



## From Peter's pen



Let me share with you a beautiful story—a story that embodies hope, love, and the power of giving. The story of Bridges.

Five hundred different people – you, our consumers, 150 volunteers and 15 staff – make Bridges. Each of us has a fascinating story: a well-lived, extraordinary life and a life of surviving adversity. Together, they are Bridges's story. What a tale it is!

As we navigate the future, we adapt and change. Bridges is no different. We work hard to offer outstanding programs and services. We plan to launch several this coming spring. In the meantime, we continue to change to ensure our services offer variety and vibrancy viably.

Stories are the essence of life, imagination and creativity. They are our way of sense-making and moving forward. Bridge's story is about people helping people. What we did 40 years ago has changed, and that's a good thing.

*Peter Burns*

*CEO*

*Bridges Connecting Communities*

## Building works

Two years ago, a burst pipe undermined the footings of the Bridges depot. Two years later the ground had dried enough for the rectification works. It's been messy, but better than having the building fall down!

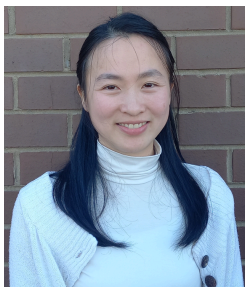


# GOODBYE

After 8.5 years, Maureen, who served as our Transport Coordinator, bid farewell to Bridges to embark on a new journey back home to Ireland. On April 2nd, colleagues and volunteers expressed their farewells, acknowledging her remarkable contributions to the transport department. Her absence will be felt, and heartfelt wishes were extended for her future endeavors.



# WELCOME



CJ (Chyan Jih) recently joined Bridges in April as our new Transport Coordinator.

“I am eager to enhance our transport services and genuinely excited about the journey ahead and the positive impact Bridges continues to make.”

CJ

## Reminders

For those that self-drive to our programs, we kindly ask that you turn up no more than 10 minutes before the start time. It is important that our Tutors have enough time to adequately set up, and also have their scheduled breaks. Thank you.

## Important

Our services are designed to support those who are independent with mobility, cognition, and personal or self-care tasks. Volunteers are not able to provide assistance with personal care as they are not trained care workers. We kindly ask that you please respect the boundaries put in place to protect both Volunteers and Consumers.

If you are struggling to complete your personal care tasks independently, then we suggest that you talk to a family member, or your trusted support network. Contact My Age Care for support on 1800 200 422

## Requests


If you use our transport to attend activities or classes that are not run by Bridges, please let us know in advance if you do not require transport due to school holiday closures. This helps us with coordinating drives and will likely free up a volunteer driver for another consumer. Thank you.



We are thrilled to announce some brand-new group offerings starting on the 1st September 2024. These have been in the works for a while, and we are very excited to see these added to our program calendar. **We are taking expressions of interest for these now as we expect these will fill up quickly.** Please contact the office on 9753 4577 or chat to your program tutor to register your interest.

### Monday

**Plant Lovers**  
Fortnightly  
12:00pm - 2:00pm  
Various Venues  
Nurseries & cafe




### Tuesday

**Cafe Catch-up**  
Weekly  
12:30pm - 2:30pm  
Various Venues  
Local cafes  
Self drive only




### Tuesday

**Computer Social**  
Weekly  
9:30am - 11:30am  
Carrington  
(Beginners)



### Tuesday

**Computer Class**  
Weekly  
1:30pm - 3:30pm  
Carrington  
(Intermediate)



### Wednesday

**\*Wanderlust Wednesdays**  
Weekly 9:30 - 11:30am

**A different group each week!**

Arts & Culture*	Book Chat*
Mystery Bus Tour**	Armchair Travel*

Held at \*Carrington and \*\*Various venues


### Friday

**Restore & Recycle**  
Weekly  
1:30pm - 3:30pm  
Carrington Park  
(woodwork room)



### Friday

**Fit Fridays**  
Weekly  
1:30pm - 3:30pm  
Walking group  
(& cafe visit)  
Various venues

**Go to page 4  
for more  
information**





# NEW PROGRAM ACTIVITIES



## “Wanderlust” Wednesdays

*“the wish to travel far away and to many different places”*

### Armchair Travel



Join us for a relaxed weekly session as we discover a different destination each time, featuring videos, trivia, music, and culinary delights.

### Arts & Culture



We will explore a range of art forms including current exhibitions, music, and films, delving into the creativity and inspirations of artists.

### Mystery Bus Tour



An exciting tour to a Mystery location. We will inform you as to whether it is BYO morning tea or morning tea at a venue (at cost to you). Other than that, it is a surprise!

### Book Chat



A facilitated round table chat with other book lovers. Bring a book you are currently reading. You will not be expected to read the same book as the group.

### Restore and Recycle



Meet in a friendly environment while you work with your hands, restoring and rejuvenating a small furniture item, as well as learning to make some handy timber boxes. No previous experience required.

**Tea, coffee and biscuits provided when attending a group at Carrington**

### Plant Lovers



We will be visiting local nurseries/ garden centres on a fortnightly basis where you will get the opportunity to pick up a few plants (or just enjoy window shopping). Lunch will be at either the nursery cafe, or a nearby cafe, at your expense.

### Cafe Catch-up



A self-drive group that meets weekly at local cafes to enjoy meals and coffee, fostering friendships.

### Computer Social



Have fun learning some basic tech skills in a social group setting. Bring your own device (tablet, phone, laptop). Skill level: beginners.

### Computer Class



Computer Class is designed to boost your understanding of technology. The Class is structured with lesson plans led by an experienced tutor. Bring your own device (tablet, phone, laptop). Skill level: intermediate.

### Fit Fridays



We will head to various local walking tracks/locations and afterwards enjoy a cuppa at a local cafe. You must be able to walk 2km unassisted. If the weather is wet, it will be a cafe outing. You will be notified of any changes beforehand.

**From September 1st the following group names will change:**

**Active Brains Club changes to “Active Minds”**

**Cards & Games Club changes to “Game Time”**

**Quiz & Puzzle Club changes to - “Quiz & Puzzle Fun”**

**Shopping Bus Club changes to - “Shop Connect”**



**NEW UPDATE**





**At Bridges, we pride ourselves on providing exceptional value for the quality of our services.**

**Our team is dedicated to ensuring that you receive individual attention and solutions to meet your unique needs.**

## What's New?

**From the 1st of September 2024,**

- you have spoken and we have listened - we will scrap the \$2.50 booking fee.
- where do you want to go? We will be offering unlimited kilometres.
- a new look, easier to understand fee schedule.
- a range of exciting new programs

## Did you know?

- We are cheaper than a taxi\*

From	To (and return)	Distance	Taxi Fee	CHSP co-payment	HCP/NDIS & Private
Tecoma Uniting Church	Maroondah Hospital	34km	\$100.38	\$27.50	\$85.00

- We reimburse our Bridges Volunteer Drivers for their fuel expenses.
- Bridges has over 150 active Volunteers.
- Bridges employs 15 paid staff.
- Over the past 12 months automotive fuel prices have increased 25 per cent, which has been the largest contributor to higher living costs for Australian households\*

**If you are experiencing financial hardship, please talk to us as we may be able to help through our Financial Assistance Program.**

**This program is designed to assist people experiencing financial hardship and enable them to benefit from and enjoy our services.**

\*Australian Bureau of Statistics Website, Higher petrol prices increase living costs - Media Release 03/11/21