

SEPTEMBER 2024 EDITION

GADABOUT

Kodja Place, Kojonup & Katanning Dome

Upon our arrival at Kodja Place we were greeted by the smiles of the staff, including our tour guide Billy.

We were taken on a group tour through the centre where voices, photographs, art and objects from Kojonup's Noongar-Aboriginal and settler cultures are woven together in imaginative and interactive displays. Billy took the time with us to extend his knowledge on the indigenous culture of Kojonup.

"This beautiful gallery takes you on a journey from a Noongar-Indigenous creation story to reflections on modern farming, tracing the vastly different ways in which local people have been sustained by this land. Personal experiences, both poignant and comic, are threaded through the layers of this sweeping story of cultural and landscape change."

We didn't forget to stop in the gift shop on the way out...

We stopped at Katanning Dome for a well needed lunch break. The food was very quick to come out! Everyone sat around chatting for a little while before they were taken on an impromptu guided tour throughout Katanning—Testing out the **microphone** on our new bus!



From the Coordinator's Desk

Dear Homecare Community,

As we welcome the start of spring here in Western Australia, it's wonderful to see the season of renewal bringing fresh energy and beauty to the area. The gardens are starting to bloom, and there's a sense of new beginnings in the air.

A special welcome back to Paula Raworth, who has just returned from a holiday in the UK, where she supported her daughter through the birth of her second child. We're delighted to share that both mother and baby—a healthy little boy—are doing well.

It is with sadness that we bid farewell to our longest-standing employee, Rose Turner, as she embarks on the life of a retiree. Rose has been an invaluable part of our team for many years, and her dedication, kindness, and unwavering commitment to our community will be deeply missed. We wish her all the best in this new chapter and hope she enjoys every moment of her well-deserved retirement. Thank you, Rose, for your incredible service and for touching the lives of so many. Rose's last day will be Thursday 19 September 2024.

As a reminder to all our clients, please ensure transport bookings are made at least 24 hours in advance. This allows us to roster our staff accordingly and ensure everyone's needs are met efficiently. We may not be able to accommodate a request for a transport booking made on the same day as your appointment. With regards to late notice cancellations of services, we understand that sometimes plans change, but please be aware that any cancellations made on the day of your service will still incur the usual charges. Your understanding and cooperation help us to continue providing reliable and high-quality care to everyone in our community.

We are always looking for wonderful people to join our Community Assisted Transport Service (CATS) team. If you or someone you know—a family member, friend, or even one of our clients—are interested in volunteering, we would love to hear from you! Volunteers play a vital role in our service, whether as drivers or companions who assist clients during their appointments. The role of a CATS companion includes helping the client navigate the hospitals and providing support to those who find it more challenging to ambulate on their own. No special competencies are required for the role of a CATS companion, however a thorough induction, orientation trip and manual handling training will be provided. Both these volunteer roles will require a police check and for those interested in the role of a driver, a current driver's licence will also be required. Volunteering with CATS is a meaningful way to give back to the community and make a difference in the lives of others. If you're interested or know someone who might be, please contact our office for more information.

Thank you for being a valued part of our community. We look forward to a bright and cheerful spring season ahead!

Warm regards,

Phyllis and the Homecare Team

Dates for your Diary

- 23 September 2024 King's Birthday Public Holiday (WA)
- 28 September 2024 Vivaldi's Four Seasons Australia Baroque
7:00-8:30pm, Narrogin Town Hall
Narrogin Arts: 08 9881 6987
- 5 October 2024 Farmers Market at Gnarojin Community Garden
Hale Street, Narrogin 8:30am—12:00pm
- 12 October 2024 Narrogin Agricultural Show 8:00am-10:00pm

NEXT MONTH GADABOUT

Our next Gadabout will be held on
17 September 2024 we will be heading to

Wagin Town Hall—Homecare Wagin

This months Gadabout , we will be hosted by the team at Wagin Homecare!

They have kindly invited us along to their “Happy Days” event.

Our day will start around 10am when we enter the town hall for some morning tea and meeting the staff and clients we will be spending the day with.

It will be sure there will be a few laughs as we play some games and bingo before having lunch.

Lunch will be a big hearty meal as catered by Wagin Homecare and will be followed by health talks by some very special healthcare speakers. There will be a Dementia Talk, information from a Dietician and Nurse, and one of the local police officers on Gopher Safety!

The day will finish approx. 2pm.



Entry Fee: \$10.00—this INCLUDES Lunch. Payable in cash to Wagin Homecare.

Client Pick up: Between 8:30am—9:30am

Express your interest in joining us on this trip **STRICTLY BEFORE Tuesday September 9 2024**
(1 weeks notice for catering)

**** Destinations subject to change should unforeseen circumstance arise.**



SATURDAY 12TH OCTOBER

NARROGIN RECREATIONAL LEISURE CENTRE, 50 CLAYTON ROAD

8:00AM—10:00PM

ADULTS: \$10

FAMILY (2 ADULTS, 3 CHILDREN): \$25

CHILDREN 7-17 YEARS: \$5

CHILDREN 6 YEARS and under FREE

CONCESSION (PENSIONER, CONCESSION CARDS): \$5

The R.W. (Bob) Farr Memorial Library Invites You:



StrokeSafe Speakers
for community groups

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians, of all ages, experienced stroke for the first time... But the good news is that it doesn't need to be this way. Up to 80 percent of strokes are preventable.

Join us and the Stroke Foundation to hear:

- › What stroke is and how to recognise the signs of stroke.
- › What to do if someone is having a stroke.
- › How to prevent stroke in you or the people you love.

Stroke FOUNDATION

StrokeSafe **Online Presentation**

Time: 11am

Date: 12th September 2024

Location: R.W. (Bob) Farr Memorial Library

Corner of Fortune and Earl Streets - Narrogin



Prevent stroke. Save lives. Enhance recovery. strokefoundation.org.au



 Shire of
Narrogin
Love the life

R.W. (Bob) Farr Memorial Library
would like to invite you to a

CRAFT-ERNOON TEA

4 SEPTEMBER 3:00PM

To celebrate Adult Learners Week, Narrogin Library is hosting a long table afternoon tea where you will be able to catch up with friends, share your craft skills or learn a new one with craft activities including Sand Art, Paper Quilling and Card Making.

 Event  TAKE THE JOURNEY
ADULT LEARNERS WEEK

Monthly Activity

FINISH THESE SENTENCES

1. The Great Wall of?
2. Deep in the Heart of?
3. The Merchant of?
4. Pennies from?
5. Helen of?
6. Lloyds of?
7. The White Cliffs of?
8. The Hunchback of?
9. The Wizard of?
10. Alice in?
11. Princess Grace of?
12. Babes in the?
13. Don't bite the hand that?
14. Bite the?
15. Cat got your?
16. Waking up on the wrong side of?
17. When in Rome do as?
18. You're barking up the wrong?
19. I'm going to paint the town?
20. I've changed my mind and got cold?

ANSWERS

1. China
2. Texas
3. Venice
4. Heaven
5. Troy
6. London
7. Dover
8. Notre Dame
9. Oz
10. Wonderland
11. Monaco
12. Woods
13. Feeds you
14. Bullet
15. Tongue
16. The bed
17. The Romans do
18. Tree
19. Red
20. Feet

NARROGIN REGIONAL HOMECARE

Jessie House, Clayton Road, Narrogin
(between the Leisure Centre and the Hockey Field)
PH: 9890 0700
Email: mcys@narrogin.wa.gov.au
www.narrogin.wa.gov.au



Shire of
Narrogin
Love the life