

BELLARINE COMMUNITY SUPPORT REGISTER INC.

PO BOX 819,OCEAN GROVE. VIC 3226 TELEPHONE: 0480 228 674

DONATION FORM

NAME: _____ ID NUMBER: _____

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I ENCLOSE A DONATION OF: \$5 \$10 \$20 \$100 Other: _____
Please tick the appropriate amount.

All donations of \$2 and over are income tax deductible.

Receipts will be issued only on request. Please tick the appropriate box. YES NO

Donations will be accepted at any Bendigo Bank Branch in the Geelong Region.

Our account details are: **BENDIGO BANK** Branch **633 108** Account **127 715 209**.

BELLARINE COMMUNITY SUPPORT REGISTER INC

Proudly supported by

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HERE FOR YOU

If undeliverable please return to:
Bellarine Community Support Register
PO Box 819
Ocean Grove Vic 3226

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BELLARINE COMMUNITY SUPPORT REGISTER INC.

June 2021 Issue 54

WE'VE RETURNED TO THE OFFICE, BUT....

It was with great excitement that our volunteers were able to return to the Bellarine Community Support Register Office at Bellarine Police Station, Ocean Grove, on May 11. Finally, we were back to our base and life seemed to be returning to some form of normality.

However, with the most recent lockdown, we are once again working remotely.

Care calls continue to be made by our volunteers calling on their own phones from their homes.

Registrations continue to be processed and general operations continue as normal.

We can still be contacted on our mobile phone number during office hours, 9.30 to 12 noon, Monday to Friday by calling 0480 228 674.

VOLUNTEER ORGANIZATION OF THE YEAR

On May 25, 2021, Ocean Grove Rotary awarded their **Volunteer Organisation of the Year** award to Bellarine Community Support Register.

The award citation reads: For demonstrating commitment and outstanding service to the community.

Accepting the award on behalf of the Register were our Chairperson, Gail Rodgers and Office Co-ordinator, Denise Hibbins.

This is wonderful recognition of our Register and our volunteers for our ongoing commitment through 2020 and all its challenges.

Thank you Ocean Grove Rotary.

Congratulations Team BCSR!



Ocean Grove Rotary  Serving the Southern Bellarine

THANK YOU!

Bellarine Training and Community Hub (BTACH) in John Dory Drive, Ocean Grove provided much needed office space to our organization when we were operating our service remotely.

The Committee of Management would like to publicly thank their staff for their generosity.

 **Bellarine Training & Community Hub**

Thanks to **Bill Mandley from Apogee IT** for his pro-bono assistance in setting up the remote operating initiative whilst being unable to access the Bellarine Police Station.

With Bill's expertise, we were able to continue to access emergency details for when our registrants were unable to answer their care calls thereby ensuring the continued safety and security of our valued clientele.

Thank you


apogee it
Your Business IT Specialist

BELLARINE COMMUNITY SUPPORT REGISTER INC.

Free Membership for Peace of Mind

www.bellarineregister.org.au
Contact: 0480 228 674



HEAT PACKS

As we reach for our heat packs during this cold weather, there are some important things to consider.

Please read this important safety information from our friends at CFA South West.

Many people like to use therapeutic wheat bags for the relief of various types of muscular, back and arthritic pains.

Wheat bags are usually made of fabric filled with wheat or other grains.

They can be heated in the microwave until they reach a desired temperature (according to the manufacturer's instructions).

Investigations into therapeutic wheat bags have revealed that the wheat can ignite during heating and when used as a warmer in bed.

Constant use can result in the reduction of the moisture content of the wheat, causing it to overheat. This can result in a fire or burns.

The following are some safety hints when using therapeutic wheat bags:

- Only purchase bags which have an information sheet, which clearly states how to use the item.
- Read and follow manufacturer's instructions carefully.
- Do not overheat the wheat bag, follow the manufacturer's instructions.
- When heating the wheat bag, some manufacturers recommend placing a glass of water in the microwave to prevent wheat from drying out.



- Do not use wheat bags as a bed warmer.
- Never use wheat bags while you are in bed in case you fall asleep while using them.
- Always remain in attendance when heating the bag.
- Watch for signs of over use, e.g. cooking or burning odours, charring of the bag. If these signs are present dispose of the bag after it has cooled down.
- Do not store away until the wheat bag is cold. Always leave the wheat bag to cool on a non-combustible surface.
- People who make the bags should include an information sheet which provides a method for the use of the bags. When making the bags, it would be preferable to use flame retardant materials. Never use rubber or plastic backed materials.

Avoid using wheat which contains dust.

Check the life of the heat pack according to manufacturer's instructions.



REGISTER WINDOW STICKERS



Does your window sticker need replacing?

Is your Register window sticker faded or cracked?

If it has been in place for some years, it can fade and crack and become difficult to read.

If so, it does need replacing.

Is your fridge magnet in a prominent position on the fridge?

Perhaps you've misplaced yours.

We can supply you with a new one.

Do you carry your ID card with you at all times?

Is it in good condition?

If any of these items require replacement, please call our Office on 0480 228 674.

**Office:
0480 228 674**

KEY SAFES

In conjunction with **Bellarine Aged Care Association (BACA)**, the Bellarine Community Support Register is offering registrants across the Bellarine Peninsula a limited number of free key safes (including installation) over the coming months.

Expressions of Interest can be lodged via the Bellarine Community Support Register

mobile number:

0480 228 674

by 5.00 pm

Tuesday 31 August 2021.

Please call during office hours, 9.30am -12.00noon, Monday to Friday.

A return call will be made to answer any questions in relation to this offer.

It is intended that key safes will be installed by 30 November 2021.

Remember to leave your name and a return phone number if you are interested in a key safe.



OLDER PERSON MENTAL HEALTH FIRST AID

Over two full days, five of our Register volunteers undertook **Older Person Mental Health First Aid** training at the Leopold Community Hub.

Our learnings included the various mental health problems likely to be encountered in the older person including Depression, Anxiety, Confusion and Dementia, Psychosis, Substance Abuse problems, Gambling problems, the risk factors and the appropriate interventions.

Once training is completed and an assessment undertaken, you will be presented with a Certificate of Accreditation.



Register volunteers Rhonda, Lynne, Chelsea, Leonie and Jenny who attended the Older Person Mental Health First Aid Training.

VACANCIES

Our Register is seeking several volunteers to join our team.

See below the roles we are seeking to fill:

VOLUNTEER WITH COMPUTER TECHNOLOGY EXPERTISE

Volunteer with computer technology expertise needed on a casual basis to assist with office equipment upkeep and maintenance as required.

Contact Co-ordinator Denise Hibbins by email:

bpsupportregister@bigpond.com if interested in having a chat.

SECRETARY

Experienced Secretary to attend Committee Meetings (6 per calendar year), organise and send out meeting agendas, record and distribute meeting minutes, assist with annual ACNC compliance, attend to correspondence as required, keep accurate records, archive documents in a timely manner and direct organisational enquiries appropriately.

COMMITTEE MEMBERS

We are looking for people to join our Bellarine Community Support Register Committee of Management team. A genuine interest in progressing our activities is all that is required.

If you or anyone you know might be interested contact our Secretary, Leonie Saundry, Phone 0448 754 671.