



News from Engadine Community Services (August 2021)

Message from Mel – ECS Manager

Lockdown continues and we're all affected by COVID-19 risks and restrictions. Until further notice, ECS will operate by phone, email and social media, with only essential shopping and buddy visiting [see below] by fully vaccinated volunteers and coordination through skeleton staffing in the office.

Clearly, the best way to stop the virus from spreading and to protect ourselves and the people we care for, is to get the vaccine to those who are able to have it. Our 91 year old client, Mavis, recently starred in a Facebook post by her son to encourage vaccination, and agreed to share this lovely photo with us:



Only 38% of Australians aged over 70 have been fully vaccinated against COVID. If you know and love someone who needs transport to get to a vaccination hub, please help them. If they live in the 2233 postcode, call us on 9520 7022 for support with a range of issues during lockdown. This includes organising volunteers to visit seniors who live alone and don't have friends or family nearby to provide a 'lockdown buddy'. To enquire about joining ECS as a client or volunteer, email our Aged Services Coordinator lynetteb@ecs.org.au.

While we have been in lockdown, our playgroups and Toy Library are on hiatus. Instead, our Building Communities Coordinator, Lee, has been sending a newsletter for our members with information for the grandparents and parents that they might find handy, as well as some worksheets and scavenger hunts, video links to zoos, a craft idea and a video link to a story. For example:

Videos

Gorillas -

<https://www.youtube.com/watch?v=rHhSCO5-3Pg>

Elephants -

<https://www.youtube.com/watch?v=rHhSCO5-3Pg>

Story

I like my white shoes -

<https://www.youtube.com/watch?v=rHhSCO5-3Pg>

Outdoor Play

Teaching balancing, counting and help build up the muscles through play-

https://www.redtedart.com/spring-activities-cress-heads/?fbclid=IwAR195vpRuGpgebunTwj6avrcZjknCjx9KFGq9aPotb_uCsfP5jVqL1FC4o

If you have any small children, and would be interested in receiving the *Child and Family Newsletter* for the activities, please email lee@ecs.org.au.

30th July was International Friendship Day



If you've lost work due to lockdown, you can apply for financial help:

<https://www.youtube.com/watch?v=nwv3WhJfyg0>

It's important to check the website for updates:

<https://www.service.nsw.gov.au/covid-19/financial-support-individuals-and-households>



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ECS Team Profile: Meet Chloe

This month we spoke with Chloe Chan, the newest (and youngest) member of the ECS staff, about her role at ECS and what it has been like studying during COVID.

Chloe was introduced to ECS through a personal connection [her mum is Finance Officer, Mona], as she was looking to contribute to, and connect with, her community once she finished high school. She began volunteering with ECS in the summer of 2019, and she enjoyed it so much that she kept coming back on her uni breaks.

Chloe is currently studying a Bachelor of Science in Information Technology at the University of Technology Sydney. She has been fortunate enough that transferring to online study due to the lockdowns has not been too difficult for her, as she is studying a technology-based degree. However, she did note that self-discipline is very important for online learning, because it can be easy to procrastinate or become distracted when studying from home. She also misses the social aspect of face-to-face, on-campus learning.



Chloe joined the ECS staff in May 2021, when ECS needed an internal IT specialist.

Lucky for us, she started just in time for the 50th birthday party in June, where she ran the audio-visual equipment.

Chloe is also putting her studies into action through the re-design and maintenance of the ECS website. Keep an eye out for the fresh, new look! She has also been helping the team convert to virtual ways of working by setting up Zoom sessions and improving the Toy Library database.

Chloe is looking forward to continuing to contribute to ECS and the community while enhancing her knowledge and skills.

Birthday Fun fact #10

Engadine Community Services took over the operation of Sutherland Shire Toy Library when Carl Piraino was the manager (2010-17); however, the records suggest it has existed for over 30 years.

Has anyone in your family borrowed toys from the library?

Maybe you've been a volunteer librarian during that time?

Some of the ECS Team...

Left to right: Mona, Lee, Beverley, Lynette



Birthday Fun fact #11

When it received funding through the old Home and Community Care Program (1995-2013), the Aged Services part of Engadine Community Services was called Engadine District Neighbour Aid. EDNA Coordinators including Pam Hill, Leanne Haynes, Anthea Bolton and Kylie Voysey, and now Lynette Buss, have led teams of volunteers dedicated to helping people to remain living in their own homes and be active in the community.

Have you been one of our lovely social support volunteers?

Did you take individuals shopping, organise groups in the centre, go on bus outings, ring or visit isolated seniors?

Caring for an older person is a privilege.

There's no excuse for taking their money.



9520 7022

collaborative@ecs.org.au