



November 2023

Patron: The Honourable Don Wing AM  
8 High Street, Launceston | ☐ PO Box 903, Launceston, 7250  
(03) 6334 4007 | [www.lss.org.au](http://www.lss.org.au) | @ [admin@lss.org.au](mailto:admin@lss.org.au)

Chair: Marijke Lockwood | Vice-Chair: Liza Snow  
Secretary: Carol Titmus | Treasurer: Carmel Coombs  
Editor: Tina Pinkard

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Hi Everyone,

Thank you all, Committee Members, Tutors and Members for making 2023 a great year.

I wish each and every one of you a safe and fantastic Happy Christmas and New Year Season, and I hope 2024 will bring you good health, love, peace and happiness.

Enjoy whatever you plan to do over the break, and I look forward to catching up again next year.

**Marijke,**  
Chair

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## Suggestion Boxes

If you have any ideas or thoughts about improving any areas of operation at LSS, there is a Suggestion Box in the Lunchroom and another one on the table in front of Vicki's Office.

If you have a suggestion, please explain how you think this could be implemented and the benefit this will provide for our members. Ensure you put your name to the suggestion. The Boxes will be emptied daily and will be locked to enable privacy. They won't be there to vent any frustrations.

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## Harvest Market

The organisers of the Harvest Market have kindly offered us another publicity date on Saturday 27 January, 2024. They will provide, and set up, a marquee and table. There will be two shifts – 8.00-10.30am and 10.00am-12.30pm. If you can help with either one, please let Vicki know so that a roster can be prepared.



## French – Beginners and Intermediate Classes

Long time tutor Kathy Dunning will be taking a well-earned break next year so we are looking for a new tutor for the Beginners and Intermediate French classes. If you're a French speaker and you think you'd like to be a volunteer tutor, please contact Vicki as soon as possible.

## Used Stamps

Did you know that your used postage stamps can benefit overseas missions? There is no need to steam them off the envelope, simply cut around them and drop them into the office!



## School Magazine and Calendars

The 2023 School Magazine is now available from the office for the small price of \$3. A selection of calendars showcasing the work of our talented photographers are also on sale – they cost \$5 for the A5 size and \$10 for the A4 calendars.

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## Coming Up....

### Christmas Lunch

The Christmas Lunch will be held at the Riverside Golf Club on Thursday 7 December at 12 noon for a 12.30 start. The cost will be \$37.50 for a two-course meal. For main course there will be a choice of baked turkey with ham and vegetables or Atlantic salmon with vegetables and for dessert the choices will be plum pudding with brandy sauce and icecream or wine trifle. You will be entertained by members from different groups within the school. Tickets are available from Vicki.

Bernadette has organised a raffle which will be drawn at the lunch. Tickets are \$2 each or 3 for \$5 and are available now or you can also buy them at the lunch – **please bring cash** for this purpose!

These are the great prizes on offer:

1st Prize: Set of 3 Aboriginal paintings

2nd Prize: Handmade Quilt

3rd Prize: Hypnotherapy Session

4th Prize: Tarot Card Reading

5th Prize: Bottle of Red Wine

6th Prize: Bottle of Sparkling Wine

7th Prize: Sausage Roll Maker

### Summer Picnic

Following the success of the 2023 picnic, another will be held on Wednesday 24 January 2024 from 11.30. Bring your hamper with your favourite food and drinks, and picnic rug or chairs to Tailrace Park, Riverside to enjoy a post-Christmas get together with friends and classmates. BBQs are available and there is plenty of parking.



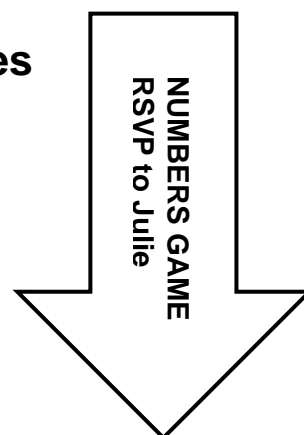
# LET'S PLAY: a summer games day

- When?** Friday, 19 January 2024 from 10.00-2.00
- Where?** R.A.O.B. Hall, Birch Avenue, Newstead
- Why?** Because we all need some fun in summer
- How?** Come along ready to play the game, follow the rules, see old friends and make new ones.
- What games?** Old favourites that you have loved – dice, cards, pen and paper, boards and counters, even jigsaw puzzles – whatever comes along



**B**  
**Y**  
**O**

- ❖ Favourite game with **printed clear rules**
- ❖ Special playing piece (optional)
- ❖ Name tag
- ❖ Lunch/snack (Tea etc supplied)
- ❖ Pens or pencils
- ❖ A sense of fun
- ❖ Drink bottle or mug
- ❖ A friend



Some ideas: Dominoes, Mastermind, Othello, Snakes & Ladders, Pictionary, UO, Ludo, Draughts, Chinese Checkers Connect 4 (or more), Scattergories, Cluedo, HOY!!!, Rummikub, Bugs, Hangman, Boxes (= dots & dashes), Noughts and crosses, Boggle – the only limit is your imagination. **JUST COME AND HAVE FUN!!!**

**RSVP to Julie Walpole: [walpole\\_julie@bigpond.com](mailto:walpole_julie@bigpond.com)**

PCYC LAUNCESTON PRESENTS

AN UNDER 18'S/FAMILY EVENT

2023

**GLOW**

IN THE DARK *Party*

THURSDAY  
21/12/23

5 - 8PM

FEATURING:

GLOW PHOTO  
BOOTH

PRIZES

GAMES

BBQ

CRAFT TABLES

FACE PAINTING



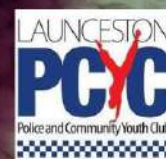
[trybooking.com.au](https://trybooking.com.au)

For more information

[info@pcyclaunceston.org.au](mailto:info@pcyclaunceston.org.au)



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## Things to Remember...

### Badges

You are required to wear your badge whenever you are involved in any activity connected to LSS, whether at 8 High Street, or at external venues or outside activities. Not only does this make it easier for everyone to call you by name, but your emergency contact details are on the back of the badge. Should anything ever happen to you where we need to contact your chosen contact, you can be confident this will happen.

### Friendly and Social

LSS is a non-denominational, apolitical, multi-cultural and all-inclusive organisation. We don't know most LSS members' history, religious affiliations or life experiences, and we don't need to know. We must always be aware LSS is a friendly and social organisation, where consideration and respect to all is expected.

### Car Park and Driveway

Be careful when entering or departing the car park. Always park in marked parking spaces only. **The marked space at the front door is ONLY for dropping off class participants.** Follow the arrows and give way when leaving the car park. Check the mirror to see if any vehicles or pedestrians are coming from either side.

At the end of the drive, **stop** at the white line and check in new mirror on nature strip if anyone is coming up or down the footpath. Also check if any vehicles are coming out from the road or the driveway next to the LSS driveway.

## Dates for 2024

<b>Registration Days</b>	Online Friday 9 February, from 11am onwards School Help <b>Monday 12 February</b> 9.30am-12 noon
<b>Semester 1, 2024</b>	Tutors and committee members meeting: Thursday 15 February, 11am in room 2 Start: Friday 16 February School break: Tuesday 16 April - Friday 26 April Recommence: Monday 29 April – Monday 24 June
<b>Winter Break</b>	Tuesday 25 June – Friday 2 August
<b>Registration Days</b>	Online Friday 26 July, from 11am onwards School Help <b>Monday 29 July</b> 9.30am-12 noon
<b>Semester 2, 2024</b>	Start: Monday 5 August School break: Monday 30 September - Friday 11 October Recommence: Monday 14 October – Monday 9 December
<b>Summer Break</b>	Tuesday 10 December – Friday 14 February 2025

### Confidentiality

We will ensure all personal information or private matters are kept confidential.

Under the Personal Information Protection (PIP) Act 2004, the Department of Health and Human Services is the custodian of personal information. The collection, use and disclosure of that information is governed by the Act.

We will provide a copy of the PIP Act brochure for further clarification.

The Charter of Aged Care Rights will also be provided and discussed, where appropriate.

### Suggestions, Compliments and Complaints

Suggestions, compliments and complaints help us achieve high quality care and service. If you would like to provide some feedback on your contact with our service, you can do this by:

- Talking to a staff member; or
- Contacting the manager of the service

#### Manager

Community Dementia Service  
Allambi Building  
33-39 Howick St  
Launceston, TAS, 7250  
Ph: (03) 6777 4656

We will provide a brochure on how to give comments or feedback on our service.



Mayne Street Day Centre  
18 Mayne Street  
Invermay, TAS, 7248  
Phone/Fax: (03) 6326 6165

Tasmanian Health Service - North

## Mayne Street Day Centre

Providing secure day respite for people with dementia, living in the community.



TASMANIAN  
HEALTH  
SERVICE



# Mayne Street Day Centre

## About Us

Mayne Street Day Centre is a part of the Community Dementia Service and provides secure day respite for people with dementia living in the community.

The Day Centre operates five days a week (Monday to Friday) and is staffed by a Diversional Therapist, Assistant and volunteers.

- We provide a relaxed homely and secure environment that provides social contact and interaction in a caring and nurturing setting.
- Attendance of clients at the day centre allows primary carers some day respite in the knowledge that their loved one is happy and safe.
- We value each person for who they are and respect all cultural and religious backgrounds.
- Meaningful activities are designed to give purpose, promote self-esteem, maintain the person's skills and abilities and provide enjoyment and pleasure.
- Ongoing assessment of client's strengths, needs, preferences and family/carer input, helps us design activities tailored to each client.

## Activities

### Outings - Picnics and Drives

The centre has its own bus which supports us to offer occasional drives to local venues, picnics and other outings.

### Music and Art Therapy

Sing-alongs, music bingo and visiting entertainers. Art therapy encourages creative engagement of clients to express their artistic side through a number of mediums.

### Pet Therapy

We have three resident canaries.

### In-house Special Food Days

BBQs, party foods, fish and chips and more.

### Cultural/Festive Celebrations and Birthdays

Significant days of the year are celebrated including client birthdays, St Patrick's Day, Easter, Melbourne Cup Day, Christmas etc.

### Pamper Mornings

Open to all. Manicures, hair setting, treatments and hand massages.

### Mens and Ladies Themed Activities

Knitting group, craft, men's morning, joke sharing, eight ball and footy tipping.

### Reminiscing Activities

Themed mornings to promote sharing, memories, and conversation in a supportive environment.

### Gentle Exercise Program

Tailored to each client's ability. A mixture of formatted programs and activities to promote movement and stretching.

### Gardening

The secure garden includes raised garden beds where clients can assist with the care of flowers and vegetables.

### Additional Information

- Transport can be arranged to and from the centre.
- Meals on Wheels can be organised through the centre for lunches.
- A fee is charged to cover the cost of transport and meals.
- Morning and afternoon teas are provided.

### Newsletter

A quarterly newsletter provides informative articles and the monthly planner provides information of planned activities for the coming month.

### Accessing Our Service

Referrals can be made by contacting the Community Dementia Service by phone on (03) 6777 4656, or direct to the day centre on (03) 6326 6165 (phone and fax).

We accept referrals from family members, care providers, doctors, hospitals and service providers.