



MAHJONG:
I discovered other people in Braidwood who'd started learning to play Mahjong and so we play in the CWA rooms on Thursday afternoons and we're always looking for new members. It's a great game because it's a good mixture of skill and luck — no matter how skilled you become, if you don't get the right tiles, you cannot win.

Stephanie Shean:



COUNTRY WOMENS ASSOCIATION:
The CWA at present has about six key workers but we have a large membership when you include the groups that use the CWA rooms. We do need more younger members — two younger people from Araluen have joined recently, they're only in their fifties!
We have our craft day every Monday where we make things for various charities.

Elizabeth Heath and Jenny Bodman



BRAIDWOOD PHARMACY:
We're here today to help people understand the importance of knowing their medication, knowing the drug name and its strength and how to take it. How to deal with colds and flus, how to deal with them, antibiotics or not. How to know when it's time to do the right thing by ourselves, stop work and go home to bed. A bit about pain relief.

Bente Hart



HOME AND COMMUNITY CARE:
I'm the co-ordinator for HACC, that's the home care service that's run under the overall MPS umbrella. That includes: meals on wheels, community transport, domestic and personal care assistance, home maintenance and modification. I also look after community aged care packages, carers support groups and I also oversight other non-government support organisations who provide support to our 2622 postcode area.

I think the issues of greatest importance to elderly people are good health, being able to access tertiary healthcare services outside our local area and because Braidwood has no public transport, being able to get to those services. At the hospital we have some HACC funded transport including non-emergency health related transport — but our funds are limited.

Judy Coe,

IAN FLAVIEL, BARRY McDOWELL AND JOHN BUNN FROM THE MENS SHED.



AUTUMN 2014

BARRY McDOWELL GETS A PRESSURE CHECK.



The Braidwood Region Seniors Association Inc. was established in 2009 in response to a need for an organisation specifically to advocate for the rights and needs of older people living in the Braidwood area.

The BRSA is not a social group; it's there for advocacy. Our most recent cause has been the second pedestrian crossing for Braidwood. That looks like it's underway so we're looking for input from the seniors in the community to let us know what they would like us to take up.

We meet on the third Friday of each month at the Braidwood Services Club at 11.00 am. We're very grateful to them for allowing us to meet there.

We also run a program on the third Wednesday of every month called 'Spinning Your Yarn'. We have about twenty folk get together where seniors can talk about their life, to listen to other people, to socialize and to share their experiences of long and productive lives. It works very well.

The aim of the workshop is to assist seniors to write something about their lives. Everyone has a story to tell and each one is unique. There is always much laughter. A scribe is ready to assist for those who are unable to, or do not wish to, write themselves. Morning Tea and sandwich lunch is provided.



EILISH BLAKELY-KIDD BRSA PRESIDENT



Mens Shed We haven't quite finished the fitting out of the shed. The computer's been installed though and we have internet access. There's no age requirement to join the Mens Shed.

John Bunn

CLOCKWISE FROM ABOVE: JEAN CARGILL, CAROL HANCOCK, STEPHANIE SHEAN AND BARBARA CAMILLER AT THE MAHJONG TABLE.



BRAIDWOOD INTERNATIONAL FOLK DANCING:

We have seven members at the moment and we'd like a lot more. We're having trouble getting the boys to come along. We mainly do Eastern European line dancing because there's not enough of us to do partner or set dances. So, come to the Club, Monday mornings at 9.30 am and have a dance before the Day Club's outing.

Noela Hoerlein

FIRE BRIGADE:

We're here today promoting the Sabre Programme run by NSW Fire and Rescue for older people in town. When daylight savings finishes we come around and change the batteries in home smoke detectors free of charge. Contact the Fire Brigade 0477 760 418 to join the program.

Brad Hewitt and Craig Coe



BOWLS:

David: We're here today to promote bowls. It's a very good social sport, perhaps one of the most social sport there is — we all start at the same time, finish at the same time and go for a drink at the same time — some have a lemonade or whatever, some of us have a schooner or two.

Jean: The ladies join in with the men on a Thursday and a Sunday but we are separate in the fact of having our own committees. We're part of the Far South Coast District and we can go down as far as Bermagui to attend open days. We've had an influx of younger ladies, which is lovely, although they work during the week they can come along on a Sunday.

David Cargill and June Jones

