Issue 2, Volume 2

Corumbene Connect

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TALK TO US

What do you think of Corumbene Connect?

Did you know you can also receive the issue as an e-mail and in other formats?

Contact us by emailing marketing@corumbene.org.au to provide any feedback or to receive the issue as an e-mail in the future.

If you know someone who needs assistance, please call My Aged Care at 1800 200 422 or go to www.myagedcare.gov.au

Corumbene

UPCOMING EVENTS

Corumbene Events

Check out events happening at Corumbene and in the Derwent Valley and Greater Hobart area.

Date	Activity	Time	Location	Notes
Every first Friday of the month: 2 September	Derwent Valley Art Film Society Screening	Doors open at 6:15pm. Film starts at 7pm.	Palace of Unearthly Delights 45 Burnett St, New Norfolk	$36 yearly membership.
Every first Saturday of the month: 3 September	Derwent Valley Repair Cafe	11am - 1:30pm	Create Do & Mend at 63 High Street	Have an item that needs mending? Join the Repair Cafe for support.
7 October	Residents & Relatives Forum	1:30pm	Corumbene's Multi-Purpose Room	Everyone is welcome!
8 October	Rural Primary Health Tai Chi Pop-Up Class	Starting at 2pm	On the grass lawn behind The Health Hub on the Avenue	Everyone is welcome to this free event. RSVP by calling 03 6261 7327
15 October	Pink Ribbon Breakfast for Breast Cancer Awareness	Starting at 9am	Rural Primary Health Office at The Health Hub	Bring a plate and/or donate!
22 October	Public Holiday Closure - Royal Hobart Show Day	All day. Reopen on 23/10.	Corumbene's Reception, Linkway Café, Rural Primary Health and Community Services will be closed on this day.	
26 October	Annual General Meeting	Starting at 6pm	Corumbene's Multi-Purpose Room	Please email nhoskinson1@corumbene.org.au to RSVP

UPCOMING MONTHLY COMMUNITY SUPPORT WORKER MEETINGS

Our support workers will be unavailable one Tuesday per month from 1.30pm – 3.00pm, as they attend this compulsory meeting. The scheduled meeting dates are as follows:

- 20 October 2026
- 17 November 2026
- 15 December 2026
- 16 February 2027
- 16 March 2027
- 17 April 2027

MEL'S MONTHLY RECIPE

Our dietitian services are designed to support healthy ageing with simple, nourishing food choices. We help older adults maintain strength, energy, and independence through personalised meal plans, high-protein strategies, and support for common concerns like reduced appetite, weight loss, and chronic conditions.

If you are interested, please contact your case manager to utilise your Support at Home funding or GP for a referral today.

Banana Bread

Ingredients:

4 large, ripe bananas
1 tsp cinnamon
1 tsp baking powder
1 tsp vanilla extract
1 ⅔ cups wholemeal flour
2 eggs
½ cup extra virgin olive oil
¼ cup honey

Method:

1. Preheat overn to 190C, line loaf tin with baking paper
2. Place all dry ingredients in a bowl and mix
3. Place all wet ingredients in a blender/food processor and mix.
4. Add together until all combined, add to loaf tin.
5. Add to oven, cook for 30minutes or until cooked through. Allow to cool before cutting into slices.

As always, if you have any questions, or would like to get in touch, feel free to reach out:

📧 reception@isleofnutrition.com.au
🌐 www.isleofnutrition.com.au

LET'S MEET A COMMUNITY SUPPORT WORKER

Introduce Yourself:

Hi, I'm Kayla! Outside of work, I enjoy spending quality time with my family and our two dogs. Being outdoors and making the most of every opportunity to create special memories.

How long have you worked in aged care?

I'm new to the aged care industry and have recently started my career with Corumbene as the receptionist for Community. Although I'm at the beginning of this journey, I've already learned so much and am looking forward to growing my skills and building meaningful relationships with our clients.

What inspires you to work in aged care?

What inspires me most is the opportunity to make someone's day a little brighter. Whether it's through a friendly conversation, offering support, or simply being there to listen, I believe the little things can have a big impact. I wanted a career where I could genuinely help people, and aged care gives me that opportunity every day.

What is your favourite moment with a client so far?

Although I'm still new to Corumbene, my favourite moments have been speaking with our clients and their families over the phone. I enjoy being able to help answer questions, provide reassurance, and make people feel supported from the very first conversation. It's rewarding to know that a friendly voice and a caring approach can help make someone's day a little easier.

LET'S MEET A COMMUNITY SERVICES CLIENTS

Say hello to Margaret!

Margaret, who turned 100 in March 2026, is somewhat of a local legend. Born in Granton, she moved to New Norfolk in 1948 with her husband after he finished his carpentry apprenticeship after the war. Now, she is one of the most well-known people in New Norfolk. She even had a hand in the creation of Corumbene and the Auxiliary which fundraised for residents.

Margaret was present at the opening day of Corumbene on 15 August 1966 on Montagu Street. She was one of the original volunteers that helped clear out the Old Cottage Hospital and was one of the founding members of Corumbene's Ladies Auxiliary and served as the President for 25 years and Vice President for several years afterwards.

This group of volunteers, later just called The Auxiliary once men were allowed to join, started off with 28 members. The Auxiliary spent the next 59 years fundraising thousands of dollars a community bus, geriatric beds, equipment, a timber lectern, storyboard placards and more. During the holiday season, the Auxiliary became well-known for providing Christmas trees, sweet treats and gifts to residents.

Even though the Auxiliary closed its operation at the end of June 2025, Margaret still feels very connected to Corumbene, especially now that she is a Community Services client. Margaret has a Community Support Worker come by her house every fortnight to take care of tasks she isn't able to do, but for the most part she is still tidying up her house and doing all the household chores with minimal need for assistance.

UPDATES FROM COMMUNITY SERVICES

Your Voice Matters – Our Community Client Survey Is Out Now!

Our Community Client Survey is now open! Your feedback matters. Tell us what we are doing well, what matters to you and how we can make our services even better.

You can complete the survey online. A link has been sent via text message to your preferred mobile number. If you haven't received this text message and would like the link re-sent please call our office. Prefer paper? Call our office to have one posted out or for you to collect it at the Community Services Office.

Thank you for helping us shape the future of our services, together.

Get to know ACE, Our New Clinical Assessment Tool

In October, we will be introducing ACE, our new clinical assessment tool, designed to give our Nurses and care teams greater insight, stronger assessment tools and a clearer picture of the support each client needs.

As we move every client across to ACE, your Case Manager or Programs Coordinator may be a little less responsive than usual. This is temporary. Moving each client to ACE is a manual process. Our staff need the time and space to focus so your information is complete, accurate and ready to support your ongoing care. However, if you need anything, you can still call us as usual.

Once you are transitioned to ACE, your Care Plan may look different. ACE provides our Nurses with access to greater clinical assessment tools, helping us build a more comprehensive understanding of your needs and support you in a more informed and individualised way.

Thank you for your patience and understanding during this transition.

Support at Home Personal Care Contribution Changes

On 1 October, a change is coming to Support at Home service list. The personal care services will move from the Independence contributions category to the Clinical supports contributions category. This means the Australian government will fully fund personal care services if you have been assessed and approved for Support at Home funding. You will not pay out of pocket for personal care services like showering, dressing, eating, and hygiene if you've been approved to access these services in your support plan and have available Support at Home funds.

To learn more, head to https://www.myagedcare.gov.au/news-and-updates/support-home-personal-care-contribution-changes

JOIN RPH FOR TAI CHI & PINK RIBBON BREAKFAST

During the month of October, Corumbene's Rural Primary Health will be hosting a few events that they would love to invite you to come along and join in.

The first is for Mental Health Week, Rural Primary Health is partnering with SMB Functional Fitness to offer everyone at all skill levels a free Tai Chi class to learn about the mental and physical benefits of this practice. Join us at the grass lawn behind the Health Hub on the Avenue on Thursday, 8 October at 2pm.

The second is for Breast Cancer Awareness Month, Rural Primary Health will be hosting its second annual Pink Ribbon Breakfast to raise fund and awareness for breast cancer research. Feel free to pop by the Rural Primary Health offices on Thursday, 15 October at 9am. Bring along a plate to enjoy some yummy breakfast treats and any gold coins you have to donate if possible. You can also donate via the link here: https://fundraise.nbcf.org.au/fundraisers/corumbeneruralprimaryhealth

COTA'S SENIORS MONTH EVENTS

Throughout the month of October, Council of the Aging (COTA) Tasmania is honouring Seniors Month. Across the state of Tasmania there will be events, activities and festivities to celebrating ageing.

To spread the word about all the events happening across the island, COTA have created an events guide book for people to download and check out local activities to participate in. For those living in New Norfolk and the Derwent Valley, we've selected a few events you might want to mark on your calendar this October.

Activity	Location	Date & Time	Notes
Digital Support at New Norfolk	New Norfolk Library	Every day in October	Get one-on-one support and gain confidence using tech devices, internet and apps.
Line Dancing	Freedom Health & Wellness	Every Wednesday in October from 10am - 11am	Take to the dance floor with a beginner-friendly line dancing class.
Ageing Backwards Class	New Norfolk RSL	Every Thursday in October from 1pm - 2pm	Join this free gentle movement class so you can build strength, balance and confidence.
Fiddle & Squeeze Concert + Afternoon Tea	Corumbene's Main Lounge	15/10 from 2pm - 3pm	Be sure to pop by Corumbene for a concert by Fiddle & Squeeze and an afternoon tea in honour of Seniors Month!
Seniors Month Olympic Games	Derwent Valley Community House	14/10 from 10:30am - 12:30pm	Join in a new version of the Olympic Games and support your country of choice by wearing their colours.
Grab and Go	Derwent Valley Community House	28/10 from 10:30am - 12:30pm	Emergency preparedness workshop with the Red Cross.

To download COTA Tasmania's Seniors Month Program guide, head to https://cotatas.org.au/events-and-activities/seniors-month for more information about all the events taking place in October.

EXPUNGEMENT OF HISTORICAL OFFENCES

Did you know?
Tasmania was the last Australian state to decriminalise homosexuality and the only state to criminalise cross-dressing. Many people continue to live with the consequences of convictions under these former laws.

The Tasmanian Government's Expungement and Redress Scheme recognises this historical injustice by allowing eligible records to be expunged and providing financial redress to those affected. This initiative marks an important step towards acknowledging past harm and supporting those who experienced it.

Eligible applicants can receive redress payments ranging from $15,000 to $75,000, helping acknowledge the harm caused by these unjust laws and supporting a continued commitment to equality and justice.

Find out more about eligibility, the application process, and available support at ehos.tas.gov.au. The Tasmanian Governemt has also compiled list a Frequently Asked Questions and provided answers at ehos.tas.gov.au/questions-answers.

Find out more

- Call 1300 156 545
- Head to: https://www.ehos.tas.gov.au/
- Use the QR code below

STAFF REWARDS & RECOGNITION

Each quarter, we dedicate an afternoon to gather for a nice afternoon tea and conduct our Rewards & Recognition ceremony to spotlight our dedicate and hardworking staff members who show our values every day.

Congratulations to this quarter's award recipients:

- Kristy - Encouragement, Honesty and Stewardship
- Angela - Teamwork, Respect, Encouragement and Honesty
- Tameka - Teamwork and Stewardship
- Sam - Encouragement
- Deb - Teamwork and Respect
- Eleanor - Teamwork, Respect, Encouragement, Honesty and Stewardship
- Leesa - Teamwork, Respect and Honesty
- Holly - Teamwork, Respect, Encouragement, Honesty and Stewardship
- The Catering Team - Teamwork, Respect, Encouragement, Honesty and Stewardship
- The ECA Team - Teamwork and Respect

Special shout out to Marisa, Di, Jade and Alison for 5 years of service and Christel for 20 years of service at Corumbene!

HOW TO GIVE FEEDBACK AND GET CONTACT INFO

We would love to hear from you!

At Corumbene Community Services, we are committed to providing high-quality care and support. Your feedback helps us understand what we are doing well and where we can improve.

Whether you would like to share a compliment, make a suggestion, raise a concern or lodge a complaint, we encourage you to let us know. Every piece of feedback is valued and helps us improve our services.

How to provide feedback:

- Scan the QR code to complete our online feedback form
- Phone: (03) 6261 7330
- Speak with us: Your Case Manager or Programs Coordinator
- Visit: Community House – 13-23 Lower Road, New Norfolk

If you need support to provide feedback including language or advocacy services, please let us know. We are happy to help.

If you are not satisfied with how we have handled your complaint, you can contact external groups for an independent review:

- The Aged Care Quality and Safety Commission
  - Visit: https://www.agedcarequality.gov.au/ or Call: 1800 951 822
- Advocacy Tas
  - Visit: https://advocacytasmania.org.au/ or Call: 1800 005 131
- OPAN
  - Visit: https://opan.org.au/ or Call: 1800 700 600

For more information about our Feedback and Complaints process or our Whistleblower Program, please visit our website by scanning the QR code.

Important Contact Information

Need to...	Contact...
Talk to Corumbene	Call 03 6261 7330
Cancel a service after-hours	Call the after-hours phone number (cancellations only)
Speak to a nurse 24/7	Call HealthDirect 1800 022 222
Find an after-hours GP	Visit the Primary Health Tasmania website
Check emergency warnings	Visit the TasALERT website
Emergency	Call 000

CONNECT WITH US

WANT TO CONTRIBUTE TO THE NEXT ISSUE OF CORUMBENE CONNECT?

Are you keen for more people to come to an event you love or do you want to share something with the Corumbene community?

Connect with us via email at marketing@corumbene.org.au to have your favourite event or topic featured in the next issue of Corumbene Connect.

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