

April 2019

# TransCare Hunter Ltd

## Your bi-monthly update from TransCare

### TransCare Service Names

You may have noticed that the names of some of our services have been changing at TransCare.

This is simply to better align our service provision with the funding we receive to provide them.

Our **Transport** section provides services for direct transport (pick up and drop off at local appointments), medical transport, community bus routes and social trips, dial 1 at the switch.

The **Community Wellbeing** section provides services for social support individual, home maintenance and meals. We also offer the Be Connected program free of charge, dial 2 at the switch.

Social support includes accompanied activities such as having a volunteer stay with you at appointments or assisting you with doing your shopping.

**In-Home Assistance** is the section for domestic assistance, personal care and NDIS, dial 3 at the switch.

The main thing to remember is despite what we call them, you will still receive the same quality service from our friendly team of staff and volunteers.

### Interruptions to Services

The TransCare office will be closed for Good Friday on April 19, and Easter Monday on April 22 as well as ANZAC Day on Thursday April 25.

On Friday May 10 the office will close at 12 noon for the Scone Cup Half Day Public Holiday.

### Scone Seniors Expo

Join us on Thursday April 11 at the Scone Bowling Club for our 2019 Scone Seniors Expo. We will

again be joined by a range of local organisations with information about how they can help. There will also be some musical entertainment and a talk from the Hunter Community Legal Centre.

The Expo will run from 10am to 1pm.



**An ode to Meals on Wheels.**  
By Bob Mailer

*Packed and labeled we're ready to go,  
To take the meals to people we know.  
We knock at the door and then we wait,  
To hear the call "come in mate".  
We laugh and that and then they say,  
You're the only people we'll see today.  
Meals on Wheels means food and love,  
It fills me with joy to be their gray dove.*

Bob has been volunteering with TransCare for five years, helping sort and pack the weekly Meals on Wheels deliveries. He wrote and submitted the above passage to a Wheels on Meals NSW competition for volunteers to the service. Recently Bob was acknowledged for his commitment to the community in the Upper Hunter Shire when he received two awards on Australia Day. Bob was named the Hunter McLoughlin Citizen of the Year and the top honour of Upper Hunter Shire Citizen of the Year.

**Muswellbrook and Scone Be Connected**  
Participants in our Be Connected program in both Muswellbrook and Scone have been seeing the benefits of the free program.

With the help of digital mentors they are moving through a series of topics that interest them and their needs when it comes to technology.

If you would like to be a part of the next round, please call the office on 6545 3113 and dial 2 at the switch to speak with Samm.



### Services Spotlight - Accompanied activities

At TransCare we are focused on assisting our clients to remain independent for as long as possible. One way we do this is by providing them with support to complete tasks like shopping and local errands. A volunteer will pick you up from home and stay with you to help with the trolley and getting around, allowing you to make your own choices and get out and about.

If you would like to know more about this service, please call the office and select 2 at the switch and speak with our Community Coordinator Samm.



**Cards Accepted**



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

*NO bookings will be taken before April 1, call the office and select 1 at the switch.*

### Sunday May 19 - A day in the Capital

Country music capital here we come. Enjoy the Peel St Markets and explore all there is on offer. Plenty of time to browse the stalls and shops in Peel St. Morning tea is provided and lunch is at your own expense at one of Tamworths many eateries. We will return home via Werris Creek and Quirindi. Cost \$30

### Saturday June 1 - Whale watching cruise, Newcastle

Join us on a Nova Whale Watching Cruise in Newcastle, morning tea on board, followed by lunch at a local club. Includes transport, cruise and morning tea. Lunch at own expense. Cost \$90

## Local Bus Trips

*RSVP one week prior, cancellation after RSVP date will incur a fee. Call the office and select 1 at the switch.*

Wednesday May 15 - Join us for lunch at Vines Restaurant at Hollydene. Door to door service from Scone and Muswellbrook, the menu will be available 10 days prior for selections. Cost \$25

Thursday June 20 - Jump on the bus for a run to Maitland where the options are endless - Bunnings, Kmart, Greenhills for a spot of shopping or plan to catch up with family or friends. The bus will leave the TransCare office at 8am and Muswellbrook Railway Station at 8.35am for a 10am arrival in Maitland. We will leave at 2pm for the trip home. Cost \$25

## Meals at Centre (formally Wheels to Meals)

*Call the office and select 2 at the switch. Cancellation after RSVP date will incur a fee.*

### Meals at Centre Muswellbrook

⇒ Tuesday May 14 – Lucky Star Bistro, Muswellbrook RSL, \$20, RSVP Tuesday May 7.

Meal options are veal schnitzel, crumbed whiting fillets, chicken chow mein or mongolian beef. Ice cream with topping for dessert.

⇒ Tuesday June 11– Railway Hotel, Muswellbrook, \$20, RSVP Tuesday June 4.

Meal options are home made beef and winter vegetable stew, roast pork, beer battered flathead and home made rissoles. For dessert choose from sticky date pudding, mud cake or raspberry cheesecake.

### Meals at Centre Scone

⇒ Wednesday May 22 – Peak Restaurant, Scone Bowling Club, \$17, RSVP Wednesday May 15.

Meal options are sweet and sour pork, boneless lemon chicken, curry chicken or beef with teriyaki sauce. Dessert is banana fritter or fruit salad with ice cream.

⇒ Wednesday June 26 – Tea of Life, Scone, \$19, RSVP Wednesday June 19.

Meal options are chicken caesar salad, lasagne, beef stroganoff, or pie. Dessert options are sticky date pudding or pear and ricotta tart.