

# Neighbour News

Winter  
Edition

Apr 2023  
Issue 119

## Diversity.

**People with different ideas, strengths, interests and backgrounds make our community vibrant and special. We encourage learning and open mindedness.**

These words are from our new Values Statement.

At Neighbour Aid we currently have close to 400 clients, who were born in 40 different countries and collectively can speak 25 different languages. Based in the inner west and with our priority council areas being Ashfield, Burwood, Canada Bay and Strathfield, the majority of our clients were born in Australia (40.7%) and Italy (23.8%). The next most common birth countries were Sri Lanka (3.3%), Greece and China (both 3.0%). Then Malaysia (2.7%), Egypt and England (both 2.4%) and Lebanon (2.1%). And the remaining 31 other special countries are too many to mention individually.

Although born in many different countries across the world, we have all found our way to Inner West Neighbour Aid at this point in time and we each bring our own story of heritage, culture, initial belonging place and we are a culmination of the memories, experiences and connections we have made along the way.

At Neighbour Aid, we encourage you to see each other as unique individuals, listen to each other without judgement, ask questions of each other so that we can learn

from each other.

For some people, joining a new program or community organisation can be daunting. Do you remember your first day at Neighbour Aid? Were you lucky enough to have a friend make you feel included? We hope you felt included on your first day and every day. Do you remember who smiled at you? Did someone remember your name and how did that make you feel?

Where you can, be that person who asks the new or shy person a friendly question. Be that person who smiles first. Be that person who understands that everyone is different and include others.

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. This year it was celebrated from 20—26 March.

It is about inclusiveness, respect and a sense of belonging for everyone.

Australia is one of the world's most successful multicultural countries and our cultural diversity is at the heart of who we are.

We like to think that it is Harmony Week, every week at Neighbour Aid. Everyone is welcome. Everyone belongs.

**Allison Yee-Brogan, General Manager**



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Inner West  
**Neighbour  
Aid**

## Our News

### Thank You

We received a generous \$10,000 donation from VivCourt Trading via Head of Options, Tae Ahn who donated his bonus to Neighbour Aid, in line with VivCourt's social impact and social giving policies. We believe that Vivcourt's contemporary work culture and engagement with social impact projects aligns with our vision, mission and values. We hope to explore further ways to connect with Vivcourt, potentially through annual or one off group volunteering opportunities.



expanding her current role to assist with advertising and raising the profile of Help at Home as well as exploring new initiatives, business development and growth opportunities. Congratulations Jo!

### Social Support Coordinator:

We are delighted to announce that Maja Sorensen was successful with her application for the Social Support Coordinator role. Congratulations Maja, we look forward to seeing you lead by example, bring ideas to life and continuing to listen to team members, volunteers and clients, as you have done in your role as Garden Aid and Community Development Team Leader for the past 2.5 years. As we say good bye to Esther Tigchelaar and thank her for the way she has gracefully and professionally made her mark on the Neighbour Aid Story, we can't wait to see the amazing impact Maja intends to make in her new role.



### Staff News

#### Help at Home:

Sadly for us, Michael Wohlfel made the big decision to retire. 4 years ago Michael successfully established our Help at Home program, which is now operating with 3 staff members and over 70 clients. Although working different hours to most of the team, Michael's contribution to Neighbour Aid has not gone unnoticed. He has worked hard to make sure Help at Home is business focussed. Michael is well respected by staff and clients because of his honesty and integrity, kindness and generosity, dedication and professionalism.



Joanne Santos is now the Coordinator of the Help at Home program. Jo's new role is 4 days per week and her role includes actively growing the program, working on the job as well as leading and managing a team to provide professional lawn mowing, garden and minor home maintenance services for Help at Home clients. This means Jo will be

**Garden Aid Team Leader:** Maja's new role has created a vacancy and new opportunity in the Garden Aid team, which consists of Stuart Blundell and Nick Robinson. We are currently searching for the right person to match the energy, compassion and immense horticultural knowledge of the current team.



# Our News

## Changes to Payment Methods and Fees

After careful consideration, the Neighbour Aid Board has approved the introduction of card payments and an increase in client fees. This information was recently sent to all clients via a letter in the mail.

### Card Payments

The introduction of a card payment system will help clients who no longer wish to use cash and prefer to use a card for payment and also save us time by reducing cash collection and handling. We hope this new system improves our processes, creates efficiencies and allows us to spend more quality time with people at our programs.

**Help at Home and Garden Aid clients:** Are encouraged to call the office to pay their invoice over the phone by card. Please ask for Indah.

**Other Programs:** We have begun using a portable card reader (Smart Mini through Commonwealth Bank) with selected programs. From 1 July 2023, cards will be our main method of payment. We will keep reviewing this payment method and would like to hear your feedback along the way.

### Fee Increases from 1 July 2023

The increase in fees will contribute to the increase in fuel prices, COVID-19 safety, staff and related program expenses. We are aware that clients also have increasing costs and we have taken this into consideration when finalizing the fee increases. Here are some of the changes:

Garden Aid	\$75
Transport Fee	\$15
Stand Tall	\$15 program fee
Strong Together	\$5 program fee

## Help at Home

We are professional, reliable and personalised. We are a non-government funded program and our proceeds support Inner West Neighbour Aid. You do not require an Aged Care number or need to be over 65 to use this service.

When you choose Help at Home, we get the job done and you make a difference.

Help at Home offers a range of services around the home. Please call 9799 5099 and ask about any job big or small.

For all enquiries and quotes, please contact [helpathome@iwna.com.au](mailto:helpathome@iwna.com.au) or 9799 5099.





# NSW Seniors Festival

## Celebrate Together

In February 2023 we celebrated the **NSW Seniors Festival**. The theme for the 2023 NSW Seniors Festival was 'Celebrate Together'. Here is a recap of some of our events.

## Alive & Kicking

We had a great time at Alive & Kicking during Senior's Week. All clients wrote down their most celebrated moments in life and created a Timeline of Celebrations.

## Stand Tall

At Stand Tall we got inspired from amazing seniors who have been incredibly successful in their athletic performance. Everyone was even more motivated to give their best.

## Outings

Our Wednesday and Friday outings combined clients from our Strong Together and Outings programs. We shared some stories of amazing seniors and we shared our own stories with each other.

For our Thursday group, we went on a Mystery Outing. It was a special occasion and everyone dressed up and celebrated the day in style.

## Living Well with Dementia Workshops

We held an exciting workshop where we celebrated together and got our hands dirty at the 5 Senses Garden. We planted some autumnal seedlings in the Veggepods.

As you return to the garden you will see the seedlings grow and produce fruit, vegetables or flowers.

## 5 Senses Garden Workshops: Garden Art

Our art and eco-therapist, Kerry, helped us celebrate Seniors Week in the 5 Senses Garden. We reflected on our lives and connection to nature and incorporated art.

**Josslien Sadtler, Social Support Worker**

**Maja Sorensen, Social Support Coordinator**





# Client Services

## Transitioning to the New In-Home Aged Care Program

Inner West Neighbour Aid is a government funded organisation and we have been asked to update some client records to make sure they are registered with My Aged Care in preparation for the new in-home aged care reforms from 1 July 2024.

The reason for having a correct My Aged Care record is for ongoing services to be delivered primarily on an activity-based funding basis, with payments made to providers once the services are delivered to the clients linked to them in My Aged Care. In other words, if you are not registered with My Aged Care, then Neighbour Aid will not receive any funding for services provided to you.

This means that if you receive care from a Commonwealth Home Support Programme (CHSP) provider like Neighbour Aid, but do not have a My Aged Care record, or your record is not visible then we would have sent you a letter requesting some information. **The deadline to submit this information to My Aged Care is Friday 26 May, no extensions.**

To help Neighbour Aid create or update your existing My Aged Care client record, we have sent some clients a letter asking them to provide their: Medicare card number, or Centrelink Reference Number (CRN), or Department of Veterans' Affairs (DVA) number.

Inner West Neighbour Aid will always ask for consent before collecting this information, which is consistent with the existing My Aged Care client registration process.

**Remember to only provide your personal details to organisations that can be verified.**

Once you have given this information to Neighbour Aid, there is nothing else you need to do.

We know this can be confusing. If you have any questions, please call 9799 5099 to speak with Emma Torres or Allison Yee-Brogan. If we do not

hear from you, your My Aged Care record will remain incorrect and we will not be allowed to provide services to you from 1 July 2024.

## Client Survey 2023

The Inner West Neighbour Aid survey is conducted every 2 years to gather feedback and information about your experiences with our organisation.

We will mail the survey to you by 1 July 2023 and we would be very grateful if you could fill it out and return it in the reply paid envelope as soon as possible.

The survey should take around 15 - 20 minutes to complete.

Please note, this survey is anonymous and all data collected in the survey will be used to observe how Inner West Neighbour Aid can improve services. However, if you would like us to respond personally to your feedback, feel free to include your details.

If you have any questions or you need assistance in completing the survey please call us on 9799 5099. We can also arrange an interpreter in your preferred language free of charge.

**Emma Torres, Client Services Coordinator**



At the 2022 Christmas Party, there was a black jacket/shirt with gold buttons left at Burwood RSL. Please call the office if you think this might belong to you.

# In a Neighbour's Garden

## Gardening Around the World

As someone interested in gardening and cooking, I couldn't have asked for a better place to work than Inner West Neighbour Aid. Our clients come from many different countries and cultures. Those with a green thumb are always happy to pass on the secrets of their favourite traditional food crops. Many clients have stories of sneaking seeds into the country when they first migrated to Australia over 50 years ago. Although there are so many plants I could mention, I'll limit myself to briefly discussing 3 of my favourites.

### Rapini - *Brassica rapa* (Italian)



Many of our Italian clients have this dark green leafy plant growing in their veggie gardens.

When I ask how it's used, they usually respond that you lightly fry it in olive oil, salt and pepper and serve with meat and other vegetables. Rapini is part of the brassica family and like broccoli and kale contain high levels of vitamin C, A, E, K, as well as folate, calcium, iron, potassium and phosphorus. It is also a good source of dietary fibre.



### The Drumstick Tree – *Moringa oleifera* (Indian, Sri Lankan and others)



Many of our Indian and Sri Lankan clients have told me that the Drumstick Tree is a 'miracle tree' because nearly every part of the tree is edible and incredibly good for you.

It has been used for centuries for its medicinal properties and health benefits. It is believed to have antifungal, antiviral, antidepressant, and anti-inflammatory properties. The seed pods (drumsticks) are commonly used in a curry-like dish called Sambar.



### Snake or Yard Long Bean – *Vigna unguiculata* (China and others)



Many Asian cuisines use snake beans in their dishes. When I first saw this plant in a client's garden, I couldn't believe how

long the beans were. At 30 to 60cm you get a lot of bean for your efforts. They grow very well in hot and humid Sydney weather, need no fertiliser and like all beans are packed with vitamins, minerals and folate. Their flavour is similar to string beans and they can be used as a substitute if you just want to give them a try in your cooking.



**Stuart Blundell, Garden Projects Coordinator**

# In a Neighbour's Garden

## Council Green Waste Removal and Bulk Collection

Did you know that in addition to your green bin, you are able to get larger piles of green waste collected by your council and even additional green bins?

### Strathfield Council

- Green, red and yellow bins are included in your rates. The 240L garden organics bin (green lid) – is collected fortnightly. An additional 240L green bin is available at no cost.
- Bulk Collections – are conducted on Mondays only. The maximum quantity of 'green waste' material acceptable is no larger than 2 cubic meters. Tied bundles or bags of green waste eg garden clippings, leaves, weeds, prunings and small branches up to 150mm in diameter and 1m in length.
- The Council's waste team can be contacted on 9748 9999.

### Burwood Council

- Green, red and yellow bins are included in your rates. The 240L garden organics bin (green lid) – collected fortnightly. An additional 240L green bin is available for \$82.90 per year.
- Bulk Collections – one free green waste clean-up and two free green waste drop-off days are available each year to residents. Council will pick up; leaves, grass clippings, and tree prunings up to 15cm in diameter and 1m in length.
- The Council's waste team can be contacted on 9911 9911.

### City of Canada Bay Council

- Green, red and yellow bins are included in your rates. The 240L garden organics bin (green lid) – collected fortnightly. An

additional 240L green bin is available for \$58.00 per year.

- Bulk Collections - two bulk household collections per year on pre-scheduled dates to each residential property. Garden organics to be tied and bundled branches, branches up to 1.5m in length.
- The Council's waste team can be contacted on 1300 551 659

### Inner West Council

- Green, red and yellow bins are included in your rates. The 240L garden organics bin (green lid) – collected fortnightly. Additional 120L or 240L greens bin are available at no cost.
- Bulk Collections - You can have large branches and real Christmas trees collected from your curb. Tree branches must be bundled and tied and less than 1m in length and 15cm diameter.
- Contact the council's waste team on 9392 5000.

### Canterbury - Bankstown Council

- Green, red and yellow bins are included in your rates. The 240L garden organics bin (green lid) – collected fortnightly. An additional 240L green bin is available for \$148 per year.
- Bulk Collections – up to 2 collections per year via the council's online booking system via their website ([cleanup.cbccity.nsw.gov.au](http://cleanup.cbccity.nsw.gov.au)). Garden waste limited to 3 cubic metres for each collection. Branches must be less than 15cm in diameter and cut to 1m lengths.
- The Council's waste team can be contacted on 9707 9000.

**Stuart Blundell, Garden Projects Coordinator**





# 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

From 1.7.2023 Client workshop cost: \$5    Client transport cost: \$15    Non-Client Cost: \$25

Light lunch is provided

To book call 9799 5099

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

## 5 June: Art with Ling



Play and make art in in the garden with Ling. Learn how to create something new with friends.

## 10 July: Give Something Away



Most of us have the benefit of having more than we need to live. This day gives us the opportunity to share some of our bounty.

## 19 June: Winter Solstice Wreaths



Winter Solstice is on the 22nd June. Join us in the garden to make wreaths. Wreaths represent the Wheel of the Year and the natural cycle of life and rebirth.

## 17 July: Propagation Division with Community Greening



Some plants are best propagated through division. Learn which ones, and how to divide and replant to promote success!

## 26 June: Bromeliads Talk



Join Ian to learn all about Bromeliads! There may even be a chance to buy some for your garden.

## 24 July: Cooking with Maja



Maja will lead a cooking demonstration in the garden. We will be cooking a seasonal, healthy meal.

## 3 July: Cultural Dress



You are invited to wear cultural dress to celebrate our multiculturalism! We will explore the history of first nations people in the local area.

## 31 July: Rock Art for Friendship Day



Get creative by decorating rocks! Paint some for a friend or yourself. You could even paint some to keep in the garden.

# 5 Senses Garden Workshops



## 7 August: Native Plants Talk with Community Greening



Australian native plants are adapted to our ancient soils. Whether you want flowers, fruit, and cut flowers, there's a native right for your place. Lean about what natives can work in your garden.

## 14 August: From Seeds to Trees



Clients will join children from the neighbouring preschool to plant seeds and create signs for the Vegepods in the 5 Senses Garden. An

opportunity for children and seniors to connect, learn and work together in a shared space.

## 21 August: Book and Movie Sharing



Bring in a book or a movie to swap with a friend. If you don't have a book to swap, simply tell everyone what your favourite book

or movie is and why.

## 28 August: Cooking with Maja



Maja will be leading a cooking demonstration in the garden. We will be cooking a seasonal, healthy meal.

**Maja Sorensen, Social Support Coordinator**





# Living Well with Dementia Workshops



For people living with Dementia and carers. All workshops are held at the 5 Senses Garden. The morning teas in the garden incorporate music and song.

On the 1st and 3rd Thursday of the month, 11am - 1pm

Morning Tea Cost: \$5

Workshop Cost: \$15

Light lunch or morning tea provided

From 1.7.2023

Morning Tea Cost: \$5

Workshop Cost: \$20

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



We are delighted to introduce Emel Jurd who will be working with the Living Well with Dementia Workshops and morning teas. Maja will support Emel with the initial handover and we can't wait to see the

program continue to thrive with Emel's creative flair and organisational skills.

Thank you Maja for all the work you have done to develop an amazing program that brings so much joy and comfort and fosters friendships amongst all participants.

## 1 June: Horticultural Therapy



Embrace your surroundings in the garden during an eco-therapy session with Kerry.

## 15 June: Morning Tea + Q&A with Anne Tunks



Enjoy a relaxing morning in the garden. Anne Tunks, the Dementia Advisor from Sydney Local Health District, will

be in the garden for memory games and Q&A.

## 6 July: Music Therapy



Sync in with the group! There is a bonding that happens through music. Explore song and instruments and create music with our community in the garden.

## 20 July: Outing to The Watergrill, Cronulla



Cost: \$15 for transport and clients pay for own lunch

Pick-up: Clients meet at Cintra Park Netball Courts Car Park, Concord (entry

via Crane St)

Time: 10:30am at pick-up location

## 3 August: Art Therapy



Enjoy a craft-ernoon in the garden. Kerry, a qualified art and eco-therapist, will lead the group in creating art in the garden.

## 17 August: Morning Tea



Engage all of your senses and connect with other carers and people living with dementia in your community. You will be sure to be feeling

a sense of ease when you leave.





# Volunteers

## National Volunteers Week

### Function



We will be celebrating our Neighbour Aid volunteers during National Volunteer Week (15 – 21 May 2023). Volunteers are invited to a morning tea, a game of lawn bowls and other fun games. We look forward to seeing as many volunteers as possible!

National Volunteer Week recognises the vital support that the millions of volunteers in our country provide to their communities and encourages people to consider volunteering.

Date: Saturday 20 May 2023

Time: 10am – 12pm. Bowling green booked for 10am, playing optional.

RSVP: [allison@iwna.com.au](mailto:allison@iwna.com.au) or call 9799 5099 by 16 May 2023.

Location: Concord Bowlo  
1a Clermont Ave Concord

## Welcome to Our New Volunteers

Salma Begum, Max Bennett, Peter Ceschin, Quinn Donnelly, Alfie French-Jenkins, Samantha Guthleben, Tina Higgins, Marian Prasad, Bejan Safi, Henry Winters, Al-Adeed Chowdhury, Daniel Paterson, Suzanna Pawley, Jiana Saada, Michelle Ung.

## Tea and Coffee Making Procedures

Volunteers are again permitted to assist with tea and coffee making for clients, staff and other volunteers. Gloves and face masks must be worn whilst making tea and coffee to reduce the transmission of any infections or contamination.

Staff will continue to handle and prepare food where required as all staff members have completed a Food Handling Certificate. Staff will always be available for support and supervision of correct hygiene and safety protocols. We thank all volunteers for adhering to our strict procedures during the challenging COVID-19 outbreaks of 2020 –

2022 and also hope this revision will foster stronger collaboration between staff and volunteers during our programs.

## COVID-19 Vaccination Requirements



The Public Health Order for all aged care workers to be fully vaccinated against COVID-19 is no longer in force (from 30 November 2022).

Our health and safety policies take into consideration advice from NSW Health, our legal and contractual requirements and policies that are considered fair and reasonable. We are primarily funded by the Department of Health and Aged Care to provide specific services to people over 65 in the inner west.

Regarding COVID-19, our aim is to reduce the risk of infection in our Neighbour Aid community and to keep everyone safe and well. We are also positioning our organisation to guard against any emerging COVID-19 waves.

There are some people in our community who have compromised immune systems and other health conditions which make them vulnerable to infections. We will continue to adopt best practice procedures which includes requiring all staff, volunteers and contractors to provide evidence of full or up to date COVID-19 vaccination, including at least 1 booster or willingness to obtain a booster prior to commencement with Neighbour Aid. In the event that a person has had an adverse reaction to the initial 2 doses of the COVID-19 vaccination and is reluctant to obtain the booster, we will deal with this on a case by case basis. In the context of COVID-19, a person is 'up to date' if they have completed all the doses recommended for their age and individual health needs. (The Australian Technical Advisory Group on Immunisation ATAGI, February 2022.)

JUNE 2023

Mon	Tue	Wed	Thu	Fri
			<b>1 ALL AREAS</b> Stand Tall \$10 <b>ALL AREAS</b> Shopping @ Roselands Shopping Centre \$5+	<b>2</b> <b>NO OUTING</b>
<b>5 ALL AREAS</b> <b>5 Senses Garden</b> Art with Ling \$5	<b>6 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Scratch Art</b> \$5	<b>7 ALL AREAS</b> Lunch @ Drummoyne Sailing Club \$15+ <b>ALL AREAS</b> Ashfield Boys High School Shopping Program	<b>8 ALL AREAS</b> Stand Tall \$10 <b>ALL AREAS</b> Lunch @ Yarra Bay Sailing Club \$20+	<b>9 ALL AREAS</b> Lunch @ Carnarvon Golf Club \$15+
<b>12</b> <b>PUBLIC HOLIDAY</b>	<b>13 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Rivendell Students</b> <b>Rock painting</b> \$5	<b>14 ALL AREAS</b> Auburn Mosque and lunch @ Jasmin1 Lebanese Restaurant \$15+	<b>15 ALL AREAS</b> Stand Tall \$10 <b>ALL AREAS</b> Lunch @ The White Cockatoo, Petersham \$15+	<b>16 ALL AREAS</b> DanceMoves, Burwood \$5
<b>19 ALL AREAS</b> <b>5 Senses Garden</b> Winter Solstice Wreaths \$5	<b>20 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Trivia</b> \$5	<b>21</b> Ashfield Boys High School Shopping Program	<b>22 ALL AREAS</b> Stand Tall \$10 <b>ALL AREAS</b> Independent Living Specialist Wentworthville \$10+	<b>23 ALL AREAS</b> Lunch @ Sydney Rowing Club, Abbotsford \$15+
<b>26 ALL AREAS</b> <b>5 Senses Garden</b> Bromeliads Talk \$5	<b>27 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Five Dock Orchid Society</b> \$5	<b>28</b> <b>STAFF DEVELOPMENT DAY</b> <b>NO OUTING</b>	<b>29 ALL AREAS</b> Stand Tall \$10 <b>ALL AREAS</b> Lunch @ Randwick Golf Club \$20+	<b>30</b> <b>NO OUTING</b>

# JULY 2023

Mon	Tue	Wed	Thu	Fri
<b>3 ALL AREAS</b> <b>5 Senses Garden</b> Cultural Dress \$5	<b>4 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Games/ART</b> \$5	<b>5 ALL AREAS</b> Lunch @ The East Village Hotel, Balmain \$15+	<b>6 ALL AREAS</b> Stand Tall \$15 <b>ALL AREAS</b> Lunch @ Audley Dance Hall \$10+	<b>7 ALL AREAS</b> DanceMoves, Burwood \$5
<b>10 ALL AREAS</b> <b>5 Senses Garden</b> Give Something Away \$5	<b>11 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Trivia</b> \$5	<b>12 ALL AREAS</b> Lunch @ The Greengate Hotel, Killara \$15+	<b>13 ALL AREAS</b> Stand Tall \$15 <b>ALL AREAS</b> Christmas in July @ Coogee Legion Club \$15+	<b>14 ALL AREAS</b> Lunch @ Club Parramatta & Historic Parramatta Park \$15+
<b>17 ALL AREAS</b> <b>5 Senses Garden</b> Propagation Division \$5	<b>18 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Gratitude list</b> \$5	<b>19</b> Ashfield Boys High School Shopping Program	<b>20 ALL AREAS</b> Stand Tall \$15 <b>ALL AREAS</b> Lunch @ The Water Grill, Cronulla \$10+	<b>21 ALL AREAS</b> DanceMoves, Burwood \$5
<b>24 ALL AREAS</b> <b>5 Senses Garden</b> Cooking with Maja \$5	<b>25 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Guest Speaker Oz Harvest</b> \$5	<b>26 ALL AREAS</b> Lunch @ Canterbury Leagues Club \$15+	<b>27 ALL AREAS</b> Stand Tall \$15 <b>ALL AREAS</b> Lunch @ The Log Cabin, Penrith \$20+	<b>28 ALL AREAS</b> Lunch @ The Toxteth Hotel, Glebe \$15+
<b>31 ALL AREAS</b> <b>5 Senses Garden</b> Rock Art \$5				



Mon	Tue	Wed	Thu	Fri
	<b>1 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Bingo</b> \$5	<b>2</b> Ashfield Boys High School Shopping Program	<b>3 ALL AREAS</b> Stand Tall \$15  <b>ALL AREAS</b> Buffet Lunch @ Ashfield RSL \$19+	<b>4 ALL AREAS</b> DanceMoves, Burwood \$5
<b>7 ALL AREAS</b> <b>5 Senses Garden</b> Native Plants Talk \$5	<b>8 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Origami Rivendell Students</b> \$5	<b>9 ALL AREAS</b> Lunch @ Kirribilli Club \$25+	<b>10 ALL AREAS</b> Stand Tall \$15  <b>ALL AREAS</b> Lunch @ North Bondi RSL \$20+	<b>11 ALL AREAS</b> Lunch @ Massey Park Golf Club \$15+
<b>14 ALL AREAS</b> <b>5 Senses Garden</b> From Seeds to Trees \$5	<b>15 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Games/Art</b> \$5	<b>16</b> Ashfield Boys High School Shopping Program	<b>17 ALL AREAS</b> Stand Tall \$15  <b>ALL AREAS</b> Flower Power @ Milperra \$15+	<b>18 ALL AREAS</b> DanceMoves, Burwood \$5
<b>21 ALL AREAS</b> <b>5 Senses Garden</b> Book Sharing \$5	<b>22 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Guest Speaker Decluttering</b> \$5	<b>23 ALL AREAS</b> Lunch @ Marrickville Metro \$10+	<b>24 ALL AREAS</b> Stand Tall \$15  <b>ALL AREAS</b> Cherry Blossom Festival @ Auburn Botanic Gardens \$10+	<b>25 ALL AREAS</b> Lunch @ Little Beans Café, Glebe \$15+
<b>28 ALL AREAS</b> <b>5 Senses Garden</b> Cooking with Maja \$5	<b>29 ALL AREAS</b> Alive & Kicking BYO Lunch <b>Trivia</b> \$5	<b>30</b> <b>STAFF DEVELOPMENT DAY</b> <b>NO OUTING</b>	<b>31 ALL AREAS</b> Stand Tall \$15  <b>ALL AREAS</b> Mystery Outing	

# Out and About

## Medical Clearances

If you have been in hospital or experienced a condition that affects your safety on our programs we will request a clearance letter from your GP or hospital prior to returning to your program(s) of choice. This is to ensure the safety of staff, volunteers and clients at our programs. If you have any questions please call our office on 9799 5099.

## Paying for Programs and Transport

If you are being picked up by a Neighbour Aid vehicle, please hold on to your transport and program money until we arrive at our destination, whether that be an outing, gym or centre. Staff will collect payment at the destination. We will no longer be collecting payment before you enter the bus. We hope this makes getting on the bus safer and more smooth sailing.

## New Fees

New fees are effective from 1 July 2023. Transport fees will be \$15 and payment by card is encouraged.

## Outings Highlights

We are proud to have such a diversity of clients in our community! We love the curiosity and respect for differences which we see at programs. Whether that is saying 'Happy Easter' in another language or celebrating each other's cultures and history for Harmony Day.

At a recent outing to Bondi Icebergs we talked about our personal histories. We learnt about where we all grew up and how we came to live in Sydney. Some of us grew up all over NSW and some were born overseas and moved to Australia by boat with partners or families. We all have such rich and diverse histories and it is great that you feel comfortable



sharing your stories with one and other.

We have some cosy winter outings planned for you.

We have been on the lookout for venues with fireplaces. We will be having snug lunches by the fire at The East Village Hotel in Balmain, Log Cabin in Penrith, and The Toxteth Hotel in Glebe.



If shopping is more your thing, we have you covered. Whether you need something for your garden, new clothes and accessories, or a mobility or

walking aid, you can join us at Flower Power Milperra, Roselands Shopping Centre, or the Independent Living Specialists in Wentworthville.

Everyone loves a buffet! If you missed out on the buffet at Ashfield RSL in May, we have it on the calendar for August.

In celebration of cultural diversity we'll be visiting the Auburn Gallipoli Mosque, followed by a lovely Lebanese lunch in June. We'll also be off to the Auburn Botanic Gardens to see the Cherry Blossoms in August.

Our annual Christmas in July outing will be held on Thursday 13<sup>th</sup> July at Coogee Legions Club. Get into the wintery Christmas spirit by wearing something Christmassy and have a lovely meal by the water with friends.



A minimum estimate for the cost of lunch can be found on the calendar.

**James Wohlfel, Social Support Worker**

**Maja Sorensen, Social Support Coordinator**



# Alive & Kicking

## Afternoons at Alive & Kicking

What an amazing Autumn for Alive & Kicking. We re-introduced a varied and exciting afternoon program, including brain games, crafting activities, trivia and various guest speakers. Our afternoon program offers a variety of different activities for everyone. It has been heart-warming to see everyone working together on an art or crafting project. Moreover, we continue to enjoy our exercises with Fleur, who has been teaching us salsa steps and challenging our coordination with interesting and fun exercises.

Recently we celebrated Harmony Day and encouraged all participants to share a story about their background. It was fascinating to learn about each other's unique history and understand more about the diversity of our group.

In May we will get to know the students from Rivendell School who will join Alive & Kicking once a month for an intergenerational activity.

## Spotlight on Fleur



**How long have you been involved with Alive & Kicking?**

13+ years.

**Tell us a bit about yourself, your background and experience in sports?**

I come from a professional dance background, I played Can Can dancer Antoinette in the movie "Moulin Rouge" and have worked in Australia and overseas. I have been a fitness instructor, Pilates & Barré instructor for 9 years.

**How do you tailor exercises to accommodate different skill levels and abilities?**

Modifications are used in our lesson to give everyone an option that works for them on that day, whether that means being seated or moving at a different speed.

**What do you love most about Alive & Kicking?**

I just love coming each week and seeing people improve, moving, smiling and laughing.

**What have you learnt from our clients?**

I learn many things from the clients, they make me think about how I explain an exercise, hearing about their past, and not taking anything for granted.

**Do you have a memorable moment at Alive & Kicking?**

We always have memorable moments, but when we first got them drumming and they thought this was something they never thought they would do. Just Magic!



**Dear Fleur, from our Clients**

*Thank you for an enjoyable and fun workout.*

*Fleur is excellent, she is very keen, helpful and achieves results.*

*Very enjoyable.*

*A wonderful women. So warm and nice.*

*Fantastic!*

*She is an amazing girl. So innovative and helpful.*

*Exercise sessions are fun because of Fleur's bubbly personality. You don't realise just how much you are exercising because of the fun.*

*Love the activity. Thank you for being so prepared, caring, knowledgeable, full of fun.*

**Josslien Sadtler, Social Support Worker**





# DanceMoves



## Dance Like No One is Watching

We have a new program for all of you movers and shakers out there! We have partnered with Dance Health Alliance and Burwood Council for our new exercise program DanceMoves.

You might remember Gwen Korebrits, CEO of Dance Health Alliance, if you attended our Christmas Party last year. Gwen got us all moving in our seats and brought out the inner dancer in all of us!



DanceMoves is a seated or standing dance class which can be modified to suit your needs. DanceMoves demonstrates inclusive guided movements so you can explore your creativity, coordination, fitness and flexibility as well as refresh your mind and body. Dance is a great way to exercise your mind, body and soul and build connections with others. No dance experience is necessary.

This class will run on the 1st and 3rd Friday of the month from 11:30am - 12:30pm at Woodstock Community Centre in Burwood. You can make your own way to the program or we can provide transport. There is a parking area with 4 hrs free parking and free street parking surrounding the park.

Get your dancing shoes on and call Maja on 9799 5099 to book a place. Numbers will be limited.





## Photo Gallery





# Strong Together

## Out and About with Strong Together Friends

Strong Together has continued to grow with all days at full capacity. The group has enjoyed some lovely outings to coastal spots during the warmer months. The Boat Shed at La Perouse and Randwick Golf Club, overlooking the ocean and national parkland at Malabar were both very popular. More recently we have been joining the Mini Outings group which has been a great way for clients to meet and mingle.



When we are not out and about, Strong Together clients continue to participate in the weekly exercise program, various presentations, creative activities and bingo at our "home" at the Croydon Park Club.

Last year this program moved from Strathfield Community Centre, its home for over 15 years, to the lively Croydon Park Club. The Club has been a warm and welcoming space for our Strong Together clients. We have all embraced the feeling part of a lively club with modern facilities, easy parking and a wide range of food options, including the delicious sandwiches which are part of the program fee.

Recently we spoke with the Operations Manager at Croydon Park Club, Jonathon Frendo. We asked Jonathon to give us an insight into the different ways Croydon Park Club supports not only Inner West Neighbour Aid's clients, but also other local seniors groups and the wider community.

## How does Croydon Park Club support the local community?

Croydon Park Club in association with the

Club Burwood Group, supports the local community by providing a welcoming, friendly and secure environment for citizens by providing facilities such as meeting rooms, events and affordable dining. The Club Burwood Group provides direct community support to over 40 community groups and over 60 registered charities.

## Why do you think seniors in particular are attracted to the Club?

Croydon Park Club is for everyone to enjoy. Our customer service and quality of food sets us apart and is something we pride ourselves on. Our team are like a family, and we welcome everyone in to enjoy our facilities including our wonderful bistro.

## Apart from the support you provide to our Strong Together group, what other activities and facilities does the club have that are great for seniors?

We have weekly raffles on every Friday and Sunday Night which are fun for all ages. We also have regular other local senior groups, including a Seniors Craft Group that frequent the club every fortnight who enjoy our facilities whether it is for a meal or a coffee and cake.

## What do you think is the best thing about having our Strong Together clients at the club 3 days a week

The best thing is seeing all the familiar smiling faces of the Inner West Neighbour Aid group and seeing everyone enjoy our facilities. I know this provides a welcome satisfaction to everyone at Croydon Park Club.

We thank Jonathon and the Croydon Park Club team for always providing friendly service and a quality venue.

**Emel Jurd, Social Support Worker**





# Strong Together

Tuesday	Wednesday	Friday
<b>June 2023</b>		
30 May <b>Exercise &amp; Bingo Sandwiches</b>	31 May <b>No Program: Staff Development Day</b>	2 June <b>Exercise &amp; Bingo Sandwiches</b>
6 June <b>Outing Day Carnarvon Golf Club</b>	7 June <b>Outing Day Drummoyne Sailing Club</b>	9 June <b>Outing Day Carnarvon Golf Club</b>
13 June <b>Exercise &amp; Making T Shirt Bags</b>	14 June <b>Exercise &amp; Making T- Shirt Bags</b>	16 June <b>Exercise &amp; Making T- Shirt Bags</b>
20 June <b>Exercise &amp; Bingo Hot meal</b>	21 June <b>Exercise &amp; Bingo Hot meal</b>	23 June <b>Exercise &amp; Bingo Hot meal</b>
27 June <b>Exercise &amp; Bingo Sandwiches</b>	28 June <b>No Program: Staff Development Day</b>	30 June <b>Exercise &amp; Bingo Sandwiches</b>
<b>July 2023</b>		
4 July <b>Exercise &amp; Guest Speaker</b>	5 July <b>Exercise &amp; Guest Speaker</b>	7 July <b>Exercise &amp; Guest Speaker</b>
11 July <b>Outing Day Club Parramatta &amp; Historic Parramatta Park</b>	12 July <b>Outing Day Greengate Hotel Killara</b>	14 July <b>Outing Day Club Parramatta &amp; Historic Parramatta Park</b>
18 July <b>Exercise &amp; Bingo Hot meal</b>	19 July <b>Exercise &amp; Bingo Hot meal</b>	21 July <b>Exercise &amp; Bingo Hot meal</b>
25 July <b>Exercise &amp; Herbs and Spices Activity</b>	26 July <b>Exercise &amp; Herbs &amp; Spices Activity</b>	28 July <b>Exercise &amp; Herbs &amp; Spices Activity</b>
<b>August 2023</b>		
1 August <b>Exercise &amp; Show and Tell Swap Meet</b>	2 August <b>Exercise &amp; Arthritis Management</b>	4 August <b>Exercise &amp; Arthritis Management</b>
8 August <b>Outing Day Massey Park Golf Club</b>	9 August <b>Outing Day Kirribilli Club</b>	11 August <b>Outing Day Massey Park Golf Club</b>
15 August <b>Exercise &amp; Bingo Hot meal</b>	16 August <b>Exercise &amp; Bingo Hot meal</b>	18 August <b>Exercise &amp; Bingo Hot meal</b>
22 August <b>Exercise &amp; Arthritis Management</b>	23 August <b>Exercise &amp; Show and Tell Swap Meet</b>	25 August <b>Exercise &amp; Show and Tell Swap Meet</b>
29 August <b>Exercise &amp; Bingo Sandwiches</b>	30 August <b>No Program: Staff Development Day</b>	1 September <b>Exercise &amp; Bingo Sandwiches</b>