

The official newsletter of **People Who Care (Inc)**

"we are committed to realising a caring community where people who are able, look after those in need"

Welcome to the latest issue of In Touch, the newsletter that keeps People Who Care's employees, volunteers, supporters and clients up to date with all that's happening in the organisation.

If you have a story that you think would enhance the next edition of In Touch, send it in by post or email to head office. All the contact details are below.

'Power a Pensioner'

People Who Care's 'Power a Pensioner' program has been in full swing since October 2011, with over 300 food hampers being delivered over the Christmas period. A big thank you to all the volunteers involved.

The 'Power a Pensioner' program is about giving a hand to pensioners who rely solely on the government pension and are living in extreme poverty, some surviving on as little as \$40 per fortnight for food.

Groups such as Dine For Life with proceeds from a fundraising dinner and Peter Silvestri and his team at The Good Guys Midland store Local Giving Program helped make this possible.

As the General Manager I am thankful that People Who Care receives support from local retailers which then enable People Who Care to support local pensioners who are doing it tough. We hope to raise further awareness of this cause and continue to help people in need, in our community.

Andrew York - General Manager



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Additional Funding for HACC Services in Western Australia

More frail, older people and younger people with a disability will receive support to stay in their own homes and communities, thanks to \$15.9 million in funding for the Home and Community Care (HACC) program this year.

Under HACC, 68,000 West Australians each year receive domestic help, nursing, allied health care such as physiotherapy and podiatry, home-delivered meals, social support and personal care.

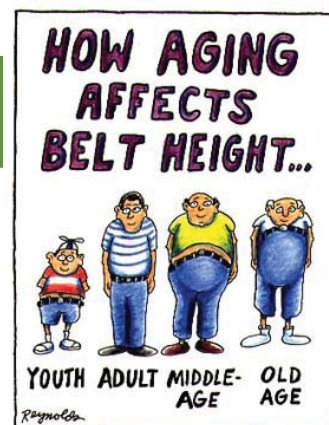
People Who Care received a small increase in funding to provide additional transport in the Mandurah region and Social Support in the North and East Metropolitan regions.

Unfortunately, this did not include Home Maintenance or gardening funding and People Who Care will be taking on no new clients until further notice.

Up and At Em!

As you grow older, leading an active lifestyle is more important than ever. Regular exercise helps seniors maintain health, boost energy, and improve confidence.

The good news is - no matter your age, your health, or your fitness level - you can benefit from moving more. This might be just taking a few more steps each day or joining a COTA fitness class. You will never know if you don't give it a go.



People Who Care has discovered the process of ageing.

Advocare

Did you know that Advocare provides a free, professional advocacy service for older adults and care recipients living in Western Australia? We assist clients of both residential and community care to understand their rights and make any

necessary complaints about the care service they receive. They are also available to help older adults who are experiencing elder abuse. **Advocare can be contacted on (08) 9479 7566**

Newspaper Recovery

Sadly, due to cost constraints we have decided to discontinue newspaper collection from the Guildford and Warwick sites. **We will continue with this project in the Mandurah area only.**



MANDURAH ROTARY DUCK RACE

This year PWC will be the lead beneficiary of proceeds from the Rotary Duck Race to be held on Saturday, 7th April. A percentage of the funds raised will go towards the purchase of land in Mandurah and a new purpose built community hub for our seniors, people who have a disability and youth.

Buy a ticket in the Duck Race and watch 10,000 plastic ducks race for your chance to win:

- 1st Prize** **Hyundai i20**
- 2nd Prize** **50 inch flat Screen TV**
- 3rd Prize** **Sit on Kayak**
- 4th Prize** **8G iPod Touch**

Ducks will be set afloat at the Foreshore at 3:00 pm.

Single Tickets are \$5 each, Community Service ducks \$100 each and Dress your own Corporate Ducks \$1,000 each. Tickets may be purchased at www.mandurahrotaryduckrace.info and at various venues around Mandurah.

This event has been sponsored by Hyundai, The Good Guys, Radio Station 6MM, 97.3, The Mandurah Mail and QA Plumbing.



Linda Watt and Ray Payne

MIRAMBEENA

On Wednesday 23rd November 2011, Mirambeena Leisure Centre was invited to an awards morning tea at the Centrelink call operations branch in Osborne Park.

Mirambeena staff took along two clients for a tour of the operations at the call centre, followed by morning tea with the management and workers and a presentation of cognitive games such as large playing cards, carpet bowls, dominoes and bingo.



Our sincere thanks go to all the staff at Osborne Park who very generously donated these items to our program.

From left to right, Jill Henry (PWC), Narelle Crofts (Centrelink), Bertha Powell (PWC Client), Karen Robinson, Renee Sweet, Karen Elliott, Gerry Cronin (Manager) (Centrelink), Jason Riley (PWC Client), Keith Anderson (PWC).

A special thanks to all PWC wonderful volunteers.

We sometimes take for granted
In the rush of all we do,
And forget to say a special thanks
To volunteers like you!

So we send this note to tell you
How much all you do means,
Your gifts of time and of yourself
Are special ones indeed.

Andrew York - General Manager

WIN, WIN, WIN

Our General Manager recently went on holiday and stumbled across this location somewhere South of Bunbury.

The first three people to name the correct location will **win a \$30 Woolworths voucher.**

The funniest caption will **win a \$40 Woolworths voucher.**



New Staff

Arthur Garlett	Aboriginal HACC Support
Laurel Franklin	Aboriginal HACC Support
Sarah Haggas	Leisure Centre Guildford
Derek Edwards	Home Maintenance Guildford
Karen Northey	North Regional Service Coordinator

Staff Farewell

Frances Cartledge	Guildford Office
Clare Grieves	Mandurah Office
Rikki Collard	Aboriginal HACC Support
Kate Main	Warwick Office
David Stockbridge	Home Maintenance Guildford

Making a donation to People Who Care.

Donations help us to provide additional services, higher levels of care and the appropriate infrastructure to support our services.

All donations of \$2.00 or more are tax deductible. If you would like to make a donation to People Who Care, please either:

- Donate via our website - www.peoplewhocare.org.au
- Donate in person at any of our offices by cash, cheque, eftpos or credit card (*MasterCard or Visa cards accepted*).
- Make a regular donation by direct debit from your bank account or credit card.
- Donate by telephone **(08) 9379 1944**
- Donate by mail, send your cheque made payable to **'People Who Care' - 48 James Street Guildford WA 6055**