



ARRCS AUSTRALIAN
REGIONAL & REMOTE
COMMUNITY SERVICES

**OLD TIMERS
VILLAGE,
HETTI PERKINS
HOME FOR
THE AGED
AND
FLYNN LODGE**

ALICE SPRINGS

Who we are

Australian Regional and Remote Community Services (ARRCS) provides care and support to people in regional and urban communities, throughout the Northern Territory.

Our work began in 2014 with aspirations to improve the quality of life for people living in regional and remote areas of Australia. Today, our commitment remains stronger than ever. We provide support to people from Darwin to Kaltukatjara (Docker River), through aged care services, childcare and regional home care services, residential aged care and school nutrition programs. We take a holistic approach, and a deep respect for all Elders and Aboriginal cultures is at the heart of our work.

What We Do

Building partnerships is central to all that we do. We work together – respectfully, side-by-side, knowing that everyone brings experiences, culture and skills with them, which ensures our journey together is stronger. Across the breadth of our programs and services, ARRCS ensures that the people and families we work with are making informed decisions. To support their choices, we partner with communities, government departments, regional support providers, health clinics, Aboriginal Medical Services and local GPs.

Our staff and volunteers are compassionate and knowledgeable members of the local community, who are committed to providing personalised care and support. More than a service provider, we understand that we are an important part of the regional and remote communities in which we work and acknowledge our responsibility to ensure our people are connected to those communities, people and cultures.

Where we work

ARRCS has eleven residential aged care facilities across seven locations and offers home care assistance and packages to a large portion of the Northern Territory.

Alice Springs is home to:

- Flynn Lodge
- Hetti Perkins Home for the Aged
- Old Timers Village
- Home Care - Central Region
- School Nutrition Program

Darwin is home to:

- Juninga Centre
- Terrace Gardens
- Home Care - Top End

Kaltukajara (Docker River) is home to:

- Tjilpi Pampaku Ngura Flexible Aged Care
- Kaltukajara Home Care

Katherine is home to:

- Katherine Hostel
- Rocky Ridge Nursing Home
- Katherine Home Care

Mutitjulu is home to:

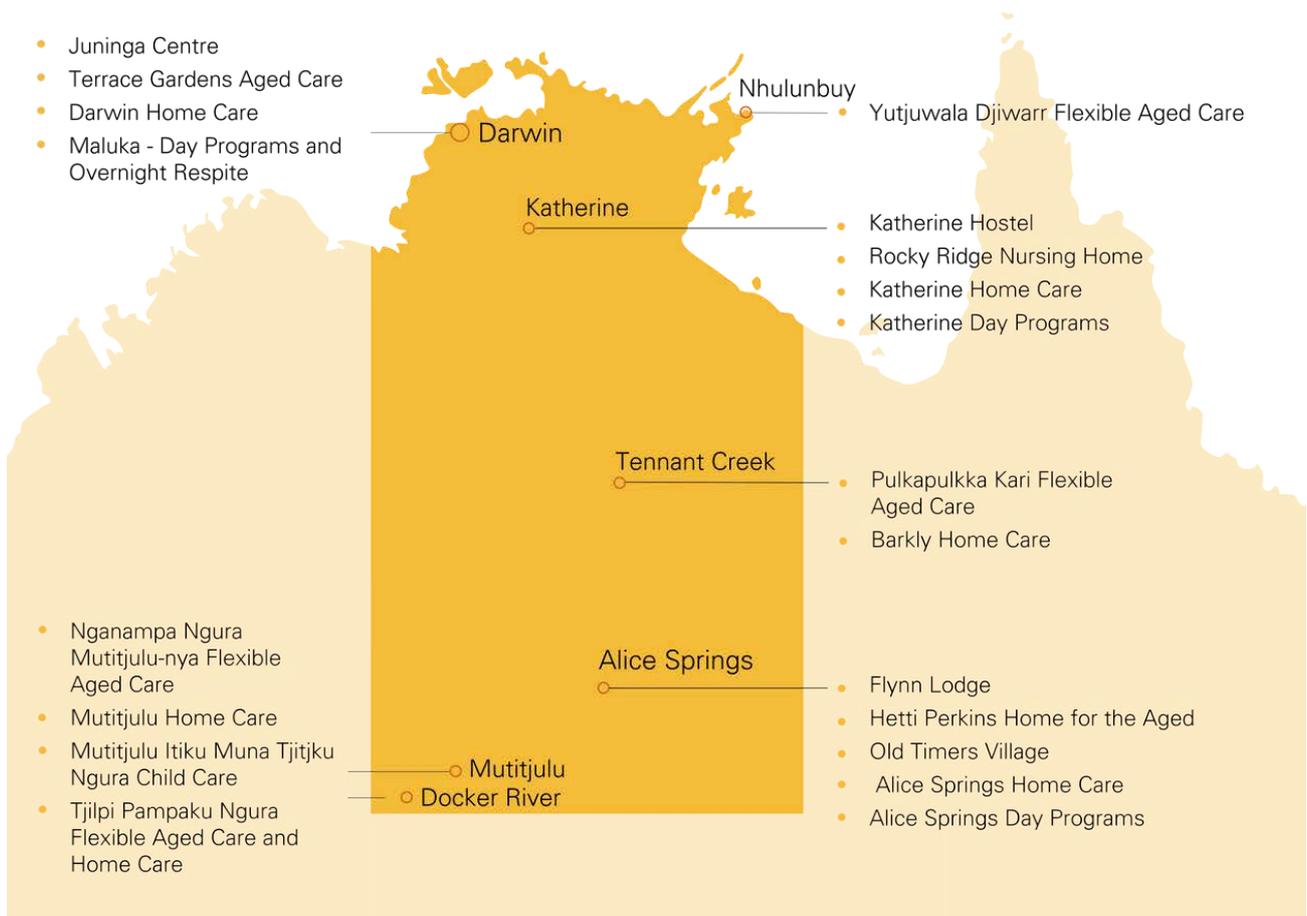
- Naganampa Ngura Mutitjulu-nya Flexible Aged Care
- Mutitjulu Home Care
- Mutitjulu Itiku Munu Tjitjiku Ngura Childcare

Nhulunbuy is home to:

- Yutjuwala Djiwarr Flexible Aged Care
- Nhulunbuy Home Care

Tennant Creek is home to:

- Pulkapulka Kari Flexible Aged Care
- Barkly Home Care



Old Timers Village

Our Old Timers Aged Care Service sits on the same grounds as Old Timers Village and Flynn Lodge. There are 68 beds, with a mix of single and shared rooms. Adjacent to the residential aged care facility are 36 independent living cottages with access to in-home supports from ARRCs Home Care. Old Timers has large outdoor spaces to facilitate outdoor activities and opportunities for social gatherings with friends and family.

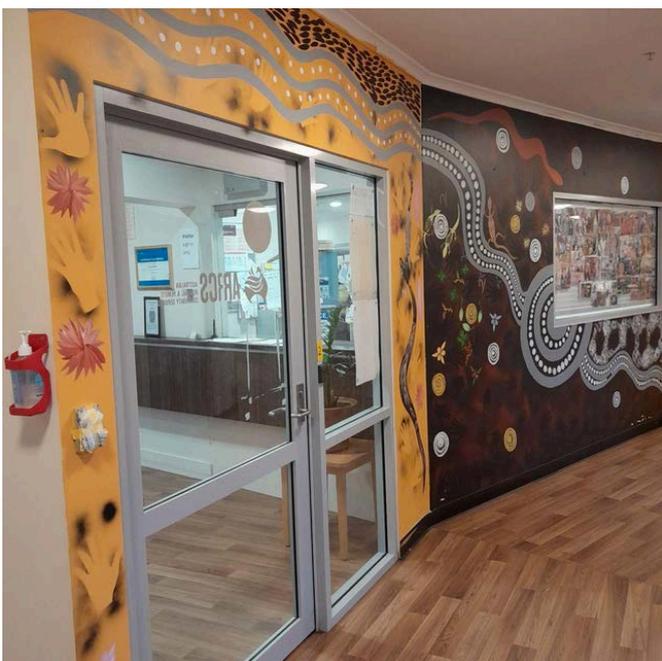
Flynn Lodge

Flynn Lodge has views that take in river and MacDonnell Ranges, adding to the sense of Outback openness that can be found throughout the facility. Flynn Lodge also has open spaced for our residents to enjoy the outdoors, relaxing or visiting with family and friends. The facility has 60 beds in either single or shared rooms.

Hetti Perkins Home for the Aged

Hetti Perkins, a 60-bed aged care facility, has eight double and 36 single rooms, each with a private bathroom. A large spacious outside area promotes relaxation, social engagement and opportunities for meaningful activities. There are always opportunities to engage with other residents in the activities room or enjoy quiet spaces for rest and relaxation.

We understand the importance of emotional, cultural and spiritual wellbeing and respect individual choice and independence for the people we support. At each facility in Alice Springs, you will find seven-day activities program that is flexible and developed around the interests of and requests from our residents and is culturally informed. Outings are also frequent, and at times, include residents from all facilities.



Alice Springs

Alice Springs is the third largest town in the Northern Territory after Darwin and Palmerston and boasts an urban population of just under 26,000. The area is also known locally as Mparntwe to its original inhabitants, the Arrernte, who have lived in the Central Australian desert in and around what is now Alice Springs for tens of thousands of years.

Alice Springs is the regional hub of Central Australia, it attracts First Nations people from all over that region and well beyond. The traditional owners of the Alice Springs area are the Central Arrernte people. As it is the largest town in central Australia, there are also speakers of Warlpiri, Warumungu, Pitjantjatjara, Eastern, and Western Arrernte among many others.

The town straddles the usually dry Todd River on the northern side of the MacDonnell Ranges and is 1,496 km south of Darwin and is the halfway point between Darwin and Adelaide. All modern amenities can be found in Alice Springs. We encourage you bring your own vehicle so you can make the most of Alice Springs and the surrounding area.



City	Distance from Alice Springs	Time to travel from Alice Springs
Darwin	1,496 km	15-hour 22-minute drive 2-hour 5-minute flight
Adelaide	1,534 km	2-hour flight
Brisbane	2,992 km	2-hour 40-minute flight
Melbourne	2,260 km	2-hour 35-minute flight
Sydney	2,771 km	2-hour 45-minute flight

Amenities

Alice Springs is a small town that has all the conveniences you would expect. You can find a Woolworths, Coles, Kmart, Target, pharmacies, banks, public library, clothing and specialty stores and many restaurants, pubs and clubs as well as the cinema. Alice Springs is also home to Yeperenye Shopping Centre. Alice Springs boasts a golf course, public pool as well as other sports activities. Online shopping is also readily available for anything you can't find in town.



Weather

The temperature during summer averages slightly higher than Darwin and the winters can be reasonably colder. Our November, December and January temperatures can rise as high as 40 degrees and May, June July temperatures can go below 0.

The facilities have open space designs and there are times where you will find yourself working outdoors. Staff are encouraged to pack light comfortable clothing for the summer and appropriate winter clothing for the colder months.

	January	February	March	April	May	June
Mean Maximum temperature °C	36.5	35.3	32.9	28.4	23.2	19.9
Mean Minimum temperature °C	23.5	20.1	22.4	17.8	12.3	7.8
Average Rainfall (mm)	42.8	41.2	33.3	16.4	18.0	12.9
	July	August	September	October	November	December
Mean Maximum temperature °C	19.9	22.8	27.5	31.2	33.7	35.5
Mean Minimum temperature °C	5.7	8.2	12.7	15.0	17.3	22.1
Average Rainfall (mm)	14.3	8.2	8.7	19.8	31.7	38.4

Data courtesy of the Bureau of Meteorology - <http://www.bom.gov.au/climate/data/>

Things to do

During your down time, you can explore all Central Australia has to offer.

Nearby sites and events to visit include:

- West McDonald Ranges
- Simpsons Gap and Standley Chasm
- Devils Marbles and The Pebbles
- Explore the Uluru-Kata Tjuta National Park which includes Uluru and Kata Tjuta (the Olgas)
- Kings Canyon and Watarrka National Park
- Many Festivals and Events
 - Desert Mob, Desert Song and Desert Festival
 - Henley on Todd Regata
 - Red CentreNATS and Finke Desert Race
 - Parrtjima - A festival in Light



Our visit to Uluru



Our visit to West McDonald Ranges



Our visit to Parrtjima - A Festival in Light

Things to note

- Alice Springs is a full-service town with all the modern retail and lifestyle conveniences
- Weather - the weather at Alice Springs can reach extreme heats of 40 to a low of 0. These are the extremes, however the averages range between 30 and 20.
- Alice Springs facilities are pet friendly number of furry companions by our resident's sides. Our resident animals play an important role in the everyday life of our people and are vet checked to ensure they remain happy and healthy too.

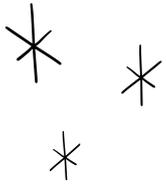
Contact us

ARRCS People and Culture Team
08 8982 5200
people@arrcs.org.au
www.arrcs.org.au



Check List prior to arriving at Alice Springs

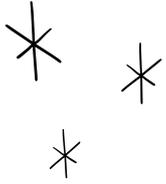
- 1** Details for payroll
 - Bank account details, tax file number, superannuation details, passport and work visa for non Australian Citizens
- 2** Culturally appropriate clothes for summer and winter
 - Collared shirts, long pants, shorts, jumpers/jackets, gloves socks and a hat. Please also bring coat hangers
- 3** Appropriate work clothes
 - Long work pants, two pairs of covered work shoes. Uniform shirts will be provided
- 4** Clothes for leisure time
 - Swimwear and sunscreen for trips
 - Sandals, walking boots, running shoes also suggested
- 5** Required personal medication
- 6** Money to see you through to your first pay
- 7** Toiletries, alarm clock, torch and any personally preferred cleaning supplies
- 8** Electronics and personal items
 - Mobile phone and charger (Telstra is best for coverage), camera, radio, tablet, laptop, books, etc



NOTES

A series of horizontal dotted lines for writing notes, spanning the width of the page.





NOTES

A series of horizontal dotted lines for writing notes.





ARCS AUSTRALIAN
REGIONAL & REMOTE
COMMUNITY SERVICES

CONTACT US

People and Culture Team

08 8982 5200

people@arcs.org.au

www.arcs.org.au