

Monthly Newsletter – August 2021

Here we are in the last month of Winter and all still living with the rules and regulations imposed by the current Covid pandemic. The Gold Coast has been placed in lockdown as of yesterday. Queensland residents should make yourselves aware of what you can and can't do during this lockdown.

Supports will continue wherever possible and if there are any shift cancellations, as a result of this lockdown, you will be notified as soon as possible.

Welcome our new Independent Support Workers

Dave



Kaina (Kai)



You can check out their bios, along with all of our other Independent Support Workers on our website at: www.ptbl.com.au



Ongoing Covid-19 Requirements

With multiple exposure sites across Northern NSW and SE QLD, the need to adhere to Covid-19 Restrictions and Public Health Orders is essential.

We are committed to ensuring our team are healthy when they are at work. We are equally committed to reducing your risk of exposure to illness.

We are following Department of Health guidelines around infection control and request you do the same:

- wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- use alcohol-based hand sanitisers when you can't use soap and water
- avoid touching your eyes, nose and mouth
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes
- use tap and go instead of cash where possible
- increase the amount of fresh air by opening windows or changing air conditioning
- No shaking hands, hugs, high fives or unnecessary touch
- Maintain physical distancing, it is important everyone continues to stay 1.5 metres away from others wherever possible.

If you or anyone in your household are experiencing any of the following symptoms please stay home:

* Fever of 37.5C or more or a history suggestive of fever (night chills, sweats)

* Cough, shortness of breath, sore throat

* Loss of smell or loss of taste

* Headache, muscle pains, joint pain, runny nose, nausea, vomiting/diarrhoea, loss of appetite.

Please notify your doctor and refer to the Australian Health Department [symptom checker](#) if any of the above apply to you.

- [Get tested](#) and isolate until you receive a negative result.

We are ensuring team members remain at home if they are unwell and any necessary shift cancellations will be notified as soon as possible.



Menu

Dinner Group – Third Term

Wednesday Evenings

Pick up @ 5pm – Drop Home @ 8pm



In Fa Thai - Cabarita

4th August, 2021

South Tweed Bowls Club – Tweed Heads

11th August, 2021

Cara Cara - Tugun

18th August, 2021

Burleigh Town Tavern - Burleigh

25th August, 2021

Aztec - Coolangatta

1st September, 2021

Currumbin RSL - Currumbin

8th September, 2021





COFFEE GROUP

9:00AM - 11:00AM

30 TH JULY	Zanzibar Kingscliff
6 TH AUGUST	Coffee Guru Cabarita
13 TH AUGUST	Dulcie & Edna Café Banora Point
20 TH AUGUST	Miss Mika Café Kingscliff
27 TH AUGUST	Zarafas Sth Tweed Heads
3 RD SEPT	Caba Social Cabarita
10 TH SEPT	Ginger Root Café Sth tweed Heads

Important update regarding Group Activities:

Please note: We are constantly monitoring the Covid-19 situation in both NSW and QLD and we will be guided by the restrictions and advice provided by the relevant state authorities.

If cancellations or changes of venue for any group activities or supports are deemed necessary we will advise you immediately.

The Dinner Group schedule includes QLD venues for now, however, this may be subject to change depending on the restrictions in place and border closure.

Right now, all dinner group/coffee group venues will be restricted to New South Wales and only participants who reside in NSW will be invited to attend.



August Birthdays

Helen - August 4th
Michele M - August 12th
Cathy - August 13th
Kimberly - August 29th

We wish you all a very Happy Birthday
and hope you enjoy your special day!



A few memories from July...

