

Kushed Bulletin

Issued by: Ku-ring-gai Community Workshop 'The Shed' Inc.

Date: 29 September 2021



The Shed is Preparing to Reopen

To all our Members and Friends

With the 70% and 80% vaccination rates imminent in NSW, the Government has published a roadmap to reopening venues

We are planning for a reopening of The Shed in line with NSW Government guidelines and when all required safeguards, procedures and practices are in place

We will have further information over the next few weeks. Stay tuned!

Your Shed Committee

A Guide and Mentor

Shed Member Raymond Howes has made a number of stringed musical instruments over a 30 year period

Recently he mentored a Barker School student in the creation of a violin for the student's major work in the Year 12 Industrial Technology subject

The project has taken over 160 hours to complete. This is the second student that Raymond has mentored

The photo shows Raymond and proud student Ben Lam with his violin



Mental Health Month Public Lecture

Macquarie University would like you join in the upcoming annual Mental Health Month Public Lecture delivered by their very own Professor Viviana Wuthrich on Friday 1st October 2021 (which is also the International Older

Person's Day!).

This year's public lecture will be held as a free online webinar and is co-hosted by the Centre for Emotional Health and the Centre for Ageing, Cognition and Wellbeing at Macquarie University. Please find the attached flyer for further information. Click this [link](#) for registration.

The theme for this year's lecture is "Social Connections and Mental Health: Impacts of a pandemic". Professor Viviana Wuthrich will present the latest findings on the impact of the pandemic on older adult's mental health. The findings might surprise you. Professor Wuthrich will also talk about the importance of social connections, barriers to maintaining connections, and the impact of online connections on wellbeing.

Please note this is a public lecture so anyone interested in learning more about older adult mental health is welcome to join this webinar. Feel free to share this information with your network.

Ku-ring-gai Council October Seniors events - My Aged Care, Retirement Homes, Aged Care Costs and Seniors' Rights

You think may be interested in this series of workshops on Navigating My Aged Care, Retirement Homes, Aged Care Costs and Seniors' Consumer Rights. There are direct links to the booking pages for each event on the attached flyer, or click on the links in the information below:

Navigating My Aged Care

Tuesday 5 October

10:30am-11:30am

On Zoom - Please register to receive the Zoom link before the workshop.

Booking link <https://www.trybooking.com/BUAVG>

Presented by Felicity Rogers from Carers NSW, the Navigating My Aged Care workshop is to help you understand federally funded aged care services.

- What is My Aged Care
- Services and support available and how the assessment works
- Home Care Packages
- Real-life scenarios and likely outcomes.

Retirement homes

Monday 11 October

10:30am-12:00pm

On Zoom - Please register to receive the Zoom link before the workshop.

Booking link: <https://www.trybooking.com/BUCNI>

The session is presented by Nalika Padmasena, a solicitor from the Seniors Rights Service. If you're downsizing and considering moving into a retirement home, this info session will cover:

- The benefits of retirement homes
- Types of residential facilities
- Entry and ongoing costs
- The cost to exit
- Issues of living in residential homes
- Future care.

Understanding Aged Care Costs

Wednesday 20 October

10:30am-12pm

On Microsoft Teams - Please register to receive instructions on joining before the workshop. Booking link: <https://www.trybooking.com/BUAWM>

Mehrdad Khoshab from Services Australia will present the information session. Mehrdad will explain different care needs and how this impacts your financial situation. Topics covered include:

- How the aged care system works.
- Which aged care services are income-tested
- Deciding your care needs
- Fees you can expect to pay
- Assessments for Home Care Packages
- How aged care may affect government payments such as the pension
- Different options to pay for aged care
- Options if selling or transferring property.

Aged Care Services – your consumer rights

Wednesday 27 October

10:30am-11:30am

On Zoom - Please register to receive the Zoom link before the workshop.

Booking link: <https://www.trybooking.com/BUCNM>

The session is presented by Jill McDonnell and Gerard Dunlop from the Seniors Rights Service. They will explain your rights as a consumer when purchasing aged care services

- General entitlements and rights for Home Care Packages, retirement homes and residential care
- General issues and consumer rights when using private home care providers.

The Seniors' Events page will have links to recordings of these, and also recordings of earlier

activities <https://www.krg.nsw.gov.au/Community/Seniors/Seniors-events>

Location: St Ives Showground, 450 Mona Vale Road, St Ives.

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[Add us to your address book](#)
