

A NOTE FROM THE EDITOR ECS Manager, Melinda Paterson

Happy New Year! Sadly, it was a very stressful Christmas for many; we may have been spared from actual bushfires in Engadine/Heathcote, but still had to be prepared and watchful, not to mention our worry for family and friends on the frontline of firestorms. At ECS, we cancelled activities on a day in December, due to the extreme heat and poor air quality, and we continue to monitor our older clients who live alone.

If you have any concerns, or you just need a chat, please call us or drop in. We're not fire and emergency experts, obviously, but we're good for information [see next page for fire safety tips] and we have a team of lovely volunteers in the office who are great listeners. If you are an existing client of our Aged Services, or over 65, you might be interested in a weekly or fortnightly Friendly Phone Call from Sandra on Mondays or Tuesdays. To find out more about our government subsidised Social Support services, including individual Home Visits, the shopping buses, Friendship Bus and Seniorcise, go to <https://www.ecs.org.au/social-support>, print a brochure from <https://www.ecs.org.au/forms> or pick up a calendar in our community centre.

Our new coordinator, Lynette Buss, starts on 13th January, just in time to do a full day of 1st Aid training with the office staff and volunteers

Can't keep up with the demands of your growing kids?

Limited space & money for toys?

For a small membership fee, you can borrow ours...



Sutherland Shire Toy Library



- Broaden your child's learning experiences through 500+ toys that cater to every stage of a child's development
- Baby toys, musical instruments, construction sets, puzzles, games
- Ride on & outdoor play sets
- Allows play that enriches language, numeracy, fine motor skills, imagination & creativity
- Great for grandparents & part-time carers
- View catalogue & pre-book toys online or browse the library when open

Located at Engadine Community Services
1034-1036 Old Princes Hwy, Engadine
or visit us at
<https://www.ecs.org.au/fun-for-kids>

Monday 1-4pm

Thursday 1-4pm

Saturday 9am-12noon

WANTED: Qualified Pilates instructor

for Mondays 12.30-1.30 & 4.30-5.30 and Tuesdays 9-10 & 10-11

Minimum of Certificate IV in Pilates. Qualifications &/or experience specialising in Older Adults & Nutrition, exp. as a Personal Trainer (Pilates) & Pilates Group Instructor. Please call Mel on 9520 7022 or melindap@ecs.org.au

WHAT IS A SAFETY VISIT?

A Safety Visit assists people to reduce their risk of an accidental fire in the home and to safely escape in the event of a fire occurring. Firefighters will visit your home to install FREE long-life battery-powered smoke alarms and replace existing smoke alarm batteries at no cost. Firefighters also provide safety advice relevant to your home.

HOW CAN I GET A SAFETY VISIT?

Contact your local FIRENSW fire station. Find your local fire station's number here:

www.fire.nsw.gov.au/contact

SMOKE ALARM SAFETY TIPS

To keep your smoke alarm in good working order:

- Test your smoke alarm once a month by pressing the test button until the alarm sounds.
- Clean it with your vacuum cleaner every six months to remove dust.
- Change the battery once a year (unless it is a long-life battery-powered alarm).
- Replace the whole unit in accordance with the manufacturer's recommendations, typically after 10 yrs



[Source: NSW Fire & Emergency Community Fire Safety Fact Sheet no. 30]

FEBRUARY 4 IS WORLD CANCER DAY

World Cancer Day is a global observance that helps raise people's awareness of cancer and how to prevent, detect, or treat it.

<https://www.timeanddate.com/holidays/un/world-cancer-day>

Bushfire Crisis Information <https://www.ideas.org.au/>

IDEAS have collated some useful and critical information for people with disability affected, especially those whose homes and communities have been directly impacted or are in the line of fire. The IDEAS Disability Info Line is open from 8 am - 8 pm (AEDT) Monday to Friday and their Info Officers are ready to assist anyone who needs it. Free Call: 1800 029 904. Text 0458 296 602 or Live Chat via the website.

IDEAS' free online database is available 24 hours a day, seven days a week, with over 30,000 fact-checked entries. [Search](#) it now, or any time. Here are some of their tips:

Stay Informed

In an emergency, call Triple Zero (000) or Teletype 106. Please refer to your local fire authority for the most up to date and reliable information, listen to your [local ABC radio](#), or stream radio with the [ABC Listen](#) App, ABC News on live TV or iview. You can contact the NSW RFS Bushfire Information Line on 1800 NSW RFS (1800 679 737), or check their website www.rfs.nsw.gov.au. You can also use the Fires Near Me app on your smartphone or tablet device or check the [NSW RFS Facebook page](#) or Twitter account [@NSWRFS](#).

Bushfire Survival Plan

- Download [CFA Easy English Your Guide to Survival](#)
- Go to www.imokay.org.au for information, tools and resources for Emergency readiness for people with disability. This site was developed by the [Physical Disability Council of NSW \(PDCN\)](#).
- Go to www.myfireplan.com.au
- Download [Red Cross Redi Plan](#)

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