SHINE Community Services Newsletter

ENHANCING THE LIVES OF SENIORS AND PEOPLE WITH DISABILITIES

From the Manager

by Christine Hastie

Greetings,

Thank you for all your support with our fair held on the 7th of May. Despite the weather being a challenge with all the rain for the first hour and then on and off again during the morning, a good time was had by all. We hope that people who had not had the opportunity to visit us before went away with a lot more understanding of who we are and what we do.

Thank you so much to Bunnings Cottesloe for coming, sharing ideas for accessible gardening with us, answering questions and then donating items for another raffle. We really appreciate their support and help. If you have any queries about how you can change gardening to be more accessible they are very pleased to be able to help in this regard. There are some new products out that help with accessibility and/or small or tiny garden areas.

Thank you also to the Boatshed Butchers for giving us a generous discount on the sausages we purchased from them. It was much appreciated. I would also like to thank Cottesloe Cycles and Body and Soul for their kind donations too.

Having community support is something we don't take for granted and value highly. So many of our local businesses donate to us for various events during the year. Without their help we couldn't do some of the things we do.

Membership of SHINE is annual and runs from 1st July to 30th June each year. New forms are being sent and if you choose to become or remain a member the subscription is $5.00 for the year or part thereof. Membership is not compulsory to be able to have services but we do really appreciate the support that the members give us as an organisation. It makes us all feel like one team.

Kind regards, Christine

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Shine's 'Christmas in July Lunch' is on 21st July with entertainment by the ever popular 'A Cappella West'.

Please call by 15th July to reserve a place.

SHINE COMMUNITY SERVICES
Welcome to well-being

On Behalf of the Board

by Alastair Tulloch

While Simon is away I am filling his big shoes.

This month we had a most successful Fair/Open Day. Despite the bad weather it was well attended and over 1200 dollars was raised. Patrick's pikelets were especially popular and my granddaughter ate 3 of them. The Gum Nut Stompers a jazz band of senior citizens played in the background, sadly without Board member Lew Smith whose wife of over 50 years died the day before.

Last week we had our Volunteers' Week Function. We could not function without the selfless contribution of 63 of them, several who work many hours each week. We do need some cooks and gardeners to care for our own gardens, so if you know someone with a little time on their hands please let Deb know.

Every 3 years we are subject to a quality audit and the good news is we passed with flying colours. This is a great tribute to Christine and her staff.

The disturbing news is that 1.2 billion dollars has been cut from Aged Care in the Federal Budget. Our funding from the Health Department is less than we expected so we have had to reduce by 25% the services we provide, and turn new clients who require individual services away.

We have also had to cut staff hours and I wrote earlier of the importance of volunteers. I am enormously impressed with our dedicated staff, who have volunteered to come and work without pay. It is easy to give money, but what our staff have done is much more valuable, they have donated their time.

Alastair Tulloch
Deputy Chairman

SHINE Art Raffles

We have 4 pieces of donated art on display (one donated with a $100 framing voucher).

Please support us in these 4 raffles to enable the growth of services in our community.

Tickets $5 each (available at reception by phone or in person).

PS we still also still have some books and some bric-a-brac from the SHINE Fair for sale in the reception area - please have a look next time your're in!)

Art on display is from: Chris Spaven, Anne Bennett, Paula Quinn and Irene Osborne

Out and About

with the Leisure Bus by Deb Ward

Hi All,

The leisure bus, as most people now know, is taken out by a volunteer driver and volunteer assistant.

The administration for this is also predominantly our volunteer Joji's role with me sorting the rosters so that we always have a driver and assistant to take you out. It is me who gives you a call bright and early on a Friday morning to tell you what time we are picking you up.

If you have a specific place you would like to visit please let us know and we will endeavour to put it on the calendar for you. One particular client likes Karrinyup and Garden City Shopping centres so a shopping trip is included in the calendar once a month. We always like to try new places but our favourites over the past couple of months have definitely included:-

- The Joy Café, Fremantle
- Elizabethan Village Pub in Armadale Hills
- London Restaurant in Currambine
- Swan Valley (various venues)

Even though the weather is becoming cooler, please don't let this dissuade you from coming out on the leisure bus as all the venues are nice and cosy.

Joji has even chosen restaurants with log fires, at the Valley View in Henley Brook and Chalet Healey in Roleystone which are in beautiful locations as I have been there myself and highly recommend them.

So have a good look at the calendar and come on the leisure bus outings. We would love for you to join us.

From top left: On the bus with Marie, Elsie, John and Joyce. Brian enjoying Pavlova. Bottom right: Local lunch at the Albion with Marie, Elsie, Margaret, Pat, John and Norah.

Volunteers Update

by Deb Ward

Hi Everyone,

I can't believe it's June already, nearly half the year has gone!

I enjoyed helping at our SHINE Fair on Saturday 7 May, it was a shame the weather was so wet as this kept people away. A big thanks goes to Elissa Prus our volunteer cook who made all the delicious cupcakes, volunteer driver and cook Patrick Cooney who made his sausages wrapped in puff pastry and to Nash Ehsan our volunteer driver who bought 40 of the cupcakes which was a huge contribution to our funds!

I have been recruiting more volunteer drivers and am happy to say we have a good number on our books now but we always need more, especially for Fridays.

We say goodbye to driver Matt Biersteker who found employment and wish him well. We welcome volunteer drivers Jacquie Clark, Mike Tomizzi, Kim Carlisle and John Van Kampen and receptionist Tracy van Rooyen. Our long standing volunteer Pat McKnight is now back with us after having time off to move house and will be a welcoming face on the shopper bus in her casual role.

On Wednesday 11th May we had the Volunteer of the year awards. Congratulations to Yvonne for her nomination. Yvonne has been a cook at SHINE for many years, this picture (left) is Yvonne on the night at the Town of Cottesloe Sundowner with myself and her son Zain.

******* SHINE's Volunteer Vacancies: Volunteer Drivers, Casual Cooks, Friday Bus Assistant, 'F' Class Drivers, Gardeners, Qualified Electrician. *******

NEW GROUPS: SHINE are calling on volunteers to set up new groups. If you've ever fancied running a group please contact us we're always looking for enthusiastic individuals to teach us new skills or polish up some we've not used for a while eg Crafts, Bookclub, Walking Group, Board Games, Adult Colouring In, etc. Please call Deb to discuss your ideas.

Our volunteer thank you function, to celebrate National Volunteer Week, was held on Friday 13 May. Patrick Cooney made his sausages wrapped in puff pastry that went down really well at the SHINE Fair, Lisa Rowley, our cook, made all the delightful lemon cupcakes and they complimented the pizzas from Chelsea Pizza very nicely. We also had a fruit platter for those wanting to watch their weight! Thank you to all the volunteers who have dedicated their time to SHINE over the years who could not attend the function, I know that 4 pm does not suit everyone so I do apologise if the time was a problem.

Take care, Deb

Tax Time

SHINE Community Services is a tax deductible gift recipent (DGR).

This means donations to us of more than $2 are tax deductible if you have a receipt from SHINE.

The donations are highly valued and are put to great use enabling SHINE to broaden our range of services. Thank you.

Free Hugs

by Brittni Thomas

It's the touch that gives you comfort,
It's the touch that makes you feel,
It's something that no one else can ever steal.
It's the sweetest human contact for the body & the mind,
It's the connection where two bodies link and bind.

It's what we search for when we feel all alone,
It can be so meaningful, the emotion is deep to the bone.
It's what makes us realize that someone else is there,
It's the touch that says, "Just know I'll always care."
It can say hello, it can say goodbye,
It can leap out when you're happy, or make you want to cry.
It can say "I love you" or "I'm really glad we're friends,"
It can be the last spark in a story that ends.

All you need is another soul to make you feel this snug,
It's the connection in our life...

Everyone needs a hug.

Source: http://www.familyfriendpoems.com/poem/free-hugs

A Message from Reception

by Jo Rupp and Simone Hatton

Hello from Reception,

It is time to get the Winter Woollies out, the temperature is certainly plummeting! Winter is on its way. It is a great time of year to join us at Shine for a hearty lunch just call us to book, lunch starts at midday every day. Or come and enjoy the entertainment at one of our bi-monthly lunch events on the first and third Thursday of each month. A perfect opportunity to come along and catch up with friends or meet new people. Our luncheons are always followed with entertainment, whether it be a band, choir or some poetry. Sometimes we offer a movie, where you can sit back and relax and enjoy a nice of cup of tea.

What's new at Reception? We finally have a Credit Card/Eftpos machine, this means no more digging around trying to find cash. Another advantage is you can pay over the phone which would save you a trip out although we always love to see our clients pop in and say hello!

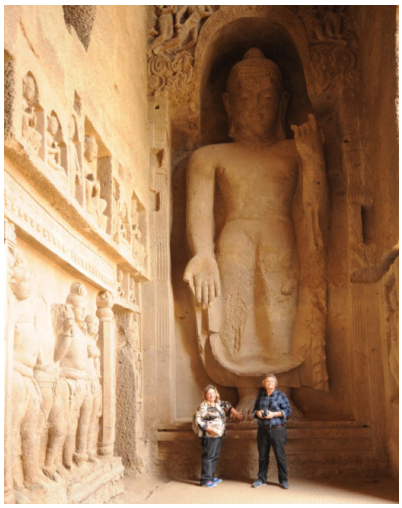
Please take a look at our new Activity Program for June and July, we have many great outings planned and events at Shine. We would love to see you come along and enjoy yourselves.

Jo and Simone

Social Club News

by Regi Scrivener

Hi everyone,



I hope you are all keeping warm and well. I know there are a lot of colds going around this winter, so it's as important as ever to look after ourselves, and safeguard against the dreaded lurgy!

As some of you know, I went to India with my parents during May. It probably wasn't the best time to go, being just before the monsoon season begins. The humidity was outrageous- anyone who knows me knows how much I hate the heat! Despite feeling like I was going to melt when I spent more than 20 minutes away from an air conditioner, it was a great and eye opening trip. We didn't get to travel far outside of Mumbai (sadly), but it's an interesting city. With a few misadventures with our accommodation on the first night, and some great tour guides, we got to see the contrast and colour of Mumbai. I've included a few photographs from my trip with this newsletter- I hope that you all enjoy them.

With the wintery weather, we have stuck with outings for languid lunches for the next couple of months. In July we have several Christmas in July lunch outings. We would love for as many people as possible to join us. They are really fun days with good friends, food and a lot of laughs. This year we are lucky enough to be lunching at 3 client favourites - Café on the Dam in Serpentine, The Old Narrogin Inne in Armadale and Yanchep Inn, in National Park. These 3 outings are sure to book up fast - so I recommend you get in fast. We would hate for anyone to miss out! Of course, keep in mind the Shine Christmas in July luncheon will be on Thursday 21st of July this year. Elissa and Judy have a beautiful menu planned, and one of our favourite groups, A Capella West, will be entertaining us again.

The Social Club has gained a few new members and we would love to welcome some more! The Social Club runs Monday, Wednesday, Thursday and Friday every week (unless a holiday falls on any of those days), with a variety of different activities. If you would love more company and to have some fun, please get in touch and we can arrange for you to come in and see what we get up to! The bus is available to pick you up in the morning and take you home as well, so no need to worry about making your own way down here, or finding parking for the day.

We would love to see even more new faces, and enjoy a few laughs. We even have the odd reunion, where old friends meet up after not seeing each other for many years.

Support Services

by Jacky Thompson and Sally Bolger

I hope you are all keeping warm as the temperature drops and we search for the warm rays of sunshine.

We have had some busy support workers recently, Sandy who was recently married in India and Rose who was just married a couple of weeks ago. We wish both of them all the best for their Married life and hope it is all they have dreamed it would be.

Please don't forget to call us if you are not going to be home for your service we worry if you aren't home.

If your worker finishes well before their allotted time you can ask them to do some extra jobs to use up the rest of the service. Just remember our guidelines so sorry no oven cleaning or windows as the service is assistance only not a full on cleaning service. You may even just like a chat up to you.

So keep warm as the temperature drops if you have any queries please give myself or Sally a call.

Thank you, Jacky and Sally

Shopper Bus Schedule

Tuesday AM	Cottesloe Central Shopping Centre	Pick ups between 9:30am - 10:00am Drop offs between 11:30am - 12:00pm
Tuesday PM	Claremont Quarter Shopping Centre	Pick ups between 12:45pm - 1:15pm Drop offs between 2:30pm - 3:00pm
Thursday AM	Mosman Park Shopping Centre	Pick ups between 9:30am - 10:00am Drop offs between 11:30-12:00pm
Thursday PM	Claremont Quarter Shopping Centre	Pick ups between 12:45pm - 1:15pm Drop offs between 2:30pm - 3:00pm
The Shopper Bus will pick you up from your home, provide transport to the designated shopping centre, drop you at your home and assist with carrying shopping bags into the house. From 1st July the cost for this wonderful service will be $8.00 (in line with government policy). Fee reductions may be possible if conditions are met.		
Don't forget our Leisure Bus has outings every Monday and Friday! Every week is different, with monthly trips to major shopping centres around Perth! The cost of this service is $15.00 (lunch and entry fees are additional unless stated).		

To book a place on the Shopper Bus or Leisure Bus,
call our office on 9383 2663.

Group Classes @ SHINE

Ever fancied polishing up your Scrabble Skills or trying Canasta? Would you like to practice or learn a new skill maybe Art or Technology? Or, would you rather improve your balance or exercise with friends.

With winter here why not come an have some fun at SHINE while trying one of our weekly groups indoors. Everyone welcome!!

2016 CLIENT SURVEY

Please complete and return your enclosed client survey.

Why not drop in with your completed survey at 10.30am any day in July and join us for complementary morning tea to say thank you for you time.

SHINE love hearing from you.

We value your opinions and welcome your feedback.

Our Staff

Office Staff:

Christine Hastie	Manager
Simone Hatton	Receptionist
Jo Rupp	Receptionist
Kirsty Baird	Administrator
Deb Ward	Volunteer Coordinator
Jacky Thompson	Support Services Coordinator
Sally Bolger	Care Plan Coordinator

Social Club:

Regina Scrivener	Social Club Facilitator
Cherie Spaulding	*Social Club Coordinator (on Maternity Leave)*
Terri Zaharia	Social Club Assistant

Support Workers:

Reza Alizadeh	Sally Blythe
Sharon Coxhell	Roslyn Drake-Brockman
Sally Dodds	Dianne Hawthorne
Sandy Kaur	Bianca Kailis
Micheline Khachan	Rose Kpou
Sarah Payton	Megan Pickering
Kylie Scott	Laura Waters
Amber Vassi	

Gardeners:

David Dring	Gardener
Keith Besomo	Gardener

Casual Workers:

Janet Greene	Hanna Hastie
Lola Wilson	

Contractor:

Clayton Byrne	Podiatrist

Our Services

We offer so much here at SHINE that it's hard to keep up! Just to remind you, these are the services we offer:

- Domestic Assistance
- Personal Care
- Respite Care
- Meal Preparation
- Social Support
- Shopping Bus
- Leisure Bus
- Social Club
- Transport
- Home/Garden Maintenance
- Sustainable Gardening
- Luncheons
- Saturday Mystery Outings
- Afternoon and Morning Teas
- Exercise Classes
- Podiatry
- Centre-Based Entertainment
- Technology Classes
- Art Classes

SHINE COMMUNITY SERVICES
Welcome to well-being

81 Forrest Street, Cottesloe WA 6011
Ph: (08) 9253 5555
Opening hours: 8:30am - 4:00pm
Email: reception@shinecs.com.au
www.shinecs.com.au
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