

# Neighbour News

## Unity

**"Unity is strength. Where there is teamwork and collaboration, wonderful things can be achieved." – Mattie Stepanek**

We hope you enjoyed the summer break and were able to celebrate with those closest to you. As COVID seeps into our lives again we hope that you are staying vigilant and safe within the community.

The theme for this newsletter is unity. During every day life at Neighbour Aid we are all busy with our own programs. Social support staff are on the roads driving you places and supporting you in the community. Garden Aid and Help at Home staff are in your gardens weeding, pruning, mowing and mulching. Office staff and coordinators are in the office working hard and answering your calls.

Unfortunately these lockdowns have kept everyone at home and we have missed seeing your lovely, happy faces and having new experiences together. However, this forced office time has allowed us all to get to know each other a little better. We are able to bounce ideas off each other and collaborate with one and other. You might have noticed some new faces popping into your programs, for example, Alison Kelly has been to the 5 Senses Garden workshop to help us out with some Christmas craft and Esther, Indah and Hayley have been out in the gardens with the Garden Aid Team.

These times can bring out the best or worst in people and I have witnessed our team grow stronger and more united. We are working smarter, not harder and supporting each other in our programs.

I hate to admit it but when I first started at Inner West Neighbour Aid I was a little pessimistic, preferring to view the glass as half empty in order to avoid being let down. The Inner West Neighbour Aid community - the clients, staff, facilitators and volunteers 'filled up my cup a little'. The selflessness within our community allowed me to see the good in people and has changed my perspective. I believe our community presents as united, we are an organisation that is based around people helping each other. We are stronger together.

This year we aim to be united as an organisation to work together to make Inner West Neighbour Aid the best that it can be. We want to learn from each other as well as learning from everyone in our community, particularly our elders. We love when you share your knowledge and feedback with us.

We would love to have your input into what you would like to see in the newsletters. Call us on 9799 5099 or email [maja@iwna.com.au](mailto:maja@iwna.com.au)

**Maja Sorensen, Community Development and Garden Aid Team Leader**

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## Inside:

1. Welcome
2. Our News
4. In a Neighbour's Garden
5. Help at Home
6. 5 Senses Garden Workshops
8. Living Well with Dementia Workshops
9. Volunteers
10. March Outings
11. April Outings
12. May Outings
13. Out and About
14. Our Social Support Team
15. Alive & Kicking. Stand Tall and Walk Well
16. Strathfield Stepping Out
18. What's On
19. Client Corner
20. Puzzles
23. Photo Gallery
24. COVID-19 Who to Call



Inner West  
**Neighbour  
Aid** 

# Our News

## Organisational News

February is already upon us and 2022 may not have kicked off the way we had all hoped. But I can say with certainty - we have an amazing team that will rise to any challenge. Our aim is to ensure that clients and volunteers continue to feel safe, connected and heard at Neighbour Aid during yet another period of COVID-19 uncertainty.

A new year and a fresh start. We welcome Emel Jurd, Karen Paige and James Wohlfel to our wonderful team, together with 3 new faces from last year, Nick Robinson, Esther Tigchelaar and Hayley Lackner.

The suspension of social support group-based programs has meant that new team members have been able to meet some clients over the phone or by Zoom, take the time to learn our systems and procedures, have some driving practice in our vans and experience first-hand, the strength of our Neighbour Aid community.

We understand that for some people, it takes time to get to know others and build trust and rapport. Every person in our team has the skills and experience required for their role. They have been selected as they understand client-focussed programs, their values match our values and above all they will make you feel safe and bring a smile to your face. It won't be long before you feel like our newest team members have been with us forever. We invite you to get to know our big new team, to create new moments, adventures and memories with us.

## COVID-19 and the impact on our Programs

We know clients and volunteers trust us to make the best and safest decision for everyone. We thank everyone for their patience. We believe that a cautious approach allows us to monitor the health data and community infections, watch as people return to work and school and also allows for staff, volunteers and clients to

obtain booster doses.

Our **target** re-opening date for social support group-based programs is **Monday 28 February 2022**. This date may change or be impacted by a number of factors and our response is always informed by Health Guidelines and relevant Public Health Orders.

You may be aware of other aged care organisations returning to outings. Please note that we will continue to make the safest possible decisions for our clients and other organisations are no doubt doing the same for their clients. If you have any questions or concerns please call the office and speak with a staff member.

### Operating with strict COVID Safe Measures

#### (staff, volunteers and contractors are vaccinated):

- Garden Aid
- Subsidised Lawn Mowing
- Help at Home (outdoors only)
- Working Bees at the 5 Senses Garden
- Neighbour Aid Pets: volunteer dog walking and adoptions

### Operating remotely until 28 February 2022 (through Zoom, phone calls, drive-by visits):

- 5 Senses Garden Workshops
- Alive & Kicking
- Living Well with Dementia Workshops
- Outings
- Stand Tall
- Strathfield Stepping Out
- Walk Well
- Assisted Online Shopping
- Home and community visiting

### Not Operating:

- Our school / intergenerational programs

**Allison Yee-Brogan, General Manager**

# Our News

## Staff News

Emma Torres and husband Camilo welcomed baby Ezra Federico on 19 January 2022. Ezra has been a source of delight to big twin sisters Luna and Mila.



team has shown in welcoming me and making me feel part of this caring and professional organisation. It was lovely to get around to some activities in December and meet a few clients and volunteers. I'm looking forward to speaking with you on the phone and maybe even meeting some of you in person over soon



Hello everyone! My name is Emel and I recently joined the fabulous Neighbour Aid team as a Social Support Worker. I will be working with Alison Kelly in the Strathfield Stepping Out program and am really looking forward to meeting you all. I have a degree in Visual Arts and over 20 years' experience working in the community sector providing support to clients of all ages and cultural backgrounds living in Sydney. My favourite work in the sector has been developing and facilitating creative, educational, therapeutic and fun group programs. When not at work I love painting nature inspired pictures, hand building ceramics and pretty much doing anything creative. I'm also a keen gardener and mother to 3 gorgeous kids who eat me out of house and home! Stay safe and well everyone and I am excited to see you very soon.



Hi I'm James! I have just started working as the Social Support Worker (Community). I have worked for several years in the aged care sector whilst finishing my Bachelor of Psychology (Honours) degree at the University of Sydney. I have since worked for 2 years as a mental health support worker at a not for profit organisation. I enjoy training Brazilian Jiu Jitsu and going for nature walks in my free time. I am excited to once again work in the aged care sector, and was also drawn to the role for the close community atmosphere at Neighbour Aid.

After 13 months working in our Help at Home Program, Andy Mason and his fiancé have decided to move to Bathurst as Natalie has secured a social work placement.

*"I have really enjoyed being a part of the organisation and really valued the connections with clients, but I feel I need to support my partner in this next phase of our life together. I'd like to thank you for being patient and understanding and for providing a supportive and enriching environment to work in which I am going to miss a great deal."*

Hello everyone, my name is Karen and I am the Client Services Officer, filling in while Emma is on maternity leave. I have lived in the Inner West for almost 20 years and I love the area. After working for many years in education I was drawn to community work around 10 years ago. While studying Community Service Work I volunteered at Bill Crews' Exodus Foundation in Ashfield. I worked with Presbyterian Aged Care as a Care Support Worker, Coordinator and Case Manager for both Commonwealth Home Support Program and Home Care Package clients. I really appreciate all the kindness the



# In a Neighbour's Garden

## Companions in the Garden

We hear a lot about sticking together to get through troubling times. When we spend a little time caring and looking out for others, we all benefit. Well, this is not about the benefits of people working together. But I will be providing some information on how plants in your garden can work together to remain healthier and pest resistant. Read on to learn more about Companion Planting. Companion Planting is the close planting of different plants that enhance each other's growth or protect each other from pests. As this is a very broad topic, I will try to cover the main types of plants that I see when gardening for clients.



### Tomatoes

😊 **Good** - basil, parsley, carrots, beetroot and marigolds

☹️ **Bad** - fennel, rosemary and potatoes.

It is easy to remember tomatoes with basil. I just think of pizza. Marigolds help to deter the nematode worm that damages the roots of tomatoes.

### Citrus

😊 **Good** - lemon balm, rosemary and marigolds as long as they are not under the leaves.

☹️ **Bad** - Don't plant anything under citrus except lemon balm.

All citrus are shallow rooted. As a rule you should not put anything under your citrus trees except mulch and fertilizer. The only exception I have found is lemon balm. It is a shallow rooted herb whose lemony scent may deter pests and you can use the leaves to make tea.

### Roses

😊 **Good** - garlic, chives (anything from the onion family), parsley, marigolds, erysimums, geraniums, lavender and catmint.

☹️ **Bad** - citrus, chilli, mint and any plant that needs wet soil.

Planting garlic and parsley with roses helps to deter aphids. Marigolds, like with tomatoes, deters nematodes which can also affect rose roots. Lavender's strong scent confuses some of the predators, masking the smell of roses. They also look great planted under roses.

### Lettuce

😊 **Good** - French and African marigolds, carrots, cucumbers, onions, beetroots and strawberries.

☹️ **Bad** - brassicas (broccoli, cabbage, cauliflower and kale).

Lettuce needs constant watering and feeding to remain healthy and not bolt to seed.

Although with the wet weather we are having this summer, you probably don't have to worry about the watering too much.

Everyone is happier when surrounded by good companions. If you follow the guidelines above, your plants will be happier and you will be too.

**Stuart Blundell, Garden Projects Coordinator**



## Newspapers Wanted

We need your old and unwanted newspapers for our Garden Aid program. Please drop them off to our office or call us on 9799 5099.

An easy way to prevent weeds in the garden is to use layers of newspaper beneath the mulch. The newspaper acts as a weed barrier and it will break down reasonably quickly.





# In a Neighbour's Garden

## Compost System at the 5 Senses Garden

*T'was the week before Christmas, and all  
through the bay,  
Two gardeners were toiling, through the heat  
of the day.  
To build a new system, for breaking down  
waste,  
And to get the job done, they'd have to make  
haste.*

We received a generous grant from the City of Canada Bay Council to build a new compost system. After much planning, deliberation, consultation and a combination of blood, sweat and tears, we have a properly functioning composting system located at the 5 Senses Garden.

The idea came about at the construction of the garden, but due to lack of time and resources it was deferred. Bins provided by the council were often being over filled, infested with vinegar and fruit flies, smelling of decomposition and just generally unsightly. We now have 4 x 1m<sup>2</sup> secured bays to accommodate the green waste generated from the garden, our community and clients, with hopes we can:

- Reduce green and food waste going into landfill.
- Have a home grown source of compost for the garden.
- Give compost back to the community and clients to enrich their own gardens.
- Have a beautiful, bespoke wood and tin feature in the garden.

Visit the garden with your unwanted food scraps, or save some up give them to us when we come to visit to your garden, and with the magic of heat, moisture and tiny microbes, we will turn them into beautiful compost to use around your home, or on the vegetables at the garden, which you can in turn enjoy.

**Nick Robinson, Garden Aid Team Leader**



## Garden Aid Fee Changes

After careful consideration, we have increased our Garden Aid fee to \$60 per garden service, effective from 1 March 2022. It was previously \$50 per garden visit.

Our garden service is partially government funded, generally a 4 hour service conducted by one garden specialist/horticulturalist and a group of volunteers. Any waste that cannot fit in the available green bins is taken, by agreement to the nearest tip and the tip fee is charged directly to the client.

The Garden Aid fee was last increased by \$10 in 2018 and we feel it is reasonable to increase the fee, given general increases in operating expenditure over the past 4 years. If you have any concerns or suggestions, please call Allison Yee-Brogan or Stuart Blundell on 9799 5099.

## Can Help at Home, help you at home?



Help at Home offers a range of services around the home that may be of use to you: lawn mowing, garden tidy ups, window and gutter cleaning, decking, and raised garden beds.

Call the office and ask about any job big or small.

Some services can be provided under Home Care Package funds. Check with your provider or we can start the connection with your provider.

**Michael Wohlfel, Help at Home**

# 5 Senses Garden Workshops



All workshops are held at the 5 Senses Garden, on Mondays 11am to 1pm  
 Client workshop cost: \$5    Client transport cost: \$12    Non-Client Cost: \$20  
 Light lunch is provided  
**To book call 9799 5099**

There is limited capacity for the workshops so **BOOK IN EARLY!**

## 7 March: International Women's Day – Letter Writing



Take some time to appreciate yourselves or a special woman that has been a part of your life. A day of reflective writing in the garden.

## 14 March: Wild Edibles Foraging with Diego Bonetto



You will never look at weeds the same way again after this workshop. Diego will lead a walking tour through Rhodes Park to discover what wild edibles and medicinal plants lay in the cracks between the footpath.

## 21 March: Cultural Dress/Sharing for Harmony Day



Share your culture with others. Come in cultural dress or bring in something that is special to you. Learn about different cultures from friends.

## 28 March: Cooking with Maja



Maja our Garden Aid Team Leader and former chef, will be leading a cooking demonstration in the garden. Come and learn to cook something new!

## 4 April: Tai Chi



Join a teacher from the Australian Academy of Tai Chi to reap the many health benefits of Tai Chi. Embrace the mind, body and spirit in an act that is often called "Meditation in Motion".

# 5 Senses Garden Workshops



## 11 April: Making Bee Hotels (School Holiday Activity with Canada Bay Council)



Discover the secret life of bees! This is an intergenerational workshop in collaboration with Canada Bay Council. In this workshop you will learn how bees communicate as well as making your very own Bee Hotel to take home.

## 2 May: Winter Planting



Come and get your hands dirty with some winter planting. Garden Aid Team Leader, Nick, will guide the workshop in planting out the Vegepods for winter.

## 9 May: Orchid Talk



Most of us have an Orchid at home, but do we really know how to care for it? A speaker from Bankstown Orchid Society, will teach you all you need to know about Orchids.

## 16 May: Cooking with Maja



Former chef and current Garden Aid Team Leader, Maja will be leading a cooking demonstration in the garden. Come and learn to cook something new!

## 23 May: Chinese Knotting



Ling will be at the garden to teach us the art of Chinese Knotting. You can use this technique to hang pots or as a decoration for your wall or garden.

## 30 May: DanceWise with Dance Health Alliance



Join Gwen in the garden to exercise your body and mind! This workshop will include seated and standing movement sequences and teach you about the joy and benefits of dance.

**Maja Sorensen, Garden Aid and Community Development Team Leader**

# Living Well with Dementia Workshops



For people living with Dementia and carers

All workshops are held at the 5 Senses Garden on the 1st and 3rd Wednesday of the month from 11am - 1pm

Light lunch or morning tea included in the cost

To book call 9799 5099 or email [maja@iwna.com.au](mailto:maja@iwna.com.au)

## 2 March: Horticultural Therapy



Embrace and learn more about the nature surrounding you.

Workshop and lunch cost: \$15

## 20 April: Morning Tea



Join us for a relaxed morning tea in the garden.

Morning tea cost: \$5

## 16 March: Morning Tea and Home Care Packages Talk with Marina Antonas



Marina will chat with carers and answer questions about Home Care Packages.

Morning tea cost: \$5

## 4 May: Meditation and Mindfulness



Engage all of your senses. You will be sure to be feeling a sense of ease when you leave.

Workshop and lunch cost: \$15

## 6 April: Art Therapy



Art therapist, Kerry, will lead an art session in the garden.

Workshop and lunch cost: \$15

## 18 May: Morning Tea



Join us for a relaxed morning tea in the garden.

Morning tea cost: \$5

**Maja Sorensen, Garden Aid and Community Development Team Leader**



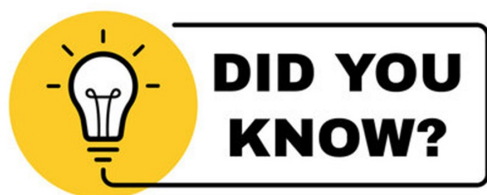
# Volunteers

In May we will celebrate our volunteers and their achievements and recognise their vital work. National Volunteer Week from 16 - 22 May 2022 is Australia's largest annual celebration of volunteering. We hope to hold a COVID safe event for volunteers embracing this year's theme "Better Together: together, through volunteering, we are changing communities for the better." Volunteers will be notified of event details closer to the time.



- Our youngest volunteer is 21 and is studying horticulture.
- Our Garden Aid volunteers accumulated 1,450 hours in the gardens, an average 52 hours per week, maintaining and sprucing up 94 clients' gardens
- Our Social Support volunteers donated 155 hours Dog Walking, Home Visiting or Phone Calling
- Social Support volunteers accumulated 1,235 hours on 1,001 outings, exercise programs and workshops.
- Our Volunteer Board recorded over 170 hours, in person and via Zoom.

Despite its impact, the pandemic has not dampened the Neighbour Aid spirit.



## Volunteer Statistics in NSW

- 4.9 million or 75.9% of the NSW adult population volunteered in 2020.
- These volunteers across the state donated 1.5 billion hours, with an average of 25 hours a month.
- To put it into perspective the volunteering sector is nearly 4 x larger than the NSW public sector workforce.

## Neighbour Aid's Volunteer Statistics for 2021

- Our volunteers donated over 3,200 hours of their valuable time, despite our long lockdown.
- We had one volunteer achieve 20 years of volunteering her time, energy and commitment with Neighbour Aid.
- Our oldest volunteer is 81 years young and has volunteered with us as a board member and home visitor for over 6 years and also volunteered with other organisations such as the Bus Museum.



How can we find the best volunteers to join our team? The best way is by asking!

Do you know of an adult who would like to contribute to the Inner West Neighbour Aid community? Someone who would like to spend a few hours a week/fortnight/month with our amazing team and lovely clients? If you do, please give them our details or they can find more information on [volunteer.com.au](http://volunteer.com.au) and search Inner West Neighbour Aid.

**Jacqui Elliott, Volunteer and Events Coordinator**

# MARCH 2022

Mon	Tue	Wed	Thu	Fri
	<b>1 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>2 WEST</b> BYO lunch @ Quarantine Reserve	<b>3 ALL AREAS</b> Stand Tall \$5  <b>EAST</b> BYO Lunch @ 5 Senses Garden	<b>4 ALL AREAS</b> Walk Well \$5
<b>7 ALL AREAS</b> <b>5 Senses Garden</b> Writing letters \$5	<b>8 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>9 EAST</b> BYO lunch @ Quarantine Reserve	<b>10 ALL AREAS</b> Stand Tall \$5  <b>WEST</b> BYO Lunch @ 5 Senses Garden	<b>11 ALL AREAS</b> Walk Well \$5  <b>EAST</b> BYO lunch @ Wangal Park
<b>14 ALL AREAS</b> <b>5 Senses Garden</b> Wild Edibles Foraging \$5	<b>15 ALL AREAS</b> Alive & Kicking - BYO Lunch \$5	<b>16 WEST</b> BYO lunch @ Wangal Park Burwood	<b>17 ALL AREAS</b> Stand Tall \$5  <b>EAST</b> Lunch @ Canada Bay Club	<b>18 ALL AREAS</b> Walk Well \$5
<b>21 ALL AREAS</b> <b>5 Senses Garden</b> Sharing Project/Cultural Dress for Harmony Day \$5	<b>22 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>23 EAST</b> Lunch @ Massey Park Golf Club \$15+	<b>24 ALL AREAS</b> Stand Tall \$5  <b>WEST</b> Lunch @ Massey Park Golf Club \$15+	<b>25 ALL AREAS</b> Walk Well \$5  <b>All areas</b> Lunch @ Canterbury- Hurlstone Pk RSL \$10+
<b>28 ALL AREAS</b> <b>5 Senses Garden</b> Cooking with Maja \$5	<b>29 ALL AREAS</b> Alive & Kicking BYO Lunch \$5 <b>Guest Speaker Flourish</b>	<b>30 ALL AREAS</b> NSW SENIORS FESTIVAL EVENT Invitation only	<b>31 ALL AREAS</b> Stand Tall \$5  <b>WEST</b> Lunch @ Canada Bay Club	

# APRIL 2022

Mon	Tue	Wed	Thu	Fri
				<b>1 ALL AREAS</b> Walk Well \$5 <b>WEST</b> Cat & Fiddle Hotel @ Balmain \$15+
<b>4 ALL AREAS</b> <b>5 Senses Garden</b> Tai Chi \$5	<b>5 ALL AREAS</b> Alive & Kicking BYO Lunch - \$5 <b>Guest Speaker Tech Savvy Seniors</b>	<b>6 EAST</b> EQ Markets @ Moore Park \$10+	<b>7 ALL AREAS</b> Stand Tall \$5 <b>WEST</b> Flower Power @ Enfield \$10+	<b>8 ALL AREAS</b> Walk Well \$5
<b>11 ALL AREAS</b> <b>5 Senses Garden</b> Making Bee Hotels \$5	<b>12 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>13 WEST</b> EQ Markets @ Moore Park \$10+	<b>14 ALL AREAS</b> Stand Tall \$5 <b>EAST</b> FlowerPower @ Enfield \$10+	<b>15</b> <b>PUBLIC HOLIDAY</b>
<b>18</b> <b>PUBLIC HOLIDAY</b>	<b>19 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>20 ALL AREAS</b> Olive Kitchen @ Breakfast Point \$15+	<b>21 ALL AREAS</b> Stand Tall \$5 <b>WEST</b> Fish & Chips @ Dolls Point \$10+	<b>22 ALL AREAS</b> Walk Well \$5 <b>EAST</b> Cat & Fiddle Hotel @ Balmain \$15+
<b>25</b> <b>PUBLIC HOLIDAY</b>	<b>26 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>27</b> <b>NO OUTING</b>	<b>28 ALL AREAS</b> Stand Tall \$5 <b>EAST</b> Fish & Chips @ Dolls Point \$10+	<b>29 ALL AREAS</b> Walk Well \$5

## MAY 2022

Mon	Tue	Wed	Thu	Fri
<b>2 ALL AREAS</b> <b>5 Senses Garden</b> Winter Planting \$5	<b>3 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>4 WEST</b> Lunch @ La Plaka Burwood \$15+	<b>5 ALL AREAS</b> Stand Tall \$5 <b>EAST</b> Lunch @ Dry Dock Hotel Balmain	<b>6 ALL AREAS</b> Walk Well \$5
<b>9 ALL AREAS</b> <b>5 Senses Garden</b> Orchid Talk \$5	<b>10 ALL AREAS</b> Alive & Kicking BYO Lunch - 5\$ <b>Guest speaker Macular Degeneration</b>	<b>11 EAST</b> Lunch @ La Plaka Burwood \$15+	<b>12 ALL AREAS</b> Stand Tall \$5 <b>WEST</b> Lunch @ Dry Dock Hotel Balmain	<b>13 ALL AREAS</b> Walk Well \$5 <b>EAST</b> Lunch @ Little Beans Glebe \$10+
<b>16 ALL AREAS</b> <b>5 Senses Garden</b> Cooking with Maja \$5	<b>17 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>18 WEST</b> Lunch @ Club Five Dock \$15	<b>19 ALL AREAS</b> Stand Tall \$5 <b>EAST</b> Lunch @ Club Five Dock \$15	<b>20 ALL AREAS</b> Walk Well \$5
<b>23 ALL AREAS</b> <b>5 Senses Garden</b> Chinese Knotting \$5	<b>24 ALL AREAS</b> Alive & Kicking BYO Lunch \$5	<b>25</b> <b>NO OUTING</b>	<b>26 ALL AREAS</b> Stand Tall \$5 <b>ALL AREAS</b> St George Maso's Club	<b>27 ALL AREAS</b> Walk Well \$5 <b>WEST</b> Lunch @ Little Beans Glebe \$10
<b>30 ALL AREAS</b> <b>5 Senses Garden</b> Dance Wise \$5	<b>31 ALL AREAS</b> Alive & Kicking BYO Lunch \$5			



## Out and About

We have had quite a bit of rain during summer, which made going outside almost impossible on some days. This means some of us may be a bit low on vitamin D and energy after a few tough months with restrictions. But, after the rain comes sunshine, literally and figuratively!

It is important for our physical and our mental wellbeing, to move, spend time outside and to stay connected.

Please join us on our BYO picnics in March. We can spend time together in nature, share our Christmas stories, New Year's resolutions and the things we look forward to in 2022. Our new Social Support Worker James Wohlfel will be taking you to some of these picnics, so it is a nice chance to get to know him and for him to get to know you.

In March we will have mainly outdoor and local outings, to keep you safe but connected.

In April we have some favourites back on the calendar, that we missed out on at the beginning of the year; The EQ markets, fish and chips at Dolls Point, Flower Power and more. With a nice variety of venues, we hope there is something for everyone.



In May we will visit St George Maso's Club. We went there on one of my first outings with Inner West Neighbour Aid. Some of you requested that we should go again, so here it is. We hope that you enjoy it as much I did on my first time.



Little Beans Café in Glebe is a very nice, small café with delicious food and a beautiful atmosphere. The very popular La Plaka at Burwood had to be put on the calendar as well.



At Neighbour Aid we are optimistic about 2022 and all that this year has to offer. Of course there may be occasions when we have to be flexible and adjust. We cannot control the weather nor the world and connecting in a safe way is key. If you have any questions or concerns, please get in touch.

**Esther Tigchelaar, Social Support Coordinator**



# Our Social Support Team

## New Year, New Team

Another year over, a new one just begun. 2022 comes with some changes to our Social Support Team. First of all, Jackie Walters has passed on the Social Support Coordinator 'baton' to me, Esther. I am very proud to step into this role and use my knowledge and experience to support the Social Support programs and team to thrive in 2022.

I moved to Australia 3 years ago. I grew up in the Netherlands, where I worked as a psychologist in a residential aged care facility. There I found my passion for working in the aged care sector. What I really value in working with seniors, are the meaningful conversations, the wise lessons that I learn, and the ability to contribute positively to the lives of others by providing support in multiple ways. I started working for Neighbour Aid about 10 months ago and a lot has happened in this period. I have met some of you in person, some of you online on Zoom, and others over the phone. I am looking forward to connecting more with you, in any way, in 2022.

We have 2 new staff members joining our team. They are both very kind and passionate about helping people and bring their own set of skills and creativity to the team. Our team of 5 is complete again and we are looking forward to doing great things this year.



## Sticking Together

While writing this, I am looking out the window. It already looks like autumn, although it is still summer. Rain is pouring down and it is windy. I made myself a cup of tea and am thinking about the fact that autumn symbolises 'change' and 'letting go'. I am hopeful that these words will also symbolise the year ahead. Letting go of all the world went through, changing negativity into positivity and looking forward to what is to come. In my opinion, this beautiful saying explains what we need to do to achieve these things this year:

*A lonely leaf on the road by sticking to another one, becomes more resistant to harsh winds*  
~Mehmet Murat Ildan

Spending a lot of time at home has been difficult for a lot of people. Not being able to do the things we like, see the people we love and stick to our routines. We all have to adjust. At Neighbour Aid, I think we became pretty good at that. As a team, we have learnt a lot during the lockdowns. One important lesson was that working together and supporting each other, becomes even more important during difficult times. Sticking together is not only essential within our team, but is also something that we are striving to do with the whole Neighbour Aid community. We are all going through a lot, but if we stick together, share our stories and connect, we know that we are not in this alone.

**Esther Tigchelaar, Social Support Coordinator**

*We are all unique and cope with things in different ways,  
But being different together, makes the autumn sky less grey.*

# Alive & Kicking, Stand Tall and Walk Well

## Stand Tall

Stand Tall has adapted to these uncertain times with a swing in its step. At Neighbour Aid, we value safety AND fun. By conducting Stand Tall on Zoom, we have found a creative way for clients to connect with one another and exercise safely in their homes. A big thank you to our amazing partner CSP Gym and our resilient clients.

The instructors at CSP Gym have been attentive, clever and flexible in the way they have been running classes, ever improving based on client feedback. With little tweaks to the exercise program here and there, clients who attend Stand Tall by Zoom reported high satisfaction levels: *"the exercises were challenging, yet remained modified for exercising at home."*

The importance of staying healthy as you get older has many benefits:

- 60% of Stand Tall clients reported that our Zoom sessions helped **maintain fitness** during lockdown.
- 40% of Stand Tall clients said Stand Tall by Zoom helped them stay **mentally strong and socially connected** during lockdown.

*Thanks for the Stand Tall Zoom classes - they were a 'blessing in disguise' for me - as I was able to focus solely on me for an hour. ~ Janet, client and carer*

Stand Tall by Zoom has not only been an exercise program to maintain or improve fitness, it has been something that our clients genuinely looked forward to each week during an isolating time: laughing, connecting and sharing stories with one another.



## Alive & Kicking

Alive & Kicking got back to drumming with instructor Fleur Denny at Strathfield Town Hall at the end of last year. We celebrated with Christmas themed Bingo (with prizes and goodie bags)! However, with the health and safety of our clients, staff and volunteers being central focus during another rise in community in COVID-19 infections, we decided to start off the new year by hosting Alive & Kicking Phone Catch Ups. We have lots of fun activities planned, such as phone bingo, trivia, poetry reading and reflection, guided meditation and sharing our stories with others.

Alive & Kicking Phone Catch Ups are an exciting and safe way for everyone to stay connected and have a bit of fun.



## Walk Well

Last year we got our new program Walk Well up and 'walking'. We have chosen some lovely walking tracks, such as Bicentennial Park, Glebe Point Park and Breakfast Point to explore in a safe, supported and social environment. We aim to walk for 30 minutes together, with the potential of expanding that over time as we build our strength and stamina as a group.

Walking has so many health benefits from your heart to your toes and it was so exciting to be able to mingle with everyone out in the sunshine and fresh air. When face-to-face programs resume, if your interest has been piqued, come along and try it out. You never know where this walking adventure might take you.

**Hayley Lackner, Social Support Worker**





## Strathfield Stepping Out - Dates

We invite you to continue your preferred days at our Strathfield Stepping Out Program.

**Call Alison Kelly or Emel Jurd on 9799 5099 if you are UNABLE to attend.**

Due to COVID-19 restrictions, numbers will be limited for each activity. We will try to accommodate everyone where possible.

**Cost:** \$12 includes transport, lunch and activities

**Pick up time:** Between 9.30am - 10.15am. We will ring on approach.

TUESDAY	WEDNESDAY	FRIDAY
<b>March 2022</b>		
1 March	2 March	4 March
8 March	9 March	11 March
15 March	16 March	18 March
22 March	23 March	25 March
29 March	30 March <b>NO CENTRE ACTIVITIES</b>	
<b>April 2022</b>		
		1 April <b>April Fools Day</b>
5 April <b>OUTING</b>	6 April <b>OUTING</b>	8 April <b>OUTING</b>
12 April	13 April	15 April <b>PUBLIC HOLIDAY</b> <b>NO CENTRE ACTIVITIES</b>
19 April <b>GUEST SPEAKER: Macular Disease Foundation</b>	20 April <b>GUEST SPEAKER: Macular Disease Foundation</b>	22 April <b>GUEST SPEAKER: Macular Disease Foundation</b>
26 April	27 April <b>NO CENTRE ACTIVITIES</b>	29 April
<b>May 2022</b>		
3 May	4 May	6 May
10 May	11 May	13 May
17 May <b>OUTING</b>	18 May <b>OUTING</b>	20 May <b>OUTING</b>
24 May	25 May <b>NO CENTRE ACTIVITIES</b>	27 May
31 May		



## Strathfield Stepping Out

Unity as a theme befits Strathfield Stepping Out program. It is what we are all about. Unity sits at the heart of Strathfield groups where we come together to meet as friends. Unity in simple terms means a state of being together.

In truth, COVID has repeatedly interrupted our meetings. I hope any frustrations, ups and downs you faced in 2021 or recently will be soothed through the power of unity in our simple yet meaningful friendship groups during 2022.

So many great writers, thinkers, leaders have quoted unity in their thoughts and memoirs. Here are a few quotes which spoke to me in keeping with our goals and purpose of Strathfield groups. They may be idealistic, lofty and poetic but essentially very human.

*"Coming together is a beginning. Keeping together is progress. Working together is success."* – Henry Ford.

*I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings."* Mahatma Gandhi.

*"The essence of the beautiful is unity in variety."* -W. Somerset Maugham.

Regardless of our 'starts and stops' we managed to unite for Christmas at the centre which was a delight. A hearty Christmas meal enjoyed, friendships exchanged through smiles, chats and even song. Who would have thought meeting up in person would be so very special? COVID, as much as it can feel debilitating at times, makes one appreciate meeting face to face. Your participation, warmth and steadfastness is what makes Strathfield tick.

A shout out to all those who I have had the pleasure in keeping in touch over the phone where possible. Also, to some of our Wednesday clients who made the effort to meet up through Zoom. It has been rewarding to say the least.

We warmly welcome new staff member Emel Jurd. Emel and myself will work side by side. We will lead safe and fun exercise groups, enjoy providing and eating a meal with you, listening to your stories, exploring varied activities, outings and more. We value your participation and what you bring as diverse individuals.

Strathfield Stepping Out offers a space for people to make friends, feel safe and to be yourself and be valued as an elder in our community. If you know anyone who would be interested in joining our Strathfield Stepping Out program, call us on 9799 5099.

**Alison Kelly, Social Support Worker**



## What's On



### Thank You

For the 2<sup>nd</sup> year running, the Burwood CBA Branch has donated \$500 to Inner West Neighbour Aid. This year, they nominated 2 local organisations and placed a ballot box in their branch. Customers were encouraged to vote for the most deserving organisation and we won!

Indah Kusumawati and Allison Yee-Brogan were invited to a presentation in December 2021 to receive the cheque. We have a great relationship with the Burwood branch and the reason we gel well together is that they are big on community spirit and treating their customers with respect.

### Events:

- 1 February: Lunar New Year - Year of the Tiger
- 14 February: Valentines Day
- 18 February: Mardi Gras – This years theme is United We Shine
- 2 March: Ash Wednesday
- 7 March: International Women's Day
- 17 March: St Patricks Day
- 21 March: Harmony Day
- 25 March - 3 April: Seniors Festival – This years theme is Reconnect
- 3 April: Ramadan Begins
- 3 April: Daylight Saving Time Ends
- 15 April: Good Friday (Public Holiday)
- 17 April: Easter Sunday (Public Holiday)
- 18 April: Easter Monday (Public Holiday)
- 24 - 25 April: Orthodox Easter
- 25 April: Anzac Day (Public Holiday)
- 3 May: Eid Festival
- 8 May: Mother's Day
- 16 - 22 May: National Volunteers Week – This years theme is Better Together
- 26 May: National Sorry Day
- 30 May: Reconciliation Day

### What is Harmony Day?

Harmony Day is a day to celebrate Australian multiculturalism! Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.



## Client Corner

### Farewell from Lorna

Getting older, close family busy, or living in another area – often means you can have a lot of time being alone. That can make you feel a little sad. Reading, knitting, solo activities can ease the sadness but it is not the same as face to face conversation, discussions, agreeing, disagreeing. It's the human contact that is missing. Inner West Neighbour Aid has given me that. Alive & Kicking, 5 Senses Garden Workshops, bus outings, I have enjoyed them all. I will miss that. Thank you all management, staff, clients, volunteers. May you continue for a very long time.

**Lorna Clifford, Client**



### Client Insight

We are looking to start a new article for future newsletters, where you, the clients, offer insights into yourselves for all of us to learn from.

Whether it be stories from your past, how you came to Australia, interesting jobs you have had in the past or some great hobbies you may have picked up later in life, we would love to hear about them.

Please contact the office and ask for Nick or Maja so we can collate some of your stories and experiences together. We can interview you in person or over the phone. We would love to facilitate a place for you to share your stories so that we gain an understanding of what makes up the fabric of our organisation and community.

**Nick Robinson, Garden Aid Team Leader**

### Quotes

*When we are no longer able to change a situation, we are challenged to change ourselves.* ~ **Viktor E. Frankl, Man's Search for Meaning**

*You can never get a cup of tea large enough or a book long enough to suit me.* ~ **C.S. Lewis**

*Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.* ~ **Roy T. Bennett, The Light in the Heart**

*Clouds come floating into my life, no longer to carry rain or usher storm, but to add colour to my sunset sky.* ~ **Rabindranath Tagore, Stray Birds**

*The two most powerful warriors are patience and time.* ~ **Leo Tolstoy**

*There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.* ~ **Epictetus**  
**James Wohlfiel, Social Support Worker**



**THEY SAID A MASK  
AND GLOVES WERE  
ENOUGH TO GO TO  
THE GROCERY STORE**

**THEY LIED,  
EVERYBODY ELSE  
HAD CLOTHES ON**



# Puzzles

## WORDSEARCH

### What Brings Us Together

C	P	X	T	I	J	A	Y	F	U	Y	Y	P	G	K	J	T	S	U	J
K	U	U	V	B	K	F	D	Q	U	T	I	N	L	P	O	X	E	N	F
S	L	L	H	O	G	G	U	A	E	H	I	C	P	L	H	G	B	I	X
Q	N	Q	T	H	L	E	N	F	S	N	V	D	J	O	A	Q	H	F	X
W	L	J	K	U	Y	U	A	D	E	Q	O	U	J	Q	B	D	C	I	P
O	J	O	I	B	R	S	N	D	X	O	O	E	H	S	Y	L	F	C	Y
U	Z	E	K	Q	B	E	R	T	F	D	I	S	J	H	L	K	A	A	S
T	G	X	N	H	I	A	T	A	E	R	M	O	W	A	J	M	M	T	O
D	D	E	W	R	G	W	K	O	E	E	S	N	B	R	Q	U	I	I	C
O	C	R	F	G	O	H	C	D	G	W	R	Y	O	I	B	E	L	O	I
J	H	C	T	E	H	D	A	I	I	E	T	I	F	N	P	K	Y	N	A
T	F	I	I	K	Q	R	M	I	Q	I	T	J	N	G	U	G	E	G	L
K	T	S	F	J	A	B	R	X	N	Y	Y	H	H	G	E	L	G	V	I
X	B	E	Q	M	L	W	X	U	B	H	R	O	E	B	X	T	T	K	S
N	D	W	A	Z	I	M	M	B	T	Q	E	D	M	R	X	S	T	X	I
L	C	C	B	D	X	M	U	L	X	J	S	F	V	R	N	O	L	D	N
V	J	D	O	K	O	R	A	S	G	I	P	I	V	O	X	E	Y	R	G
T	J	E	J	C	L	E	L	N	I	Y	E	L	F	D	H	N	S	O	B
L	R	R	U	C	H	R	U	P	H	C	C	B	W	Y	K	N	R	S	U
F	A	F	F	E	Q	A	X	R	V	W	T	A	E	X	F	U	N	S	W

CAMARADERIE  
EXERCISE  
FRIENDSHIP  
HEALTHY  
SAFETY  
TOGETHERNESS

COMMUNITY  
FAMILY  
FUN  
MUSIC  
SHARING  
UNIFICATION

CULTURE  
FOOD  
GARDENING  
RESPECT  
SOCIALISING  
VOLUNTEERING

Jacqui Elliott, Volunteer and Events Coordinator



# Puzzles

## RIDDLES

### Easy

1. What has many keys, but can't open a single door?
2. What belongs to you, but other people use it more than you?
3. David's father has three sons: Snap, Crackle, and \_\_\_\_?
4. You live in a one story house made entirely of redwood. What colour would the stairs be?
5. Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
6. What runs around the whole yard without moving?
7. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
8. If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?



### Harder

1. The more you take, the more you leave behind. What am I?
2. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
3. Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said, that is enough for all of us, we will have one each. How can this be possible?



4. A man rode out of town on Sunday, he stayed a whole night at a hotel and rode back to town the next day on Sunday. How is this possible?
5. How do you make the number 7 even without addition, subtraction, multiplication, or division?
6. Before Mount Everest was discovered, what was the highest mountain on Earth?
7. The more you take away, the more I become. What am I?
8. You have three stoves: a gas stove, a wood stove, and a coal stove, but only one match. Which should you light first?
9. What 7 letter word is spelled the same way backwards and forwards?
10. A man in a car saw a Golden Door, Silver Door and a Bronze Door. What door did he open first?
11. There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What am I?

**James Wohlfiel, Social Support Worker**

# Puzzles - Solutions

## RIDDLES

### Easy:

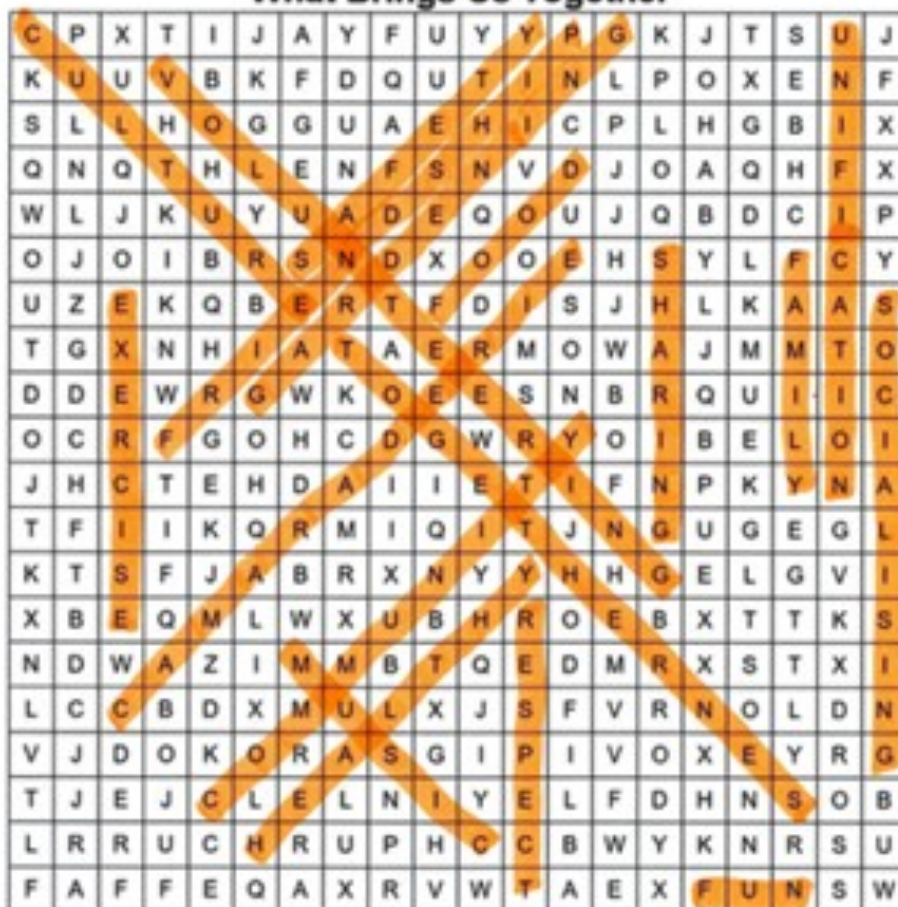
1. A piano (keyboard)
2. Your name
3. David
4. What stairs? You live in a one-story house.
5. There are nine Mustards in the family.  
Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.
6. A fence.
7. You would be in the 2nd place. You thought first?
8. Roosters don't lay eggs.

### Harder:

1. Footsteps
2. The word is starting! starting, staring, string, sting, sing, sin, in, I. Cool, huh?
3. There was the father, his son, and his son's son. This equals 2 fathers and 2 sons for a total of 3!
4. His Horse was called Sunday!
5. Drop the "S".
6. Mount Everest.
7. A hole.
8. The match!
9. Race car.
10. The car door.
11. This is a watermelon.

## CROSSWORD:

### What Brings Us Together



CAMARADERIE  
EXERCISE  
FRIENDSHIP  
HEALTHY  
SAFETY  
TOGETHERNESS

COMMUNITY  
FAMILY  
FUN  
MUSIC  
SHARING  
UNIFICATION

CULTURE  
FOOD  
GARDENING  
RESPECT  
SOCIALISING  
VOLUNTEERING



## Photo Gallery - You've Been Snapped!

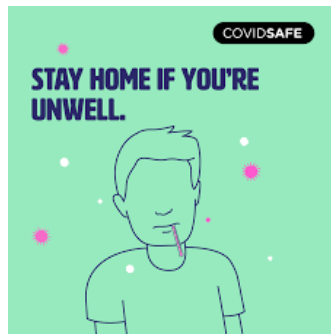




# COVID-19 Who to Call

## 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>
- **Older Person's COVID-19 Support Line 1800 171 866** is a support line that provides information, support and wellbeing checks on older Australians. This 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.

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. QLife services are free and include both telephone and webchat support, delivered by trained LGBTIQ community members across the country. Services are for LGBTIQ individuals, their friends and families, and health professionals in Australia.

## COVID-19 Vaccination and Booster

Vaccination is the most effective protection against COVID-19.

We respect that everyone will have their own personal views on vaccinations. Neighbour Aid does not give advice or share our personal or political opinions on the vaccine.

Please speak with your GP about any concerns and questions about the COVID-19 vaccination.

## Free Rapid Antigen Tests (RATs)

From 24 January, you can access free RATs if you hold an eligible Commonwealth concession card.

You can access the tests by going to a participating pharmacy and can access up to 10 RATs over a 3 month period (max 5 over a 1 month period).

Call or visit your local pharmacy to find out more.