

## A MESSAGE FROM THE CHAIR

Welcome to the June 2026 Registrant Newsletter in this our 20th year of operation, hoping that it finds you in good health and in even better spirits.

### 20TH ANNIVERSARY STORIES

I have the pleasure again of being involved with BCSR's 20 years of service to the Bellarine community.

I know many of you have had regular contact with our Volunteers over a long period of time and that Callers feel privileged to hear your stories.

I also suspect that there may have been occasions where our Volunteers have been unable to locate you for your regular call – and there have been a number of stories around those occasions that would contribute to the recording of our history of the Register.

If you are willing to share such a story or tell us what it means to you to know that we are here for you, Volunteer Margaret McLean would be more than willing to speak with you.

Please contact Margaret if you would like to do so on:

Mobile: 0438 767 561

### APPOINTMENT OF ASSISTANT VOLUNTEER CO-ORDINATOR

We are pleased to announce that Elizabeth De Trafford has been appointed the new Assistant Volunteer Co-ordinator at Bellarine Community Support Register. Congratulations Elizabeth!

### NEW COMPUTERS

New larger, touch screen computers were installed recently, thanks to funding received from the City of Greater Geelong Equipment Grant and a donation from the Portarlington Drysdale Lions Club.

The new computers provide our office Volunteers with up-to-date technology and, they report, that they are a joy to use.

Volunteer Elizabeth and her son in law, David sourced the computers and set them up in the office where Bay IT facilitated the installation.

### ANZAC DAY CELEBRATIONS

It was an honour to attend the ANZAC Day wreath laying ceremony on behalf of BCSR. Together attendees acknowledged those who served to save the freedoms we enjoy today and to remember the courage, sacrifice and enduring legacy of all who served our country.

### SUCCESSFUL GRANTS

We acknowledge recent funding contributions from Geelong Connected Communities and Benefit Geelong to upgrade our promotional materials and registrant networks over the next 12 months and look forward to reporting progress accordingly..

### CONTAINER DEPOSIT SCHEME

Thanks to our Volunteers and supporters who have selected BCSR as the preferred charity recipient of the 10c per container.

In the last 12 months, over \$1 800.00 has been donated to the Bellarine Community Support Register to assist with general operating costs whilst saving more than 18 000 items from ending up in our waterways, on highways and roadways and in landfill.

I look forward to hearing about how the Bellarine Community Support Register has made a difference to you in the next little while.

*Gary Coombes*  
BCSR Chairperson

## NEIGHBOURHOOD WATCH BELLARINE



A new branch of Neighbourhood Watch was formed at a public meeting late last year after the St Leonards branch closed.

The new branch will cover all of the Bellarine from Ocean Grove to Connewarre through to the North Bellarine townships including Leopold.

A group of enthusiastic community members gather regularly and everyone is welcome. Do drop by if you see us in your neighbourhood.

Bellarine Community Support Register has been working together with Neighbourhood Watch Geelong for some years and attending the same events in order to support each other.

*Coffee with a Cop* is a popular event – a chance to talk to local police members about issues of concern and share a cuppa.

Watch out for the signage that will appear in your shopping centre.

Hope to see you there!

**Remember, if you are heading North for the winter, register your absence with police by calling 131 444.**

## PERSONAL INFORMATION UPDATES

Our Volunteers have enjoyed speaking to many of you and hearing about changes that have occurred in recent times.

While you may be reluctant to answer calls from an "Unknown Number," we are unable to display the Caller ID due to security measures in the Police Station which houses our office.

**Our office mobile number is 0480 288 674 should one of our Volunteers contact you.**

If you have cancelled your landline or your post office box, changed your email address or the code for your key-safe – we need to know.

If your address has changed due to downsizing or moving to live with family; if your nominated representative(s) have moved away or changed their contact details – we need to know.

Your next of kin would want to be called in case of an emergency as well as a neighbour who would pop over and knock on your door if at all concerned about you - these are good contacts and saves us calling distant family if you have failed to answer your scheduled social care call.

A good neighbour e.g. may be aware that you had to go out unexpectedly and that all is well.

We do not need much detail about your representatives – just name, relationship to you, their phone number and the town or city where they live.

This enables us to contact those living closest.

You may wish to share information about who holds a Power of Attorney for you. Our database, *Safeguard*, has room for lots of notes.

If you are yet to receive a call from us, feel free to contact the office (Mon – Fri 9:30 am until noon) on 5255 3968 even to let us know that you have no changes and we can tick you off the list.

If you are on our Caller List and due to receive a call but cannot be home to receive it, please call and leave a message before the office opens at 9.30 am.

**Our strict adherence to privacy laws** guarantees that we keep your data stored as safely as possible and that our Volunteers are bound by our code of ethics and confidentiality agreements.

The Law requires us to keep these records for up to seven years after you leave the Register but it is your right to ask to have any part of your record deleted at any time.

*thank you*

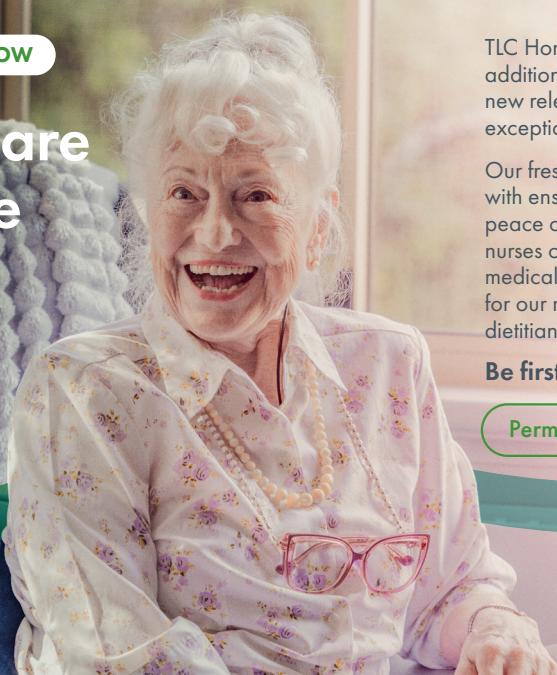


Homestead Estate

NEW RELEASE ROOMS AVAILABLE NOW

### Life changing care on the Bellarine Peninsula.

2 weeks respite for the price of 1\* offer available until 31 July 2026.



TLC Homestead Estate is expanding with the addition of 44 purpose-built rooms. This exciting new release provides increased availability to exceptional aged care services and facilities.

Our freshly appointed spacious private rooms with ensuite facilities, are complemented by the peace of mind that comes with having registered nurses on duty 24 hours a day, a co-located medical centre, a dedicated wellbeing program for our residents, and a team of physiotherapists, dietitians and podiatrists.

**Be first to secure your room.**

Permanent & respite care

Book your personalised tour today



For more information, call our Resident Liaison on 0498 018 632 or visit [tlchomesteadestate.com.au](http://tlchomesteadestate.com.au)

1499A Bellarine Highway, Wallington

Part of the TLC Healthcare Wallington precinct

\*Two weeks respite for the price of one at TLC Aged Care Homestead Estate in Wallington only. Bookings must be made by 31 July 2026 (subject to the availability of a Respite Room at the time of booking and TLC's ability to meet the applicant's clinical and social needs). All respite stays must be completed by 31 October 2026. The resident must have a valid respite ACAT Assessment (Aged Care Assessment Tool) and a minimum 28 days available within their current government allocation of 63 days or have received an extension for this financial year. The offer is not applicable to admissions via emergency services or residents receiving funding via third parties and is only available once per person and cannot be repeated.

## UNDERSTANDING AGED CARE

### Like to understand the aged care system better?

Bellarine Community Health can help you with that.

BCH Ageing Well Hub operates from both BCH Portarlington and BCH Drysdale on Tuesdays and Thursdays from 10:00am to 12:00pm.

Contact BCH to find out more.

**Ph: 1800 007 224**



## HEALTH AND SAFETY



We had such lovely warm autumn weather that when chilly days arrived, they took us by surprise.

If you have not used that old hot water bottle since last winter, please check it for leaks before filling.

Do not allow the water to reach boiling point before filling the bottle. A scald is really nasty and a painful burn best avoided.

## COOK'S CORNER

There is nothing like a hearty home-made soup to brighten these chilly winter days.

With the increased cost of living, a soup pack from the grocers can go a long way.

Throw in whatever veggies you have, add split peas, lentils or barley and those warming spices like turmeric and smoked paprika. Voila! A warming meal! Make plenty to freeze left-overs or to enjoy again the next day.



## SOMEONE KNEW WE WERE HERE

Margaret had not slept properly in months.

Her husband, Ron, had dementia and needed help day and night. Some mornings he woke frightened and confused asking for his parents. Other days he followed Margaret from room to room, worried she might leave him alone. She loved him deeply but exhaustion sat heavily on her shoulders.

Friends had stopped visiting as often. Her children lived interstate. Most days, the only adult voice she heard was from the television or the chemist.

One Tuesday morning, the phone rang.

"Hello Margaret, it's Julie from the Bellarine Community Support Register. Just checking in to see how you're going this week."

Margaret almost said the usual, "I'm fine," but something in Julie's calm voice made her pause.



"I'm very tired," she admitted quietly and explained what was happening.

Together they arranged for more frequent calls every Wednesday morning at the same time.

Sometimes they spoke for five minutes, sometimes for half an hour.

Julie listened without rushing her.

They talked about Ron's difficult nights, Margaret's garden, the weather and the small victories – like Ron smiling at an old song on the radio.

The weekly calls became an anchor in Margaret's week.

Knowing someone would check on her made her feel less alone and more connected to the world outside her front door.

One week, when Margaret sounded particularly overwhelmed, Julie encouraged her to contact respite services and reminded her that caring for herself mattered too.

Margaret later said those phone calls did more than provide conversation.

**"They reminded me," she said, "that someone knew we were here."**

**BELLARINE COMMUNITY SUPPORT REGISTER INC.**

PO BOX 819 OCEAN GROVE VIC 3226 TELEPHONE: 03 5255 3968

**DONATION FORM**

NAME: \_\_\_\_\_ ID NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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.

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

Our account details are: **BENDIGO BANK** Branch **633 000** Account **127 715 209**.

**BELLARINE COMMUNITY SUPPORT REGISTER INC**

Proudly supported by



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



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Empty rectangular box for additional information or return address.