

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.

## People Who Care Wins 2012 Communications & Marketing Award



**People Who Care was announced the winner of the Communications and Marketing Award for its Power A Pensioner Program at the 2012 Excellence**

**in Care Awards presented at the Aged and Community Services WA (ACSWA) Gala Event on Friday night, June 8, 2012 at Burswood Entertainment Complex.**

The Awards recognise not-for-profit aged and community care organisations that excel in improving the life of older people in the state.

In accepting the award, Andrew York General Manager, mentioned that no pensioner should have to live in poverty and it was the role of community service providers to ensure seniors and people with a disability lived a dignified life.



Stephen Kobelke, CEO, ACSWA presenting Andrew York, General Manager, PWC with the Award.

## Wellness

**Ageing can be difficult at times, we all go through it. It is important to remember that even though our physical appearance changes, our spirit does not. Some people in their 70s and 80s are much younger than some people in their 20s or 30s. It all comes down to one thing and that is our outlook on life.**

People Who Care is actively working with clients to ensure they meet some of the challenges of old age. Examples include:

- A group of six seniors catching a train to a shopping centre. Watch out the youth of Perth our seniors are coming to a shop near you Gophers and all!

- In the South West seniors are involved in setting up a community garden with raised garden beds. They will be able to grow their own fruit and veges. The clients also hope to help provide Foodbank with fresh produce as well.

Always remember, you are never too old to realize a new goal or dream. Also we must realize, just because someone is older, it does not mean that they have nothing left to offer to society and are incapable of accomplishing great things in their remaining years.

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### SW (Kwinana) Day Centre

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Web: [www.peoplewhocare.org.au](http://www.peoplewhocare.org.au)

## “In Touch with Cathy”

In September 2012 PWC will launch a coffee club for its volunteers. Andrew (General Manager) and Kim (Operations Manager) have made a commitment to be involved in the club each month.



The idea of the Coffee Club is to encourage a “good old chat” over a cup of coffee and a piece of cake with PWC volunteers. You may want to chat about PWC direction, volunteering issues or even the footy.

Dates for the coffee club are:

### September

**Warwick** – the first Tuesday of the month (*4th of September*) 10:00am – 12:00pm

**Guildford** – the first Wednesday of the month (*5th of September*) 10:00am – 12:00pm

**Mandurah** – the first Thursday of the month (*6th of September*) 10:00am – 12:00pm

### October

**Warwick** – the first Tuesday of the month (*2nd of October*)

**Guildford** – the first Wednesday of the month (*3rd of October*)

**Mandurah** – the first Thursday of the month (*4th of October*)

### Service Statistics

From April - June 2012 PWC delivered community services to 1296 clients with assistance from over 280 volunteers in the following areas:

- **291 clients with 6617 hours of Social Support**
- **122 clients with 5837 hours of Centre Based Day Care**
- **478 clients with 2280 hours of Gardening**
- **405 clients with 6630 Transport Trips**

*Now that's amazing – thank you to all our volunteers for the kindness you show.*

### Open Day Mandurah Office

Oh what a day it will be, mark **October 6th** in your diary for the Mandurah Open Day. There will be guest speakers, party food and above all lots of fun.

## The Quilt of Difference

Recently a hand-made quilt was donated to People Who Care's Mandurah Branch by the The Bouvard Patchwork and Quilters Group (BPQG). The queen sized quilt took 30 people close to 450 hours to create and cost \$1,000 in materials. It features native Australian flowers and plants. The quilt will be raffled and proceeds will be used to support People Who Care's South West services.



## Stories from the Heart

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Grahame who is one of our older gardening volunteers embodies this. He turns up each week rain, hail or shine and heads out for

another day of gardening. Grahame has helped weed, tidy and mow over 2000 client gardens.

*Grahame, we lift our gardening shovels in salute to you.*

## Corporate Support

Earlier this year the Beer and Beef Club of Perth ran a 1920s Charity Evening at the Mounts Bay Sailing Club for People Who Care. Guests enjoyed cocktails and listened to the cool grooves of the

Kalamunda Youth Swing Band, the Jukebox Quartet, James Flynn and the Graham Wood Quartet. We thank the club and their members for their support.



## Direct Debit Now Available for PWC Clients!

Clients can now set up a direct debit from their bank account to People Who Care to pay for their service. A form is available from your PWC team leader or regional manager. A receipt will still be issued to you on the day of the service which will indicate that you request a direct debit. The amount for that service will then be processed for payment through the bank.

This will make it much easier for both clients and PWC staff, so that the service can be paid straight away, the client doesn't have to worry that they do not have enough cash with them, and staff do not have to carry change.

All information is kept confidential.

## The Feel Good Choir

**PWC's renowned Perth choir is in need of new members.**

Choir Master Extraordinaire, Kate Page, ensures the sessions are fun, friendly and educational. You need to be willing to participate in concerts at different nursing homes and community centres.

Practice is on a Wednesday night at PWC Guildford and you do not have to have any experience to join.

Please contact Barb Rosenow on 9379 1944 (Wednesdays) or Kate Page at [www.katepage.net](http://www.katepage.net) for further information.

## Welcome to Our New Staff

### Remya Candoth

Accounts Support

### Geoffrey Garrett

Acting Transport & Social Support Coordinator  
- East/South East

### Colin McClughan

Regional Manager - North

### Natalie Sandon

Volunteer Development Officer - East/South East

### David Winkworth

Home Maintenance Team Leader - South West

## Ten seconds with Colin

Colin McClughan has been with PWC since June 2012 and is our Regional Manager for North Metro.

**Born:** Belfast, Northern Ireland

**Immigrated:** 1971

**Family:** Married to Sue and has three daughters



**Favourite food:** Curried Lamb

**Favourite sport:** Rugby Union

**Favourite thing to do:** Sunday morning Coffee with my family at Cantina, Mount Lawley.

## Where's Volly?

**Volly has been kidnapped and our General Manager needs your help URGENTLY!**

In a mysterious case of kidnapping, Volly has been kidnapped from PWC General Manager's house with a ransom letter requesting why Volly should be returned to his rightful resting place.



To help our General Manager respond to the ransom note he is asking the PWC community to provide him with three funny reasons why he needs Volly back. (He is too distressed to do this himself!)

**The funniest three reasons will win a \$40 voucher.**

## Anti Poverty Week Australia - October 14th - 20th 2012

Poverty and severe hardship affect more than a million Australians. Globally, more than a billion people are desperately poor and living below the poverty line. In Western Australia one in four pensioners live below the poverty line.

For People Who Care, it is our aim to promote a program called Power a Pensioner, so that Perth Pensioners who rely solely on a pension are not left behind in extreme poverty.



## MAKING A DONATION TO PEOPLE WHO CARE.

**When you make a donation to People Who Care you can be assured funds are used to enhance People Who Care's community services and projects that need it most. Donations help us to provide additional services, and the appropriate infrastructure to support our services.**

Currently donations are being used to support:

- **Power a Pensioner helping pensioners and young families in extreme need.**
- **Provide additional high level support.**
- **The provision of low cost goods to families in need.**

**People Who Care in 2012/2013 is looking to raise a further \$500,000 so that we can build a community hub for our South West service delivery.**

*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](http://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