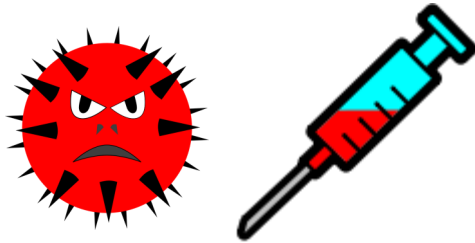




# WARATAH RESPITE SERVICES WOOLGOOLGA SEAGULLS

CLIENT & CARERS NEWSLETTER

MAY 2018



## FLU INJECTIONS ARE NOW DUE

To prevent an outbreak of influenza at Waratah it would be appreciated if you could organise with your doctor to have your flu injection as soon possible.

If you are coming into the Cottage during May it is recommended that you have your needle before you are admitted.

### Reminder

#### Service Expectations & Feedback Survey

If you have not already done so, please return your survey as soon as possible so that your views can be taken into account as we plan for the future.

### Carer Support

The Commonwealth Respite & Carelink Centre MNC are running these two exciting events for carers in Coffs Harbour **Sharing Solutions and Supporting Choices**. If you want to know more ring Commonwealth Respite on 1800 052 222.

## OUR MISSION

To be leaders in flexible respite options; assisting carers and the person they care for to enjoy the best possible quality of life.



Sunday

13 May 2018

# Here's What's Happening!



Wednesday 9 May

Morning tea with Meals on Wheels

Music with Shelly and Lester

Wednesday 16 May

Outing to Moonee Beach, Lunch at the Moonee Tavern and shopping at Moonee Central

All other days a variety of activities will be provided such as:

- Bowls
- Craft
- Bingo
- Trivia

## Extended Hours

**We are extending the hours at Seagulls Woolgoolga from 23 May!!**

Short day — 9am to 2pm

OR

Long day — 9am to 3pm

**Please let Glenda know if you would like to stay for the longer day.**

## Fund Raising



## Event

**Friday 11 May**

**Coffs Golf Club**

**\$10 per head**

**8 per table**

*For bookings or more information*

*contact either:*

\* *Colleen Hull on 0438 533 822 or*

\* *Waratah Centre on 66483610*

**Doors open at 6pm, start at 6.30pm.**

## **Overnight Excursion**

**In June we will be going on an excursion to Port Macquarie overnight. We will leave on a Wednesday morning and return approximately 4pm on a Thursday afternoon. The date is yet to be confirmed but you will be advised asap.**

**Cost will be \$40 per head but this fee will cover the cost of your accommodation and all meals.**

**Visit the Billabong Zoo**

**Visit Tacking Point Lighthouse**

**Check out the Hello Koalas Art Sculpture Trail**

**Take a Scenic Drive to Laurieton**

**Visit Douglas Vale Historic Homestead**

**Visit Ricardoes Tomatoes & Strawberries Farm**

**Enjoy an evening out at the Port City Bowling Club**

**Unfortunately clients will need to be mobile and independent as rooms will be twin share, but clients will be assisted by a staff member close by in a separate room. To book your spot ring Lyn Jones asap on 0266 483 610.**