

CONNECT

NEWSLETTER

**WINTER
ISSUE**



**WHAT'S
INSIDE**

**Everyone
belongs**

**Staying safe
and warm**

**Eating
well**



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From the CEO

Welcome to the winter edition of **Connect**.

At Anglicare, we want to support you to live your best life.

We know that looks different for everyone because your backgrounds, capabilities and aspirations are unique to you.

That's why we listen carefully to your views about our service.

Diversity is one of the strengths of our Aged Care team. At the same time, they share a strong commitment to the Anglicare values of respect, compassion, justice and hope.

I was pleased to announce the team as the winner in the 'Team Spirit' category at Anglicare's annual Values in Action Awards. This award celebrated the resilience, perseverance and care demonstrated by team members during the roll-out of the Support at Home program.

I hope that you and your families stay well this winter. I encourage you to talk with your GP or pharmacist about the benefits of vaccination.

Best wishes,

Chris Jones, CEO



Ellen Nicholson,
General Manager
Aged Care
Services

Hello everyone,

Our colleagues at Anglicare Australia are advocating tirelessly for improvements to the new Support at Home program.

We were thrilled when the Federal Government decided that Support at Home clients should no longer have to pay extra for help with activities like showering, dressing and continence management.

These three services will be moved into the 'clinical care' category of Support at Home from October. These costs will still come out of your package, but you will not be expected to pay a co-contribution. This is a sensible and fair decision.

We know that some of you are frustrated with the complexity and delays associated with the Assistive Technology and Home

Modifications (AT-HM) scheme. We are doing everything within our control to improve your access to the scheme.

And finally, please sign up to our My Anglicare Tas App so you can keep up to date with who is coming to see you. Our mornings are very busy so we will only ring you if we need to change your service time outside your service window.

Stay warm and well this winter,

**Ellen Nicholson, General Manager
Aged Care Services**



You can help us to improve our service by providing us with your feedback. Use your mobile phone to scan this QR code to get there. Your worker will be happy to help if you need assistance.



Perfect pooches

A calm and friendly demeanour has earned Ben (left) and Jax their very own Pet Passports. It means they're allowed to stay with their owners while we deliver their service. Speak to your Care Partner if this is an option you'd like to explore with your pet.



Sonisha



Hema

'Everyone belongs'

We asked our team members to share stories and photos to celebrate Harmony Day. The theme this year was 'Everyone belongs'.

Sonisha is wearing traditional red attire during Teej, a vibrant women's festival celebrated predominantly in Nepal and parts of India. "This festival holds deep cultural significance as it is dedicated to the wellbeing and long life of husbands," she says.

Hema is wearing a Kerala Kasavu saree. The saree has roots dating back to the 9th century. Kasavu attire is worn by both women and men, especially during festivals such as Onam, an annual harvest and cultural festival celebrated mainly by the people of Kerala (a state in India). "The festival also has a spiritual meaning, promoting unity, peace, compassion, generosity, and a sense of connection among people," says Hema.

Eunice belongs to the Ewe and Akan tribe of Ghana. "One thing that represents our culture is the Kente cloth," she says. "It is a handwoven textile known for its pattern and beautiful colours. It is originally made for royals but can also be worn for special celebrations. In this photo, I am wearing Kente for my traditional marriage ceremony."

Danielle is an artist and burlesque performer who celebrates her femininity, confidence and power through her art. "I am also a mother raising a strong and feisty young girl and teaching her she can be anything," she says.



Eunice



I am also a mother raising a strong and feisty young girl and teaching her she can be anything.

Danielle



Danielle

Improving our service

We're supporting our team members to provide you with the best possible care.

There is a new training video for our staff in the wings. It will demonstrate tried-and-true techniques for cleaning various parts of your home. This is one of the most common topics you raise with us in your feedback, and we're keen to improve in this area.

It's also important to remember that our domestic assistance team members are not professional cleaners. Their role is to clean with you, rather than for you. This approach is informed by national guidelines that encourage older people to stay as independent as possible.

We recently reminded our team about professional boundaries. This is essential to providing you with safe and respectful care. We've instructed them not to add you as friends on social media, contact you outside of work hours or discuss other clients or staff members with you. If you are unsure about whether something is appropriate, please chat with your Care Partner.

Other reminders for our team have included making sure they walk alongside you and match your pace when out and about; listen actively, and speak clearly and respectfully with you at all times.

Warding off the winter chills



It's important to stay active, socially connected and warm when the temperatures drop.

It's essential that you make sure you are up to date with your vaccinations. This protects you, your family members and your support team. The flu, COVID-19 and RSV vaccinations may be recommended for you, so please follow the advice of your GP or pharmacist.

Exercising becomes challenging when the cold sets in, but it's important to keep moving. It keeps your circulation going and generates warmth, and it also benefits your mental health and wellbeing.

Exercising when seated, walking indoors and stretching all count. Talk to your Care Partner about options that will work best for you (and always consult your doctor before starting a new exercise regime).

A trip to your local library or community house will put you in contact with other people and stave off feelings of isolation. Keep in touch with friends and family over the phone or video, or better still, invite them over for a board game and a cup of tea.

Keep your home toasty this winter by:

- letting the winter sun into your home, and as soon as it goes down, closing your curtains
- turning some old towels into door snakes
- using a heated throw rug or extra layers of clothing instead of turning up the heater; and
- cutting up large pieces of bubble wrap and fixing them to the insides of your windows to keep out the draughts.

Stay mindful of fire and burn risks



It's essential that your home has working fire alarms.

Make sure to store and use your electric blanket correctly, and follow instructions on how to safely heat and store a wheat-filled heat pack.

Avoid using hot water bottles as they have been known to burst.

If you have a wood heater, ask someone to check that it's operating properly and that your firewood is dry.

Do you know where to turn?

World Elder Abuse Awareness Day is held each year on 15 June.

Our team members are trained to spot the warning signs of elder abuse. They can provide you with sensitive, confidential support if you think that you, or someone you know, may be being abused.

We recommend that you call the Tasmanian Elder Abuse Helpline on **1800 441 169**.

Free and confidential, the Helpline is operated between 9:00am and 5:00pm Monday to Friday by Advocacy Tasmania on behalf of the Tasmanian Government.

Some other support options are:

- Advocacy Tasmania for general help and advice to older Tasmanians. Ring **1800 005 131**.
- Tasmania Legal Aid provides a Senior Assist service that focuses on elder



abuse. Ring **1300 366 611** and ask for this service.

- If your concern is around financial abuse, a chat with a financial counsellor from Anglicare is a great place to start. Telephone **1800 007 007** for friendly and confidential support.
- If someone's life is in danger, always ring the Tasmania Police emergency service on 000.

Meet Sarah and Nikkita

Nikkita (left) and Sarah are members of our North West team.



When we asked them which of the Anglicare values were the most important to them, they both answered 'compassion'.

"To me, compassion means going out of my way to help those in need, because with that help I can give hope," says Sarah.

"I enjoy the rapport with my clients, whether sharing stories over a cup of tea, giving a foot massage after a shower or sharing a hobby like gardening or a board game. It's rewarding to know I make a difference in someone's day. I'm also doing a bit of knitting, which I'm learning from one of my clients. Hopefully my new scarf will be done before the end of winter and without too many holes!"



Everyone is different, from how they like their cup of tea or socks to be fitted, to their lifestyle and upbringing.

Nikkita



We asked Sarah to share a favourite childhood memory.

"That would be back in Mauritius," she said. "When it rained my grandma would get all the grandkids together and make roti in a woodfire. She would give all of us a piece of dough to make in any shape we wanted. Old classic music in the background, kids laughing, rain pouring. We all had lots of fun."

"Everyone is different, from how they like their cup of tea or socks to be fitted, to their lifestyle and upbringing," says Nikkita. "The opportunity to learn about and from people is an enriching part of my work."

Nikkita enjoys immersing herself in nature. "My favourite season is autumn, when it's all rainy and damp," she said. "We have some incredible forests and waterfalls that I think are best enjoyed during the wet season when the plants are at their most luscious. I am currently enjoying learning to garden. I'm only working on flower beds right now, but I hope to gain enough skills to start my very own veggie garden in the spring."

Around Anglicare

Two reports released in April by Anglicare's Social Action and Research Centre called on the Tasmanian Government to act urgently on housing.



The Secure foundations report described the profound and long term impacts that homelessness and housing insecurity are having on Tasmanian children.

Families that included more than 4,000 children accessed the statewide Housing Connect Front Door service in 2025.

"It can make a huge difference when a child and their family find stable accommodation and can start to rebuild their lives," said report author Rebecca Forbes.

Our annual Rental Affordability Snapshot found that the housing crisis is so entrenched that even a person employed on the minimum wage could not afford a room in an average-priced sharehouse in any part of the state in March.

You can read these reports on our website, www.anglicare-tas.org.au under 'Research and publications'.



Photo: Kings Digital

A safe space to learn

In April our Gamblers Help team hosted a series of free community events so that young people and their parents could learn about the harms caused by online gambling.

Hobart-based community advocate Mark Kempster shared his personal story: "I placed my first sports bet at the age of 15," he said. "I was a sports-obsessed teenager; I thought betting was normal. By my thirties I'd lost \$100,000 to gambling. It had a devastating impact on my mental health and nearly cost me my family."

The sessions emphasised that with early intervention and support, recovery is possible.



Eating well on a budget

The cost of living is rising, so finding ways to save money on food can help.

Eating on a budget doesn't have to mean boring or flavourless meals.

Planning and shopping

- Plan your meals each week, so you know how much it will cost. Try to include a variety of foods from each of the five food groups.
- Buy fruit and vegetables that are in season, as these will be the cheapest. Some examples for winter include:
 - **fruits:** apples, avocados, kiwi fruit and pears.
 - **vegetables:** broccoli, brussels sprouts, cabbage, cauliflower, celery, leek, mushrooms, parsnip, pumpkin, spinach, swede, sweet potato and rhubarb.

To learn more about what foods are in season, visit the Eat Well Tasmania 'What's in Season' website at

www.eatwelltas.org.au/whats-in-season

- Frozen or tinned fruit and vegetables are also good options. Sometimes these can be cheaper and can help reduce food waste.
- Meat can be expensive. Choose cheaper cuts of meat and protein foods like eggs, tofu, lentils, baked beans or tinned fish.
- Stock up on long lasting pantry or freezer items when they are on special.

Cooking food

- When making meals, cook an extra serve and freeze a portion for an easy meal another day.

- Add extra vegetables and legumes (lentils or chickpeas) to meat dishes to make them go further.
- Homemade foods can be cheaper and tastier! Try making biscuits, muffins, scones, and soups.

Accessing food

- Swap meals with friends or neighbours for variety: soups and casseroles work well.
- Neighbourhood Houses or community gardens can offer fresh food or cooked meals for a low cost.
- To locate community food programs, including food relief, go to the 'Ask Izzy' or 'Find Help TAS' websites:
 - www.askizzy.org.au/food-info
 - www.findhelptas.org.au/food

Reducing food waste

Reducing waste helps meals stretch further. Commonly wasted foods include bread, bananas, meat and vegetables. We recommend:

- freezing bread and thawing slices as needed to keep it fresh.
- using overripe bananas in baking or smoothies.
- checking the use by dates of meat and freezing if needed.
- avoiding throwing out stems and leaves, or wilted vegetables. You can add broccoli stems to stir fries and casseroles, pickle wilted vegetables, or use leaves and stems to make a vegetable stock for soups.

**This information was kindly provided by the Healthy Ageing Tasmania team in the Department of Health.*



Creamy pumpkin and bacon soup

Prep 10 mins | Cook 20 mins

Serves 4

This soup is still delicious if you would prefer not to include bacon!

Ingredients

- 1 tablespoon oil
- 1 onion, diced
- 1 clove garlic, crushed
- 200g short cut bacon, diced
- 500g pumpkin, peeled and diced
- 1 x 400 g cannellini beans, drained and rinsed
- 2 cups vegetable stock
- 1 cup grated cheese
- 1 cup milk
- ½ cup sour cream (swap out for fresh cream or Greek yoghurt if preferred)

Instructions

1. Heat the oil in a large pot. Add the onion and garlic and cook until soft, about 3 minutes.
2. Add the diced bacon. Stir occasionally until lightly browned.
3. Add the diced pumpkin, cannellini beans and stock.
4. Simmer uncovered for 15 minutes or until the pumpkin is tender.
5. Remove from heat. Blend soup using a stock blender or food processor. (You can use a potato masher if you'd prefer a less smooth consistency.)
6. Stir through cheese and milk.
7. Enjoy with sour cream and a slice of toast.

Congratulations, Dawa!



Dawa works with us as a Care Partner in the state's South.

She recently celebrated becoming an Australian citizen (above).

Dawa enjoys spending time with family and friends, exploring new places and relaxing with good food. Her happy place is her home country, Nepal, and she likes to make and share her signature dish, Nepalese dumpling.

Are you worried about your next power bill?

An Anglicare financial counsellor can advise you on your next best steps.

They can support you to negotiate a payment plan with your energy retailer. Please ring 1800 007 007 to start this process.

If you are on a low income and want to upgrade your heating appliances, the friendly team at NILS Tasmania may be able to assist you with a no-interest loan. Go to www.nilstasmania.org.au or telephone 1300 301 550 to find out more.



winter appeal 2026

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