



What's On @
[January 2019]

**Engadine
Community Services**

A NOTE FROM THE EDITOR ECS Manager, Melinda Paterson

Happy New Year and welcome to 2019!

If you are new to ECS, please note that this newsletter aims to provide a monthly rundown of events and activities on offer at Engadine Community Services, in the heart of your community shopping centre, as well as the latest from Sutherland Shire Council, who assist with funding for ECS' community centre management and community development work. ECS is part of a network of not-for-profit organisations who receive funding from the Australian, NSW and Local Governments and rely heavily on volunteers as our management and workforce.

ECS provides support services to Shire residents who are:

- ◆ My Aged Care-eligible, frail aged people living in their own homes
- ◆ Children 0-5 years old and their families
- ◆ Anyone needing information



As always, you can call me anytime on 9520 7022, email on melindap@ecs.org.au or catch me in the office.

2019 START-UP DATES www.ecs.org.au/what-s-on

- ✓ Wednesday 9 January, 9.30 am – first Aged Services **Shopping Bus**
- ✓ Thursday 17 January – first **JP Service** day
- ✓ Thursday 31 January – **Toy Library** reopens [and 2 February is the first Saturday]
- ✓ Saturday 16 January - first Saturday we're open [with a new **JP Service**]
- ✓ 4-9 February - first week for **Playgroups**
- ✓ Wednesday 13 February – first Aged Services **Friendship Bus**
- ✓ Saturday 17 February – first Aged Services **Big Day Out**



NEW IN OUR SERVICES www.ecs.org.au/activities



**LOVING
AGEING WELL**

**Free
event**

**Wednesday 13th February
10.30 am - 12.30 pm
at Engadine Community Centre**

Hear from speakers, ask questions & experience ageing well options:

- introduction to ECS services by the Aged Services Coordinator
- free sessions by our Tai Chi, Pilates and SeniorCise instructors
- access explained by My Aged Care Regional Assessment Services
- discussion panel of clients & volunteers at ECS

***HAPPY HEALTHY ENJOYING LIFE - that's what everyone wants.
ECS specialises in social support, utilising volunteers to provide shopping & social outings,
social groups & occasional Saturday bus adventures.***

NEW IN OUR SHIRE www.sutherlandshire.nsw.gov.au

WHAT IS THE SUTHERLAND SHIRE COUNCIL STRATEGIC PLAN? <http://www.sutherlandshire.nsw.gov.au/Council/Strategies-Plans-and-Reports/Community-Strategic-Plan>

It outlines the community's aspirations and long-term vision for the Sutherland Shire and has been prepared by Council in collaboration with, and on behalf of residents, businesses, all levels of government and local agencies, to help build a vibrant and sustainable future for the local community.

HOW CAN YOU HELP?

- advocate to improve your community
- attend/support local cultural venues, events and activities
- as a community, celebrate our successes
- become an organ donor
- become a volunteer
- develop leadership skills in young people
- do regular exercise
- get involved in sporting and recreational activities
- get to know your neighbours
- give blood
- join a community group
- keep your neighbourhood clean and tidy
- learn about local history
- learn a new skill
- look out for others
- observe the speed limit in local neighbourhood streets
- plant a tree
- promote multiculturalism
- put your elderly neighbour's bin out
- recycle

NEW IN OUR FUNDED PROGRAMS

A new set of **Aged Care Standards** affecting ECS take effect from 1 July 2019, each with a specific outcome:

Standard 1 - Consumer dignity and choice

Consumer outcome: I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.

Standard 2 - Ongoing assessment and planning with consumers

Customer care: I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well being.

Standard 4 - Services and supports for daily living

Consumer outcome: I get the services and supports for daily living that are important for my health and well being and that enable me to do the things I want to do.

Standard 5 - Organisation's service environment

Consumer outcome: I feel I belong and I am safe and comfortable in the organisation's service environment.

Standard 6 - Feedback and complaints

Consumer outcome: I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

Standard 7 - Human resources

Consumer outcome: I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 8 - Organisational governance

Consumer outcome: I am confident the organisation is well run. I can partner in improving the delivery of care and services.

This publication is possible through the support of Australian Government Department of Social Service [Commonwealth Home Support Programme], NSW Department of Family & Community Services [Community Builders] & Sutherland Shire Council [Community Centre Funding]; however, the material contained herein does not necessarily represent their views.