

Welcome to your February 2024 newsletter. We have a lot in store for our clients in 2024 including new overnight trips, more options on our shopping buses, our fantastic social outings of course, our community partner events and our BActive programs.

We have a busy year ahead for our staff who will be learning how to use our new IT software and mobile applications which will reduce their administrative tasks, paperwork, and double handling of information. We have also welcomed three new people to our Board, Gavin Reynolds, Dr Sue Qu and Deirdre Campbell. We have a full complement of nine Board members and I look forward to working with them as we navigate our 2024-2027 strategic plan.

Great news for our Commonwealth Home Support Program (CHSP) clients. The Commonwealth Government had previously announced that CHSP would be replaced with the Support at Home Program in July 2025. The new program is designed to provide an individual assessment for each client which will determine how many hours of service and the types of services needed by the client to support them to remain living independently in their own homes. Service providers would no longer be block funded but would be paid following service delivery. This change has been postponed for CHSP clients until July 2027 but will be in effect for home care package and flexible respite clients from July 2025. The itinerary and the details of the overnight trips going to Mudgee and the South Coast are available in this newsletter. Even if you have already put your name on a waitlist, please call Shannon to confirm your spot if you have not already done so.

Have you tried our shopping bus to Southgate Shopping Centre? For only \$10 return we can take you to Southgate on Tuesdays or Wednesdays. This is a great shopping centre as all the shops are on one level and you can shop at K-Mart, Woolworths, Coles, and lots of specialty shops. We are looking at introducing a shopping bus to Menai and East Gardens and would like to hear if this something that would interest you.

Hands up if you have never looked at the BActive section of the newsletter. At our recent 40-year event one of our clients spoke to me at length about how her participation in our BActive programs has changed her life. After the weekends she was feeling a bit stiff and tired but then she started going to the BActive classes which was just the kickstart she needed for the week ahead. The classes get her moving and inspire her to get out and enjoy herself. If you are feeling a bit lethargic this could do the trick for you.

To all our NDIS participants, can I encourage you to join our Sunshine Group which is our social outings group for people with a NDIS plan. If you or a friend are interested in joining our group on a regular basis, please call me at the office for a chat.

Have you had the opportunity to travel in our new car named Steph after our volunteer Stephanie Brown? For the new clients to our service, we name every new vehicle after one of our volunteers in recognition of the marvellous work they do for us. In March we expect the delivery of our first Toyota Commuter (14-seater) which is very exciting.

Thank you to those clients who regularly provide us with feedback on their experience of our services. We love to hear your feedback and suggestions for how we can improve our service to. I hope 2024 is a really great year for you! Take care!

Carol



Mudgee 2024 - Trip Timeline

Three days Two Nights

Thursday 14th March to Saturday 16th March

Join us for a wonderful 3-day trip to beautiful regional Mudgee and sample some fresh produce and visit some wonderful places.

DAY 1 Thursday

7pm Dinner

10am Morning Tea at The Carrington
Katoomba

10pm Bedtime

11.30am Depart Katoomba for Altitude Deli

DAY 3 Saturday

12pm Lunch on the bus and drive to Mudgee

8.30am Breakfast at Accommodation

2pm Mudgee Honey Haven

10am Check out and head to Saturday
morning markets

4pm Check in to Accommodation

1pm Lunch

6pm Dinner

1.30pm Visit to local shops / free time

8.30pm Mudgee Observatory

3.30pm Head home

10pm Bedtime

6pm Dinner

DAY 2 Friday

8pm Home time

8.30am Breakfast at Accommodation

10.30am Gulgong Experience / Gulgong Town

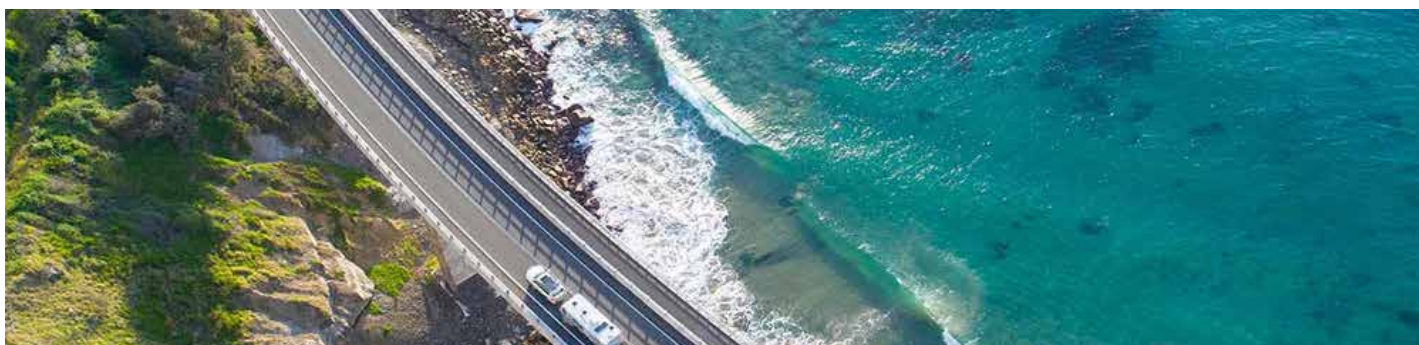
1pm Lunch in Gulgong

2pm Visit to local wineries

5pm Back to accommodation for a rest

CHSP only - The cost is \$940 per person and the single supplement is \$185.00. This cost includes two nights' accommodation and breakfast at Winning Post Motor Inn, entry into the Gulgong experience, a visit to Mudgee Observatory, all transport costs, and the support of three staff members.

Please call Shannon on 9585 3000 to confirm your booking.



South Coast 2024 - Trip Timeline

Three days Two Nights

Tuesday 26th March to Thursday 28th March

Or

Tuesday 9th April to Thursday 11th April

Join us for a 3-day trip to the beautiful South Coast of NSW. We will be visiting sights from Jamberoo to Jervis Bay and staying in Nowra. Please note that accommodation will be 3-star and breakfast is not included but this is reflected in the price.

DAY 1 Tuesday

5pm Back to the accommodation

9am Depart the St George area

7pm Dinner

10am Visit Minnamurra Rainforest

10pm Bedtime

12pm Lunch at Jamberoo Pub

DAY 3 Thursday

1pm Visit Saddleback Mountain Lookout

8.30am Breakfast

2.30pm Wine tasting at Coolangatta Estate

10am Visit Culburra Beach

4pm Check in to accommodation

1pm Lunch and shopping in Berry

6.30pm Dinner

4.30pm Head home

11pm Bedtime

DAY 2 Wednesday

8.30am Breakfast

10am Dolphin Watching Cruise

12.30pm Lunch

1.30pm Local attractions in Jervis Bay

2.30pm Jervis Bay Maritime Museum

CHSP Only - The cost is \$950 per person and the single supplement is \$190. This cost includes two nights' accommodation with a continental breakfast, dolphin watching cruise, a wine tasting, museum and movie entry tickets, all transport costs, and the support of two staff members.

Please call Shannon on 9585 3000 to confirm your booking.



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 (NEW)

Oatley Uniting Church Hall

Tuesdays 12.00pm to 1.00pm

Wednesdays 10.15am to 11.15am

(School term - 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

(School term - ring to check dates)

\$10 Transport & \$8 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



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



RESTORATIVE YOGA (NEW)

Mortdale Uniting Church
18 Morts Road, Mortdale

Mondays 10.30am to 11.15am

\$10 Transport & \$15 per Class

Join this class for a calming, restorative practice to sooth your mind and alleviate strain in your body.

Contact: Jean 0416 302 712



Have you lost anything recently?

If you realise that you have lost something and you have recently been in one of our vehicles please call us now on **9585 3000** to ask if it's in our lost property box.



STGCT Shopping Bus



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

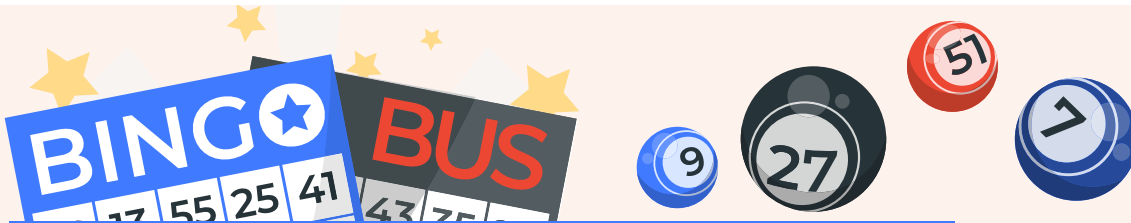
Contact the office for NDIS and Home Care Package Fees.

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 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 Dates	Fri 2 nd Feb Mon 5 th Feb Fri 16 th Feb Mon 19 th Feb <i>Pickups start from 10:00 am</i>	Fri 2 nd Feb Mon 5 th Feb Fri 16 th Feb Mon 19 th Feb <i>Pickups start from 8.30 am</i>	N/A	N/A
Rockdale Dates	N/A	N/A	Fri 9 th Feb Mon 12 th Feb Fri 23 rd Feb Mon 26 th Feb <i>Pickups start from 8:30 am</i>	Fri 9 th Feb Mon 12 th Feb Fri 23 rd Feb Mon 26 th Feb <i>Pickups start from 10 am</i>
Sylvania Dates	Wed 7 th Feb Tue 13 th Feb Wed 21 st Feb Tue 27 th Feb <i>Pickups start from 10:30 am</i>	Wed 7 th Feb Tue 13 th Feb Wed 21 st Feb Tue 27 th Feb <i>Pickups start from 8:30 am</i>	Tue 6 th Feb Wed 14 th Feb Tue 20 th Feb Wed 28 th Feb <i>Pickups start from 8:30 am</i>	Tue 6 th Feb Wed 14 th Feb Tue 20 th Feb Wed 28 th Feb <i>Pickups start from 10:30 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.**

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.



Home Care Packages & NDIS outing costs

As of **1st November 2023**, the social outing fee for Home Care Package and NDIS recipients has **increased from \$55 to \$60**. This change reflects the overall rising expenses required to maintain vehicles and staffing for the social outings.

Funded client trips will remain at \$15.





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 through the day!

February 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 15 February

Shire Animal Shelter - Free Tour

Hey there animal lovers! Looking for a heartwarming and fun-filled adventure? Come along to the Shire Animal Shelter and meet your adorable furry friends. We will also enjoy lunch at the Taren Point Bowling Club.

Please bring money for lunch :)

Drive and Lunch Appin 1 & 2

2024年2月15日星期四 和 2月23日星期五
阿平(Appin) 旅程和午餐

您曾到过阿平(Appin)吗? 在这些美丽牧场被城市扩展吞噬之前, 去看看它们吧。此地是澳大利亚早期农业发展的重要一环。愉快的旅程和午餐等待着您的来临。

巴士费: \$15



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



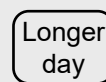
No walker access



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

Thursday 1 February

Church Point and Ferry around Scotland Island 1

Enjoy beautiful Pittwater from the ferry, as we travel around Scotland Island. This is a 40min ferry ride and you cannot get off until you return. Before the ride we will have morning tea and then afterwards we will have lunch.

\$20 Bus

\$7 Ferry



Friday 2 February

Ramses & the Gold of the Pharaohs: The Australian Museum

Transport yourself back 3,300 years, across the sands of the Sahara Desert where you reach the heartbeat of Ancient Egypt. Experience one of the greatest collections of its kind in this Australian-first exhibition.

\$15 Bus

\$40 Prepay by Thur 25/1/24



Saturday 3 February

Lunar New Year Festival 2024 Hurstville

Enjoy the Chinese new year celebrations in Hurstville (outdoors in Hurstville Plaza), provided by Georges River Council. We lunch and then attend the entertainment from 2-4pm. Includes the Tian Guo Marching Band roving up and down Forest Road.

\$20 Bus



Monday 5 February

Church Point and ferry around Scotland Island 2

Enjoy beautiful Pittwater from the ferry, as we travel around Scotland Island. This is a 40min ferry ride and you cannot get off until you return. Before the ride we will have morning tea and then afterwards we will have lunch.

\$20 Bus

\$7 Ferry



Social Outings

Tuesday 6 February

DFO Homebush

We aim to find some excellent after Christmas specials at what is said to be one of the best clothing outlets in Sydney. With plenty of choice from international and Aussie brands. Fill the gaps in your wardrobe, kitchen, bathroom, laundry or bedroom! However, the driver said no to carrying any big screen TV's!

\$15 Bus

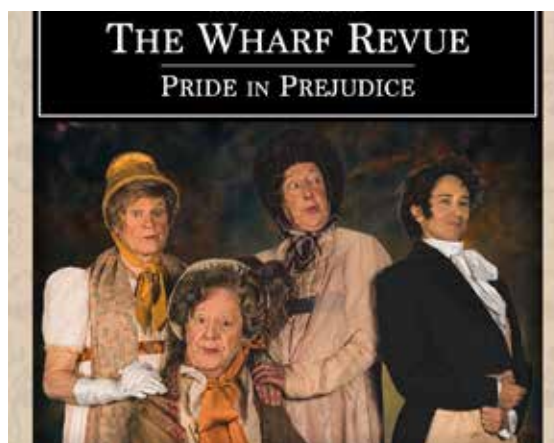


Wednesday 7 February

Evening: The Wharf Revue Pride in Prejudice The Pavilion, Sutherland

This year's hilarious offering: "Pride in Prejudice". With no jokes written by AI and no sketches outsourced to PWC. Completely gluten-free, suitable for the lactose intolerant and no animals were harmed during the production process. Show: 7.30-9pm, dinner before theatre.

\$15 Bus \$65 prepay by Thur 25/1/24



Thursday 8 February

Simply Lunch: Rashays Beverly Hills

Rashays is now at Beverly Hills. And as you may know, they have a great variety of food at good prices, and you can find some great specials and vouchers online.

\$15 Bus



Friday 9 February

Flower Power Mascot

Flower Power has all the supplies you could ever dream of. Better yet, the prices are that little bit lower- perfect if you want to spruce up your plant collection but don't want to break the bank. It's a big space, so the café on-site is the perfect pit stop.

\$15 Bus



Social Outings

Monday 12 February

Campbelltown Art Gallery and Lunch

A beautiful place for lunch, walk around the Japanese Gardens and see if anything in the gallery takes your eye. Otherwise relax and enjoy a lovely lunch.

\$15 Bus



Tuesday 13 February

Simply Dinner: St George 16ft Sailing Club

This club has now been taken over by the Catholic Club and will under go extensive renovations over the next few years. Let's track their progress. Spectacular waterside views, great food, great wines and relaxed, friendly service. Dine and drink in the spectacular views where Georges River meets Botany Bay.

\$15 Bus



Wednesday 14 February

Hurstville Museum and Local Lunch

Come and discover the first exhibition for 2024 and review some of the local history displays. A lovely small museum and art gallery with a relaxing local lunch afterwards.

\$15 Bus



Thursday 15 February

Drive and Lunch Appin 1

When was the last time you went along Appin Way? Never? See these lovely pasture lands before they disappear to urban sprawl forever. A lovely drive and lunch awaits...and possibly this giant koala.

\$15 Bus



Social Outings

Friday 16 February

Parramatta Heritage Bus Safari 1

Here is the Parramatta Heritage Safari that was cancelled in December. The local guide hops on our bus and gives us a two hour heritage tour of Parramatta. See all the local history from the comfort of the bus, with a cafe and lunch stop.

\$20 Bus

\$20 Tour



Monday 19 February

St George Police and Seniors Crime Prevention Information Session

Meet your local police liason officer at Club Rivers. for a presentation to discuss safety and any other concerns you may have. And of course a lovely lunch to follow.

\$15 Bus



Tuesday 20 February

The Dutch Shop: Holland House, Smithfield 1

For Anything Dutch! You can find it at The Dutch Shop Smithfield. Food, Licorice & Delft Blue, Music, Tea Towels, Oak Furniture, Christmas/ Sinterklaas Range, Kitchenware, Decorations, Orange Supporters Soccer Range and More... They also have a cafe. Enjoy.

\$15 Bus



Wednesday 21 February

Simply Lunch: Padstow Park Hotel

Good value meals at a classic local pub. Padstow Park Hotel provides a delicious bistro menu offering something for everyone! Be sure to check out the specials board for something different or ask a staff member for a recommendation. And we will take a look around Padstow.

\$15 Bus



Social Outings

Thursday 22 February

\$10 Lunch and Bingo Kurnell Sports and Recreation Club

What a bargain this is. \$10 for lunch & Bingo?! And a lovely drive through Cronulla along the beach on the way home as well.

\$15 Bus

\$10 Entry



Friday 23 February

Drive and Lunch Appin 2

When was the last time you went to Appin? See these lovely pasture lands before they disappear to urban sprawl forever. A lovely drive and lunch awaits...and possibly this giant koala.

\$15 Bus



Monday 26 February

Simply Lunch: Humphrey's Hotel, Hurstville

A new Pub/Hotel in Hurstville. Come and have a look. It is 2 storeys up and is sparkling and new. They serve a nice variety of appetising Australian and Chinese food.

\$15 Bus



Tuesday 27 February

Parramatta Heritage Bus Safari 2

Here is the second Parramatta Heritage Safari that was cancelled in December. Discover Parramatta's history on this two hour heritage tour. See all the local history from the comfort of the bus, with a cafe and lunch stop.

\$20 Bus

\$20 Tour



Social Outings

Wednesday 28 February

Local Morning Tea: Jade Teahouse at Camellia Gardens

Enjoy morning tea in this beautiful garden and for those who can manage, take a short walk through this lovely garden. The paths can be a bit rough. You will be home for lunch!

\$15 Bus



Thursday 29 February

Golden Vale Homestead, Sutton Forest

The group that went last year to this home, absolutely loved it, so here is your chance to experience this lovely piece of Australian history and a delightful home made morning tea. A two story stone house with an interesting collection of memorabilia, set in an English style garden. First floor accessible through stairs only.

\$20 Bus **\$20 Morning Tea & Tour**



Terminology

The team in the office often use terms to describe the status of bookings:



Confirmed: Your booking is made, and a vehicle is guaranteed to pick you up.



Waitlist: The Outing/ Bus is full, and your name has been placed on a waiting list. IF a place comes available one of the team will call to offer a place on the bus or outing.



Standby: Your individual transport booking is on hold only. We need to cap the number of bookings we take for each day. When we do this, we will still take your booking details however the booking is on standby and not guaranteed. We will do our very best to fit in your booking. One of the schedulers will call you by 2:30 pm the day before to let you know if we have been able to fit in your booking.

Thank you to everyone who made our 40-year celebrations such an unforgettable experience.



Better Support.
Stronger Connections.



Phone
02 9585 3000

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Mortdale NSW 2223

Website
www.stgct.org.au
Connect with us

