



# SOUTH WEST



## COMMUNITY TRANSPORT INC

**TELEPHONE 1300 138 794**

SEPTEMBER, 2009

## Annual General Meeting

All clients are invited to attend the organisations Annual General Meeting which will be held on Wednesday the 30th September. Free transport and afternoon tea will be provided on the day.

If you would like an opportunity to vote at the Annual General Meeting you will have to apply to become a member of the Association. Membership of the Association is free. Please ring Maureen on 1300 138794 to request a copy of the application forms

## Christmas Parties

### We need your donation for the Client Christmas Party

It is creeping up to that time of the year again. Yes Christmas is just around the corner. Each year South West Community Transport holds Christmas raffles for our clients at these parties

We depend strongly on local businesses and our clients for donations of prizes for these raffles. If you are able to donate a prize for the raffles please either ring the office and we will arrange to have your donation picked up or otherwise you could give it to a driver on your next outing.

### Client Christmas Party

**Liverpool and Fairfield Clients**

**7th December**

**Macarthur Clients**

**17th December**

If you would like to attend our Christmas Party please ring the office after the 1st November to make your booking.

The cost for the Christmas party is \$30 and this includes transport, lunch and entertainment.

If you are coming to our Christmas party **would you please** bring a gift for Santa to hand out. The value of the gift should be no more than \$5.

**To book transport for the above events please phone 1300 138794**

## Travel Training

South West Community Transport in partnership with Walomi, Southern Highlands and Bankstown Community Transport are providing a Travel Training Project which operates across seven local government area's Bankstown, Camden, Campbelltown, Fairfield, Liverpool, Wollondilly and Wingecarribee.

The program assists people in identifying the different forms of transport available to them and how best to access it. The form of Transport used is up to the individual it could be Bus, Train, Walking, Bike, Ferry, Community Transport or the Complementary bus at your local club. Individual and Group referrals are accepted.

**To be eligible you must be in one of the following criteria's:**

- \* Frail Aged
- \* Younger person with a disability
- \* Transport disadvantaged

**You may need assistance with:**

- \* Planning the most direct route for a new journey you are taking
- \* Catching the public bus, train or courtesy transport at your local club
- \* Identifying bus or train timetables and how to use these timetables
- \* Identifying where to catch the bus from and where to get off the bus
- \* Taking trips using different modes of transport at any point of your journey

Whether the trip be down to the shops or a day out in the city we can help you plan your trip. A staff member will come to your door and accompany you on your trip for the first few times. The staff member will provide you with what assistance you may need to plan the journey, this could include finding the local bank or certain shopping centre when you arrive at your destination.

This project is not meant to replace community transport in any way, but work with it. It aims to give people the skills to use transport that in the past they may not have needed or known how to access

To refer yourself or someone else for this **FREE** service talk to Phillipa in the Travel Training section just by calling

**02 4629 6886**

## Self Drive Access Project

The “Self Drive Access” project provides eligible clients with an opportunity to access Community Transport vehicles after 5pm week days and on weekends, or as negotiated with SWCT .

To be eligible to access this service you must be a client of SWCT using a wheelchair, needing hoist access and unable to access the ‘family’ car

A friend or family member with a 1C drivers license and who is willing to undertake a one off vehicle orientation session will be able to access and drive the vehicle on behalf of SWCT wheelchair bound clients. This may be for a family gathering, picnic or just a drive in the country.

### The Vehicles

- Require a 1C drivers license
- Have an automatic gear box
- Have been modified with a rear ramp for wheelchair access
- Have a seating capacity of 5 passengers plus the driver and wheelchair
- Are provided with a full tank of fuel

Cost of the access is \$35 per day. Bookings must be made at least one week prior to the date required.

**For more information  
and  
to arrange for your  
Driver Registration  
please contact**

**South West Community  
Transport  
1300 138794**



Comment from a client who hired a Self Drive Access Vehicle.

“For the first time ever I was able to take my daughter who is in a wheelchair into the McDonalds Drive Through - what an experience!”

## Social outings for Clients living in Camden, Campbelltown and Wollondilly

24th September	Bowral Tulip Festival	Buy your lunch at the gardens or bring your own	Transport \$12 Access to gardens \$5
WEDNESDAY 30th September	Annual General Meeting	Transport and afternoon tea provided	Free
22nd October	Masters Builders Club Wollongong	Buy own lunch	Transport \$15 Lunch \$12.50
19th November	Stockland Mall Christmas Shopping	Buy own lunch	Transport \$12
17th December	Christmas Party	Bring gift to value of \$5	Transport and lunch \$30
28th January	Campbelltown Catholic Club	Purchase own lunch	Transport \$7

### CAMDEN, CAMPBELLTOWN, WOLLONDILLY CLIENTS ONLY

Please join us on our Social Outings—they are fun days with an opportunity to meet new people and either see new places or revisit old ones.

To book for Social Outings ring the office during the month BEFORE the outing as an example for August outing you would ring in July

The more the merrier—so please join us **1300 138 794**

## Social outings for Clients living in Liverpool and Fairfield

WEDNESDAY 30th September	Annual General Meeting	Transport and afternoon tea provided	Free
THURSDAY 8th October	Bowral Tulip Festival	Buy your lunch at the gardens or bring your own	Transport \$15
THURSDAY 5th November	Narellan Town Centre Christmas Shopping	Buy own lunch	Transport \$12
MONDAY 7th December	Christmas Party	Bring gift to value of \$5	Transport and lunch \$30
THURSDAY 14th January	Mounties Club	Buy own lunch	Transport \$7

### LIVERPOOL, FAIRFIELD CLIENTS ONLY

Please join us on our Social Outings—they are fun days with an opportunity to meet new people and either see new places or revisit old ones.

To book for Social Outings ring the office during the month BEFORE the outing as an example for August outing you would ring in July

The more the merrier—so please join us **1300 138 794**

## With Age Comes Wisdom

A guy is 59 years old and loves to fish.

He was sitting in his boat the other day when he heard a voice say, “Pick me up.”

He looked around and couldn't see any one.

He thought he was dreaming when he heard the voice say again, ‘Pick me up..”

He looked in the water and there, floating on the top, was a frog.

The man said, “Are you talking to me?”

The frog said “Yes, I’m talking to you. Pick me up, then kiss me and I’ll turn into the most beautiful woman you have ever seen. I’ll make sure that all your friends are envious and jealous because I will be your bride!”

The man looked at the frog for a short time, reached over, picked it up and carefully placed it in his front breast pocket.

Then the frog said, “What are you nuts? Didn’t your hear what I said? I said kiss me and I will be your beautiful bride.”

He opened his pocket, looked at the frog and said, “Nah, at my age I’d rather have a talking frog.”

With Age Comes Wisdom.

**PLEASE REMEMBER**  
**It is always safer to**  
**exit the bus backwards**

## Transport on Election Days

South West Community Transport will provide transport services to the voting polls for Local Council, State and Federal Government Elections.

We rarely know, in advance, what the date will be –so remember if an election is called we will provide the transport.

If you would like to visit a local polling booth please ring the office and book your transport. 1300 138794

**Ring 1300 138 794 for a booking**



**Phone: 9426 3100**

Myrtle Cottage's aim is to promote companionship and to provide activities which increase self esteem and personal fulfillment. Myrtle Cottage provides support for its members and their carers within the following programs:-

#### *Diversional Therapy Program*

*This program operates from the Cottage Monday, Tuesday, Thursday & Friday and caters for 32 people per day. Its main aim is to provide companionship for people who are frail aged or younger people with disabilities living in the Campbelltown LGA. The program includes various craft activities, games, quizzes, guest speakers etc. Transport & Lunch is provided. Members pay \$10 for each day they attend.*

#### *Linkline Program*

This program allows up to 7 people to join in a telephone linkup with our Coordinator. Activities include: general chat sessions, games, quizzes, support and information. There is no cost for this program. Members can also be involved in outings arranged for members of the Diversional Therapy Program (every 5 weeks).

#### *Bell Program*

This program is for people with Dementia/Alzheimer's living in the Macarthur Region. The program provides a range of stimulating activities also providing support and respite for carers. This operates on Tuesday, Wednesday, Friday & Saturday from Ingleburn, Monday from The Oaks, Thursday from Bargo and Wednesday from Narellan. Respite is provided to people in the Appin and Menangle areas at our centre in Ingleburn. Transport & Lunch is provided. Cost \$10 per day.

#### *Recreation Program*

This program is for people who are younger disabled aged 18-60years living in the Campbelltown LGA. The program operates from the Cottage each Wednesday and caters for up to 32 people. Activities include various craft activities, games, quizzes, guest speakers etc. Transport & Lunch is provided. This program also operates on Friday and Saturday and allows small groups to be involved in activities including: Ten Pin Bowling, Movies, Restaurants, Snooker, Horse riding, Swimming, Fishing, and Picnics etc. Members pay \$10 per day plus the outing cost.

**If you would like more information about Myrtle Cottage or would like to know if a similar service operates in your area please ring Myrtle Cottage on 94263100 or Community Transport on 1300 138794**

**South West Community Transport**

<b>Client Bookings</b>	1300 138 794	<b>Email</b>	transport@swct.com.au
<b>Office</b>	4629 6888	<b>Web</b>	www.swct.com.au

## **Independent Living Centre**

Clients from across the region enjoyed our recent presentations from the Independent Living Centre.

The Independent Living Centre provides information about products that will help you with your daily activities such as opening jars, doing the gardening or just having a shower.

For more information or to visit their shop in Parramatta ring the Centre on 1300 885 886

Remember you can always book Community Transport to take you to the Centre—perhaps you could arrange for a small group of your friends to go together.

## **How often can I use the Community Transport Service?**

### **You may use the service as often as you need.**

If you use the service to go to the doctors you can still use the service for shopping or social trips. If we can transport you on the day you require, than you may use the service as often as you need.

Each client is limited to 4 individual bookings at any one time this does not include group bookings such as shopping, social or day care.

For example you may be registered on a shopping trip and make bookings for 4 doctor appointments. Once you have finished the first booking you will only have the next 3 appointments registered for transport so you can then ring and make another booking bringing you up to your limit of 4. The shopping trip is not counted in the 4 bookings

Just ring our office staff to make your bookings on telephone number **1300 138 794** and they will assist and advise you if required.