



DECEMBER 2021

CONNECT

NEWSLETTER

**SUMMER
ISSUE**



**WHAT'S
INSIDE**

**Self-care
in the heat**

**Bushfire
planning**

**Community
Commitment**



Chris Jones
CEO - Anglicare Tasmania

From the CEO

Welcome to the Summer edition of **Connect**.

It's wonderful to be heading towards Christmas in the knowledge that we can be reunited with family and friends. These last two years have been trying for all of us and I am so glad that we can all move around freely in the community again. The article on page 8 highlights how important it is to retain community connections, no matter our age, while on page 10 Ted reminds us how important it is to rest.

Our General Manager Home Care Services Connie Bruckard retired in late October. Connie had been with us for almost a decade and worked tirelessly to support our clients to live well at home. If you met Connie at one of our gatherings you will understand how much she will be missed by all of us at Anglicare.

We've included some seasonal reminders in this edition. Our weather was incredibly unpredictable during Spring but there is sure to be hot weather ahead. Check our simple checklist on page 5 to make sure you are prepared.

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*Front Cover: Photo by David Straight
unsplash.com*



Did you catch the recent ABC series 'Fires'? It was a sobering reminder of how important it is to be prepared for the bushfire season. If you live in an area that the Tasmania Fire Service thinks is at risk, you will receive an information package from us (page 7).

We've launched our Christmas Appeal so that we can provide people with Christmas cheer and assist families with back-to-school expenses. We are also grateful to be a recipient of the ABC Giving Tree Appeal again this year.

May God bless you and your families this Christmas and I look forward to talking with you again in the New Year.

Chris Jones, CEO

We welcome and appreciate any feedback that you have that will help us improve our services. Please call **1800 466 300** to share your thoughts.

Thank you for sharing your stories with us; we find them uplifting and encouraging. Email your photos to clientsupportconsultant@anglicare-tas.org.au



The time has come for me to retire after almost 10 happy years at Anglicare. I wanted to take a moment to say farewell and to let you know how much I have enjoyed working with you all. I will miss the conversations, stories and feedback that you have provided throughout this time.

I have learnt so much from you and the suggestions and comments you have provided me have contributed to the success of Anglicare.

*Warmest regards
Connie*



Connie (centre) is pictured with our State Operations Manager (Home Care Services) Sharon Scarlett and CEO Chris Jones. Sharon and colleague Kylie Docking will be assisting Chris in the General Manager Home Care Services role until a new appointment is made.



Avoid sitting outside in the sun - if you do need to be outdoors, put on sunscreen and a hat, stay hydrated and find a shady spot with a breeze.



Look after yourself in the heat

Heat stress can be life-threatening, and elderly people, babies, young children and those with chronic illnesses are the most vulnerable.

We've put together a checklist that shows how to protect yourself and your loved ones when the temperatures soar.

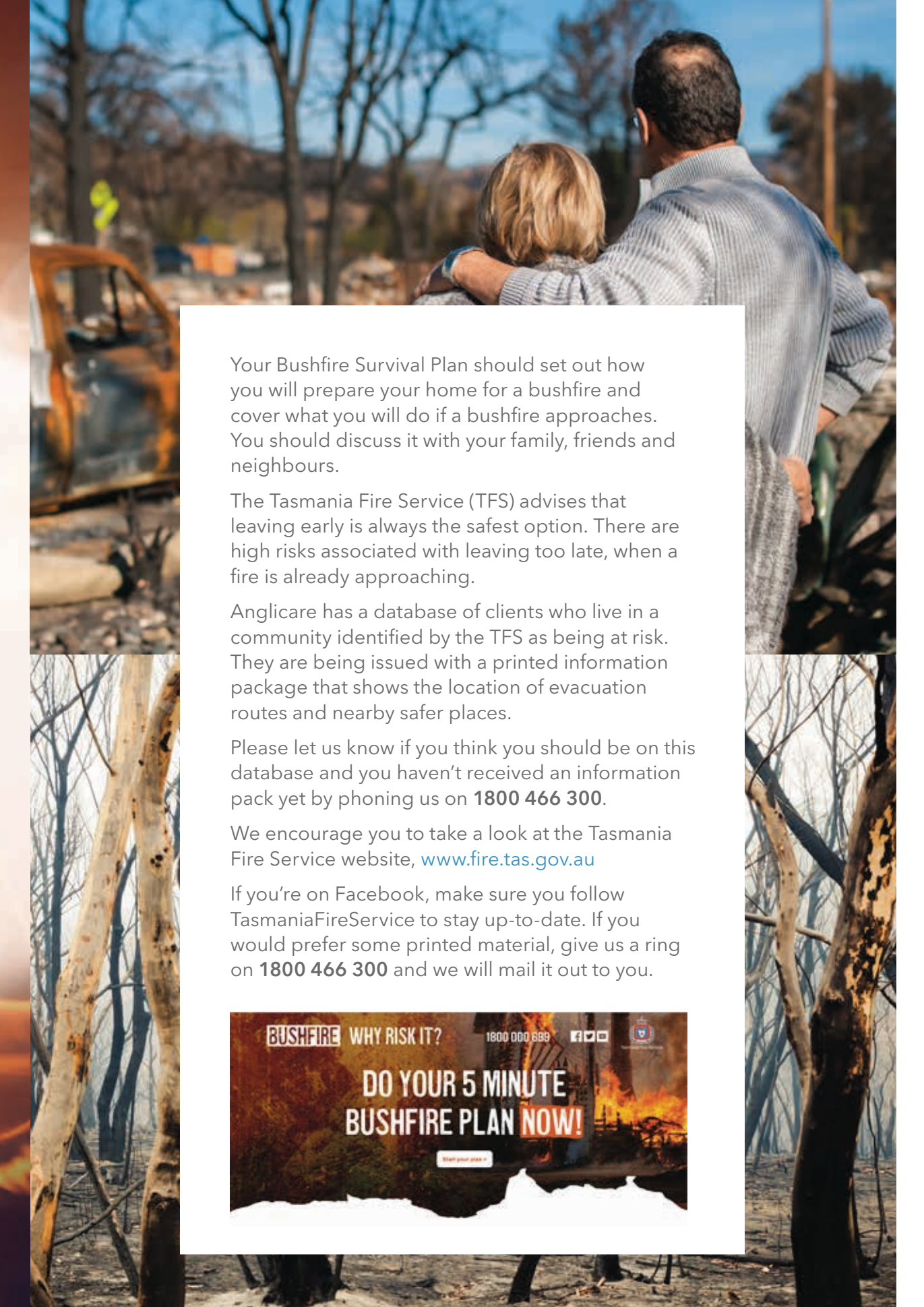
- ☑ Keep in touch with relatives, friends and neighbours as soon as you know it's going to heat up, and for the duration of a heat wave
- ☑ Look out for the warning signs of heat stress such as lethargy, confusion, dizziness, headache and thirst. If symptoms are severe, seek medical help immediately
- ☑ Create cool rooms in your house - use a fan or air conditioner if you have them and shut curtains and blinds
- ☑ Wear light-coloured, loose clothing to help you stay cool
- ☑ Seek out local cool places if it's too hot at home
- ☑ Drink plenty of water and carry water with you at all times
- ☑ Avoid sitting outside in the sun - if you do need to be outdoors, put on sunscreen and a hat, stay hydrated and find a shady spot with a breeze
- ☑ Remember that food safety is more important than ever when the weather is hot.

Our staff have been trained to detect the signs of dehydration in older people. They will look out for you, but please also check in with your health professionals if you have any questions.

Do you live in or near the bush?

It's never too early to think about your Bushfire Survival Plan, in particular the importance of leaving very early.





Your Bushfire Survival Plan should set out how you will prepare your home for a bushfire and cover what you will do if a bushfire approaches. You should discuss it with your family, friends and neighbours.

The Tasmania Fire Service (TFS) advises that leaving early is always the safest option. There are high risks associated with leaving too late, when a fire is already approaching.

Anglicare has a database of clients who live in a community identified by the TFS as being at risk. They are being issued with a printed information package that shows the location of evacuation routes and nearby safer places.

Please let us know if you think you should be on this database and you haven't received an information pack yet by phoning us on **1800 466 300**.

We encourage you to take a look at the Tasmania Fire Service website, www.fire.tas.gov.au

If you're on Facebook, make sure you follow TasmaniaFireService to stay up-to-date. If you would prefer some printed material, give us a ring on **1800 466 300** and we will mail it out to you.





Dayle in his Burnie garden.

Community commitment on show

The people who use Anglicare's Home Care services have incredibly diverse talents and life experiences.

But there's one theme that is constant and that's their commitment to staying active in their community. It's a pleasure to introduce gym regular and Board member Dayle of Burnie, Girl Guides District Manager Barb of Glenorchy, and Men's and Community Shed volunteer George from Launceston.

Dayle Snooks, 81 of Burnie, is a strong advocate for the flow-on benefits of exercise and community participation. Last year he had major back surgery to repair damage caused by a bout of cancer in his spinal discs. At one stage it was unclear if he would walk again.

"That was always my goal," he says. "I don't have the same movement, but physiotherapy and massage have been a great help. These days I go to the gym three days a week. I ride an exercise bike in a laid-

back position. The gym is also good for my mental health. I chat with people I've known all my life."

When he's not exercising, Dayle enjoys reading, watching a good drama, the AFL and test cricket on television and playing bridge. He is a strong supporter of his local football team, the Burnie Dockers.

Dayle and his wife Pauline are closely involved with Hospice North West, an organisation that supports people with life-limiting illness and their families. Dayle is a member of the Board of Management, while Pauline is a regular volunteer.

They say that when a job needs doing, give it to a busy person. That description fits Barb Phillips of Glenorchy to a tee. Barb (69) began her association with the Girl Guides



Barb is a whirlwind in her local community.



George made the wishing well that takes pride of place outside his Launceston unit.



I can do the planting and looking after but Anglicare gives me a good man who does the heavy work.

Dayle



32 years ago as the mother of four daughters and her current role as District Manager of the Wellington Guides means she's in charge of the finances and a team of leaders. She has received many awards for her service.

She is the Secretary/Treasurer of the Tasmanian chapter of the Girls' Friendly Society and wrote a history of the organisation that was launched by the Society's world president in 2015.

Barb has also been a volunteer at Calvary Hospital for the past 16 years and in 2017 she graduated from the University of Tasmania with a Diploma of Family History. "I hate sitting around!" she says. She finds the domestic and gardening assistance she

receives from Anglicare invaluable as it "takes pressure off ageing joints".

George Yow (73) completed a Fine Arts degree at the age of 60 and still volunteers at the University of Tasmania's arts faculty in Launceston. One of the original members of the Ravenswood Men's and Community Shed, he spends most days there supervising people new to woodworking, including primary school students and 'Work for the Dole' groups.

"From the age of four I was my father's "left-hand-man" in the family woodyard and then I became a boiler-maker welder," George explains. "I've always loved making furniture either from specialty timber or scrap wood, I don't mind. We have big machines here and my job is to make sure everyone is safe. I thoroughly enjoy it."

George has used Anglicare's Home Care services for the past six years including when his wife Diane was still alive. Prior to the pandemic, his outgoing personality and interest in people saw him act as a client representative on panels interviewing for new staff.

He is looking forward to moving into a new unit that is very close to the Men's Shed complex: "I can't wait," he says.

It's important to rest, says Ted

Did you know there are 2.65 million Australia's who provide vital care and support to a family member or friend?

More than 235,000 juggle caring with school, while others face health challenges of their own as they age. Our Home Care team sees carers' dedication and compassion at first hand.

Ted Evans of Burnie cares for his wife Gillian, who has dementia. For the past few years the couple has received personal care, cleaning services and social support from Anglicare's North West team. These services increased after Ted had a stint in hospital with a spinal injury.

Ted says the importance of rest hit home earlier this year when he had a period of respite.

"At the beginning of this year I was really suffering," he said. "I was overwhelmed with worry ... I was broken. The respite took away my worries. Everyone commented



I was overwhelmed with worry ... I was broken. The respite took away my worries.



Ted

that I had my colour back, my eyes were clear and I could get around a lot easier. It made me realise how careful I had to be to not get into that situation again."

Ted's top tip for other carers is to talk to family members and health professionals, particularly when the needs of loved ones start to change. For Ted's family, this has resulted in Gillian's recent move into residential care.

"Talking will help you plan," he says. "You can't bottle it up."



Ted Evans and his Anglicare worker, Denise. Ted says she "is worth 120% in gold stars".

Do you need support?

Carers Tasmania and its direct service delivery arm, Care2Serve, can provide you with support through the Carer Gateway. They can put you in touch with support groups in your area. Call **6144 3729** or check out their Facebook page. It's a great way to keep up with news and events.



Reg's woodwork

A master of his craft

Clients Reg and Sylvia Hall of Devonport have experienced their fair share of health challenges this year but Sylvia takes a pragmatic approach: "Tomorrow is a new day [and] you just have to soldier on," she says.

She wrote in a note to Operations Manager Sharon Scarlett: "Our many thanks to Anglicare for all your help and understanding when we needed it most. The support workers and office staff we deal with have been excellent and a credit to Anglicare."

Reg is a skilled woodworking enthusiast and the couple is delighted to share this image of his work with **Connect** readers.

Behind the scenes

Anglicare advocates for fairer policies and better systems for Tasmanians. Much of this work happens behind the scenes and without fanfare – but it makes a difference.

Last month we briefed government on how to connect vulnerable children and young people with access to COVID-19 vaccination.

We also urged members of the Upper House to put people's health and wellbeing first when considering gambling legislation. Meanwhile, our financial counsellors and Gamblers Help team continue to reach out to the thousands of Tasmanians who have a gambling addiction.

Our Social Action and Research Centre (SARC) team leads the way on many social justice issues. A major project we've reported on before, **Treasured Lives**, recommends how to improve support services for older Tasmanians whose safety and independence are affected by hoarding or challenges maintaining a healthy home.

Two new research projects have just started at Anglicare. **Fired Up** is looking at better



Anglicare's SARC team (from left) Lindsey Fidler, Dr Carmel Hobbs, Dr Catherine Robinson, Dr Lisa Stafford and manager Ellen Nicholson.

support young people who have experienced violence in their personal relationships. **Trips Not Made** is examining how to improve the accessibility of public transport for Tasmanians, particularly those with disability.

You can stay up-to-date with Anglicare's research and advocacy by subscribing to the 'Snapshot' newsletter. You can register on our website by going to: [Anglicare-tas.org.au/snapshot-newsletter](https://www.anglicare-tas.org.au/snapshot-newsletter).

Sharing the Journey

Would you like a copy of Anglicare's 2020-21 annual report?

It's a 20-page document filled with case studies and photos from across our service areas. Please ring us on **1800 243 232** and we will post you out a copy. You can also find it from the home page of the Anglicare website.

These children feature on the front cover of Anglicare's 2020-21 Annual Report. They were being filmed for a video that we screened at the Communities for Children conference held earlier this year.



Together we can shine a light in the darkness this Christmas.



Christmas Appeal
2021

Anglicare's Christmas Appeal extends hope and practical support directly to those who need it most.

Your donation will enable grocery vouchers, food hampers and back-to-school packs to Tasmanians experiencing hardship.

1800 243 232
anglicare-tas.org.au/donate



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anglicare-tas.org.au

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