

Neighbour News

Farewell 2020!

Here is a little something for you to read and enjoy as we say goodbye to 2020.

Pooh woke up that morning, and, for reasons that he didn't entirely understand, couldn't stop the tears from coming. He sat there in bed, his little body shaking, and he cried, and cried, and cried. Amidst his sobs, the phone rang. It was Piglet.

"Oh Piglet," said Pooh, between sobs, in response to his friend's gentle enquiry as to how he was doing. "I just feel so Sad. So, so, Sad, almost like I might not ever be happy again. And I know that I shouldn't be feeling like this. I know there are so many people who have it worse off than me, and so I really have no right to be crying, with my lovely house, and my lovely garden, and the lovely woods all around me. But oh, Piglet: I am just SO Sad."

Piglet was silent for a while, as Pooh's ragged sobbing filled the space between them. Then, as the sobs turned to gasps, he said, kindly: "You know, it isn't a competition."

"What isn't a competition?" asked a confused sounding Pooh.

"Sadness. Fear. Grief," said Piglet. "It's a mistake we often make, all of us. To think that, because there are people who are worse off than us, that that somehow invalidates how we are feeling. But that simply isn't true. You have as much right to feel unhappy as the next person; and, Pooh - and this is the really important bit - you also have just as much right to get the help that you need."

"Help? What help?" asked Pooh. "I don't need help, Piglet."

"Do I?"

Pooh and Piglet talked for a long time, and Piglet suggested to Pooh some people that he might be able to call to talk to, because when you are feeling Sad, one of the most important things is not to let all of the Sad become trapped inside you, but instead to make sure that you have someone who can help you, who can talk through with you how the Sad is making you feel, and some of the things that might be able to be done to support you with that.

Finally, Piglet asked Pooh to open his window and look up at the sky, and Pooh did so.

"You see that sky?" Piglet asked his friend. "Do you see the blues and the golds and that big fluffy cloud that looks like a sheep eating a carrot?" Pooh looked, and he could indeed see the blues and the golds and the big fluffy cloud that looked like a sheep eating a carrot.

"You and I," continued Piglet, "we are both under that same sky. And so, whenever the Sad comes, I want you to look up at that sky, and know that, however far apart we might be physically...we are also, at the same time, together. Perhaps, more together than we have ever been before."

"Do you think this will ever end?" asked Pooh in a small voice.

"This too shall pass," confirmed Piglet. "And I promise you, one day, you and I shall once again sit together, close enough to touch, sharing a little smackerel of something...under that blue gold sky."

We all need a piglet in our lives. Wishing everyone a safe and merry end to 2020.

Allison Yee-Brogan,
General Manager

Summer
Edition
Nov 2020
Issue 109

Inside:

1. Welcome
2. Our News
3. 5 Senses Garden Workshops
4. In a Neighbour's Garden
5. Client Corner
6. December Outings
7. January Outings
8. February Outings
9. Out and About
12. COVID-19 Who to Call



Inner West
**Neighbour
Aid** 

Our News

A Very Different Christmas

Our aim is to finish this year safely and strongly. It won't be a normal festive season this year due to COVID-19 concerns. In keeping with current guidelines, we will not be promoting large gatherings for the health and safety of our community. We will not be holding the following events:

- Client Christmas Party
- Volunteer Christmas function and
- Very Merry Christmas Breakfast.



Office Closure over Xmas and New Year

Our office will be closed from Wednesday 23 December 2020 and will re-open on Monday 11 January 2021.

Staff News

The Torres twins are growing and are more and more beautiful every day. Say hello to Flordeluna and Milagros (with Mama Emma and Papa Camilo).



Board News

At our October Annual General Meeting, we welcomed all returning board members for another year. Thank you to our continuing office bearers, Ben Lever, Chairperson, Jeanette Gilbert, Treasurer and Francesca Grace, Secretary. We also welcome Alison Muir who has joined our amazing volunteer board. Alison has qualifications in business, and governance and has a wealth of experience in administration, management and business development within the not for profit sector.

Congratulations to Lesley Hambusch (Board Member) and family on their special news. Baby Benjamin is such a cutie!



Welcome Maja



Hi! My name is Maja and I am the new Garden Aid Team Leader. I grew up in the area and believe that it's a special place in the world. I have a Bachelor of Science, majoring in

Environmental Biology and have worked in bush regeneration as well as being a chef. Recently, before the pandemic, I worked as a chef in Switzerland and learnt to ski while I was there. I enjoy nature, long walks and have an interest in waste management. I was attracted to Inner West Neighbour Aid because of the innovative programs that help people as they age. I am excited to start my new position and meet our amazing community!

Maja Sorensen, Garden Aid Team Leader

Scam Alert

The Department of Health has issued a statement that a client of My Aged Care in Western Australia received a phone call from someone claiming to be from My Aged Care. The caller asked for \$25 and the client's bank account details to register with My Aged Care. Please be aware this is not how My Aged Care operates - there is no cost to register. If you receive a call from anyone claiming to be from My Aged Care asking for money, bank details or behaving suspiciously please hang up, and report the incident to SCAMwatch. If you need any assistance, please contact Inner West Neighbour Aid on 9799 5099.

<https://www.scamwatch.gov.au>

Marika Vazouras, Client Services Officer

5 Senses Garden Workshops

We know that you have missed the Workshops at the 5 Senses Garden so we would like to invite you to a morning tea to welcome you back! We would love to hear what you have been up to in this trying time. The 5 Senses Garden has been busy growing while we have been isolating and we would love to show you the plants that have filled in!

The Workshops took a break during the pandemic but we will be back in 2021 with COVID-19 Safety measures in place. Workshops will look a little different in the future to ensure your safety.

- There will be a cap on the amount of people attending the Workshops in line with COVID-19 regulations
- People are to maintain a healthy distance of 1.5m apart
- We will provide disposable masks, gloves, hand sanitizer and anti-bacterial spray at all

Workshops

- Surfaces will be wiped down thoroughly before and after use
- Food handling will be managed safely and responsibly by Inner West Neighbour Aid staff
- There are limited numbers available for the bus
- If you are unwell or have visited a known COVID-19 hotspot, we request that you stay home and stay safe

We can't wait to discuss our new ideas with you and hear your input about what you would like to see at the Workshops in 2021.

Maja Sorensen, Garden Aid Team Leader

There is limited capacity for the Workshops so book in early! If you require transport or wish to book in please call us on 9799 5099.



5 Senses Garden Workshops

February 2021

All workshops are held at the 5 Senses Garden
Rhodes Park, Concord West
Workshops will comply with COVID-19 Safety Measures
Mondays 11am-1pm
Lunch is provided
Client Workshop cost \$5
Client Transport Cost \$12



Authentic Lebanese Feast



Cooking Class with Maja

In a Neighbour's Garden

Summer Gardening

Nearly everyone is told to eat more fresh fruit and veggies and exercise more. No matter your age these two things are key to a healthy and active life.

The global pandemic has only highlighted this more. With people working from home, isolating, not going to the shops and the rising costs of fresh fruit and veggies, people are taking up gardening to help achieve both and live more sustainable, happy lives.

By growing some produce at home, you not only have the added resource of fresh greens (literally) at your door step but looking after your garden is a great way to do some light exercise and get some fresh air too. Gardening also helps prevent and manage some chronic diseases such as type-2 diabetes, it is also a proven mood booster, so is great for your mental health.

In November there is no shortage of easy to grow veggies you could plant such as; beans, beetroot, broccoli, Chinese cabbage, capsicum, cucumber, eggplant, endive, lettuce, melons, okra, onion, parsnip, potato, pumpkin, radish, rhubarb, rosella, silver beet, spring onion, squash, sweet corn, sweet potato, tomato and zucchini.

Our Amazing Garden Volunteers

Our volunteers are some of the most inspiring people that I have ever met. Each week these generous and kind people come out and get their hands dirty to help our community. Simply put, we couldn't do what we do without them. They are the lifeblood of our organisation.

Hello Heidi

Why do you volunteer your time with Neighbour Aid?

When I first joined Neighbour Aid, it was for a selfish reason – to fill in time. I had just retired and was looking for things to do. As a trial turned into a longing, looking forward to that text message for next gardening address. I

have learnt short cuts and have driven through some beautiful streets in the inner west.

I fell in love with getting my hands and knees dirty, with the smell of the pulled out onion weeds, with the colours of flowers and foliage. Every garden has been so different.

And what can I say, the excitement when someone yells out 'morning tea'!!!

How long have you been gardening with us?

I joined in 2016 and I hope to continue as long as my body allows.

What is your favourite memory in a client's garden?

Back in September 2018, we did a garden on the busy Concord Road at Concord West. The garden was a bit overgrown and you could not see anything from the street. As we progress clearing here and there, high and low, there were surprises every time you turn. Lots of ornamental displays that complemented the vegetation and landscape. We even found and cleared a path that the owner had forgotten about. We were treated to an old Chinese mahjong set. A real treasure of a garden! Wish we could re-visit it!

What is your favourite plant?

I do not have a favourite plant. I like them all as long as they are not too spiky.

What is your favourite thing to cook?

I love baking. The no-bake cheese cake and citrus syrup butter cake are my favourite.

Any gardening tips?

Success comes from failure. Just give it a go.

3 things you would choose if stranded on an island:

A hammock, a pen knife and a plastic rain coat. I am a practical person!

Roman Deguchi, Garden Projects Coordinator



Client Corner

Better Together

People love to categorise things. Grouping things together to help make sense of the world. But that doesn't mean the names can't be silly or funny. Here are some collective nouns for animals that may surprise you.

Bears: a sloth or sleuth

Cats: a clowder or glaring

Ferrets: a business

Giraffes: a tower

Jellyfish: a smack

Owls: a parliament

Parrots: a pandemonium

Rhinoceroses: a crash

Sharks: a shiver

Skunks: a stench

Tigers: an ambush or streak

Toads: a knot

Penguins: a waddle (*when on land*) or a raft (*when in the water*)

Tourists: a flock of From Old English "flocc" (crowd).

Witches: a coven

Husbands: an unhappiness

Wives: an impatience. *For some reason collective nouns for partners are generally negative!*

Butlers: a draught of butlers. *A butler's duties include looking after wines and liquor stored in the "buttery" (a room) by taking regular draughts to test for taste and quality.*

Fishermen: a drift / sulk / grumble. *These collective terms for fishermen suggest they're not the happiest group of people!*

How to Stick Together: A Lesson on togetherness from the Emperor Penguin



The emperor penguin (*Aptenodytes forsteri*) is the tallest and heaviest of all living penguin species and is endemic to Antarctica. They show what can be achieved when individuals work together. The only penguin species that breeds during the harsh

Antarctic winter, emperor penguins trek 50–120 km over the ice to breeding colonies which can contain up to several thousand individuals. The female lays a single egg, which is incubated for just over two months by the male while the female returns to the sea to feed. Parents take turns foraging at sea; up to 500km from the colony and at depths of up to 550m before returning to the colony to take their turn caring for their chick.

As a defence against the cold, a colony of emperor penguins forms a compact huddle (also known as the turtle formation) ranging in size from ten to several hundred birds, with each bird leaning forward on a neighbour. As the wind chill is the least severe in the middle of the turtle formation, all the juveniles are usually huddled there. Those that find themselves on the outside windward side, shuffle around to the leeward edge, producing a slow churning action, giving each bird a turn on the warm inside and the freezing outside of the group. Using these behaviours, emperor penguins are able to not only survive, but thrive and multiple through the cold dark night of an Antarctic winter.

Stuart Blundell, Garden Aid Team Leader



DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1 ALL AREAS A&K Lunch \$20	2 ALL AREAS Maritime Museum Wildlife Photographer of the Year & Talk \$16 + Lunch \$20	3 ALL AREAS Stand Tall Program \$5	4 ALL AREAS Cake, Bake & Sweets Show @ Sydney Show Grounds \$23 + Lunch
7 Morning Tea 5 Senses Workshop \$5 NO OUTING	8 ALL AREAS A&K Lunch \$20	9 EAST Barnwell Park Golf Club \$20 set menu	10 ALL AREAS Stand Tall Program \$5	11 NO OUTING
14 Morning Tea 5 Senses Workshop \$5 NO OUTING	15 NO OUTING	16 WEST Barnwell Park Golf Club \$20 set menu	17 ALL AREAS Stand Tall Program \$5	18 NO OUTING
21 NO OUTING	22 NO OUTING	23 OFFICE CLOSED	24 OFFICE CLOSED	25 PUBLIC HOLIDAY
28 PUBLIC HOLIDAY	29 OFFICE CLOSED	30 OFFICE CLOSED	31 OFFICE CLOSED	

JANUARY 2021

Mon	Tue	Wed	Thu	Fri
				1 PUBLIC HOLIDAY
4 OFFICE CLOSED	5 OFFICE CLOSED	6 OFFICE CLOSED	7 OFFICE CLOSED	8 OFFICE CLOSED
11 NO OUTING	12 NO OUTING	13 NO OUTING	14 NO OUTING	15 WEST Lantern Club @ Roselands \$15+
18 ALL AREAS Massey Park Golf Club @ Concord \$15+	19 ALL AREAS A&K/ BYO Lunch \$5	20 EAST Lunch @ Kirribilli Club \$20+	21 WEST Lunch @ Kirribilli Club \$20+	22 EAST Lantern Club @ Roselands \$15+
25 NO OUTING	26 PUBLIC HOLIDAY	27 NO OUTING	28 EAST The White Cockatoo Hotel @ Petersham \$20+	29 WEST The White Cockatoo Hotel @ Petersham \$20+

FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
1 Cooking Feast 5 Senses Workshop \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFA500; padding: 5px;"> WEST Flower Power & Lunch \$15+ </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> WEST Yarra Bay Sailing Club \$20+ </div> </div>	2 ALL AREAS A&K/ BYO Lunch \$5	3 EAST Armory Café & Walk @ Silverwater \$15+	4 ALL AREAS Stand Tall Program \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFFF00; padding: 5px;"> WEST Yarra Bay Sailing Club \$20+ </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> WEST Yarra Bay Sailing Club \$20+ </div> </div>	5 NO OUTING
8 NO WORKSHOP NO OUTING	9 ALL AREAS A&K/ BYO Lunch \$5	10 WEST Armory Café & Walk @ Silverwater \$15+	11 ALL AREAS Stand Tall Program \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFFF00; padding: 5px;"> EAST Yarra Bay Sailing Club </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> EAST Yarra Bay Sailing Club </div> </div>	12 WEST The Shop Café @ Picnic Point \$15+
15 Cooking Demo 5 Senses Workshop \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFA500; padding: 5px;"> EAST Flower Power & Lunch \$15+ </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> WEST Lunch @ Malabar RSL \$10+ </div> </div>	16 ALL AREAS A&K/ BYO Lunch \$5	17 EAST Fish & Chips @ Watsons Bay \$15+	18 ALL AREAS Stand Tall Program \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFFF00; padding: 5px;"> WEST Lunch @ Malabar RSL \$10+ </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> WEST Lunch @ Malabar RSL \$10+ </div> </div>	19 EAST The Shop Café @ Picnic Point \$15+
22 NO WORKSHOP NO OUTING	23 ALL AREAS A&K/ BYO Lunch \$5	24 NO OUTING	25 ALL AREAS Stand Tall Program \$5 <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; background-color: #FFFF00; padding: 5px;"> EAST Lunch @ Malabar RSL \$10+ </div> <div style="width: 45%; background-color: #90EE90; padding: 5px;"> EAST Lunch @ Malabar RSL \$10+ </div> </div>	26 WEST Fish & Chips @ Watsons Bay \$15+

Out and About

Outings Highlights

I hope all clients stay safe and well over the festive season.

In December: We have booked a talk at the Maritime Museum with a walk through the Wildlife Photographer of the Year exhibition. We will then wander over for lunch at Pancakes on the Rocks, Darling Harbour.



In January: We will be returning to the beautiful Kirribilli Club on the north side of the harbour. Also, a bit closer to the inner west, we are checking out the Cockatoo Hotel in Petersham for a fabulous pub lunch and of course an all-time favourite, the Massey Park Golf Club.



In February: To celebrate our glorious Sydney summer, we will be grabbing some fish and chips at Watsons Bay, lunch at Yarra Bay Sailing Club overlooking Yarra Bay and Botany Bay and lunching at the Malabar RSL. We will also have a long awaited return to Flower Power for some much needed garden therapy and supplies.

Lara Allen, Social Support Worker

Dog Walking and Adoptions

Dog walking volunteers resumed in October with a mix of returning and new volunteers and dogs! All our volunteers have had a refresher induction with the introduction of new COVID-19 safety procedures and have been loaned our new Inner West Neighbour Aid dog leashes that match our volunteer lanyards.



Interest and enquiries are very popular with Inner West locals and we have a number of people hoping to be of assistance to clients with dogs who may not get out and about as much as they or their owners would like.

If you have a dog that you think might enjoy a walking buddy please contact Tina or Jacqui and we can have a chat about your needs.

Jacqui Elliott, Volunteer and Events Coordinator

Looking for love?

Adopt a pet!

Or sign up today for a free dog walking service with Inner West Neighbour Aid.

Call our office today 97995099 for more information.

Tina Craigen, Social Support Worker

Out and About

'A good life is not lived in isolation. A good life is lived at the heart of a thriving community, amongst people we trust, and within an environment of mutual respect'
~ Hugh Mackay

As we farewell 2020 it is a great time to reflect on this year. It has been one like no other and we are so proud at Neighbour Aid that we have weathered the storm and continued to deliver services to you and remain connected.

Our Alive & Kicking program recommenced in September 2020. We were so happy to see familiar and enthusiastic faces ready to start. Everyone has done really well over the extended break keeping up some form of movement and exercise. Many clients reported that they practiced their exercises over the break. Fleur is so impressed with the dedication and motivation of all clients to keep this up. We are all better together supporting each other. We have also moved locations this year to Strathfield Town Hall. This is going well and clients have commented on the great clean and light-filled space. In 2021 we will return with a variety of guest speakers and activities.

If you are interested in our Alive & Kicking program please call Jackie, Lara or Tina for more information.

Outings continue to be popular and we are pleased to see those who are attending enjoying each other's company. During 2021 Neighbour Aid will travel further afield as restrictions ease and government advice is given. Everyone who has attended has been mindful and cooperative of our COVID-19 procedures. Thank you for this. As staff and volunteers attending outings we notice how happy everyone is to return and reconnect with their friends. It is often a very noisy bus with everyone sharing their experiences during Neighbour Aid's hiatus. Being together is what carries us through uncertain times.

We hope to see many more of you in 2021. For some it may take a while to decide when the time is right to return to activities. If you have any concerns about returning to outings please call our office to chat with one of our staff members.

On behalf of the Social Support Team, we wish you a safe and happy festive break and look forward to returning bigger and better in 2021.

Jackie Walters, Social Support Coordinator



It was such a joy to see Fleur and Alive & Kicking clients looking so happy and bright on Melbourne Cup Day.

Out and About

Strathfield Aged Day Care Centre

In September 2020 we welcomed Strathfield Aged Day Care Centre to the Inner West Neighbour Aid community with special morning teas. It was a great opportunity to introduce the team and get to know one another. Moreover, a chance to chat and find out more about clients and their interests.

We were delighted to meet a fantastic group of independent seniors who are happy to be back at the Centre and excited to re-connect with their friends.

We commenced regular activities in October and have found that everyone is enjoying themselves, relaxing and happy to share stories.

Our exercise program is a hit and promotes getting active with gentle exercises, ball games and movement to music. We have been enjoying intellectual stimulation with fun quizzes and have purchased a brand new bingo set for those keen bingo players.



We look forward to expanding our activities in the near future with fun art projects and time outdoors and in the garden.

Alison Kelly, Senior Social Support Worker



Masks

Wearing a mask helps to reduce community transmission. If used correctly, masks may prevent sick people from infecting others.



A mask is not a substitute for good hand hygiene and physical distancing.

Neighbour Aid provides **single-use masks** from reputable retail outlets to clients and volunteers for our programs.

Cloth masks are effective in reducing transmission of COVID-19 to other people when they are made, worn, stored and cleaned correctly. If you wish to wear your own reusable cloth mask at our programs: you will need more than one reusable mask as cloth masks are less effective when damp. Cloth masks should be washed after each use or at least daily. Reusing a cloth mask without washing it can lead to self-contamination and infection of the person wearing it.

Source: NSW Department of Health website



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

If you feel unsure about things

If you need support or are experiencing emotional distress, please reach out:

- Talk to someone you trust.
- Contact your GP, a counsellor, psychologist or psychiatrist.
- Visit a hospital emergency department.
- If your life is in danger call emergency services on 000

If you are feeling worried or anxious about COVID-19:

- Check out <https://headtohealth.gov.au/covid-19-support/covid-19>
- A new support line has been set up to provide information, support and to check on the wellbeing of older Australians. This phone service is run by the Council on the Ageing Australia, National Seniors Australia, Dementia Australia and the older Person's Advocacy Network with support from the Australian Government.

**Older Person's COVID-19 Support Line
1800 171 866**

Other supports available includes:

- Relationships Australia: 1300 022 966. Time 2 Talk is a free telephone support service helping people navigate COVID-19 challenges with a focus on social connection.
- Lifeline Australia: 13 11 14. You don't need to face your problems alone. Lifeline is available 24 hours, every day.
- Beyond Blue: 1300 22 4636 or 1800 512 348
- Headspace: 1800 650 890.

- Open Arms: 1800 011 046 Veterans & Families Counselling.
- MensLine Australia: 1300 789 978. Support for Australian men anywhere, any time. Phone and online counselling.
- QLife: 1800 184 527.

