



December 2018

Hunter Ltd

TransCare

Your bi-monthly update from TransCare

The TransCare Board, Office Staff, Bus Drivers, In-Home Assistance Staff and Volunteers would like to thank our clients for their support throughout 2018. We would like to wish you a very Merry Christmas, and hope you are able to enjoy some time this festive season with family and friends.



Annual Barefoot Bowls Night

Thank you to everyone who supported the TransCare Annual Barefoot Bowls Night Fundraiser in October. Together we raised \$7,400 that will be used to support the delivery of services and activities in the community. Our sincerest thanks must go to the local businesses that donate towards the event, without them, raising this amount of money would not be possible.



We LIVE Here

TransCare is proud to be a part of the drought relief initiative aiming to put money back into local businesses. The cards operate like other EFTPOS gift cards and are redeemable at participating businesses, like TransCare, in the Upper Hunter and Muswellbrook Shire Council Areas.

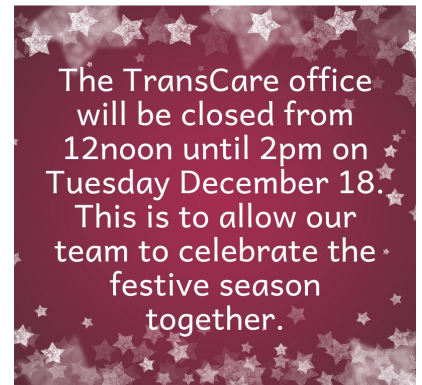
TransCare Muswellbrook Seniors Expo

The second TransCare Muswellbrook Seniors Expo was held at the Muswellbrook RSL Club and was attended by 20 organisations sharing their services with the community. There was a constant flow of people moving through the event taking advantage of the opportunity to meet and learn about what is available in the area. Thank you to everyone who attended, and took part in the event - we hope to see you again next year!



Legionnaires risk when gardening

One of TransCare's contractors has brought to our attention that there have been a few cases of legionnaires disease in the local area. These cases have been caused by bacteria in potting mix. If you are looking to freshen up your garden, it is advised gloves and a mask be worn while working with potting mix. Opening bags slowly and in a well ventilated area is also important. Early symptoms include headache, fever, chills, muscle aches and pains, a dry cough and shortness of breath. Consult a doctor if you have any concerns about your health.



Be Connected

Following the successful launch of our Be Connected program in October, TransCare is looking forward to starting the program this month. Our first Scone group will start mid December with a group of participants already signed up and ready to go. Keep an eye out in the new year for news about when we will be starting groups in Murrurundi, Merriwa and Muswellbrook. Be Connected offers residents the opportunity to learn about technology and the internet in a friendly and supportive environment. The program is free for participants and TransCare will provide devices to get you started. For more information or to register your interest in taking part, please speak to Samm, our Community Coordinator.



Christmas Closure

The TransCare office will be closed from Monday December 24 until Friday December 28 inclusive.



Registered NDIS Provider
Home Care Package Provider

www.transcare.org.au | 214 Kelly Street Scone NSW | 6545 3113 | jemma@transcare.org.au

TransCare Social Activities

Bookings are essential for all social activities. Please phone the office on 6545 3113 for more information or to book your place.

Social Trips

Thursday December 6 - Greenhills

Take the opportunity to check out the renovations and get in some shopping. There will also be drop offs at Bunnings and Kmart. The bus will leave Scone at 8am and Maitland at 2pm. Cost \$20

Sunday December 16 - Maitland Markets

This is a great chance to get to the markets and get those last minute Christmas Gifts, or just enjoy a day out. There is also the opportunity to go to Bunnings or Greenhills if you would prefer. Bus will leave Scone at 6.30am and Maitland at 2pm. Cost \$25

Saturday February 2 - Tea Gardens

Join us as we catch the ferry from Nelson Bay to Tea Gardens for a waterside lunch, catch a glimpse of the dolphins as we enjoy the sea breeze. Includes transport, morning tea, ferry and lunch. Cost \$80

Wheels to Meals - RSVP one week before, transport included

Muswellbrook

⇒ Tuesday January 15 – Muswellbrook Workies

Meal options to be confirmed

⇒ Tuesday February 12 – Hotel Eatons, \$15

Meal options are battered flathead, bangers and mash, chicken schnitzel, homemade rissoles. Dessert included.

Scone

⇒ Wednesday January 16 – Royal Hotel Motel, \$20

Meal options are rissoles and onion gravy, grilled barramundi, quiche lorraine, chicken club sandwich. Desert included

⇒ Wednesday February 13 – Barbecue at Scone Senior Citizens Centre, \$12

Includes dessert.

Scone Social Club, RSVP one week before

Wednesday January 30 - Bus trip to Muswellbrook \$25

Morning tea stop at Lake Glenbawn, lunch at Hunter Belle Cheese Cafe where menu options are classic croissant, chicken caesar wrap or quiche and salad, includes dessert.

Wednesday February 27 - Bus trip to Quirindi \$25

Morning tea stop at Willow Tree, lunch at Quirindi RSL where the menu options are sweet and sour pork, beer battered flathead, honey soy chicken or lamb cutlets.