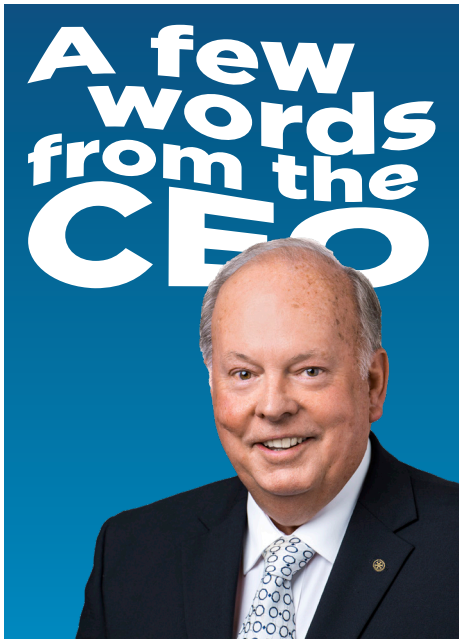
News from ECHO Community Services November 2026 44 years of care 1982-2026

ECHO GAZETTE

Helping our community enjoy independent lives in their own homes.



Amazingly, it is November already and the race to get things done before the end of the year is underway.

It has been a year of continuing change in aged care as providers and our participants and clients adjust to Support at Home.

For many, moving from the Commonwealth Home Support Program to the more intense Support at Home program has not been easy. Hopefully, with more packages gradually being released, waiting times will come down in 2027.

This Gazette also highlights the health and wellbeing benefits of being part of our community. I hope this will offer some ideas to increase your involvement.

There are also final details on the 2026 ECHO Client Christmas Lunch on 27 November.

Until next time …

Stuart Diggins
CEO



Staying engaged in your community helps you to live a longer and more fulfilling life.

Cognitive and Mental Health Benefits

- **Keeps the mind sharp:** Interacting with others, solving problems, and joining group activities stimulates neural connections, which aid memory and focus.
- **Lowers the risk of cognitive decline:** Regular social interaction and goal-directed community roles are linked to a reduced risk of Alzheimer's disease and other forms of dementia. Organisations like National Seniors Australia highlight how group environments protect long-term mental agility.
- **Reduces depression and anxiety:** Volunteering or being part of a social group combats loneliness, isolation and emotional distress.

Physical Health Benefits

- **Encourages active lifestyles:** Community participation often involves attending walking groups, exercise classes or organised events, which naturally improves mobility, balance, and fall prevention.
- **Supports heart and immune health:** Socially active seniors frequently experience lower blood pressure, reduced stress hormones (cortisol), and stronger immune responses to illnesses.

- **Promotes healthier habits:** Friends and group members often motivate each other to keep up with routine medical check-ups, active movement, and proper self-care.

Emotional and Social Purpose

- **Provides a sense of identity and belonging:** Contributing to a club or neighbourhood group, or volunteering, gives retirees a meaningful structure and a reason to look forward to each day.
- **Increases life expectancy:** Studies show that older adults with strong social ties and a sense of purpose tend to enjoy a longer lifespan.

WE NEED:

Volunteer bus drivers, bus assistants and transport drivers.

We need more volunteers to help us help others. • Drivers to drive and support our clients on our 12-seater buses. • Assistants to help with any client needs on a bus outing, or on our twice-weekly shopping bus expeditions to local shopping centres. • Client transport drivers using their own vehicle or one of ours. If you, or someone you know, would like to help out, email volunteer.coordinator@echocommunity.org.au or phone 9271 7011.

ECHO can help you stay active and connected in your community.

We can provide social services funded via the Commonwealth Home Support Program or Support at Home and approved for your participation.

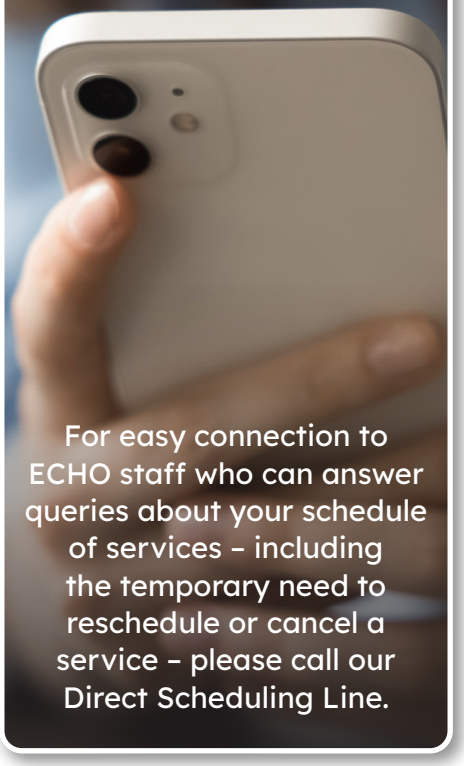
ECHO delivers some of these services directly, and we can facilitate your travel to join other community groups.

Please speak to your ECHO Care Partner to explore the possibilities.

ECHO's Direct Scheduling Line

6289 3148

8.00am to 4.30pm
Monday to Friday



For easy connection to ECHO staff who can answer queries about your schedule of services – including the temporary need to reschedule or cancel a service – please call our Direct Scheduling Line.

ECHO Client Christmas Lunch

Friday 27 November

ECHO's popular Christmas Lunch will be held again in late November and there are still some seats available.

On 27 November our client Christmas celebration is at the Ingot Hotel, 285 Great Eastern Highway, Belmont, from 12:00 noon to 2:15pm.

We will enjoy a two-course Christmas Lunch, fun, fellowship and the customary raffles.

If you have not already booked, please come and enjoy the fun.

Recognising the tightness of everyone's budgets this year, we have kept the ticket price the same as last year at $60 per head.

To book your seat, please contact us on 9271 7011.

Speak to RJ or Reception to register and secure your place. Registrations will close on Friday 20 November, as numbers must be finalised.

Phone 9271 7011
Email info@echocommunity.org.au
Website www.echocommunity.org.au
Facebook /echocommunitywa
LinkedIn /echo-community-services
Office 72 Toowong Street, Bayswater WA 6053

ECHO