




July 2020 NEWSLETTER

Welcome to the “New Normal” – Getting out & about safely!

Call us: 9983 1611 to book or ask questions about our services

<p>Book me <input type="checkbox"/> Yes</p> <p>Please ring our office to book your dates</p>	<p>TUESDAYS & WEDNESDAYS in July</p> <p>Our own “C-19 Safe Café” in the Park Continues!</p> <p>Demand dictates we continue our picnic outings. We have designed a selection of local trips which meet new social distancing and personal hygiene guidelines. We 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” and a trivia quiz on the way home. 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!</p> <p><i>If there is a café open or a McDonald’s nearby, we will stop so you may purchase a tea or coffee, at your own expense.</i></p>	 <p>\$15 per person includes snack pack</p>
<p>Book transport <input type="checkbox"/> Yes</p>	<p>D-Caf Connections Social Café has restarted!</p> <p>This is a Café for people living with the early-mid stages of dementia, their family carers and volunteers.</p> <p>Weekly meetings held in Warrawee Thursdays 10.00am to 12.00pm NEW carers’ fortnightly social support group Online Mondays 1.30pm</p> <p>Bookings for the cafe: Fiona (Co-ordinator) 0402 837 877</p> <p>HKCT organises transport ONLY: Home pick-ups – times to be advised</p>	 <p>\$15 pp or \$20 pc Transport only</p>
<p>Watch this space!</p>	<p>Xmas in July Shows and lunches have been moved to August and September.</p> <ul style="list-style-type: none"> We are closely following socialising restrictions and distancing guidelines, and hope to resume visits to restaurants and clubs after 1st August. We can provide services to Home Care Package clients. Please call our co-ordinators to register and for our price list. 	

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

Door to Door – Return trip included		
Shopping Centre	Dates	For Residents In
West Pymble IGA	Every Monday morning	Within 5km of West Pymble IGA *Special Price \$5*
Turrumurra IGA	Every Monday morning - with an option to go to Coles & Chemists	Within 5km of Turrumurra 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*

Regular Shopping Shuttles \$10 + \$5 for companion Door to Door – Return trip included		
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 9 th & 23 rd July	Turrumurra - Roseville
Hornsby Westfield	Every Thursday	Berowra - Wahroonga & Normanhurst
Gordon Shops	Every Thursday	Roseville - Pymble
Hornsby Westfield	Every Friday	Brooklyn - Turrumurra & Normanhurst
Cherrybrook Village	Every Friday	Dural - West Pennant Hills - Thornleigh

Yes! You can now pre-pay your transport with a credit or debit card!!!

It's so easy ... you will no longer have to have cash and small bills! We will ask for your card details each time you make a booking, to ensure your security by not storing your card details. You can prepay per trip or pre-pay an amount so you are in credit for a few. Speak to Julie, Karen or Deb when next you make a booking!

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.

Want to receive our newsletters and social outings programs regularly?

Ring us to provide your email address, or email us: info@communitytransport.org.au

Send self-addressed and stamped envelopes to HKCT PO Box 698 Turrumurra NSW 2074

Or check the website & follow us on Facebook. <https://www.facebook.com/hkcommunitytransport/>

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. 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!**

For our long-time clients, you may remember Carol Ryan being our HKCT Manager. It is with sadness that we advise Carol passed away peacefully earlier this month. Having retired up the Coast, Carol continued to live life to the full and maintained her positive, sunny and optimistic approach. Vale, Carol.