

Neighbour News

Hang in there - it will get better

Over the last month, we have seen the safe return of our volunteer garden teams, working bees at the 5 Senses Garden and local outings.

We are continuing to send out a monthly newsletter to keep everyone informed of changes to our programs.

"Social distancing does not mean no social contact". Neighbour Aid staff and volunteers are available for a chat and our programs are taking shape so that when you are ready, we are here to facilitate your safe return.

We are keeping up to date with all government health directives and have been re-assured by clients, that they trust our staff and new safety procedures. Importantly, we are seeing clients take the lead and return to programs when they themselves feel safe. There is no rush, we trust that you will make decisions that feel right for you.

There was an article by Virginia Trioli in the ABC News on 15 August 2020 about a remarkable and sprightly Enid Williamson who celebrated her 100th birthday in isolation during Melbourne's stage 4 lockdown.

Enid recently wrote a letter to her local member, Treasurer Josh Frydenberg. She assured him that this pandemic would pass "after the pandemic is under control we would rise like a phoenix and handle all the

problems presented ... perhaps working together has made us more integrated, more caring and more hopeful and perhaps we can look forward to a better world: whether that happens or not I don't know — but it's what I need to believe for my own survival."

In particular, her sign off phrase is one to remember: "Hang in there — it will get better".

These are the words we all need to hear. A reminder to stay connected, stay safe and stay positive.

Allison Yee-Brogan, General Manager

STAY CONNECTED.
STAY POSITIVE.
STAY SAFE.

Special
Edition
Aug 2020
Issue 107

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Inner West
**Neighbour
Aid** 

Our News

Staff News

The year of 2020 has been an interesting and busy year in many ways for all of us. We have been keeping a little secret here in the Neighbour Aid office... Camilo and I are expecting a double bundle of joy in early November this year. I will be taking maternity leave from 11 September 2020 to get some rest before the arrival of our twins! Yes twins! We are keeping the genders a surprise, you will have to wait and see.

We are excited for the new challenge of parenthood, although I will miss everyone at Neighbour Aid very much. I plan to return to work in April 2021.

Until then, stay healthy, keep smiling and stay connected with our wonderful community.



Emma Torres, Client Services Coordinator

Welcome

Hi there! My name is Marika and I am currently completing my Bachelors degree in Psychology at Macquarie University with aspirations of working within the community services sector. I previously came from an IT background but decided to change careers as I wanted to work in a field that gave back to the community. I completed my placement with Inner West Neighbour Aid in 2018 and I enjoyed my time here so much that I applied for a working role. As the Client Services Officer I am looking forward to liaising with both new and current customers and to further build my

knowledge of our programs including Help at Home and My Aged Care.

When I am not buried in my textbooks, you can find me teaching swimming with the Canterbury-Bankstown Council.

My interests include, reading, drawing, cooking, playing sport, hiking and spending time with my cats Lou and Lilly. I look forward to working with a great team and meeting clients.

Marika Vazouras, Client Services Officer



Volunteers

Hi volunteers, do you have an Inner West Neighbour Aid ID badge? If you don't have one or have misplaced it, please contact Jacqui to arrange one for you. Wearing an ID badge when you are working with Neighbour helps to ensure the safety of our clients and volunteers.



Jacqueline Elliott, Volunteer and Events Coordinator

All we need is a clear selfie, much like any other ID photo, and of course we encourage a smile!

Thank You

We would like to acknowledge the generous support of Inner West Council for COVID-19 funding and Canada Bay Club for their community grant.



Neighbour Aid's Response to COVID-19

Help around the Home and Garden

Assisted Online Shopping: operating per usual, no extraordinary delays experienced. Contact Lara Allen, Social Support Worker on 9799 5099.

Ashfield Boys High School Shopping Program:

not operating under instruction from the Department of Education.

Neighbour Aid Pet adoptions: RSPCA is offering adoptions with social distancing. Contact Jackie Walters, Social Support Coordinator on 9799 5099.

Dog Walking, Home Visiting, Community

Visiting: not yet operating in person, phone calls to clients by volunteers is on offer, volunteers to record hours. Pen Pal program and phone calls to residents at aged care facilities is on offer. Contact Jacqui Elliott, Volunteer and Events Coordinator on 9799 5099.

Rivendell School Garden program: not operating under instruction from the Department of Education.

Help at Home and Subsidised Lawn Mowing

Program: operating with new safety measures in place, all staff and contractors have undertaken online Infection Control training.

Working Bees at the 5 Senses Garden:

operating with small groups of volunteers and safety measures in place.



Garden Aid: operating with small groups of volunteers. New safety measures include:

- Sharing of gardening tools will be eliminated or reduced.
- Social distancing care to be taken in narrow and/or confined areas.
- Increased surface cleaning and adherence to hand hygiene.
- Improved social distancing and mindful hand hygiene at morning tea. Neighbour Aid to supply and distribute morning tea, tea and coffee.
- Carrying of buckets by 2 people will not be permitted if it contravenes social distancing guidelines.



BEFORE



AFTER

Neighbour Aid's Response to COVID-19

Out and About

Outings: We having completed our first month of outings, guided by government recommendations and so far clients have enjoyed their time out catching up with friends. All clients have been compliant and followed the instructions of our staff. We thank you for your patience and for listening to us. Our calendar for September 2020 includes some short drives and picnics. At this stage it is best that everyone brings their own lunch along to enjoy together. We might even be able to grab a coffee somewhere close to enjoy after lunch.

New safety measures include:

- 4 to 5 clients each outing to ensure safe social distancing on the buses and seats will be allocated on the bus.
- Shorter, local trips/outings and 2 to 3 outings per week.
- Outings will remain within our local area only.
- Increased surface cleaning and adherence to hand hygiene.
- Only attend venues that have been assessed for COVID-19 safety and where bookings have been confirmed.
- All clients, staff and volunteers must be well to attend outings.
- We have a duty of care to keep everyone safe, including reviewing risks for people who have compromised immune conditions and clients who require close contact mobility assistance and cancelling outings due to wet weather if required.

Saturday Social Group: scheduled to resume 12 September 2020. Clients will be sent a calendar and letter in the mail. Contact Tina Craigen, Social Support Coordinator on 9799 5099.

Strathfield Aged Day Care Centre: Welcome Morning Teas scheduled for mid September 2020. Clients will be sent an invitation/letter in the mail.

Health and Wellbeing

Alive & Kicking: We are planning to recommence Alive & Kicking on 1 September 2020. We are working hard to locate a new venue that will be suitable and safe for our clients, contractors, volunteers and staff to do the activities we enjoy. There are various government health directives in place that restrict the number of people gathering in enclosed spaces. This will impact on the number of people that can attend each session. If you have any questions please do not hesitate to call the Social Support Team: Jackie, Lara or Tina.

Stand Tall: not operating at present, safety measures still in review.

5 Senses Garden Workshops and Living Well

Dementia Workshops: not operating at present, safety measures still in review.

Checking In

Drive By Visits: We are still driving by to visit clients at a safe distance where we can.

Phone Bingo: If you are interested in a chat and a game of Bingo with friends over the phone, please contact Jackie Walters.



SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1 ALL AREAS A&K tentative, venue tbc \$5	2 EAST Drummoynes Sailing Club \$15+	3 NO OUTINGS	4 WEST Drummoynes Sailing Club \$15+
7 NO OUTINGS NO WORKSHOPS	8 ALL AREAS A&K tentative, venue tbc \$5	9 WEST Ballast Point Park @ Birchgrove BYO	10 NO OUTINGS	11 EAST Ballast Point Park @ Birchgrove BYO
14 NO OUTINGS NO WORKSHOPS	15 ALL AREAS A&K tentative, venue tbc \$5	16 EAST The Garden @ West Leagues Club \$15+	17 WEST The Garden @ West Leagues Club \$15+	18 NO OUTINGS
21 NO OUTINGS NO WORKSHOPS	22 ALL AREAS A&K tentative, venue tbc \$5	23 WEST Kokoda Café with a walk in the Five Senses Garden BYO	24 EAST Kokoda Café with a walk in the Five Senses Garden BYO	25 NO OUTINGS
28 NO OUTINGS NO WORKSHOPS	29 ALL AREAS A&K tentative, venue tbc \$5	30 NO OUTINGS		

Practice Healthy Distancing

**KEEP CALM
AND BE POLITE**

Our programs are looking different

Things you will notice:

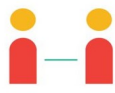
- Hand sanitiser, anti-bacterial spray, masks, gloves, wipes and tissues will be available at all times.
- There will be increased cleaning, with all touch points in vehicles cleaned before and after use.
- Contactless payment, where possible is preferred over cash.
- Staff and volunteers will practice and role model healthy distancing, including no physical touch.
- All staff have completed the Australian Government Department of Health's *COVID-19 Infection Control Training*.
- Initially it may feel awkward asking others to keep a healthy distance apart or to cover their mouth when coughing or sneezing. It is important that all of us play our part in keeping each other safe.



1. Stay at home if feeling unwell



2. Sanitize your hands



3. Keep 1.5m apart

How to “not hug”

Clap, elbow bump, bow, place your hand on your heart, air high 5, air hug, thumbs up, friendly hand gestures, simply smile or wave.



Our language is different

You may need to remind others to keep a healthy distance apart.

Smile, be polite, use please and thank you, look them in the eye, use a kind and happy voice, be friendly but assertive.

“Can you please stand 1.5 metres away.”

“I think you're standing a little close and I feel uncomfortable.”

We're all in this together. Remember that everyone has different comfort levels.

If a person in our Neighbour Aid community tests positive to COVID-19

Relevant government health authorities will be notified and we will act in accordance with their advice and assist with contact tracing.

The Neighbour Aid Board, all relevant funding bodies, staff and the Croydon Park Public School Principal will be informed. All close contacts of the infected person will be identified and informed. Close contacts are those who have had face-to-face contact in any setting with a confirmed or probable case for more than 15 minutes in total over the course of a week. It also includes people who have shared an enclosed space with a confirmed or probable case for more than two hours. This contact period is counted from 48 hours before the start of the person's symptoms. All clients, volunteers and contractors will be informed that there has been a reported case in our community.

Risk management controls will be reviewed and work arrangements altered if required. We will ensure the identity of the infected person remains confidential and check on their wellbeing.

A COVID-19 clean will be arranged for all relevant Neighbour Aid vehicles and office areas. All relevant services will be suspended until COVID-19 cleaning and quarantine periods have lapsed.

COVID-19 Who to Call

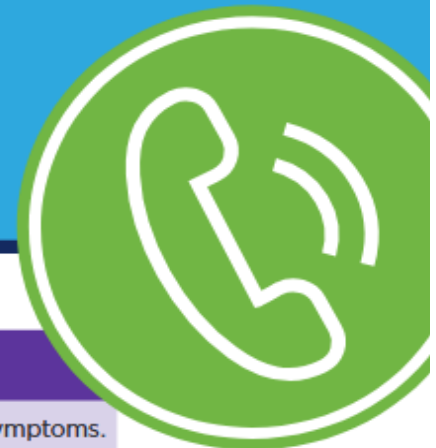
If you feel unwell

If you feel unwell, **call your GP** to discuss your symptoms. If you think you might have COVID-19 call the National Coronavirus Helpline for information and advice.

National Coronavirus Helpline 1800 020 080



COVID-19 (Coronavirus) Who to call



Questions and support

- Call **1800 020 080** (24/7) for health questions or to check symptoms.
- Call **13 77 88** (24/7) for non-health related questions.
- Call **1800 512 348** (24/7) for mental wellbeing support
- Visit www.healthdirect.gov.au to check symptoms.
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information

Triple Zero

Save **Triple Zero (000)** for emergencies such as difficulty breathing or shortness of breath at rest.

Interpreter service

For free help in your language call **13 14 50**.

If you have symptoms



Fever



Cough



Sore throat



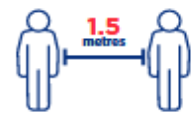
Shortness of breath

- **Self-isolate first.** Call your GP or visit a public COVID-19 clinic: www.nsw.gov.au/covid-19
- Travel in your own car or a private car driven by a family member or an existing close contact. **Do not travel by public transport, taxi or ride-share service.**
- **Wear a surgical mask.** If unavailable, ask for one immediately when you arrive.

Protect yourself and others.



Practise **good hygiene**



Practise **social distancing**



Stay home if you can



Client Recipes

Sharing our Recipes

Inner West Neighbour Aid is a community where we share time, conversations and laughs. We come together and share our love of life, adventure, culture, nature and food. We invited our clients to share some of their favourite recipes and we have compiled them for everyone to enjoy, with photos captured from the internet. Some are savoury and some are sweet.

Thank you to Gwen, Pasqua (Natalie), Usha, Irene, Norma, Maria, Tim, Noelene, Eva, Arnold, Hazel and Shirley for their tasty dishes. And thank you to staff members Stuart and Tina for reaching out and typing up the recipes.

Cooking at the 5 Senses Garden, Feb 2020



Australian Chicken, Gwen Stackpool

Serves 3-4 people

Slow cooker meal

Ingredients

1-1/5 kg Chicken Drumsticks

1 Carrot

2 Small Granny Smith Apples

1 Onion

Garlic to taste

½ Small Tub Tomato Paste

1 Tablespoon Curry

1 Tablespoon Brown Sugar

Chicken Stock (Not quite covering Drumsticks)

Flour

Preparation Method

Flour drumsticks and place into the slow cooker (or on a tray in the oven).

Add all other ingredients in with the chicken and stir to combine.

Cook on high in slow cooker for 4 hours or 40-45 minutes on 180 degrees if using the oven.



Client Recipes

Broccolini Pasta, Pasqua Nastasi

Ingredients

Broccolini bunch
 One garlic clove
 Six mini roma tomatoes
 2 tablespoons olive oil
 Salt
 Penne pasta 500gms
 Leek ¼

Preparation method

Cut garlic, tomatoes, leek, roma tomatoes and stems off the broccolini. Put the stems aside for now. Put the leek, garlic, roma tomatoes and olive oil in a pan and fry for 2 minutes.

Boil 4 litres of water in a pot. Add the broccolini stems in the same water for about 10 minutes.

When pasta is ready, drain and add it to the pan with other ingredients.

Mix well then serve.



Chicken Curry, Usha Gupta

Serves 4

Ingredients

3 tablespoons oil
 1 tablespoon cumin seeds
 2 onions, chopped
 3 cloves garlic, finely chopped
 1 inch ginger, finely chopped
 500g chicken fillets
 1 tablepoonssalt
 2 potatoes, roughly chopped
 Water
 ½ tablespoon garam masala
 Fresh coriander leaves to garnish

Preparation Method

Heat the oil in a medium/large saucepan over a medium heat. When the oil is hot, add the cumin seeds and chopped onion. Fry for 4-5 minutes, stirring occasionally.

Add the garlic and ginger and continue to stir until the onion is soft.

Add the chicken fillets and stir to coat. Add the salt and cook for 8-9 minutes, covered.

Remove the lid, stir and add the potatoes and enough water to make a gravy. Simmer for 7-8 minutes until the chicken is soft and cooked through. Add the garam masala and stir.

Garnish with the fresh coriander and serve with rice or Roti bread.



Client Recipes

Corn Fritters, Irene Pribula

Serves 2 people

Ingredients

Oil
 1 cup of flour
 ½ cup of milk
 1 cup of corn kernels
 1 teaspoon baking powder
 2 eggs

Preparation method

In a bowl, beat all ingredients together (except corn)

Once mix is smooth, add the corn kernels

Once the oil is hot in the pan, use a spoon to get mixture and place the mixture into the pan (like pancakes).

Cook until slightly brown and crispy



Sword Fish Allintiglio, Pasqua Nastasi

Ingredients

2 x fillet of swordfish
 ¼ cup plain flour
 15 x black olives, pitted
 ½ cup wine (red or white)
 15 x capers, unsalted
 1 x tin crushed tomatoes
 Salt
 Olive oil
 1 x garlic clove

Preparation method

Oil, garlic and tomatoes in a pan to cook for approx. 15 minutes.

Batter fish with flour.

In a separate pan fry fish for 3 minutes each side.

Add fish to sauce, add wine simmer for approximate 5 minutes.

Garnish with parsley.



Client Recipes

Veal with Cognac, Pasqua Nastasi

Ingredients

2 x fillets of veal
 ¼ cup breadcrumbs
 Parsley
 Olive oil
 1 x tin of crushed tomatoes
 250g dried porcini mushrooms
 1 cup water
 ¼ cup cognac

Preparation Method

Put porcini mushrooms in 1 cup water and let sit for approx. 1 hour.

Add oil and tomatoes to frying pan and cook for 20 minutes.

Keep water from mushrooms, remove mushrooms and dice into small pieces. Add mushrooms into pan and leave to simmer.

Add some oil and parsley onto a plate and lightly brush mixture onto veal fillets.

Lightly coat veal in breadcrumbs. In separate pan fry veal for 3 mins each side. Add veal to sauce and simmer for 2—3 mins, add mushroom water as well. Add cognac and simmer for 1 min.



Zucchini Slice, Norma Piper

Serves 4 people

Ingredients

3 or 4 large zucchini
 1 medium onion
 1 cup carrot (grated)
 1 cup cheese (grated)
 1 cup ham or bacon (chopped)
 1 cup self-rising flour (sifted)
 5 eggs
 ¼ cup veg oil
 Chopped parsley
 Pepper

Preparation method

Preheat oven to 170 degrees. Grate unpeeled zucchini coarsely, chop onion finely. Combine zucchini, onion, carrot, cheese, ham and bacon, sifted flour, lightly beaten eggs. Veg oil, parsley and pepper in a large bowl.

Pour into a well-greased (16 cm x 26 cm) pie dish. Bake in oven for 40 minutes or until slightly browned on top.



Client Recipes

Angel Cake, Maria Luccitti

Ingredients

8 eggs
 2 cups sugar
 2 cups plain flour
 1 cup vegetable oil
 1 cup lukewarm water
 1 teaspoons baking powder
 20 mls lemon essence (liquid essence – not juice)

Preparation method

Beat egg yolks with the sugar until pale and creamy

Add water, oil and lemon essence to this and beat lightly until blended

Preheat oven to 175 degrees Celsius

Put the mixture into a large bowl because you will need the mixer for the egg whites

Add sifted flour and baking powder to mixture in bowl

Beat egg whites in the mixer with 1 tablespoon of sugar. Beat until firm and peaks form

Add this to mixture a little at a time

Pour mixture into a clean Angel cake tin.

NOTE: The tin MUST NOT be greased or floured.

The mixture goes into a clean tin

Place in oven and cook for 1 hour

After 1 hour in the oven, use skewers to check if cake is cooked. If skewers are not clean or dry, continue to cook for another 5 to 10 minutes.

Remove from the oven, and then cool the cake completely upside-down set on a wire rack, about 3 hours

Once you have your cake out of the tin, you can gently use a knife just to help release the middle detachable piece of tin from the cake

Your Angel Cake is ready to eat or decorate.



 *Delicious
as it Looks*

Client Recipes

Date and Ginger Cake, Tim Hunter

Ingredients

- 1 ¼ cups chopped dry dates
- 1 cup water
- 2 tablespoon butter or margarine
- ½ cup brown sugar
- 1/3 cup crystallised ginger, chopped
- 1 egg, lightly beaten
- 1 ¼ cups plain flour
- 2 teaspoon baking powder

Preparation Method

- Place dates, water and sugar into a medium saucepan
- Bring to boil and simmer gently for 2 minutes
- Take off heat, add ginger and cool
- Line 12 cm x 22 cm loaf tin with greased baking paper
- Stir beaten egg into mixture
- Sift flour with baking powder and stir thoroughly into date mixture
- Pour mixture into the loaf tin
- Bake for 40-50 minutes at 180 degrees Celsius
- Take it out and let it cool on wire rack
- Slice and serve with or without butter

Try not to eat it all at once!



Easy, Quick Lemon Curd, Noelene Mackay

Makes one portion

Ingredients

- 2 eggs
- 2 egg yolks
- 175 gram caster sugar
- 80 gram butter (melted)
- 2 lemons (zest + juice)

Preparation method

Make any easy lemon curd by whisking all ingredients together

Stir continuously over low heat in a small saucepan until thickened

Store in an airtight jar (sterilized) in the fridge

Enjoy!



Client Recipes

Impossible Pie, Eva Magyar

Ingredients

- ½ cup plain flour
- 1 cup sugar
- 1 cup desiccated coconut
- 4 eggs
- 2 cups milk
- 2 teaspoons vanilla essence

Preparation method

Blend all ingredients in electric mixer, pour mixture into buttered 10 inch pie plate

Bake in oven 150 degrees or 180 degrees Celsius for one hour or until centre is firm



Lemon Cheese Milk Tart, Arnold Jones

Ingredients

- 1 tin of condensed milk
- 1 lemon
- 1 pastry shell

Preparation method

1. Pour condensed milk into a bowl
2. Squeeze the juice of 1 lemon over the milk
3. Stir together with a fork
4. Put mix into a bought pastry shell (or make it yourself)
5. Refrigerate for one hour

Enjoy!



Client Recipes

Passionfruit Rice Dessert, Hazel Tansley

Ingredients

½ cup rice
 1 cup sugar
 1 can "Nestles reduced reduced fat cream"
 8 passionfruit
 A touch of vanilla essence
 Extra milk to taste

Preparation method

Boil rice, and put in a bowl once cooked
 Add sugar, 'Nestles reduced fat cream', ½ can of milk, 8 passionfruit and vanilla and mix it through
 Refrigerate & serve cold
 PS: you might have to put in some more milk if too thin



Quick Mix Plain Cake, Shirley McKinnery

For Afternoon Tea

Ingredients

125 grams softened butter
 1 cup sugar
 1 cup self-raising flour
 2 tablespoons custard powder
 ½ cup milk
 2 eggs – ½ teaspoon vanilla

Preparation Method

Put all ingredients in a mixing bowl and beat well until smooth
 Bake in moderate oven for 40-45 minutes or test with skewer
 Leave cake in tin to cool
 You can make chocolate cake if you substitute 2 tablespoons cocoa for custard powder
 Passionfruit Icing for Tea cake



Client Recipes

Salmon with Ginger and Shallots, Allison

Ingredients

1 x salmon fillet boneless and skinless

Ginger

Shallots

Salt and Pepper

Light soya sauce

Vegetable oil

Rice

Preparation method

Wrap salmon loosely in foil, drizzle with light soya sauce and pepper. Steam/bake in oven on 180 degrees Celsius for 60 minutes.

Boil rice.

Finely chop ginger and shallots in 40:60 ratio and mix. Season generously with salt

Heat 4 tablespoons of vegetable oil in pot.

When oil is sizzling, pour oil directly onto chopped ginger and shallots mixture and stir.

When salmon is cooked, serve with rice and ginger and shallots.

