon & Races



Longer day

Wednesday 17 April

Stride, Swing and Ragtime Piano Lounge Performance: Robbie Mann, Padstow

Lunch and an afternoon jazz lounge performance between 2-4pm at Beauty Point. A nice short drive with a beautiful view.

\$15 Bus

\$10 Admission



Social Outings

Thursday 18 April

Lawn Bowls and Sausage Sizzle, Grandviews

Join our Sunshine Group for a day of fun and sausage sizzle at this lovely club in Peakhurst. Remember to put on a hat and sunscreen. Only flat-soled heel-less footwear is acceptable for bowling. Don't want to bowl? Just come for lunch and relax.

\$20 Bowls & Sausage Sizzle

\$15 Bus \$7 Sausage Sizzle Only



Friday 19 April

Local Morning Tea: Gabriella's Hurstville Grove

Have you tried this local cafe in this repurposed home at Hurstville Grove. Enjoy a lovely coffee and whatever takes your fancy. Then home for lunch!

\$15 Bus



Monday 22 April

Mystery Movie Location

After our last venture to the movies, we are going to select the location closer to the time when we know we have a good selection of movies to choose from (or at least one good one!). Come and relax with your popcorn or ice cream.

\$15 Bus

Ticket Price



Tuesday 23 April

Anzac Memorial Hyde Park

ANZAC Day is here so we will honour the memory of our family members, friends and others who served. We will be there in time to join the 11am Daily Memorial Service and have a good look around.

\$15 Bus



Social Outings

Wednesday 24 April

Simply Lunch: Gasparo Italian, Bankstown Aerodrome

Enjoy a delightful dining experience that will transport your tastebuds to Italy. With an emphasis on quality ingredients and friendly service, the Gasparo family warmly welcomes you to enjoy the traditional Italian family atmosphere of Gasparo!

\$15 Bus



Friday 26 April

Organ Music Society Recital, St Stephen's Uniting Church

This recital will be at the beautiful St Stephen's Uniting Church at Macquarie Street Sydney to hear James Flores play. Lunch beforehand as the recital starts 1.10pm.

\$15 Bus

Note Donation



Monday 29 April

Wollondilly Tours, Picton

A 1-1.5 hour guided tour on our bus with lunch package including a main meal, dessert & coffee/tea. This is a day bus tour to discover the beautiful scenic and historical Picton Township with a knowledgeable and friendly guide on the bus.

Please select your meal and dessert at the time of booking.

Prepay by Fri 22/3/24

\$20 Bus

\$55 Tour, Lunch & Dessert



Longer day

Tuesday 30 April

Kokoda Track Memorial Walkway, Concord West

There are 22 Stations along the 800m Walkway, explaining the military engagements or localities along the Kokoda Track, at Milne Bay, and the northern coastal regions of Papua New Guinea. This track meanders around a beautiful garden. Coffee and lunch of course!

\$15 Bus



Love a good read?

Join our **LIBRARY RUN, EVERY Monday.**

Get dropped off for 1-2 hrs, between approx. 11:30am-1:30pm to either:

- Kogarah Library
- Rockdale Library or
- Penshurst Branch Library

Transport: \$10 return.

Call the office on 9585 3000 to book.



Facebook and Instagram

Thank you to all our clients who like our Facebook and Instagram posts. Social media is a very useful tool to get our message out to the community. Like our page today!



St George Community Transport

Published by [George Transport](#) · February 22 at 9:37 AM · 🌐

St George Community has buses for hire at very reasonable costs. We are a not for profit organisation and any income we receive for bus hire is used to deliver more services to our elderly clients living in the St George area. Our buses have 22-24 seats and you can use your own driver or one of our drivers. If you would like to find out more information please call Nurina or Carol on 9585 3000.



St George Community Transport

Published by [George Transport](#) · 4d · 🌐

St George Community has a shopping bus available 5 days per week for only \$10 return. We will pick you up from home, take you to the shops and collect you 2 hours later with your 4 bags of shopping and return you safely home. Our shopping centre destinations include Roselands, Rockdale Plaza, Southgate in Sylvania, Menai Marketplace and Eastgardens Shopping Centre. Call 9585 3000 and speak to the team for more information or to book your seat.



Coming Soon...



— FREE EVENT —

Join us for another free Community Partners Event on the 25th of June.

Learn everything you need to know about accessing aged care services.

This is for people who may need services in the future.

This for the children of people who may require aged care services in the future.

Let us remove the confusion around who can access services.

Hear from our amazing speakers and chat to the team at St George Community, Kogarah Community Services and Home Modification Solutions.

WHEN: 25th June 2024

TIME: 10am to 4pm

WHERE: To be announced

**Better Support.
Stronger Connections.**

**st george
community.**

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02 9585 3000

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1/29-33 Pitt Street
Mortdale NSW 2223

Website

www.stgct.org.au

Connect with us

