



News from Engadine Community Services (July 2022)

Message from Mel – ECS Manager

So much has happened since I joined you in 2018. I had 20 years of experience in Aged Care and community development, but I knew nothing about children's services, and I don't have kids. However, I took over three playgroups, a brand new State funded program called Targeted Earlier Intervention (TEI) and Sutherland Shire Council had just decided to take back the space that ECS were using for the six hundred items in Sutherland Shire Toy Library.

So I gave up my office, and the ECS management committee and staff lost their interview/meeting room to rehouse the indoor toys; everything else had to go in the courtyard. Toys were damaged by the weather, playgroups complained about the volume of toys in the space and the shed that stores furniture that ECS staff have to lug in and out of the room every day. When we occasionally shut the kids toilets for storage, people complain about that too.

I have spent three years trying to build an annexe to protect the toys and save the poor ECS volunteers from dealing with wet toys after the rain, but Council DA processes take time, two draughtsmen started the job and disappeared, then COVID hit.

We've been through two stressful years of lockdowns during which we've changed everything we do at ECS to maximise COVID safety, and we are so excited to have people back in the community centre. However, we have had no increase in our funding from Sutherland Shire Council (for the centre coordinator staff) or NSW TEI, and our Commonwealth Aged Care funding has not only not grown to meet all our costs, but it is being restructured. The plan we had to update policy and paperwork in the second half of this year was moved to June for the Aged Care Quality and Safety Commission visit, which was expected, but not so soon. I asked for an extension, but was denied.

The ECS Team are extremely hard-working and dedicated staff (all part-time, 1-4 days) and volunteers, but our resources are stretched. If we had the choice, we'd make all our services free, but we pay rent and utilities for use of the community centre and none of the fees we charge for services provided are enough to cover the costs. We have to generate minimum 'outputs' for our State and Commonwealth funding, which means we need to run specific groups and count the number of people who attend. We also have systems to maintain everyone's safety and a COVID Management Plan.

So please understand that we're doing what is necessary when we ask you to fill out a form, pay a [heavily subsidised] fee, vacate the meeting room for the next group or put a small fee in a cup when you arrive and sign on, or if we cancel a scheduled activity.

Please talk to me if you have questions.

Want to meet new people?

Looking for social outings for over 50s, but not ready for aged care?

50+ CLUB



Engadine Community Services (ECS) is working with the community to develop social groups & activities

NO JOINING FEE — NO OBLIGATIONS

Only an email or postal address is required, because:

- We will let you know when something is on
- It's up to you what personal information you share with others

You choose the outings you want to attend

To join, email theclub@ecs.org.au or phone 9520 7022

Hosted by:



[ECS receives funding assistance from Sutherland Shire Council & also provides Social Support services for eligible people via My Aged Care]

AGED CARE QUALITY STANDARDS at ECS

If you receive subsidised Aged Services that are funded by the Commonwealth Home Support Programme (CHSP), there are certain things you can expect from us...

1. Consumer dignity and choice

Preserving our clients' dignity is of utmost importance for us at ECS and we work hard to help you feel included and respected, as well as supporting you to exercise choice and independence while respecting your privacy.

2. Ongoing assessment and planning with consumers

ECS undertakes initial and ongoing assessment and planning for care and services in partnership with you. Assessment and planning has a focus on optimising health and well-being in accordance with your needs, goals and preferences.

Monday to Friday 9.30 am – 4.30 pm | 2nd & 4th Saturday each month 9 am – 12 noon

1034-1036 Old Princes Hwy, Engadine 2233 | T: 02 9520 7022 | E: admin@ecs.org.au | W: www.ecs.org.au



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4. Services and supports for daily living

ECS provides safe and effective services and supports for daily living that optimise your independence, health, well-being and quality of life.

5. An organisation's service environment

ECS provides a safe and comfortable service environment that promotes your independence, function and enjoyment.

6. Feedback and complaints

ECS regularly seeks input and feedback from clients, carers, the workforce and others and uses the input and feedback to inform continuous improvements for you and the whole organisation.

7. Human resources

ECS has a workforce that is sufficient, and is skilled and qualified to provide safe, respectful and quality care and services.

8. Organisational governance

The ECS management committee is accountable for the delivery of safe and quality care and services.

activities, including Tai Chi classes, 50+ Club, Book Club, playgroups, seniors' social groups and bus outings that focus on strengths and interests.

In the 50+ Club, members like Bev (who I talked to for an assignment) believe that each and every one of us has something to give to another person, and therefore the purpose for this social club is to provide an opportunity to build connections between people who complement each other.

If you are a little shy, the occasional SENIORS' BIG DAY OUT bus trips are a great way to start attending social activities at ECS; the next one is 13th July and it's CHRISTMAS IN JULY! Call the office or visit our website for details at <https://www.ecs.org.au/> or our 'THIS MONTH' window at the community centre.

I think we all wish to be understood, but at the same time we can have difficulties in understanding each other. That's why I'm pleased to be involved in the fantastic work at ECS to help with the building of the bridges of friendship.

The Importance of Friendship – by student Scott Kim

What I've been learning as a student of welfare and psychology, together with my time at Engadine Community Services, is that it is so important to maintain your social networks during this time of COVID. Recent studies have shown the serious impact of loneliness on our physical and mental well-being. At ECS, we believe wholeheartedly that a person's quality of life depends on social connectedness; everyone wants to be understood and enjoy good relationships with other people.

Every aspect of ECS is social, and about supporting people to live happy lives. From the volunteer program, through services for seniors and families with pre-schoolers, we promote friendship, sharing and working together in fun and creative ways. You don't have to have a lot of money to use ECS services or have heaps of time to volunteer to help people live their best lives - but you make great friends and feel healthier.

The fifty years of experience at ECS validates the research I am reading for my courses. Social networking builds communities and, at ECS, helps individuals with health improvements, to maintain abilities and communication skills through a range of

Running out of ideas to entertain the kids?

Sutherland Shire **ECS**

Toy Library

Located at 1034-1036 Old Princes Hwy, Engadine

- 500+ toys that cater to every stage of a child's development
- Baby toys, musical instruments, construction sets, puzzles, games
- Ride-on & outdoor sets
- Allows play that enriches language, numeracy, fine motor skills & creativity
- Great for grandparents & part-time carers
- View catalogue & pre-book toys prior to collection by appointment

**NO CONTACT,
CLICK & COLLECT:**
Every **Monday 1-4pm**
Every **Thursday 1-4pm**
2nd & 4th Saturday 9-12

For membership fees, incl. concessions:
<https://www.ecs.org.au/fun-for-kids>

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