



**CLIFTON COMMUNITY
HEALTH SERVICES**

Newsletter

December 2019

Chairman – Chris Bazley



Goodday Readers,

Haven't we had some crook weather lately with the season? Not long until Christmas now with plenty of pretty lights about and

a chance to eat my favourite – Christmas cake!

Lots of positive vibes from the entire Health and Aged Care Industry on how CCHS has been performing. Great effort everyone, and a special acknowledgement to our staff and volunteers. We have more Government visitors this week as the 'word has passed around' even to Canberra that the CCHS facility as a whole is an excellent example of how a regional unit should be operated.

It makes myself and the Board very proud to be seen so positively when all you often hear is bad news.

I am hoping to make it to a number of our residents Christmas lunches. Please ask any questions you may want to know about. CCHS also wants to be seen as having transparency in all things that we do.

I was honoured to be selected as the CCHS Board Chairman for another year as I enjoy seeing our community benefit from having such professional and compassionate Health, Aged Care and Hospital facility in a town of our size.

I was in Kununurra in WA last week for work where it was 43 – 44 degrees Celsius. I got a sun tan just looking at the road so it was good to get home and see the family in relatively cool conditions!

We haven't given up on getting a bus for residents and locals to use – we have enough donations to fuel and service it for over 12 months - thank you to those involved with these donations. We might start on the tyres next!

Lots of baby hares, wrens and finches in our yard as I write as it is the only green grass and flowers on our entire farm.

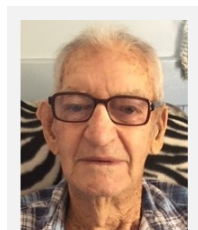
Look after yourselves and enjoy the festive season with family and friends and thank you to the staff whom have to work over the designated holidays.

Regards,
Chris Bazley.

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Complaints/Compliments and Feedback



The heat has left the garden looking a bit sad and I reckon it had better rain pretty soon. The Christmas parties are coming and we are looking forward to a good feed and I'm hoping for a beer if I'm lucky.

Last month we had the high school kids play Hoy with us which was a bit of fun. We hope to see them again next year too. Don't forget to come and see me if you have anything you want to chat about. Max

General Manager-Brad Jones



Welcome to December and as 2019 draws to a close we can reflect on another successful year for the Cooperative, and look forward to 2020. We can reflect on the people that came into our lives this year and then sadly departed, some were with

us for a long time and some, only briefly. If this is your first Christmas without a loved one, or you are facing any of life's challenges, don't be alone, reach out and seek the support of this fantastic rural community

2020 will again be a year of challenges and opportunities and we look forward to the continued support of you, our community, as we rise to meet these challenges and embrace the opportunities that our rapidly changing healthcare landscape present.

I look forward to seeing many of you at the upcoming resident and family representative Christmas parties (three this year due to our growing numbers) and I hope that by now you have RSVP'd to allow our amazing team time to finalise catering, layout and staffing arrangements.

The Royal Commission into Aged Care Quality and Safety have continued their hearings and remain on track to conclude in November 2020. The Federal Government did announce some increased funding in line with the three main streams of the Interim report, however it is unfortunate that the funding crisis in residential aged care was not addressed and that there was no positive funding news for us out of the announcement.

Over October and November we have hosted two teams from the Federal Department of Health. These dedicated departmental representatives from Brisbane and Canberra were very interested to learn about the unique nature of our integrated, health cooperative model, where we combine the private hospital, medical centre, nursing home, hostel, dementia support and independent living.

During the month I was privileged to represent our community organisation at Qld Healthcare Week and had the opportunity to address the Aged Care audience on the unique nature of our community cooperative.

Work continues on the Aged Care Quality Standards and the vast nature of the challenge means that we

continue to budget for additional external consulting assistance and will have representative's onsite in January 2020.

With the retirement of our previous training co-ordinator, RN's Raeleen and Maureen have taken on the challenge, they are chasing up the balance of 2019 training, ahead of a relaunch of the program in 2020 with a combination of online and face to face training to challenge all team members to continually upskill and improve on everything we do.

The Nirvana Hostel renovations continue in force, please note that for safety reasons the Nirvana Courtyard area is off limits until further notice whilst these important renovation works take shape. With the commencement of the installation of the new carpet and vinyl floor coverings, please follow the directions of the signage re access, as this will change day by day.

The team are working hard to minimise any impact on daily activities, please make sure to see me if you have any questions or concerns.

Please take the time to familiarise yourself with the revised opening hours for the medical practice over Christmas/New Year. Speaking of the practice we are well aware that waiting times for appointments have increased and over the last few months we have been actively seeking another fulltime doctor. As you would also be aware it is hard to attract GP's to small rural towns, particularly in times of drought. We are hopeful of being able to announce something in this regard in early 2020.

Did you know that as a Registered Charity and Deductible Gift Recipient any donation you make to Clifton Co-Op Hospital Ltd over \$2 is tax deductible? Consider making a donation today.

Please "Like" our Clifton Community Health Services Facebook Page.

Remember, a community working together with a common purpose can achieve anything.

"Together we will continue to make a difference"

Regards Brad

Lifestyle Coordinator— Jade Gilchrist



Lifestyle & Volunteer Coordinator—Jade Gilchrist

Hi everyone,
Kicking off December with an indoor Christmas market and hope the residents can enjoy the shopping experience and get the opportunity to buy gifts for others or just spoil themselves for a change. We are expecting a variety of different stalls and I look forward to seeing how it goes. We will be opening this market to staff and the community so please get the word out there and support our stall holders.

Christmas Parties are being organized and this year we will have three as we have grown over the past twelve months and

fitting us all in is proving a challenge. So make sure you get in your RSVP as this was due on the 22 November.

The Clifton Sings concert was very successful with about 20 singers in the Choir, 10 musicians in the instrumental band and the organ.

Time for me to get my running shoes on and get December festivities underway.

Please feel free to stop me for a chat anytime!

Kind regards, Jade

Thinking about becoming a volunteer?
Give Jade a call 0400 404 490

December Birthdays

- Lexi C 11th
- Elva F 28th
- John O 4th



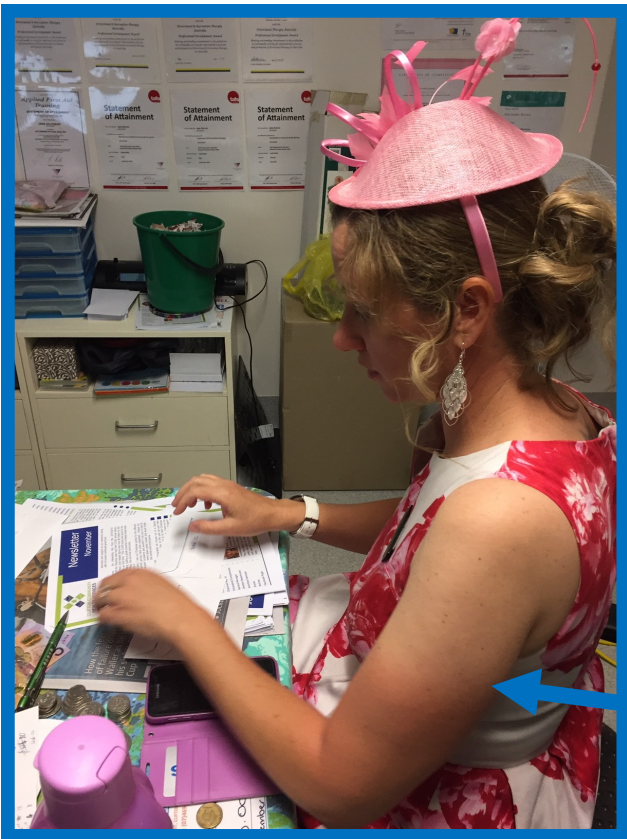
All welcome to attend the Celebration of Life Service 3rd Monday of each month 10:30am in the DT Building



Lifestyle Award WINNER



**The winner of the Lifestyle Award for November Erin under the category of Excellence in Dignity
Congratulations Erin**



Melbourne Cup entertainers
by local musicians Terry, Bill
and Graham

Casey doing the sweeps



Clifton Sings brought to us
by the Royal School of



Grace Murray Playing
Piano for us once per



10:00am

MORNING TEA
ACTIVITIES START
AROUND 10:30AM

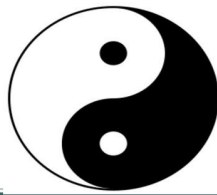
December 2019



**CLIFTON
COMMUNITY
HEALTH
SERVICES**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 Movie 	3 BINGO 	4 Lynelle Plays 	5 Heritage Highlanders 	6 Christmas Market 	7 HEY YA <i>it's Saturday</i> 	1 10.30am Presbyterian Service 
9 9:00am Catholic Church Service 	10 NHome 11am Christmas Party 	11 Nirvana 11am Christmas Party 	12 Sunflower 11am Christmas party 	13 BINGO 	14 Three Angels Gospel Singers 	8 KEEP CALM AND HAVE A LAZY SUNDAY 
16 Tai Chi 10:30am Celebration of life 	17 Cards & Games 	18 Residents Meeting Birthdays 	19 Grace Plays 	20 BINGO 	21 HEY YA <i>it's Saturday</i> 	15 KEEP CALM AND HAVE A LAZY SUNDAY 
23 Tai Chi 10:30am Anglican Church 	24 hoY 	25 Christmas Day 	26 Boxing Day 	27 2pm Happy Hour BINGO 	28 HEY YA <i>it's Saturday</i> 	22 KEEP CALM AND HAVE A LAZY SUNDAY 
30 Sports 	31 Cards & Games 					29 KEEP CALM AND HAVE A LAZY SUNDAY 
						RESIDENTS BIRTHDAYS John 4th Lexie 11th Ellie 28th

PROGRAM IS SUBJECT TO CHANGES



COMMUNITY TAI CHI CLASSES

Tai Chi for health, relaxation
and falls prevention.

Term 1 2020 Clifton Qld.

Tuesday 4-30pm
4th Feb. to 24th Mar.
1 hour \$10-00
Beginners welcome.

Thursday 2pm
6th Feb. to 26th Mar.
45 min. \$5-00
“Change Project”
Beginners or suitable
for people recovering
from surgery, injury or
illness.
Seated or standing.

Classes are held at the
Clifton Community
Health Services,
Diversional Therapy
Room, entry via
Kates Street, Clifton.

Booking is appreciated
Contact Louise Kennedy
0419 786 502



Tai chi for health & relaxation is a fun and relaxed class with easy routines. Beginners welcome. All classes are suitable for people aged 18 years and over. Please wear comfortable loose clothing and enclosed flat shoes. Bring water and a smile, classes are friendly and informal.



Indoor Christmas Market

December 6th

10am to 12pm



**Books, Jewellery, Fashion
Accessories, Fudges,
Cake stall, and more**

**Make sure you have spending money or contact
your family to organize some for you.\$\$**

Public and staff welcome

Public to Enter through Kate street





Clifton Community Health Services

Published by Jade Gilchrist [?] · 22 mins ·

A great concert was held here on Saturday for the Clifton Sings workshop by the Royal School of Church Music.




Clifton Community Health Services
@CliftonCHS



Clifton Community Health Services

Published by Brad Clifton [?] · November 15 at 11:07 AM ·

Thank you to Matt & Deb who asked for donations in lieu of presents at their recent wedding. They distributed to several charities including Clifton Community Health Services. This generous donation allowed the purchase of a bench seat for Sunflower Lodge. "Benny's Bench" honours Matt's father in England who is living with Dementia.



Clifton Community Health Services

Published by Jade Gilchrist [?] · November 21 at 10:48 AM ·

One of our wonderful entertainers Grace Murray playing for our lovely residents.



Clifton Community Health Services

Published by Jade Gilchrist [?] · November 18 at 11:27 AM ·

Did you know that once per month Kath delivers our Celebration of Life Service to remember the residents that have passed. We start at 10:30am and families and staff are welcome.



Clifton Medical Practice Christmas & New Year Opening Hours 2019

Tuesday 24 th Dec:	8:30am – 12:30pm
Wednesday 25 th Dec:	CLOSED
Thursday 26 th Dec:	CLOSED
Friday 27 th Dec:	8:30am – 5:00pm
Monday 30 th Dec:	8:30am – 5:00pm
Tuesday 31 st Dec:	8:30am – 12:30pm
Wednesday 1 st Jan:	CLOSED
Thursday 2 nd Jan:	8:30am - 5:00pm
Friday 3 rd Jan:	8:30am – 5:00pm

