






## THE COOKING CORNER



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

This edition's recipe is a winter favourite - **Pea and Ham Soup**.

### Ingredients

-  40 grams butter (chopped)
-  3 green onions (sliced thinly)
-  1 clove garlic (finely chopped)
-  1 large potato (chopped)
-  6 cups chicken stock
-  1 cup water
-  6 cups frozen peas
-  2/3 cup loosely packed fresh mint leaves
-  1 tablespoon olive oil
-  300 grams sliced leg ham
-  1/2 cup pouring cream

## Pea and Ham Soup

### Method

1. Heat butter in a large saucepan over medium-low heat; cook green onion and garlic, stirring, for 5 minutes or until softened.
2. Add potato, stock and the water; bring to the boil. Reduce heat to medium-low; simmer, covered, for 10 minutes or until tender. Add 5 cups of the peas; cook for a further 2 minutes or until peas are just tender. Remove pan from heat.
3. Add mint; blend with a stick blender until smooth. Add remaining peas; stir over medium-low heat until hot. Season to taste. Reduce heat to low; cover, to keep warm.
4. Heat oil in a large frying pan over medium heat; cook ham for 2 minutes each side or until golden brown and crisp.
5. Ladle soup into bowls; drizzle with cream.

## SAVE THE DATE!

Save the date for the St John Qld Brisbane Christmas in July party!

When: Thursday 28th July 2022  
Where: Geebung RSL Club

Join us for a Christmas lunch, along with Christmas themed games, trivia and a vocal performance. See the social trip flyer for more information!



## BRAIN TEASER!

Can you solve this brain teaser? The answer is below the picture.

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.



Answer: The letter 'S'.

## 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](mailto:clientfeedback@stjohnqld.com.au).



# CHATTER

COMMUNITY CARE & SUPPORT SERVICES

1300 785 646 | [WWW.STJOHNQLD.COM.AU](http://WWW.STJOHNQLD.COM.AU)



## INTRODUCING...IN-HOME AND COMMUNITY SUPPORT SERVICES FOR NDIS PARTICIPANTS

St John Ambulance Qld has a proud history of helping the community for over 130 years and will soon be launching In-Home and Community Support Services – an exciting and innovative service to support people with disabilities and NDIS participants living in Brisbane and the Caboolture region to be as independent and autonomous as possible.

Whether you need a little support or have more complex needs, we aim to help people of all needs, skills and interests to feel empowered and live their best lives!

We can help with

- Support with self-care in your home
- Support to access and participate in your community
- Assistive technologies and mobility aids

If you know of anyone that could benefit from this service please encourage them to contact us on 1300 785 646 or email [intake@stjohnqld.com.au](mailto:intake@stjohnqld.com.au).

## 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, Community Visitors Scheme

**OPTION 4:**  
All other Community Care & Support Services enquiries including NDIS participants

**Public Holiday closures:**  
Wednesday 10th August (Ekka Show Holiday – Brisbane area only)  
Monday 3rd October (Queen's Birthday)

## 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](mailto:intake@stjohnqld.com.au) to receive Chatter and updates through email.



## VEHICLE UPDATE

St John Qld has recently added 4 new Toyota Camry's to the Community Care and Support Services fleet bringing our total number of vehicles across Queensland to 56!

Eight of those vehicles are also wheelchair accessible.

We have also commenced wrapping the vehicles with some new artwork. Keep a look out for our new St John branded vehicles and let us know what you think!



## PLEASE DONATE AND HELP GIVE THE KNOWLEDGE TO UNDERSTAND AND ACT



As you give we can aspire to create safer and more resilient communities through our local charitable works.

Like our **First Aid in Schools** program, which is a free in-school St John Ambulance program that teaches Queensland school students vital first aid skills. Currently, 94% of Queensland state school children are missing out on our **First Aid in Schools** community program.

By giving to our Appeal, together we will be able to continue St John's charitable journey to enhance Queensland lives by building more safe and resilient local communities.

**TO DONATE CALL ST JOHN on 1300 785 646 or visit [www.stjohnqld.com.au](http://www.stjohnqld.com.au) and click on donate.**

## TAXI VOUCHERS

St John Qld is pleased to announce that eligible transport clients in Brisbane are now able to purchase subsidised Black and White Cab vouchers.

How does it work?

- Call our friendly transport bookings team (1300 785 646) and request taxi vouchers (you can order up to \$100 worth of taxi vouchers per day).
- Pay for the taxi vouchers over the phone through e-way. You only pay half price! Eg. If you order \$50 worth of taxi vouchers you would only pay \$25. If you order \$100 worth of taxi vouchers you would only pay \$50.
- We'll post your taxi vouchers to you. (Please ensure you give as much notice as possible so staff have enough time to process your order and send via tracked post).

To use the vouchers:

- Book your trip by calling Black & White Cabs on 133 222.
- Pay your taxi driver for your trip using your vouchers. (Please keep these in a safe place as they are the equivalent to the value of money and cannot be replaced if lost or stolen. All Black & White Cabs drivers are required to accept them as payment).

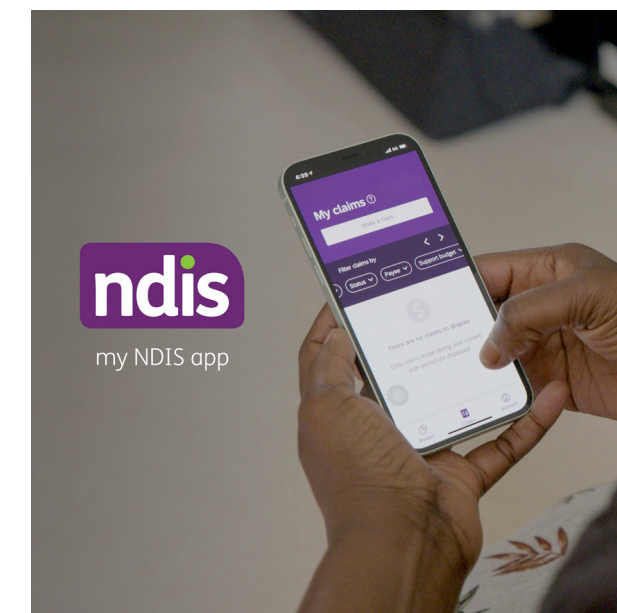
To find out more or order vouchers contact our friendly team on 1300 785 646.

## MY NDIS APP

Have you downloaded the my NDIS app? The my NDIS app gives participants a more accessible and user-friendly way to:

- make and manage claims
- view their budget
- view plan information and personal details.

Participants can now download the my NDIS app from the Google play store and Apple app store. For more information visit <https://www.ndis.gov.au/participants/using-your-plan/managing-your-plan/my-ndis-mobile-app>.



## THREE 'PAW-SOME' COMPANIONS!

St John Qld community volunteer Angie recently took her 3 gorgeous pooches – Bella, Pixie and Christie to meet with the residents at Regis Caboolture.

Over 30 of the residents received a one-on-one visit with the furry friends where they got to cuddle and pat each of the dogs. Bella, Pixie and Christie were so well behaved and loved all of the special attention from the residents!

Leisa, a St John Qld Volunteer Coordinator said "it was heartwarming to see the faces of the residents light up when we walked into their rooms with the dogs. Some welled up with tears of joy. Many of the residents shared their memories and stories of the pets they once had. It was lovely!"

If you would like to join our team of community volunteers providing companionship and reducing social isolation for people within the community, please get in contact with us by emailing [volunteer@stjohnqld.com.au](mailto:volunteer@stjohnqld.com.au) or calling 1300 785 646.



## WHAT ARE ACCOMPANIED ACTIVITIES?

Keeping you connected to your community is something that we love to do. Social connection is a known way to help combat isolation and one of the ways that we do this is through our Accompanied Activities.

So what is it?

- We can assist you on your day to day outings, such as going to the shops, the post office or even the bank
- We can take you to your health and medical appointments
- We can take you to your leisure activities such as seeing a movie, attending a craft class, or even going out for coffee.

This is also a great service if someone you love is struggling to stay connected to their community.

Recently, we had a client who used our Accompanied Activities service. Our team member Lesley picked Barbara up and spent the day with her. Barbara's daughter contacted us to say that it had such a positive affect on her Mum and she was really grateful for the service.

How wonderful it is to have the opportunity to make a difference in the lives of others.

If you have somewhere to be, and need some help to get there, reach out to our team.



## NATIONAL VOLUNTEER WEEK

National Volunteer Week was held from 16th-22nd May. We celebrated and recognised the vital work of volunteers who contribute across a number of our programs including - First Aid in Schools, community transport, accompanied activities, the Community Visitors Scheme, hospital services, and Health and Medical Services.

Each and every volunteer is an important part of our St John family, and we rely on the generosity and kindness of our volunteers, helping us to make a difference in the community that we serve.

Thank you to our amazing volunteers at St John Qld!



## DID YOU KNOW ST JOHN QLD IS OPENING SHOPS ACROSS THE STATE?

Do you need a little assistance to keep you safe? Don't worry, we've got you!

Visit one of our shops and receive a 10% discount off your purchase!

St John Qld have you covered with a wide range of products including:

- First aid kits & products
- Wheelchairs
- Walkers
- Mobile tables
- Bathroom aids
- ... and much more!

Visit our shops, go online, or call our team for more information!

<https://www.stjohnqld.com.au/shop/>  
1300 785 646  
[enquiries@stjohnqld.com.au](mailto:enquiries@stjohnqld.com.au)

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