

THE COOKING CORNER



Do you have a simple recipe to share? Send it to Community Services, PO Box 540, Virginia QLD 4014 or email to intake@stjohnqld.com.au and it could be featured in our next Chatter newsletter.

This edition's recipe is from Eileen Burgess in Brisbane – Kourambiethes (Greek shortbread)

Ingredients

- 250g unsalted butter
- ¾ cup icing sugar
- 1 egg yolk
- 1 tsp baking powder
- 2 ½ cups plain flour
- 1 cup chopped almonds
- Icing sugar for decoration

Method

1. Cream butter and sugar
2. Add egg yolk
3. Sift in flour and baking powder
4. Add almonds
5. Knead into a smooth dough
6. Roll out small amounts in hand to create small crescent shapes
7. Place on greased baking tray and bake for 25-30 minutes in a moderate oven until pale golden brown
8. Partly cool and dip biscuits into icing sugar to dust while slightly warm.
9. Allow to cool and enjoy!

HAZEL'S FUN FACTS

Spring is in the air and the perfect time to do some gardening! This edition of Hazel's fun facts is garden themed. There's a lot more to our gardens and much loved plants than we realise. Here are some super interesting facts that you didn't know about plants – until today.



A sunflower is not just one flower. Both the fuzzy brown center and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.



Some of your favorite fruits are actually in the rose family. Apples, peaches, and pears -oh my! Plus cherries, raspberries, strawberries, and more are rosaceae, making them relatives to the long-stemmed Valentine's Day variety.



Trees are the longest-living organisms that exist on earth!



**Aspire Classic
6" Seat Walker/
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Was \$149, now \$99!
With free shipping!



**Tena® Flex Maxi
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Available in small, medium
large sizes \$40.95 WITH
FREE SHIPPING

Visit our online shop at <https://www.stjohnqld.com.au/shop/> or call St John Ambulance Qld on 1300 785 646 for more information.



St John is running some festive social trips in December. Call 1300 785 646 to book your spot!

Brisbane

- 6/7/8th December
Christmas lights bus tour

Bundaberg

- 26th November
Christmas party at East End Hotel
- 3rd December
Christmas shopping at Hervey Bay
Stockland Shopping Centre
- 13th December
Christmas lights bus tour

Hervey Bay

- 14th December
Christmas shopping in Bundaberg

Maryborough

- 7th December
Christmas shopping in Bundaberg

A FEW REMINDERS

DETAILS UP TO DATE?

Have your circumstances or contact details recently changed? Please call St John Qld to keep your details current. You should contact us if:

- You have recently transitioned to a Home Care Package or the NDIS (National Disability Insurance Scheme)
- There have been any changes to your living situation
- There have been significant changes to your health and/or mobility that may impact on our service provision.
- Call St John Qld today on 1300 ST JOHN (785 646).

CASHLESS PAYMENTS

The cashless payment system has been rolled out and is now operational across all transport service areas. When booking a trip please advise the booking agent if you are paying by credit card or cash. If you wish to pay by credit card you have the option of paying over the phone, or via the cashless system at the time of your trip.

LOST PROPERTY

Our transport team accumulate a large collection of unclaimed and unidentified lost property. If you believe you have misplaced an item, please call us on 1300 785 646, Option 1, to enquire.

FEEDBACK

Feedback is essential for St John Ambulance Qld to understand your needs and expectations about our services and we're always striving to improve the experience for all clients. You can provide us with feedback in a variety of ways such as calling us on 1300 785 646, writing to us at PO Box 540, Virginia QLD 014 or emailing us at clientfeedback@stjohnqld.com.au.



COMMUNITY CARE & SUPPORT SERVICES

CHATTER

1300 785 646 | WWW.STJOHNQLD.COM.AU



LOGAN HOSPITAL VOLUNTEERS HELPING PEOPLE GET VACCINATED!

Our amazing St John Qld volunteers have been working with Logan Hospital to get Queenslanders vaccinated against COVID-19!

Their hard work in the COVID-19 immunisation clinic saw the vaccination process running smoothly and efficiently. Logan Hospital awarded them a certificate for all their efforts.

Well done to our volunteers!



SIGN UP TO OUR EMAIL!

We're here to empower, equip and connect you with the services you need. You can sign up to our email list on our website or email us at intake@stjohnqld.com.au to receive Chatter and updates through email.

CONTACT US

The only number you need to contact us on is 1300 785 646. Select Option 1 for Community Care & Support Services then listen carefully to the sub-menu options that best suit the reason for your call.

OPTION 1:
Transport Bookings

OPTION 2:
Transport Cancellations

OPTION 3:
Telephone Services, Medical Alarms,
Community Visitors Scheme

OPTION 4:
All other Community Care & Support
Services enquiries

Public Holiday closures:
St John Qld Community Services will be closed:
From 12pm 22nd December 2021 to 3rd
January 2022 (inclusive)
26th January 2022 (Australia Day)

During this time, essential services will remain open:
For Medical Alarms, phone 1800 104 226
For Community Calls phone 1800 758 273



MENTAL HEALTH WEEK 2021

From the 9-17 October, St John Qld celebrated Mental Health Week. It's a strange thing to say 'celebrating' but with each year that passes, there is more awareness of mental health challenges and bit by bit, the stigma is being reduced... and that really is something to celebrate.

One of our Mental Health and Wellbeing team members, Blair has written a reflection that we'd love to share with you.

Recognising the signs and getting support

This Mental Health Week, I would like to reflect on the extraordinary past year and a half with the advent of the global pandemic affecting us all and impacting on our mental health. The uncertainty surrounding the pandemic, especially the misinformation conveyed on social media can increase feelings of discomfort and stress. In such times it is normal to have some feelings of anxiety and even feelings of low mood, commonly known as depression. Research suggests that even before the pandemic, one in five Australians may suffer from a common mental illness such as depression, anxiety or even substance use disorder, yet many do not receive the treatment or support that they need to recover well.

Knowing the signs of possible mental health problems and how to access support are key in helping people to overcome these barriers to get

the help they need. We all have some idea of what anxiety and depression feel like. Anxiety can have us worrying constantly about things both large and small, make us feel physically ill, and often cause us to avoid the things that make us feel this way. Signs of depression include not only constant feelings of sadness but can also include not being able to enjoy anything, so much so that people stop participating in life, everything becomes too much effort.

While brief episodes of depression or anxiety happen to us all, when these feelings become persistent, lasting more than a couple of weeks and cause us constant distress making it difficult to live our lives then we should seek help. Getting help early minimizes the risk of these symptoms developing into a more serious mental health problem, and can help us get back on our feet. If you are worried that this may be you, then make an appointment with your GP to discuss your mental health.

There are some wonderful organisations here in Australia who can offer support.

- Beyond Blue 1300 224 636
- Lifeline 131 114
- GriefLine 1300 845 745
- Suicide Call Back Service 1300 659 467
- Dementia Support Australia 1800 699 799

HIGH TEA AT DANDELION AND DRIFTWOOD

A delicious high tea was enjoyed by some of our lovely clients and staff at Dandelion & Driftwood recently. Great company and great food made for an amazing day out!

If you are interested in reconnecting to your community, making new friends or just getting out of the house then call us on 1300 785 646 and hear about our upcoming social trips!



OUT AND ABOUT WITH ST JOHN

St John Qld have been busy out in the community promoting our wonderful services!



Jas & Angela at the Brisbane Disability Expo



The team at the 137th sailing season at the Royal Queensland Yacht Squadron



David and Jasmin at the Brisbane Care Expo



Craig having fun at the Fraser Coast over 50's Lifestyle Expo

FIRST AID IN SCHOOLS

The St John First Aid in Schools program aims to offer every primary school student the opportunity to be taught the basics of first aid and resuscitation – at no cost. Children are often required to act when no adult is available to assist.

At St John we are so happy that schools are getting involved and joining us on our mission to equip students with essential first aid training. If you know of a school that is interested in booking a session for 2022 please contact us on 1300 785 646 or email firstaidinschools@stjohnqld.com.au.



SENIORS MONTH 2021! HAVE YOU SEEN OUR NEW VIDEO?

In recognition of Seniors Month (October 1-31) we released a new video which aims to share a little bit about what we do here at St John Qld to help seniors in our community. Check out the video here: <https://www.youtube.com/watch?v=BRKivM27Za4>

Seniors Month aims to:

- Improve community attitudes towards older people and ageing.
- Facilitate community participation and activity by older people, including those from Indigenous and culturally and linguistically diverse backgrounds.
- Enhance community connections and inter-generational relationships.

This aligns with the Queensland Government's and Council on the Ageing (COTA) Queensland's vision of building Age-friendly communities in Queensland.



OLDER PERSONS COVID-19 SUPPORT LINE

Some older people are vulnerable to COVID-19 but less connected to the internet and in need of ways to access information for their circumstances. The Older Persons COVID-19 Support Line provides information and support. Older Australians, their families, friends and carers can call 1800 171 866 for extra support, or if they have questions about the COVID-19 restrictions.



NEW PHONE SYSTEM

St John Ambulance Qld has a new phone system! While the sub-menu option selections will remain the same, it may sound a little different. We thank you for your patience while we implement our new phone system.