

OCTOBER 2024 EDITION

GADABOUT

On Tuesday September 17th (with 2 buses! we were all packed and ready for our trip to the Wagin Town Hall. Our first surprise, the very special Imogen was helping us out for that day!

All aboard and off we went. On arrival, we were very kindly welcomed by the team at Wagin Homecare for their “Happy Days” event.

All day the staff catered to our every need. Serving us coffee and tea, a beautiful lunch, lots of laughs and even more information surrounding our health and wellbeing. They also got us up and moving twice with some light exercises and meditations.

After lots of food and laughs, some of us headed down the road for a quick squiz at Cresswells Department Store—It did not disappoint. Lots of little nick-nacks were purchased.

We are very grateful to have been invited for a day out, and hope to do it again soon!



From the Coordinator's Desk

Dear Homecare Community,

As you may be aware the implementation of the strengthened Aged Care Quality Standards are now pushed back to 2025. These strengthened standards are designed to ensure that the care delivered in-home and in the community remains high-quality, safe, and respectful of the individual's needs.

A key focus of these new standards is person-centered care, meaning each person's unique preferences, needs, and circumstances will be at the forefront of service planning and delivery. This approach ensures that our clients can maintain their independence and dignity while receiving tailored support.

Another important aspect of these reforms is an emphasis on skilled staffing. With higher levels of training and qualifications for care workers, we can ensure that those providing home and community care are well-equipped to meet the diverse and sometimes complex needs of our clients.

Additionally, the new standards enforce stricter guidelines around safety and risk management in the home environment. Our goal is to maintain a safe, supportive, and comfortable space for everyone, whether at home or within the community, while respecting each person's right to choice and control over their care.

We are fully committed to incorporating these strengthened standards into our daily practices, and we look forward to continuing to provide the highest level of care and support to our community members.

Thank you for your ongoing trust and support as we strive for excellence in home and community care.

Warm regards,

Phyllis and the Homecare Team



Dates for your Diary

- 24th Sept to 13th Oct Free Range Exhibition—Trevor Stringer, Narrogin Arts
- 5th to 13th October We 3 Again Exhibition, NEXIS, 10.00am-4.00pm
- 12th October Narrogin Agricultural Show
- 13th October Narrogin Open Gardens 10:00am to 4:00PM
- 26th October Great Southern Smoke-Out, Thomas Hogg Oval
Entry: \$10, BYO meat, Gates open 10.00am
- 5th November Melbourne Cup
- 9th November Farmers Market at Narrogin Community Garden
Hale Street, Narrogin 8:30am to 12:00pm

NEXT GADABOUT

Our next Gadabout will be held on
15 October 2024 and we will be heading to

Bunbury— Marine Discovery Centre & Farmers Market

Marine Discovery Centre

Bunbury Marine Discovery & Interpretive Centre showcases an expanded range of themed fish and animals like sharks, octopuses and coral aquariums plus an amazing 360-degree Digital Dolphinarium, as well as a fascinating Interpretation of the Koombana Bay environment and its history – geological, indigenous, marine and contemporary.

It is an immersive experience, with activity centres, interactive displays, feeding programs (4 times daily) and tours that appeal to all age groups. The aquariums tell the story of our region from fresh-water river to offshore reef and feature the marine plants and animals of our temperate zone. The centre provides a unique experience that uses embedded technology along with natural displays to create a memorable experience for visitors that complements the wild dolphin experience of our beach Interaction Zone and Dolphin Tours.

If the dolphins choose to visit the Interaction Zone outside the centre we will make sure we let you know. It's a great opportunity to see wild dolphins in their natural environment. There are no dolphins in aquariums or ocean pens!

Bunbury Farmers Market

Jams, chutneys, cheese, vegetables, fruit, gourmet butcher, fresh fish, nut butters... The list goes on.

Please bring your own bags and remember there is limited room on the bus.



Entry Fee: Discovery Centre \$15.00

Client Pick up: Between 7:00am to 8:00am

Express your interest in joining us on this trip **BEFORE Tuesday October 8 2024.**

*** Destinations are subject to change should unforeseen circumstance arise.**



Local Events

PRESENTED BY ROTARY CLUB OF NARROGIN



BBQ FEST

Great Southern SMOKEOUT

NARROGIN

Sat 26 Oct 2024
Thomas Hogg Oval • Gates Open 10am

\$2000 BBQ PITMASTERS
MARKET STALLS • FOOD TRUCKS
LIVE BAND LINEUP • PUBLIC BAR
KIDS FUN ZONE • FIELD GAMES
BUTCHER BATTLE • BREAD BAKE OFF • LIVE DEMOS
MENS & FAMILY HEALTH INFO • RAFFLES & PRIZES
TWILIGHT LONG TABLE DINNER

TICKET PRIZE WEBER BBQ

\$10 ENTRY KIDS < 16 FREE*

Event Details, Pitmaster Entries, Vendor Applications & Tickets
Visit
greatsouthernsmokeout.com.au

Rotary Club of Narrogin

ALL PROCEEDS DONATED TO LOCAL COMMUNITY PROJECTS



FRAGMENTS

1st - 15th of November 2024

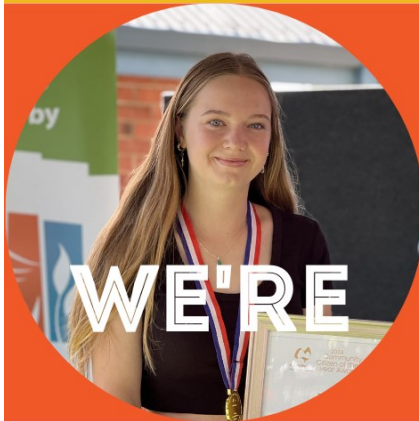
Showcasing Visual Art from NSHS students

Opening Night
31st of October
6 - 8pm

Gallery Hours
10am - 4pm
Wednesday - Saturday

Address
Nexis Exhibition Space
82 Federal St, Narrogin

Calling for nominations now



Presented by:



Australia Day
Council of
Western Australia

Principal Partner:



Government of **Western Australia**
Department of **Communities**

Media Partners:



Nominate now



If you know someone, or a group, doing great things in our community, nominate them for a 2025 Community Citizen of the Year Award, in our four categories.

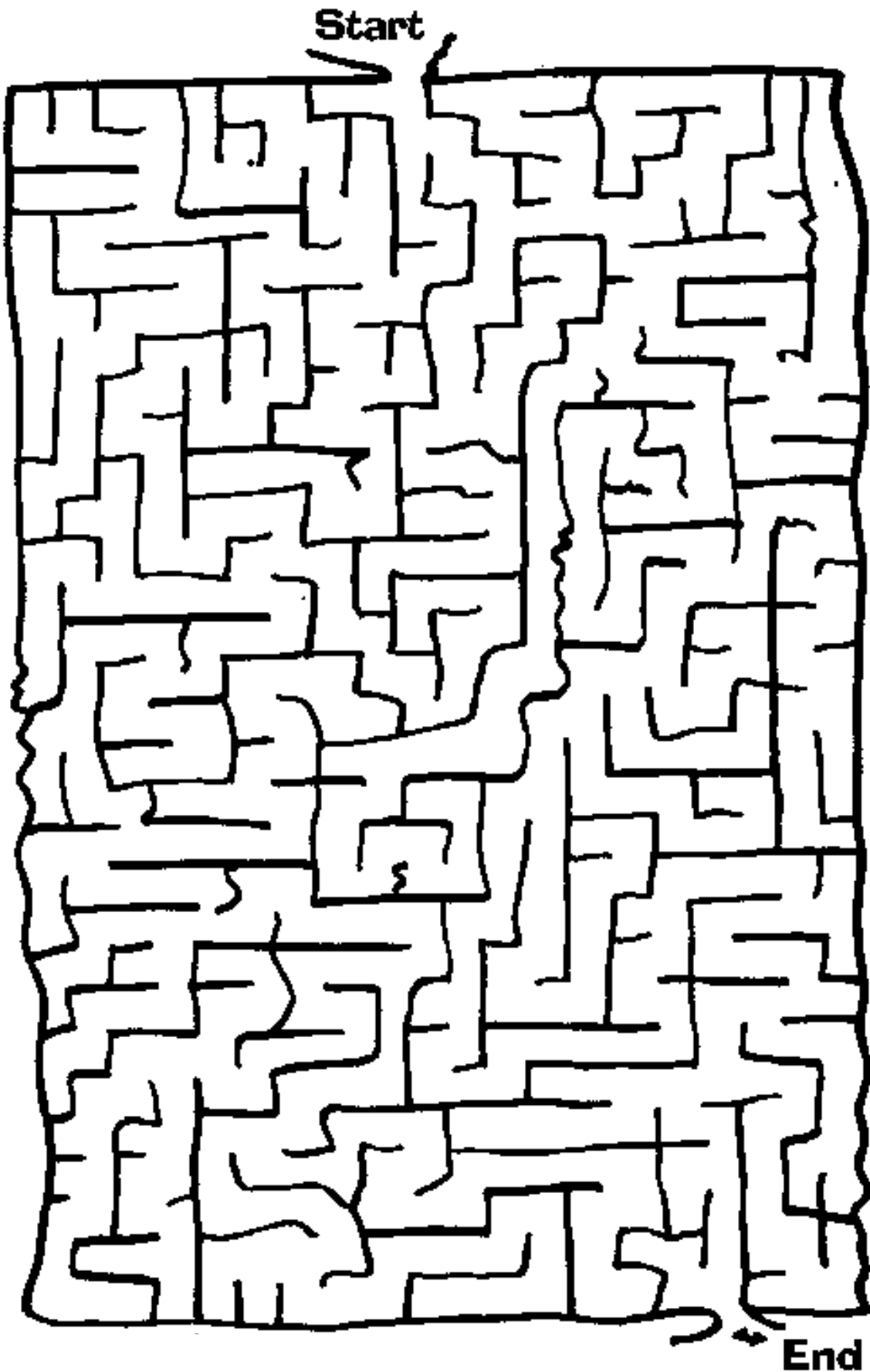
- > Citizen of the Year
- > Youth Citizen of the Year
- > Senior Citizen of the Year
- > Active Citizenship (Group or Event)

citizenshipawards.com.au | Closing Date: 31 October 2024

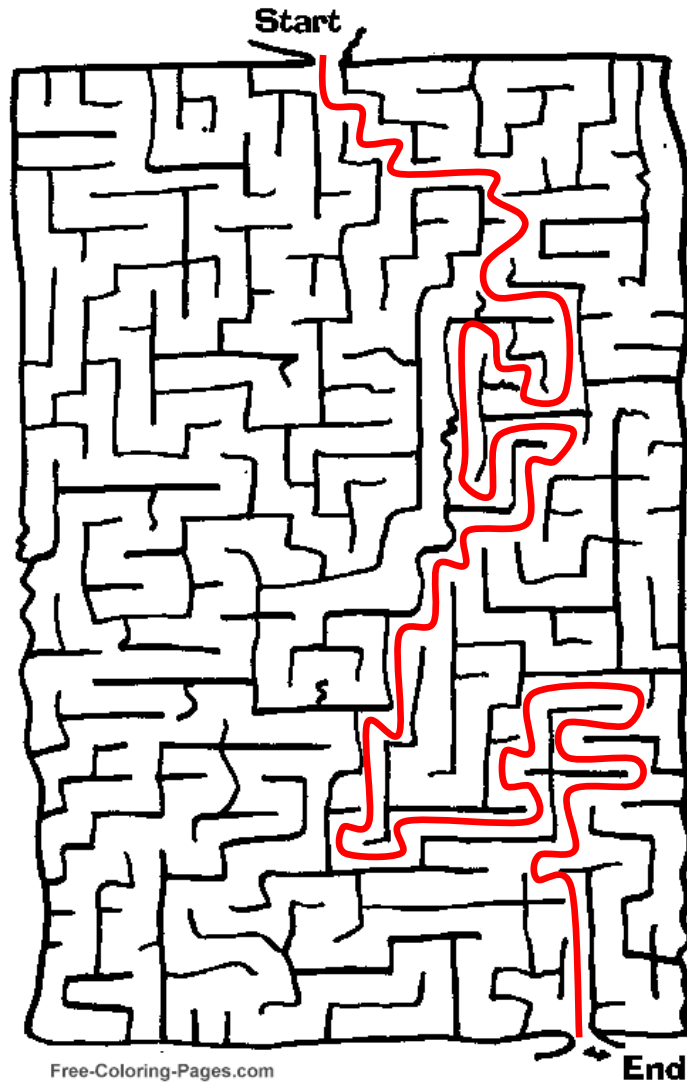
Local Government Recognising Community Champions.

Monthly Activity

This maze is hard ! Can you make it to the end?



Monthly Activity



NARROGIN REGIONAL HOMECARE

Jessie House, Clayton Road, Narrogin
(between the Leisure Centre and the Hockey Field)
PH: 9890 0700
Email: mcys@narrogin.wa.gov.au
www.narrogin.wa.gov.au



Shire of
Narrogin
Love the life