

# No cause for alarm

## Let's talk fire safety

**As of January 1, 2022, the State Government has mandated that any new smoke alarms installed into residential dwellings, must be photoelectric and interconnected. This means that when one alarm within the house goes off, all of the others do too.**

The changes mark an increased focus on safety, but as CentacareCQ Home Maintenance Team Leader, Brion Rock, points out, having any working smoke alarm installed within your home is better than having none at all.

"We want every person within the community to be safe within their own homes, and that includes being fire safe," Brion says.

"Photoelectric interconnected smoke alarms need to be installed by a qualified electrician, so as of January next year, we can continue to provide some financial subsidy to eligible home maintenance clients towards the cost of a contracted electrician.

"The battery operated photoelectric alarms that we can install for you start at around the \$35 dollar mark, so if you are a bit stretched with your finances, taking advantage of this option can certainly save you some money in the long-run.

"This is compared to a full install of the photoelectric interconnected type, which as of January next year, will be your only option."

Brion stresses that client safety is our number one priority, and that the legislative changes are a very important step towards improving in home fire safety across Queensland.

"It is so important to us to know that at the end of the day, our clients can have peace of mind in knowing that they at least have some working smoke alarm in their home," Brion says.

"That's the key message here.

"Now is the time to book an appointment with us to have your smoke alarm tested or installed."

**To book your appointment, our friendly team is available to take you call between 7am and 5pm Monday through Friday, on 1300 523 985.**

**"We want every person within the community to be safe within their own homes, and that includes being fire safe."**



*CentacareCQ Maintenance Manager Brion Rock*

"As of January though, our CentacareCQ home maintenance officers won't be able to install new smoke alarms themselves.

Brion says that between now and the end of December is the perfect time for clients to have their current smoke alarms checked by the home maintenance team.

"At the moment, our team can not only test your existing smoke alarms, but we can also still install new ten year battery operated photoelectric ones as well," Brion says.



# New season in full bloom



In this month's edition of Chat Monthly, we're happy to ring in the welcoming change of season with some great advice for clients who would like to take advantage of the warmer weather and get outside in the garden.

If there is one thing our clients cannot get enough of at the moment, it's definitely getting out and about.

Our groups clients have recently ventured to Hervey Bay to explore the local historical village there. A blacksmithing shop, rope making station and many other interesting displays filled the day and by all reports a great time was had by all.

If you would like to attend one of our fantastic social groups, our team would be more than happy to have you come along. Groups activities change each month and there is sure to be something to interest everyone.

In other news, we are pleased to welcome a few new faces to the CentacareCQ team here in Bundaberg. We have a new counsellor who has joined us, Catherine Yong, who expands the valuable counselling services that we are already proud to offer.

For more information about any of the services that CentacareCQ offers, please don't hesitate to contact our friendly team by phone, through email, or by Facebook messenger.

**Shari Jackson**  
General Manager  
Health and Wellbeing Southern Region.

# Spring is in full bloom!

Have you noticed the change in the air recently? Spring has well and truly sprung.

Flowers are bursting with colour and choirs of birds are singing from the treetops. It's the time of year that every green thumb eagerly awaits, the perfect time to get out into the garden.

We caught up with local gardening guru 'Picko' from Picko's Plants recently, to find out what you should be focusing on to get the most out of your garden over the coming months.

“Really though, the most important advice I can give people, is to just have fun with your gardening.”

*Picko's Plants Gardening Guru Picko.*

Picko points out that we are all lucky enough to live in a part of the world where the climate allows us to plant almost anything year round, regardless of whether our interests lie in building a veggie garden or just adding some colour with a few pretty flowers.

“What the warmer months are really great for,” Picko says, “is adding fertiliser and nourishment to your plants.

It's also time to start thinking about mulching, as your plants will really be thriving during our warmer nights and that's when they will be soaking up the things that you are adding to your garden beds.

“It's also important to remember that different plants do require different fertiliser.”

Picko says that asking for advice from your local garden centre is the best way to ensure that you are getting the right fertiliser to suit your needs.

“When it comes to choosing the right mulch, that's a bit more straight forward,” Picko says. “Whether you choose to use hay, sugarcane, or tea tree as mulch, they all essentially keep your plants moist and cool during the warmer weather, which is exactly what you want.

“You also get the added benefits of saving on your water bill and reducing the appearance of unsightly weeds.”

If you have missed the opportunity to get your yearly pruning done, something that Picko says is best done over the winter months, then be sure not to prune anymore than one third of your plant during spring.

“Really though, the most important piece of advice I can give people, is to just have fun with your gardening,” Picko says.

“Remember to enjoy being in the moment and make the most of the beautiful weather that we are afforded at this time of year.”

## Spring is the perfect time for planting

### Beautiful Flowers

Petunias	Roses	Lobelia
Begonias	Zinnias	Dianthus
Phlox	Salvias	Portulaca

### Fruit & Vegetables

Capsicum	Potato	Watermelon
Tomatoes	Beetroot	Zucchini
Lettuce	Spring Onions	Sweet Corn
Sweet		Pumpkin

## Blast from the past

Our Social Group clients enjoyed their visit to the Hervey Bay Historical Village last month.

Pictured here are Eric and Steven (left) and Brett and Ann (right), who were impressed by the village's display of historic firefighting equipment.



# Spring - a time for new beginnings



**It's now Spring 2021. Like me, you might be wondering what the next twelve months have in store for us?**

Yes, it will be a time when flowers bloom and we start to prepare for the warmer months ahead, but since the arrival of the COVID-19 pandemic, we also need to be mindful of the ongoing emotional, physical, and mental health challenges that this virus continues to cause us. So, let's make Spring 2021 the time to take control of our wellbeing.

Wellbeing isn't just the absence of illness. It's about considering the many aspects of your physical and emotional health, including:

-  **Social connectedness** – Maintaining and developing healthy relationships and caring about other people (both at home and at work).
-  **Physical being** – Caring for your body, inside and out.
-  **Spiritual awareness** – Finding purpose, meaning, and value with or without organised religion.
-  **Intellectual state** – Expanding your knowledge and skills and maintaining your curiosity.

With Spring also being the perfect time to give every nook and cranny in the house a deep clean, perhaps consider a deep clean of your emotional and mental clutter as well.

-  Check your emotions and stresses and determine what needs adjusting.
-  Allow time each week for the things that give you joy, like reading a book, listening to music, or exercising.
-  Maintain and bring harmony to your family and friends.
-  Decrease the number of distractions that you have no control over.

**Most of all, let's make Spring 2021 the time to have FUN!**

-  Find time to interact with your family and pets
-  Enjoy a weekly games night or dinner party with family and or friends.
-  Give yourself permission to be 'silly.' Laugh a lot!
-  Be spontaneous and let fun happen.

Please, take the time to invest in your own physical and emotional well-being. It's important, and you deserve it!

**Don Butler**

**Human Resources General Manager**

## Wonderword

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ADELAIDE AUSSIE BEACHES BOOMERANG BRISBANE CANBERRA COMMONWEALTH CONTINENT CORAL SEA CROCODILES DESERTS DIDGERIDOO DINGO DOWN UNDER EMUS EUCALYPTUS TREES HUGH JACKMAN KANGAROO KEITH URBAN KOALA KOOKABURRA KYLIE MINOGUE MARSUPIALS MELBOURNE MONARCHY NEW SOUTH WALES NICOLE KIDMAN OCEANS OUTBACK PARLIAMENT PERTH PLATYPUS PRIME MINISTER QUEENSLAND RAINFORESTS RUSSELL CROWE SEAFOOD SHRIMP SURFING SYDNEY TASMANIA VEGEMITE VICTORIA WOMBAT

**We're sorry!** Our September Edition didn't make it out the door on time. We hope you enjoyed our **October edition.**



## Short on time?

**Did you know** that when calling our team, you can leave a message and maintain your place in the queue? We will call you back, leaving you more time to get on with your day.

**Call our friendly team on 1300 523 985**  
 between **7am to 5pm, Monday to Friday.**