

Spring is almost here and as I write this message to you, I am working from home willing the temperature gauge to head north. What is an acceptable time to turn on the heating? We all know that once the heater goes on for the day there is no turning it off. So, in this newsletter we will focus on the warm weather ahead, the marvellous daily outings in the beautiful spring gardens, along with our overnight trip to Floriade which is always such a delightful getaway.

I have a very clear message for all my wonderful clients and staff-**watch where you are walking!** Two days ago, I took a tumble because of a decrepit footpath in Engadine and ended up with a fractured fibula on one leg and a severe sprain on the other leg, resulting in a boot for each leg, no driving for 6 weeks and lots of follow up doctor's appointments. Know the feeling?

The online bookings through our website are going well so **well done to all of you**. In this newsletter and future newsletters, we will be featuring other aspects of our new website so that you can access resources and keep in touch with what is happening at St George Community. This is your opportunity to provide us with regular feedback and to put a face to a name in our 'People' tab.

Thank you to those clients who participated in our client survey. Overall, your feedback was extremely positive, and I thoroughly enjoyed reading all your comments. From each survey we look for opportunities to improve our service to you. We have developed some action items with the team based on your feedback.

We are closing the books for last financial year, and I am happy to report a very good FY24. We

delivered 73,880 trips to 2,258 clients throughout the year. We have over 100 hundred NDIS participants and we earned a small surplus of just over \$30,000 which will contribute to our ongoing improvement of our business. Our AGM will be held on the 18<sup>th</sup> October at Mortdale RSL. All members will receive a letter from me with more details. If you are not a member but are also interested in attending, please call Shannon on 9585 3000 and she will confirm the start time with you. Please save this date to your calendars, especially our members who will vote in our Board for the next financial year. This will be your opportunity to meet the new CEO and to watch my presentation about our operations over the last 12 months.

Rosco, our first Toyota Commuter joined our fleet last month. This vehicle seats 14 people and is a smaller vehicle for our drivers to navigate around the streets of St George. Have you travelled in Rosco yet? If you have, please share your experience to assist with our fleet planning for the future.

For those of you who have not heard, I have resigned from my position and will finish towards the end of August/ beginning of September, depending on when the new CEO starts. I have been with St George Community for 6 years and I feel like we have all achieved so much. Our social outings were 2-3 days per week and are now 5-6 days per week. We became a registered NDIS provider, and we introduced new services to support our clients' health and wellbeing with the BActive program, the Volunteer Home Support Program and the Overnight trips. I will always have fond memories of my team and clients because you are all such a wonderful group of people. Thank you for everything. Carol

# Stay Connected with SGC

## EXCITING NEWS & EVENTS

Are you eager to stay updated with the latest news and events at SGC? Look no further than our **News and Events** page on our new website.



## What's new under News & Events

st george  
community.

Feedback

Join Us

9585 3000

Home

About Us

Our Services

News & Events

Our People

Contact

Book a Service

Donations

sgc

### UPCOMING EVENTS

Mark your calendar with our upcoming outings and activities. Our social outings have something for everyone, from a day at the theatre, a visit to the zoo, a historical drive or morning tea at the botanical gardens. Don't miss out on a chance to get involved.

sgc

### MAKE A BOOKING

Want to see the latest outings and make a booking? Simply click on the **'View Outings & Make a Booking'** and follow the prompts. Once you have made a booking you will receive a confirmation email with the dates and events.

sgc

### LATEST BLOGS

Get the most recent updates on our latest events and announcements. Whether it's a celebration, community highlights, or organisational milestone, you'll find it here!

sgc

### STAY INFORMED

Our News and Events page is your go-to place for all things SGC. Explore our current and previous newsletters, make a booking, or sign up to receive our newsletter, and important updates that matter to you.

sgc

### GIVE US YOUR NEWS

Have you had an exciting experience you would like to share with us? Forward your news to [reception@stgct.org.au](mailto:reception@stgct.org.au)

## JOIN US ON THIS JOURNEY

Visit our News and Events page today and stay in the loop with everything happening at SGC. Connect with us, be informed, and become an integral part of our community!

# Stay Connected with SGC

## ACCESS OUR NEWSLETTER

Keep updated with all the latest news via the SGC Newsletter!



## Easy Access to SGC Newsletter



Did you know our updated website has multiple areas where you can access the SGC Newsletter? Here are some handy tips to help you!



### ON OUR HOME PAGE

Just scroll down to the newsletter and follow the prompts.



### OUR SERVICES > HEALTH & WELLBEING PAGE

Get the latest information regarding SGC's Health and Wellbeing programs. Simply scroll down to the current and previous newsletters. Follow the prompts to view the newsletter or to make a booking.



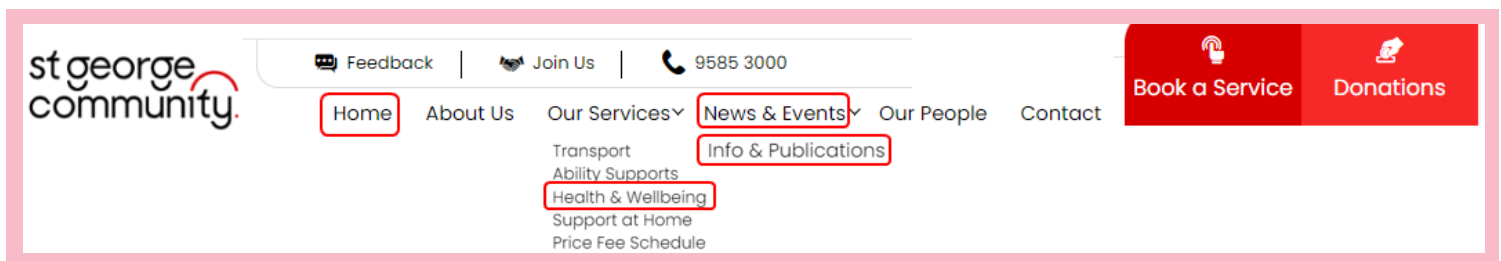
### NEWS & EVENTS

Our News and Events page is your go-to place for all things SGC. Explore our current and previous newsletters, make a booking, or sign up to receive our newsletter, and important updates that matter to you.



### INFO & PUBLICATIONS PAGE

Our Info and Publications page contains lots of information and resources including the latest and previous versions of the newsletter.



## JOIN OUR MAILING LIST



Don't forget that you can always sign up to receive the newsletter in your inbox, email our friendly staff at [newsletter@stgct.org.au](mailto:newsletter@stgct.org.au) or simply call the office.

# BActive

## Live Longer, Live Stronger

Remember to keep hydrated, eat well and exercise regularly.

Please contact the instructors directly to book in your class before booking transport with us.  
Call Shannon or Tracey O 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

[cmaquafit@gmail.com](mailto:cmaquafit@gmail.com)

### 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. Shake your hips to some great music.

**Contact:** Kate 0421 902 520

[katedemayo@gmail.com](mailto:katedemayo@gmail.com)



### 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 & \$10 per Class

Exercise and have some fun with cardio-vascular 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

[katedemayo@gmail.com](mailto:katedemayo@gmail.com)





### SEATED AND STRONG

Bexley Congregational Church  
Tuesday 10.30am to 11.30am  
(School terms - ring to check dates)  
\$10 Transport & \$10 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, Allawah  
Tuesdays 11.00am to 12.00pm  
\$10 Transport & \$8 per Class. 10-week term

Friendly group classes for weight bearing strength work with stretching. The class also includes falls prevention with balance work.

**Booking is essential** / Registered with AUSactive & Insured  
**Contact:** Coralie 0415 065 800  
coralie@fitnessnow.com.au



### SENIORS DANCE FITNESS CLASS

St George Maso's Club  
Tuesdays 12.00pm to 1.00pm  
(Classes run school terms)  
\$10 Transport & \$7 per Class (1<sup>st</sup> class Free)

A fun low impact exercise class especially designed for Seniors moving to all your favourite hits from yesteryear. The class is both seated and standing.

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



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

**Special Classes for Seniors**

### BE CONNECTED

KCS Community Hub, 49 English St Kogarah  
Wednesdays 1pm to 2.30pm  
Free Sessions - Afternoon tea provided

KCS presents The Australian Government initiative, that aims to support, coach and teach Older Australians (50+) to improve their skills and confidence in using digital technology.

**Contact:** Maria 9161 3937



# SGC September 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.

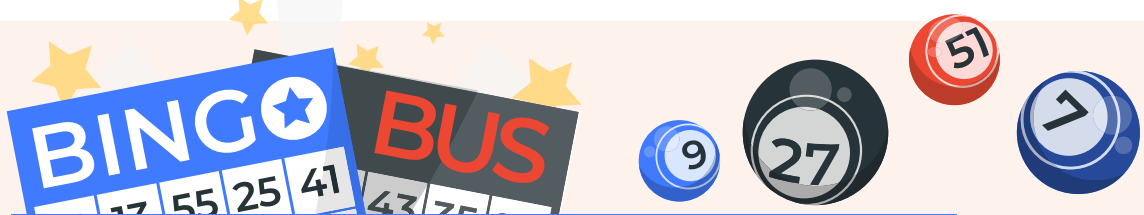
**NEW shopping dates available, please refer to the table below.**

**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"> <li>Beverly Hills</li> <li>Kingsgrove</li> <li>Lugarno</li> <li>Mortdale</li> <li>Narwee</li> <li>Padstow Heights</li> <li>Peakhurst</li> <li>Riverwood</li> </ul>	<ul style="list-style-type: none"> <li>Blakehurst</li> <li>Connells Point</li> <li>Hurstville Grove</li> <li>Kyle Bay</li> <li>Oatley</li> <li>Penshurst</li> <li>South Hurstville</li> </ul>	<ul style="list-style-type: none"> <li>Allawah</li> <li>Arncliffe</li> <li>Bardwell Park</li> <li>Bardwell Valley</li> <li>Bexley</li> <li>Bexley North</li> <li>Carlton</li> <li>Hurstville</li> <li>Turrella</li> </ul>	<ul style="list-style-type: none"> <li>Banksia</li> <li>Brighton-Le-Sands</li> <li>Carss Park</li> <li>Kogarah</li> <li>Kyeemagh</li> <li>Monterey</li> <li>Ramsgate</li> <li>Rockdale</li> <li>Sandringham</li> <li>Sans Souci</li> </ul>
Roselands Shopping Centre	Mon 2 <sup>nd</sup> Sept Fri 13 <sup>th</sup> Sept Mon 16 <sup>th</sup> Sept Fri 27 <sup>th</sup> Sept Mon 30 <sup>th</sup> Sept <i>Pickups start from 10:00 am</i>	Mon 2 <sup>nd</sup> Sept Fri 13 <sup>th</sup> Sept Mon 16 <sup>th</sup> Sept Fri 27 <sup>th</sup> Sept Mon 30 <sup>th</sup> Sept <i>Pickups start from 8:30 am</i>	<b>NEW</b> Mon 2 <sup>nd</sup> Sept Mon 16 <sup>th</sup> Sept Mon 30 <sup>th</sup> Sept <i>Pickups start from 10:00am</i>	<b>NEW</b> Mon 2 <sup>nd</sup> Sept Mon 16 <sup>th</sup> Sept Mon 30 <sup>th</sup> Sept <i>Pickups start from 10:00am</i>
Rockdale Plaza	<b>NEW</b> Mon 9 <sup>th</sup> Sept Mon 23 <sup>rd</sup> Sept <i>Pickups start from 10:00am</i>	<b>NEW</b> Mon 9 <sup>th</sup> Sept Mon 23 <sup>rd</sup> Sept <i>Pickups start from 10:00am</i>	Fri 6 <sup>th</sup> Sept Mon 9 <sup>th</sup> Sept Fri 20 <sup>th</sup> Sept Mon 23 <sup>rd</sup> Sept <i>Pickups start from 8:30 am</i>	Fri 6 <sup>th</sup> Sept Mon 9 <sup>th</sup> Sept Fri 20 <sup>th</sup> Sept Mon 23 <sup>rd</sup> Sept <i>Pickups start from 10:00 am</i>
Southgate Sylvania	Tue 3 <sup>rd</sup> Sept Wed 11 <sup>th</sup> Sept Tue 17 <sup>th</sup> Sept Wed 25 <sup>th</sup> Sept <i>Pickups start from 10:00 am</i>	Tue 3 <sup>rd</sup> Sept Wed 11 <sup>th</sup> Sept Tue 17 <sup>th</sup> Sept Wed 25 <sup>th</sup> Sept <i>Pickups start from 10:00 am</i>	Wed 4 <sup>th</sup> Sept Tue 10 <sup>th</sup> Sept Wed 18 <sup>th</sup> Sept Tue 24 <sup>th</sup> Sept <i>Pickups start from 10:00 am</i>	Wed 4 <sup>th</sup> Sept Tue 10 <sup>th</sup> Sept Wed 18 <sup>th</sup> Sept Tue 24 <sup>th</sup> Sept <i>Pickups start from 10:00 am</i>

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<b>Menai Marketplace</b>	Thur 5 <sup>th</sup> Sept Thur 19 <sup>th</sup> Sept  <i>Pickups start from 10:00 am</i>	Thur 5 <sup>th</sup> Sept Thur 19 <sup>th</sup> Sept  <i>Pickups start from 10.00 am</i>	N/A	N/A



**Play Bingo and have a bite to eat with your friends**

<b>WEDNESDAY</b>	South Hurstville RSL	Bingo starts 10.00 am
<b>THURSDAY</b>	St George Leagues Club	Bingo starts 10.30 am
<b>FRIDAY</b>	Bexley RSL	Bingo starts 11.00 am
<b>FRIDAY</b>	Oatley RSL	Bingo starts 11.00 am

**Return Pickup time is 1pm for ALL of the above**

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

**Transport: \$10**  
**Return. Call the office on 9585 3000 to book.**



## How to get your copy of the Newsletter

A copy of the current Newsletter is always available on our website [www.stgct.org.au](http://www.stgct.org.au)  
 We can also email you a copy.

If you prefer a printed copy of the newsletter delivered to your home by post, please call 9585 3000.  
 Subscription cost is only **\$25 for 6 months** or **\$45 for 12 months**.

Copies are available in our vehicles too - ask one of our friendly drivers or carers.

Check out some photos of our clients and staff enjoying the social outings.



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](mailto:harvey@stgct.org.au) and you will receive a reply email.
- Use our website [stgct.org.au](http://stgct.org.au)  
Open our homepage and click on heading 'BOOK A SERVICE', choose 'Social Outings', fill in required fields with your information. Click 'SUBMIT'.

## 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.



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

## 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**.



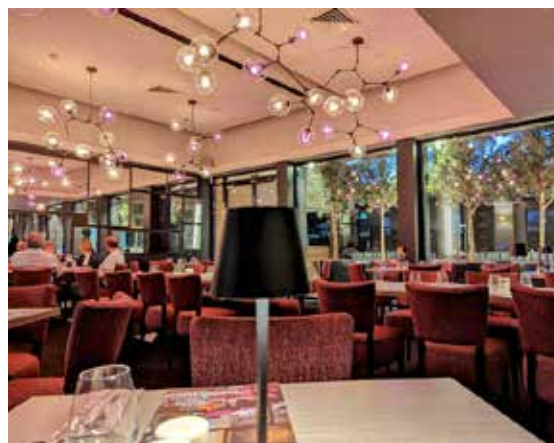
# September Social Outings Calendar

**Monday 2 September**

**Simply Lunch: South Sydney Graphic Arts Club, Mascot**

Enjoy lunch at the elegant contemporary facilities of Sydney Graphic Arts Club. It has quite a history, as it was previously the Graphic Arts (Printers' Union) Club and the South Sydney Businessmen's Club.

**\$15 Bus**



**Tuesday 3 September**

**Seniors Rights Service: Information Session and Lunch, Mortdale RSL**

This is the previously postponed session. Get the right information today. The Seniors Rights Service has its own solicitors, aged care advocates and educators to help you with everything. Morning Tea before and lunch afterwards.

**\$15 Bus**



**Wednesday 4 September**

**Warwick Farm Racecourse (Afternoon)**

Enjoy a FREE day out at Warwick Farm. First race 1.25pm. This racecourse has had a huge facelift. Enjoy.

**\$15 Bus**



**Thursday 5 September**

**Big Band 3: Sydney Conservatorium of Music (Lunchbreak Concert), CBD**

Free 45-minute lunchbreak concert showcasing the extraordinary talents of Conservatorium students. Brunch on the way then straight home. How lucky are we!!

**\$15 Bus**

**Donation**



# Social Outings

**Friday 6 September**

## **Ernest Shackleton Thin Ice Virtual Reality - Australian Museum, Darlinghurst**

In 1914, explorer Ernest Shackleton led an ill-fated expedition, which became a great story of survival. In this VR experience, follow in Shackleton's footsteps on an extraordinary adventure. *(VR experiences are not recommended for pacemakers or severe vertigo.)*

**\$15 Bus**                      **Prepay by Fri 23/8/24**  
**\$20 Ticket**



**Saturday 7 September**

## **Netstrata Jubilee Oval: St George Dragons vs. Canberra Raiders, Kogarah**

St George have provided 10 free tickets - these will be allocated by a raffle system. If you miss out on the free ticket you can still attend but will need to purchase a ticket on the day. Call Brad for more details.

**\$25 Bus**



**Monday 9 September**

## **Defence of Sydney Tour, North Head**

Do the walking tour or sit and enjoy the view. The Defence of Sydney Tour is a discovery of Sydney military defence systems from 1936. Wear sensible shoes for walking, stairs and confined spaces, and bring a torch for the tunnels. If you do not want to do the tour you can stay with the driver and the bus.

**\$15 Bus**                      **\$10 Tour**



**Tuesday 10 September**

## **Bryan Brown Theatre: Musical Fun and Laughter, Bankstown**

A morning of hilarious adult puppetry and song with Natalie May and Tony Sergi, seasoned international performers, including the songs you know and love. Free morning tea included. And as always, we will stop for lunch afterwards.

**\$15 Bus**                      **\$20 Ticket**



# Social Outings

Wednesday 11 September

## Flower Power and Whole Farms Market Milperra

Get everything you need for your gardening and more. Indoor & outdoor nursery, landscape centre, gift & accessory shop, Frankie's food factory, PET stock and wholefarms market. Bring your shopping bags.

**\$15 Bus**



Thursday 12 September

## Victoria Barracks and AFP tour, Paddington

The Victoria Barracks complex dates from its first occupation in 1848, and is one of the finest examples of British colonial military architecture of the Victoria era. The museum's collection spans 4 centuries of NSW/Australian military history. Approx. 300m of walking. **Photo ID required.**

**\$15 Bus**

**\$5 Entry**



Friday 13 September

## Rubyos Restaurant, Newtown

Rubyos menu is 'Inspired Modern Fusion Cuisine', indulge in a selection of grazing dishes. Prices range from \$9 nibbles, \$25-35 cold grazing, \$25-45 hot grazing. Due to restricted parking, there maybe approx. 1 block walk to the restaurant.

**\$15 Bus**

**\$38 Tasting Menu**



Monday 16 September

## Good Old Days: Classical Gala, Town Hall

Relax and enjoy the good old days orchestra as they perform the "CLASSICAL GALA!". Featuring your Concert Hall favourites, including ensemble and solo performances.

**\$15 Bus**

**Prepay by Fri 30/8/24**

**\$50 Ticket**

— OR —



# Social Outings

— OR —

Monday 16 September

Ritz Cinema Classics: Harold & Maude 1971  
Randwick

Young, rich, and obsessed with death, Harold finds himself changed forever when he meets lively septuagenarian Maude at a funeral. A cult 1970's existential, oddly romantic, black comedy-drama. Whatever that may mean!

\$15 Bus

\$16.50 Seniors Ticket



Tuesday 17 September

Patisserie Search & Lunch: Queens Pastry House Ramsgate

Indulge your taste buds with a tantalising array of gourmet pastries with a French influence. Bring a carry bag!

\$15 Bus



Wednesday 18 September

Sister Act - Capitol Theatre, CBD

This global smash hit musical is sent from above, Sister Act is dubbed the must-see musical of the year!

\$15 Bus

\$80 Ticket - Pay immediately



Thursday 19 September

SUNSHINE: Tulip Festival,  
Bowral

Sunshine Group

**Available to NDIS Participants.** Don't miss your chance to experience the magic of the Tulip Festival. Come and see the spectacular display of 80,000 mass planted tulips in Corbett Gardens, Bowral. Plus the atmosphere, lunch and hopefully a CWA scone!

\$10 Admission

Please bring money for lunch.



# Social Outings

**Thursday 19 September** (Also on Mon 23/9/24 and Wed 25/9/24)

## **Tulip Festival, Bowral 1**

Here we go again. Come and see the spectacular display of 80,000 mass planted tulips in Corbett Gardens, Bowral. Plus the atmosphere, lunch and hopefully a CWA score!

**\$25 Bus**

**\$10 Admission**



**Friday 20 September**

## **Carss Cottage and School Days School Ways, Carrs Park**

Revisit the stories of grandma and grandpa. School Days, School Ways is an opportunity to revisit their memories and the stories they told you many years ago.

**\$15 Bus**

**\$10 Talk & Morning Tea**



**Monday 23 September** (Also on Thur 19/9/24 and Wed 25/9/24)

## **Tulip Festival, Bowral 2**

Here we go again. Come and see the spectacular display of 80,000 mass planted tulips in Corbett Gardens, Bowral. Plus the atmosphere, lunch and hopefully a CWA score!

**\$25 Bus**

**\$10 Admission**



**Tuesday 24 September**

## **Cyprus Community Club Seniors Lunch and Entertainment Stanmore**

After last month's booking issues we are here again. This time we guarantee fun, food, fellowship the Cypriot way. A delicious meal and live Greek music and dancing, for a bargain price.

**\$15 Bus**

**\$19 Buffet**



# Social Outings

**Wednesday 25 September** (Also on Thur 19/9/24 and Mon 23/9/24)

## Tulip Festival, Bowral 3

Here we go again. Come and see the spectacular display of 80,000 mass planted tulips in Corbett Gardens, Bowral. Plus the atmosphere, lunch and hopefully a CWA score!

**\$25 Bus**

**\$10 Admission**



**Thursday 26 September**

## Golden Ridge Animal Farm, Dural

Back to the farm, handling baby chicks, ducklings, lambs and rabbits; and a walk around the farm where you get to feed and see the larger animals. Try milking the cow. Bring a bag with a change of shoes after farm mud! If you're using a walking aid you will be limited on where you can go. But you can enjoy the view and fresh air.

**\$25 Bus**

**\$22 Entry**



**Friday 27 September**

## Paesanella Cheese & Cafe, Marrickville

Paesanella cheese have been producing fresh ricotta, buffalo, mozzarella, and many other cheeses since 1952. The shop stocks a range of gourmet products. Paesnella Café is an Italian Pizza restaurant & café that will delight Italian food lovers and foodies in general.

**\$15 Bus**



**Monday 30 September**

## Airport Drive, Shep's Mound & La Perouse

Drive around the new roads of Sydney airport, and visit Shep's Mound which has two elevated areas to view planes coming in to land or taking off. There will be time for morning tea and we will finish at La Perouse for lunch.

**\$15 Bus**



## Client Survey 2024

Thank you to all our clients who took the time to complete our survey for 2024.

### How to Report an Incident?

57.25% of clients surveyed indicated that they know how to report an incident.

You can do one of the following:

- Call the office 9585 3000
- Email [reception@stgct.org.au](mailto:reception@stgct.org.au)
- Report the incident to a Driver/Carer
- Call the out of hours number 0413 763 274 and speak to a Manager
- Write to us at 1/29-33 Pitt Street Mortdale NSW 2223.



### How do you hear from us?



More than half of our client hear from us through our monthly newsletter, closely followed by email and our website.

### How did you rate our service?

Service from our Carers and Drivers	
Friendliness	97.20%
Personal Presentation	93.66%
Reliability and Time Keeping	90.78%
Safe and Comfortable Driving	95.80%
Communication Skills	95.07%
Support provided to you	96.38%



Service from the Office	
Friendliness and helpfulness	90.07%
Accuracy when booking transport	89.48%
Assistance with general enquiries	89.33%
Understand your needs and preferences	86.09%
Customer service experience	89.33%

Service Delivery	
Variety of services	92.91%
Cost of transport	84.89%
Comfortability speaking to a Manager	90.07%
Confidence to provide feedback	85.61%
Vehicle cleanliness and comfort	88.65%
Overall satisfaction with SGC	96.48%
Likelihood of recommending SGC	95.77%



Thank you for our excellent ratings. Let's hear what you had to say-

*"St George Community has been a Godsend for me. I couldn't have managed my cancer treatment without them."*

*"A big thank you to all at SGC...we could not do without you! The only improvement I can think of could be the communication re our pickup times for appointments."*

*"All good. Keep up the excellent standard of helpful, courteous and efficient service. It makes life's difficulties in accessing out of home medical and other services less onerous and stressful."*

*"The staff on your buses are excellent."*

*" Thank you to all. I am very happy also, of you organising the overnight trips. Keeps all ages with many choices.*

*Much laughter on last trips. I have attended Nowra and Katoomba."*

*"Appreciate all that you do. Living by myself, I have met many people using this wonderful service."*

*"We have already recommended you to our friends as we are all getting old."*

*"This is an excellent company who have gone out of their way for me."*

*"Vehicles are sometimes a bit uncomfortable-need to clean the windows now and then."*

*" Yes, I like to boast how lucky I am that I can take these trips to places I have never been before or are too far for me to travel on my own. I enjoy talking to different ladies on the buses."*

*"The transport fee charged for each social outing is very reasonable and affordable."*

*Have recommended SGC to my friends."*

*"I take my own cushion to sit on for trips, not for shopping bus."*

*I would not be able to find a better, more caring service anywhere."*

*" We haven't been with you for long so have had quite a few questions, all answered excellently, Thank you."*



Aidacare are a manufacturer, supplier, and distributor of a large range of high-quality assistive technology healthcare equipment. Aidacare and our Network of Supply Partners, work closely with Customers, Occupational Therapists; Physiotherapists; other Allied Health

professionals; and, Homecare Nursing providers to bring equipment into the comfort and security of the home environment.

- **Customer Service** – Sylvania branch 02 9520 1866, providing you immediate advice or linking you with our Rehab Equipment Specialists in the field.
- **Trials** – Arrange a trial simply and easily in your home environment. Our Rehab Equipment Specialists will bring equipment to your home and attend the trial to demonstrate the equipment and provide friendly advice.
- **Rental / Hire** – Comprehensive range of rental equipment that is available for short-term rehabilitation needs. We can also provide you with a rent to buy package.
- **Sylvania Showroom** – Viewing and comparing options at the branch
- **Service** – Do you have equipment that requires to be fixed or serviced, please call us and we can arrange for a technician to come and have look

Our team at Sylvania are available to help you with any questions you may have. We are here to make it easier for you. If we can't help you, we will find someone who can.

You can view a full range of our products via our website Products | Aidacare or you can pop into our showroom located at 117-119 Princess Highway, Sylvania (hours of operation 8.30am to 4.30pm Monday to Friday)

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