



COMMUNITY SERVICES BULLETIN JUNE 2026

PRESIDENTS MESSAGE



Hi everyone. Since our last bulletin we have celebrated ANZAC Day. Thanks to everyone who participated in marching or attending the various services around the region, and thanks also to those who laid wreaths. We had a lovely service at Legacy On Victoria, beautifully prepared by the lifestyle staff, and well attended by residents and their families.

I would like to give a shout out for two organisations that are faithful supporters of Legacy all year, but in particular on ANZAC Day, Sawtell RSL, and the Hoey Moey Hotel. The former has our collecting hats on each of their bars throughout the whole year and made a special collection on the day. The Hoey makes provision for us to raise money with a raffle once a month and furthermore we collected donations from the two-up players. All donations are applied to our wellbeing

The Board has been busy with two major projects. We are in the process of buying premises on Harbour Drive to relocate our op-shop. As our lease has come to an end, we had to decide how to provide long term security for this most important part of our community outreach and service. So, watch this space as we plan our move.

The other project is our plan to build 12 new units to provide transitional and emergency accommodation for the families of veterans. We are very close to putting out tenders to a limited number of local builders able to handle the size of our project. If all goes well, the tenders will be assessed and the builder chosen by the end of September. The build itself is predicted to be completed by the end of December 2027.



It has been a pleasure to welcome new faces at our monthly lunches, as much as it is our pleasure to welcome our regular contingent. These are such convivial gatherings and work well to build a sense of shared community. Please keep the office informed if you know of other veteran families who would enjoy the social contact offered at these lunches.

As we navigate the cooler months, I hope we keep warm whenever the temperature does fall, I hope we keep our 'flu and covid vaccinations up to date, and I shall look forward to seeing you all out and about.
Cheers, Jeremy.

COMMUNITY SERVICES TEAM

There has been a steady stream of new enrollments since the last bulletin, and the community services team extends a warm welcome to all new beneficiaries. Navigating the aged care home support services is a high priority for many, and one of the key functions of the Coffs Coast Legacy Community Services team is to help beneficiaries understand and access the services they need, as well as to advocate for them when problems arise. Understanding the services you are entitled to can be overwhelming, and Coffs Coast Legacy Community Services is here to help you make informed decisions to ensure you receive the care that you are entitled to.

There are many home support services that help keep seniors comfortable and safe in their own homes. They include domestic assistance, transport, meals, respite for carers, as well as support for those with more complex medical needs including nursing services and home modifications. These services are available to all Australians; however, they are governed by multiple government departments and understanding which programs your eligibility falls under is key to ensuring your services are appropriate and adequate. While assessments for DVA Veterans Home Care services are simple and relatively quick, My Aged Care assessments are more extensive and often see a wait of several months between referral, assessment, and commencement of services. Recent experience has shown that some Legacy beneficiaries are waiting up to 8 weeks for initial assessment.

If you would like more information about potential support or feel like your current services do not meet your needs, please contact Coffs Coast Legacy and make an appointment with one of the Community Services team members. We are on-site at the new Veterans Centre in Vernon Street, Coffs Harbour every Tuesday, Thursday and Friday between 10:00am and 3:00pm, and make home visits throughout the week. Give us a call on 1300 LEGACY (1300 534 229) and book in a time that suits you.



60 SECONDS WITH FRAN AYLOTT

How long have you been with Coffs Coast Legacy?

For many, many years I was with Dorrigo Legacy and 8 years ago I moved to Urunga and transferred to Coffs Coast Legacy, and I am delighted with it.

Were you or a family member in the military?

My late husband Edward (Ted) Aylott was in the British Army in the airborne division. He fought at Arnhem.



What is your favourite holiday destination and why?

I love cruising and I cruised with my late husband for many, many years. Our favorite was a cruise around the Pacific, and we like to fly to LA and cruise back through the islands including Fiji, Tahiti, New Zealand. It was a wonderful, relaxing time sitting on the balcony being waited on hand and foot and then coming back to reality was a lovely memory.

What was your first job?

I was a secretary. My very first job was in England with Leatherhead Urban District Council. I was very naive, and they gave me the postage book to hold onto and I had to do all the mailing, and add up the petty cash at the end of the month and make sure it added up. I didn't enjoy this, and I am not a numbers person.

What is your favourite hobby / pastime?

I don't have many hobbies nowadays as my sight isn't up to it, but my favourite pastime is going out on social outings quite regularly with Community Transport and wonderful Legacy that takes me out and looks after me on many special occasions.

What is your favourite TV show or movie?

My favourite movie goes back many years, because I go back many years. It is called Chorus Line about a group of aspiring dancers who want to get into a Broadway Musical. I enjoy TV shows, and I like crime mysteries such as Midsummer Murders.



Are you a dog or a cat person?

Both. I have had both all my life, but I very much admire supercilious cats and the way they look at you. You must give them special attention, whereas you know your dog will love you no matter what.

Who is your favourite singer or band?

I have always been a Frank Sinatra fan, and I have never changed from that.

What is your favourite food?

I really love a nice Chinese meal, they are nice and simple, easy to eat and fill you up.

Which people (can be anyone) would you invite to dinner?

I would just love to have my family around.

BIRTHDAY CARDS

We are so lucky to have so much talent in Legacy. A huge thank you to Dianne who has offered to make beautiful, personalised birthday cards for our families. If you have a significant birthday coming up one of our Legatees will probably be paying a visit to pass on our best wishes and hand over a special card. These are just a few of Dianne's more recent creations.



RECIPE CORNER

The cooler days are just right for a warm dessert, and I just love an old-fashioned tapioca pudding!

TAPIOCA PUDDING

- ½ cup tapioca pearls (little ones)
- ½ cup raw sugar
- 2 cans coconut milk
- ¼ teaspoon of salt
- 1 tablespoon of butter
- ½ teaspoon of vanilla

Put the tapioca, sugar, coconut milk and salt into a medium sized saucepan and bring to the boil on a medium heat. Just as soon as it reaches boiling point, turn it right down to a low heat so it barely bubbles all. Stir pretty much constantly for about 20 – 25 minutes until the tapioca pearls swell and become transparent and the mixture thickens.

Then add the butter and vanilla. Heavenly!



Makes about 6 servings that can be put into serving sized containers and refrigerated until needed.

As I need it, I put it into a bowl and heat it up in the microwave.

Lovely served with warm custard.

PET SPOT



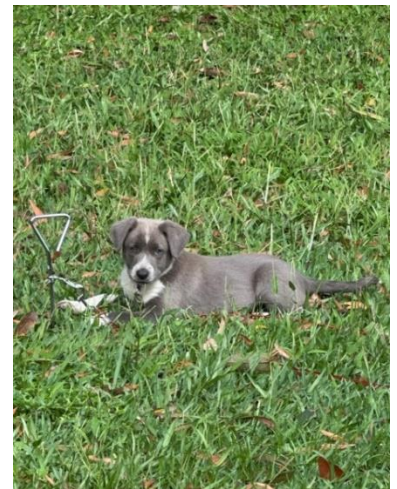
Willow is Jane and Henry's new addition to the family after losing a much loved Kelpie earlier this year. She is a Border Collie x Kelpie and is only 10 weeks old.

Willow has started to be crate trained and is doing very well. Crate training a puppy is of great benefit because it provides them with a safe, comfortable place that in turn helps with toilet training, helps prevent destructive chewing and encourages the puppy to rest. It also helps eliminate stress when they travel.

Willow is now able to sleep in her crate all night.



WILLOW



Border Collies and Kelpies are both very clever breeds and Willow is no exception. She is very clever indeed but can become easily bored as a result.

Willow has been learning an obstacle course and started puppy preschool recently. She follows commands well at home but decided that the other puppies at preschool were far more interesting than the trainer.

Jane and Henry have discovered that Willow can climb very well. She is a little Houdini and so they must have their eyes on her at all times.

COFFS COAST LEGACY – 60 SECONDS WITH LEGATEE RHOD COOK

How long have you been with Coffs Coast Legacy?

I have had the honour of being involved with Coffs Coast Legacy for over three years.

Were you or a family member in the military?

My father was career Navy, entering the service at the age of 13. He was the youngest destroyer captain in the allied fleet during WW2. With the rank of captain, he really was 'Captain Cook'.

What is your favourite holiday destination and why?

Lord Howe Island - one of the most special places on Earth, and so accessible.



What was your first job?

As an assistant in a chemistry lab at Sydney University.

What is your favourite hobby / pastime?

Travelling and enjoying Murrays Beach.



What is your favourite TV show or movie?

Dr Strangelove or How I Learnt to Stop Worrying and Love the Bomb.

Are you a dog or a cat person?

Both - We have a very spoilt rescue Jack Russell at the moment.

Who is your favourite singer or band?

Jimmy Buffett

What is your favourite food?

You cannot beat a good roast.

Which people (can be anyone) would you invite to dinner?

Neil Armstrong, The Beatles, Captain James Cook



VETERAN AND FAMILY WELLBEING AGENCY

The Australian Government is establishing a new veteran and family wellbeing agency within the Department of Veterans' Affairs (DVA), launching on 1 July 2026. This initiative, funded with \$78 million over four years, responds to Recommendation 87 of the Royal Commission into Defence and Veteran Suicide. The agency's vision and functions have been co-designed with veterans, families, ex-service organisations, and service providers.

Key Features and Services from Day One:

- A standalone website offering clear, trusted wellbeing information.
- A searchable service directory to find local supports by postcode or region.
- A dedicated helpline for navigation and connection to wellbeing supports.
- Supported navigation complementing Defence and Joint Transition Authority services.
- Coordinated support for veterans with higher needs, especially those transitioning from the Australian Defence Force (ADF).
- Embedded organisational learning and evaluation for continuous improvement.

Focus and Support:

- Initial priority on veterans and families at risk during transition from ADF service, particularly those with complex or involuntary separation.
- Collaboration with community organisations, including Veterans' and Families' Hubs, ex-service organisations, and local support services, to build a connected wellbeing network.
- Recognition of families' roles in wellbeing and emphasis on prevention, early support, and transition.

Additional Information:

- Veterans' and Families' Hubs provide integrated, community-based support and safe spaces for in-person assistance.
- The agency will not duplicate specialised services but will coordinate and refer as needed.
- Ongoing updates and information will be available on the [DVA website](#).

This agency represents a significant step in improving access to and coordination of wellbeing services for veterans and their families across Australia.

WANT TO PUT YOUR BARISTA SKILLS TO PRACTICE FOR A GOOD CAUSE?

Do you or someone you know have Barista skills? We are looking for volunteers to run our café at Legacy on Victoria for one or two mornings a week. The fully equipped space has not been used for some time, and we would love to provide our aged care residents with an opportunity to enjoy a coffee and cake in a peaceful setting. If you would like more information, contact Billy-Joh or Jane on 1300 534 229.



JOKE TIME

- I was arguing with a flat Earth believer We argued about how many members the flat Earth community had. He said, "We have members all around the globe".
- I helped my Community Theater put on a play about a Bakery. I wouldn't say I was the star... But I did play a roll

**WHAT'S THE DIFFERENCE
BETWEEN IGNORANCE AND
INDIFFERENCE?**

**I DON'T KNOW
AND I DON'T CARE.**

ASHORE

**AS I GET OLDER AND REMEMBER
ALL THE PEOPLE I'VE LOST
ALONG THE WAY, I THINK TO
MYSELF...**

**MAYBE A CAREER AS A TOUR
GUIDE WASN'T FOR ME.**

UNETHICALJOKES | IFUNNY

**THE INVENTION OF THE
SHOVEL WAS A GROUND
BREAKING DISCOVERY**

UnKNOWn PUNster ©2017

**BUT THE INVENTION OF THE
BROOM WAS THE ONE THAT
TRULY SWEEPED THE NATION**

FW JOBS ACADEMY

Jobs Academy understands the unique challenges veterans and partners of veterans' face engaging in the civilian workforce.

It is a year-long virtual program designed to give the participant clarity around your career goals and the confidence to move forward.

Jobs Academy has partnered with the Department of Veterans' Affairs for the 2026 intake to support women who have previously served in or are transitioning from the Australian Defence Force; or have a partner who has previously served in or is transitioning from the ADF.

The program is flexible, self-paced and completely free for participants. When you are in the program, you'll connect with employers, receive advice from experts and become part of a community with hundreds of other women who are also looking for work. For more information go to [Jobs Academy Department of Veterans' Affairs - Jobs Academy](#)



SPOTLIGHT ON NUTRITION – RECIPE CORNER

Many of us lose interest in cooking or find it hard to think about what to cook tonight. We may have used the same old recipes for years but are afraid to try something new. This is a healthy go-to recipe for young and old alike because it is open to substitution and relies on nutrient rich pantry staples.

SIMPLE SOUP

Ingredients

500 g mince
1 small onion, diced
2 chicken stock cubes
750 ml water

1 can cannellini beans
1 tin crushed tomatoes
2 cups frozen mixed vegetables
1 teaspoon Italian seasoning

Instructions

1. Add meat to a large soup pot over medium heat. Break apart and stir until browned. Add onion and continue to cook, about 5 minutes, until soft.
2. If a fair amount of fat has collected at the bottom of your pan, pour the meat mixture onto paper towels to drain. This may not be necessary for ground turkey or lean beef.
3. Return meat and onions to the pot and add remaining ingredients. Reduce heat to low and simmer for about 30 minutes until the flavors have melded. Season with salt and pepper to taste.
4. Serve alongside crusty whole-grain bread for a filling meal, or, for a heartier meal, add cooked pasta before serving.



Tip: If you're cooking for someone who prefers softer food, a good trick for soups or stews is to blend half and add it back into the pot for a smoother texture. If blending part of the soup, use caution. The liquid will be hot, and, if not handled with care, blenders can splatter the liquid, creating a burn risk. Make sure to keep a hand on the blender lid while blending to reduce the risk of it coming off.

COMMUNITY FORUM

Veterans, current serving members and their families in the Coffs Harbour region are invited to a community forum on Thursday, 30 July 2026 from 10:00am – 2:00pm.

Learn more about the services and supports available for veterans and their families in NSW and join us for a light lunch afterwards.

Hear from:

- The Hon. David Harris MP, NSW Minister for Veterans
- NSW Government Office for Veterans Affairs
- Commonwealth Department of Veterans' Affairs
- Local service providers
- Legacy, RSL NSW and RSL LifeCare



Register your attendance on Eventbrite (Veteran Community Forum Tickets)

TO CONTACT LEGACY

COMMUNITY SERVICES STAFF

Jane Sury – Community Service Manager – 0423 830 079

Tuesday / Wednesday / Thursday / Friday

8:00am to 4:00pm

Veterans Wellbeing Centre on Friday 10:00am to 3:00pm

Keah Harrigan – Community Support Worker – 0423 830 061

Tuesday / Wednesday / Thursday

9.00am to 4:00pm

Veterans' Wellbeing Centre on Thursday 10:00am to 3:00pm

Tyrone Binns – Community Support Worker – 0492 862 089

Monday / Tuesday / Thursday

8:00am to 4:30pm

Veterans Wellbeing Centre on Tuesday 10:00am to 3:00pm

LEGACY DONATION

Thank you to the residents in “Headlands” at the Shoreline apartments for thinking of Coffs Coast Legacy. Brenda Baker has taken on the role of coordinating their “Collection Club”.

Everyone is invited to pass on their recyclables which can then be returned to a refund station. Any money raised through this program is then passed onto the monthly charity of choice. Legacy was chosen for the month of May.

What a fabulous way to be environmentally friendly and to give back to the local community.

NEED TO CHAT

Our Community Services staff and Legatees are available for a chat but sometimes you need to reach out to someone outside working hours. Here are a few options that may be helpful in times of need.

Open Arms	1800 011 046	Veterans and Families Counselling Service 24 hours
Lifeline	13 11 14	Suicide and Crises Counselling 24 hours
Beyond Blue	1300 224 636	Qualified Mental Health Counsellors 24 hours
Kids Helpline	1800 551 800	24-hour counselling for 5 to 25 year olds
Suicide Call Back Service	1300 659 467	Suicide related counselling 24 hours
1800 RESPECT	1800 737 732	24/7 sexual assault, domestic or family violence & abuse
Safe Zone	1800 142 072	Anonymous counselling line 24 hours for current and ex-Service community & their families



DIARY DATES

JUNE	6	SATURDAY	WOOLGOOLGA SOCIAL GROUP	CEX WOOLGOOLGA	11:30AM
	12	FRIDAY	COFFS HARBOUR SOCIAL GROUP	CEX COFFS	11:30AM
	25	THURSDAY	DORRIGO DRIVE & LUNCHEON	DORRIGO RSL	9.30AM
JULY	4	SATURDAY	WOOLGOOLGA SOCIAL GROUP	TBA	11:30AM
	10	FRIDAY	COFFS HARBOUR SOCIAL GROUP	CEX COFFS	11:30AM
			SPRINGLOADED	HOGBIN DRIVE TOORMINA	
	17	FRIDAY	JULY INTERGENERATIONAL LUNCHEON	SAWTELL RSL	11:30AM
	30	THURSDAY	MARIAN GROVE SOCIAL GROUP	THE GROVE CAFÉ	10:00AM

BIRTHDAYS

SIGNIFICANT BIRTHDAYS

MAY

4th Sylvia M (100)
 5th Valerie (90)
 5th Amanda (50)
 13th Sylvia W (102)
 23rd Dorothy (102)

JUNE

13th Jessica (70)
 18th Austin (11)
 26th Samuel (10)



JULY

4th Ashleigh (5)
 12th Joan (100)
 15th Alice (90)
 16th Kerrie (70)
 17th Bill (70)
 18th Esther (100)
 20th Nancy (101)



