

May & June 2020 NEWSLETTER

Time to Get Social again!

Call us: 9983 1611

Our own “C-19 Safe Café” in the Park

Feeling like getting out of the house? We have designed a selection of local trips which meet new social distancing and personal hygiene guidelines. We will collect you for a visit to a local park for you to breathe fresh air and perhaps have a gentle walk while enjoying a Meals on Wheels “Snack Pack.” Maybe even a quick quiz. We have plenty of hand sanitiser, our buses are clean and, with just a few people each trip, we can help get you chatting safely with new or old friends and enjoying life outside again!

If there is a café open or a MacDonald’s nearby, we will stop so you may purchase a tea or coffee, at your own expense.

Local trips will be arranged, subject to demand for: Brooklyn / Berowra, Asquith / Hornsby, Mt Colah / Mt Ku-ring-gai, Normanhurst / Thornleigh, Pennant Hills / WPH Cherrybrook / Dural, Wahroonga / Waitara, South Turramurra / Pymble, Pymble / St Ives, Turramurra, Gordon / Killara, Lindfield / Roseville

Please call the office to register your interest in getting out and about in a COVID safe way!



**\$15 per person
Includes
snack pack.**

Shopping Shuttles ... some are **new services** or **a special price**

Regular Shopping Shuttles \$10 + \$5 for companion Door to Door – Return trip included		
Shopping Centre	Dates	For Residents In
Turramurra IGA	Every Monday morning - with an option to go to Coles & Chemists	Within 5km of Turramurra IGA *Special Price \$5*
Berowra Coles & Aldi, Mt Ku-ring-gai	Every Monday afternoon	Berowra & Berowra Heights *Special Price \$5*
Westleigh Village	Every Tuesday morning - with an option: Pennant Hills Shops	Within 5 km of Westleigh *Special Price \$5*
THORNLEIGH Marketplace & Aldi	Every Tuesday afternoon - with an option: Pennant Hills Shops	Within 5 km of Thornleigh *Special Price \$5*
Carlingford Court	Every Wednesday	Normanhurst to Carlingford
St Ives Village	Every Wednesday	Assistance with shopping may be provided through Ku-ring-gai Neighbourhood Centre.
St Ives Village	Every Thursday	Ku-ring-gai LGA residents
Macquarie Centre	Thursday 14 th & 28 th May Thursday 11 th & 25 th June	Turramurra - Roseville
Hornsby Westfield	Every Thursday	Berowra - Wahroonga & Normanhurst
Gordon Shops	Every Thursday	Roseville - Pymble
Hornsby Westfield	Every Friday	Brooklyn - Turramurra & Normanhurst
Cherrybrook Village	Every Friday	Dural - West Pennant Hills - Thornleigh

Meet our new General Manager ...

Helen Crouch started on 4th May and comes with a wide array of community-care experience. Helen's focus of client care and enabling community connections is already evident. You will be hearing more from her and the re-energised HKCT team, naturally, but for now, welcome her by partaking of our services and be ready to share your opinions, preferences and hopes for enhanced HKCT services in coming months.

Did you know ...

Your safety is our number one priority. We've always been proud of our service standards, including our cleanliness regime, so during this time of the COVID-19 pandemic, it was easy for us to introduce and exceed the Transport for NSW guidelines on how to maintain optimum hygiene practices for our client's safety. Passenger surfaces are sanitised after each and every one-way trip, with drivers asking you to hand sanitise each time you come on board.

So please, don't hesitate to call us and ask for transport to a health or legal appointment, shopping trip or now our mini outings. Your wellbeing is as important to us as it is to you.



Healthdirect is a free 24-hr telephone health advice. It is staffed by registered nurses who provide expert health advice. If you or a member of your family are feeling unwell and unsure of what to do, please call them on **1800 022 222**. You can also call them for health information.

However, if your health concern is of an urgent nature, call 000

The **Ku-ring-gai LIBRARIBUS**, driven by Phil, is still available to deliver your library books, CDs and DVDs directly to your home during this time. Library delivery is a *FREE* service provided by Ku-ring-gai Municipal Council to its residents. Don't stop reading, especially now! Phone: **0401 972 461** or **9424 0873** to request your next reading, listening or watching pleasure and arrange delivery to your door.

Meals on Wheels provide a huge variety of tasty, nutritious meals and snacks, even cooked breakfasts! We are working closely with this trusted community service to provide safe home delivery of your chosen menu. If you haven't tried their meal options lately, you are missing out! Go on, give it a try ... or ask any question you may have. Call Meals on Wheels: **9144 2044**



Not yet a client yourself?

Know someone who could do with transport assistance?

... There are several ways to become a HKCT VIP Client

- Register with My Aged Care by telephoning: 1800 200 422 and ask for a referral to our service.
- Already My Aged Care assessed + receiving a Home Care Package? Ask your Provider to contact us.
- If you are experiencing difficulties attending medical appointments and are under 65, please contact us to discuss your needs. **There's no such thing as a silly question!**