

Neighbour News

Autumn - the colours and sounds

Have you noticed?

Firstly, congratulations to the Neighbour Aid team for such a wonderful Community Christmas lunch in December. It was such a joyous event with wonderful Christmas vibes.

I hope all our clients thoroughly enjoyed their Christmas festivities. For all our clients, carers, volunteers and team may 2024 be filled with happiness and positivity. We are looking forward to reconnecting and sharing more great times during 2024.

It was only last year, that I truly noticed not just the colours of Autumn, but the sounds of Autumn. In particular, the rustle of the leaves under foot when you walk through a park covered in dried leaves.



It reminded me of a joke that a 12 year friend told me:

Q: What is a person called who is standing in the middle of a pile of dried, fallen leaves?

A: Russell!

Clearly, I need to turn on all my senses when outdoors and be in the moment more.

This aligns with one of Neighbour Aid's values, **Choice**. Everyone has a voice, so we listen, we include and we see you.

In this edition, we explore how each team is seeing, hearing and responding to our clients and volunteers.

Stella Angelo, Editor (volunteer)

Autumn
Edition

Feb 2024
Issue 122

Inside:

- 1. Welcome
- 2. Our News
- 6. Volunteers
- 8. Strong Together
- 9. Client Services
- 10. In a Neighbour's Garden
- 12. 5 Senses Garden Workshops
- 14. Living Well with Dementia Workshops
- 15. DanceMoves
- 16. Alive & Kicking
- 17. Stand Tall
- 18. Outings Information and Highlights
- 19. March, April, May Outings Calendar
- 22. Strong Together Calendar
- 23. Inner West on Social Media

Inner West
**Neighbour
Aid**

Our News

Funding

We start the year with some welcome news about the Aged Care Reforms. The Minister for Aged Care, Anika Wells announced in November 2023, that the amalgamation of the Commonwealth Home Support Programme (CHSP), Home Care Package Program and Short Term Restorative Care Program has been further extended. This means CHSP providers will transition to the new Support at Home program no earlier than July 2027.

This allows organisations like Neighbour Aid more time to prepare for the reforms and ensure a smooth transition for operations and clients. We have already begun preparing for the reforms, by building staff capability, systems and board governance and reviewing IT needs. But there is more to do. For an organisation our size, this extension is welcome news and also indicative of the challenges and complexities of reforming the existing aged care system.

Team Changes

The following changes are planned for the Social Support and Client Services Teams, from February/March 2024.

- **Emma Torres, Client Services Coordinator**, areas of responsibility will include overarching responsibility for client intake, assessments and reassessments, client feedback, reviewing and developing client documentation, responsibility for the planning, direction and delivery of Social Support Individual programs, including Home Visiting, Neighbour Aid Pets, Assisted Online Shopping and monitoring service hours for the Ashfield Boys High School Shopping program. Emma will no longer be working regularly at the 5 Senses Garden Workshops.
- **Maja Sorensen, Social Support Coordinator** will continue to be responsible for DanceMoves, projects, intergenerational programs and the overall planning, direction and delivery of Social Support Group programs and coordination of Social Support volunteers.
- **Mikali Anagnostis, Social Support Worker** will work Fridays and support DanceMoves, Strong Together and Outings. Mikali will continue to work in our Help at Home program on Wednesdays and Thursdays.
- **Chantel Jurcevic, Social Support Worker** begins as a new Social Support Worker on Mondays and Thursdays, from 5 February. Chantel will be responsible for Stand Tall and supporting the 5 Senses Garden Workshops.
- **Emel Jurd, Social Support Worker** will continue to work Tuesdays to Fridays and be responsible for Strong Together, Living Well with Dementia Workshops and support other programs where required.
- **Josslien Sadtler, Social Support Worker** will work Tuesdays and be responsible for Alive & Kicking.
- **James Wohlfiel, Social Support Worker** will continue to work Mondays to Thursdays and be responsible for Outings, 5 Senses Garden Workshops, the Ashfield Boys High School Shopping Program and support other programs where required.

Allison Yee-Brogan, General Manager

Our News

Community Christmas Party, Client Representative Speech

“Today, we have come together to celebrate the happy season of Christmas! It is a time for gathering, a chance to meet up with friends and acquaintances - a time for remembering and giving thanks.

It is my privilege today to have been asked to propose a vote of thanks to all staff members of Inner West Neighbour Aid. So, on behalf of all gathered here, I wish to extend to you our sincere and heartfelt gratitude for the gift that you are - you are persons dedicated to the ideals and charisms of the organisation, you are genuine and authentic witnesses to the meaning of “neighbour” in the true sense of the word. Whether on the phone, or in the office, on outings or in classes, you truly engage and make each person feel that they are your priority and concern.

When we attend and take part in the various programs run by Neighbour Aid, they appear to run seamlessly,

but this is due to your tireless efforts as you spend time planning, brainstorming and organising behind the scenes.

I originally joined Inner West Neighbour Aid for exercise reasons, but found much more in interacting with staff and other members. My community members make the comment that “Margaret has a new lease on life!”. And it is true for me, and, I feel, for all other attendees. You know how to bring out our inner latent abilities and give us a reason to live life more to the full.

So, I ask all here, on this very special occasion, to join me in thanking you for the gift that you are. Thank you to each one of you.”

Margaret Lergessner, Board Member (Client Representative)

Our News

Client Representatives on the board

Many Inner West Neighbour Aid clients may not be aware of the workings of our board of directors. Our volunteer board members contribute to the organisation's overall strategic direction, legal, contractual and compliance decisions.

Board members come from business, aged care, education, legal, accounting and other varied backgrounds. There are 10 board members including 2 who are client representatives. The current client representatives are Margaret Lergessner and myself. I attend DanceMoves, Stand Tall and various workshops at the 5 Senses Garden.

It is important that there are client representatives on the board as we are the eyes and ears on the ground and can share (with permission) any input from other clients on how we can improve a particular program or if there are any grievances.

As well as being a client, I am able to volunteer in the Garden Aid program. As a Garden Aid volunteer we learn to work together with Stuart Blundell and the garden team to give a tidy garden back to the client. A client's home is their castle and it is a joy to see the appreciation on a client's face when the job is completed.

Having met many volunteers in the programs, I would encourage any volunteers who become clients to think about a role as a client representative when a client representative role becomes available. If you have any interest in taking volunteering to the next level please express your interest to Allison Yee-Brogan.

Also, any current client who is computer literate and has skills that would match what the board requires, should also have a chat with Allison.

Simon Leong, Board Member (Client Representative)



余 Liked by allison.adventures and others

innerwestneighbouraid Today we had @theweedyone at the 5 Senses Garden to teach us about wild edibles foraging. We were made aware of accessible edible 'weeds' that our grandparents likely foraged. Thank you for being so humble and acknowledging the limits of foraging and distribution of knowledge. We will definitely be looking at 'weeds' differently in our backyards!

Our News

Why is it important to have a Client Representative on the board?

While being a client, and so interacting and participation with other clients, there is repartee and conversation, problems, shared experiences and personal sharing. This leads to feedback which can be presented to the board, thus enabling programs to be reviewed, enlivened, implemented or omitted.

What have you learnt about Neighbour Aid since being on the board?

I have learnt how passionate members are to deliver good programs to clients, which aid them to better health and well-being.

For myself, I have learnt that even at my age, I am still a relevant person, enthusiastic to learn more, to enjoy and make new friends. I understand about responsibility and the necessity of listening and awareness to look out for the 'little things', which can mean so much.

What type of person would you encourage to be on the board?

Someone who is outgoing and finds true interest in the welfare of others. Someone who can see what the needs are, caring and encouraging and who understands professional boundaries, confidentiality and privacy.

Margaret Lergessner, Board Member (Client Representative)



FIND OUT MORE

If you have questions about the Client Representative role on the board, please speak with Margaret Lergessner or Simon Leong at one of our programs or call the office and speak with Allison Yee-Brogan on 9799 5099.

Volunteers

Welcome to New Volunteers

Imelda Craglietto, Simon Le Breton, Dinah McClelland, Pamela Moitie, new Treasurer on our board Peter Malhotra and Melissa Carey and Will Johnston who are respectively teacher and student volunteers from Rivendell School.

Gratitude Event

"Gratitude is the beginning of wisdom. Stated differently, true wisdom cannot be obtained unless it is built on a foundation of true humility and gratitude."~ Gordon B Hinckley.

In November 2023, we spent the day at Auburn Botanic Gardens to thank our volunteers for another great year. We enjoyed a light lunch, some great photo opportunities and a lovely stroll around the Gardens.



Volunteer Feedback and Wellbeing

We are kicking off 2024 with a focus on volunteer feedback and wellbeing. For our current and active volunteers, we will be connecting in person, by Zoom or over the phone, with the aim of checking in, providing 2 way feedback and ensuring our programs continue to be the best match. This will be an informal chat and provide valuable information on how we can improve the volunteer experience. We look forward to another amazing year. We could not build such a wonderful community of support and strength without our volunteers.

Employee Access Program (EAP)

We are working with a new EAP Provider, **MindFit at Work**. We invest in an EAP or Employee Assistance Program as we recognise that working (paid or unpaid) in the aged and community services sector requires your caring and support mode to be "switched on" for others. We also recognise there are other factors in your life outside of Neighbour Aid that sometimes put pressure on your "best work self". We encourage self-care. Care for yourself first and foremost, and for those around you.

In times of need, we have arranged up to 4 free counselling sessions with MindFit at Work for staff and volunteers. Counselling content remains confidential at all times and may be delivered in person, over the phone or by Zoom. If you have any questions, please call the office. If you require counselling services please call 1800 862 042 and quote our organisation name.

Karen Paige, Client and Volunteer Intake Officer

Allison Yee-Brogan General Manager

You Deserve Happy

Life constantly throws challenges at us and we can make a choice in how to respond. Your company provides you with free confidential counselling sessions to help you through life's ups and downs.

Employees at some of our other clients reach out to our counsellors when struggling with things like:

- Anxiety/Phobia
- Relationship
- Family Issues
- Work Issues
- Grief/Loss
- Bullying
- Depression
- Substance Addiction
- Financial/Gambling
- Health
- Sexuality

In fact, our counsellors can chat with you about any issues you are struggling with.

The time is now to put yourself first and make a positive change - get happy today!

Volunteers

Volunteer in Profile, Michael Davidson

For this edition, we were in search of someone to talk about their recent welcome and volunteer journey at Neighbour Aid. So, we were pleased to interview Michael Davidson who embraces his role with enthusiasm, bringing his smile and a lovely energy as one of our dog walkers and on bus trips/lunches.



What drew you to volunteer with us?

I was looking for an opportunity to do something that I would find meaningful in my local community preferably. There was advertising on social media for Neighbour Aid and I read a bit more and felt this may be the right opportunity for me. I have recently stopped working although I do not say that I am retired and was looking for a way to spend some of my time supporting others. I was attracted by the variety of opportunities as well as my contact with the organisation which was welcoming and very person-centered. Having been a clinical nurse and nurse academic for most of my working life I felt that I had something to offer and Neighbour Aid ticked the right boxes for me.

What has surprised you since joining?

I am surprised at how welcoming the organisation is and how supportive they are in ensuring that my volunteer role is a success. The friendliness and kindness demonstrated by everyone I have come in contact with has

been incredible. I am not sure if surprised is the right word rather than I am delighted that I am made to feel that my contribution is valued.

What do you value most about your role with us?

I value the connection with the clients the most and knowing that I am hopefully making a difference to their quality of life no matter how small or big that contribution is. Being out in the community also helps me as a person and how I feel about myself and my own worth now that I am not working. It gives me a real purpose and a sense of belonging to community. Not being Australian and having only lived here for 18 months, Neighbour Aid has helped me to connect to my local community.

How would you finish off this statement?

My favourite indulgence(s) is/are ..because..

My favourite indulgences are food - going out to different restaurants and sampling different cuisines is one of my favourite things. I am also a very keen walker and like to mix it up with a bit of running and gym work as well. All of this contributes to my sense of wellbeing. I am also a recent convert to knitting and continue to challenge my self with learning Spanish.



Stella Angelo, Editor

Strong Together

Being In The Moment Together

Moments, we all have millions of them every day. We can miss these moments and often do, as we are distracted by our problems from yesterday or our worries about tomorrow. Being in the moment is being present right now. Right now, this moment is ours to do whatever we like with. Experiencing what this moment has to offer is a simple and interesting thing to do. Let's give it a go! Take a moment to use all your senses, notice everything around you. What can you hear? Are there birds in a garden nearby, a plane over head, cars, people talking? What can you see? Are there trees or plants out the window, clouds in the sky, people wandering past? Are there pieces of familiar furniture or photos in the room? What can you feel against your skin? Is there a breeze or the warmth of the sun on your skin? It's an interesting thing to try and it only takes a moment. When we are in the moment we notice the world has a lot to offer, and we notice that we are part of it. We have no time to worry about yesterday or tomorrow because right now has too much to entertain us.

At Strong Together we like to make the most of every moment and by coming together to share our moments we multiply the fun! We always share moments of laughter as we exercise, chat and play bingo, plus we will be having some seated dance workshops in March and April to add to the fun. We share moments of learning new creative skills with Emel and from expert guest speakers. Coming up in the autumn calendar we'll be learning how to prevent falls and injuries at home and out and about. We also share moments of adventure as we go on outings all over Sydney to see beauty both natural and man-made and eat yummy food at clubs and cafes. This autumn, our Strong Together clients have outings planned for Historic Parramatta Park, Mosman Rowers Club, and to the opening of our exciting photographic exhibition "A Day in my Life" at Burwood Library! So while summer has ended and the autumn months are approaching, there will be no slowing down for Strong Together. We'll stay warm and cheerful sharing our moments together and enjoying every precious moment we have.

Emel Jurd, Social Support Worker



Client Services

One of Neighbour Aid's values is **Choice** - Everyone has a voice, so we listen, we include and we see you. This is why we regularly send out surveys and ask for your feedback. Neighbour Aid is passionate about improving our services to support your needs.

In December we mailed out a Home Visiting Survey to a small group of people to gauge interest in our Volunteer Home Visiting program. Unfortunately this program was put on hold when COVID hit but we found other ways to continue connection such as staff drive by visits for a quick chat in your front yard, wellbeing calls to check in, Zoom exercise sessions and group phone bingo (this was a lot of fun!).

What is Home Visiting?

Maintaining friendships and meeting people is important for our health and wellbeing. The aim of our Home Visiting Program is to connect you with a volunteer for social support and companionship if you have few or no social connections and are finding it difficult to get out and about.

A volunteer is matched with a person based on their shared interests. Usually they meet on a fortnightly basis for a chat, a cup of tea, a short walk or another mutually agreed activity (with knowledge and approval from Inner West Neighbour Aid). Other ways to share time with a volunteer visitor are: assistance with reading, help with watering the garden, putting out your bins, doing craft, crosswords or puzzles together, chatting about a particular interest you may have or walking your dog if you are no longer able to.

This is currently a free service available to people who are eligible for Commonwealth Home Support Program (CHSP) services and who live in the inner west.

Services Not Considered Home Visiting

Other organisations are funded to support you in the following areas:

- Telephone monitoring services – checking on person's safety
- Emergency or safety alarm service – checking on person's safety
- Transport, including to medical appointments
- 1 on 1 shopping
- Assistance with medical, legal, financial and other professional services, including banking and paying bills
- Domestic Assistance
- Respite
- Personal Assistance
- Home Modifications, Minor Home Maintenance

Results from the Home Visiting Survey:

- 11% were 65-75 years
- 33% were 76-85 years
- 44% were 86-95 years
- 90% were female clients
- 33% said yes they would like a Home Visitor in the next 12 months, 33% said maybe in the future and 11% said they already have a Volunteer Visitor
- 33% would like a Volunteer Visitor OCCASIONALLY while 22% would like a Volunteer Visitor WEEKLY

The top reasons for not being able to get out and about were declining physical health and declining vision or hearing.

Thank you to those who responded to the survey. We encourage anyone to call Neighbour Aid if you are interested in finding out more about having a volunteer home visitor. We will try to find you a perfect match.

Emma Torres, Client Services Coordinator

In a Neighbour's Garden

Autumn in Australia is a funny thing.

Aesthetically and botanically, it couldn't be further apart from the term we picked up from colonial European roots, one that's amassed with hillsides full of the autumnal palette (reds, oranges, browns and yellows).

Instead, we find ourselves surrounded by the evergreen bushland that we know and love so dearly, with only the pockets of deciduous trees we find in our own backyards, large scale gardens and parks, a remnant of our colonial past and immigrant nation.

Australia only has 2 truly deciduous plants that are endemic to the continent:

Tanglefoot Beech (*Nothofagus Gunnii*) – Found only in Tasmania, this slow, low growing shrub can reach up to 8 metres, but due to its growing limitations rarely reaches that height and presents itself as more a bramble, hence the name 'Tanglefoot'. You can see it colouring up the spectacular views in Cradle Mountain in autumn, with colours ranging from deep buttery yellow, through to intense bright reds.



Australian Red Cedar or Polai (*Toona ciliata*) – Found in Queensland and New South Wales, predominantly around the Illawarra and Shoalhaven regions as far south as Ulladulla, the red cedar was felled extensively in the early 19th and 20th century for its beautiful timber, which drove the species to the brink of extinction. If you find yourself cruising down the Princes highway or through Kangaroo Valley in

early autumn or spring, you'll be able to see the flushes of red as they head into dormancy, or the pink flushes of their new growth, against the deep green backdrop of the subtropical valleys that line the hinterland of the south coast.

Australia, as a continent, has never adhered to the conventions of the European 4 seasons, given its land mass and multiple climates. Many first nations tribes had their own calendars, using changes in nature as markers for the shifts in seasons.

For example, the D'harawal people, whose land extends from south of the harbour down to Ulladulla, back up into Campbelltown and Camden, have a period called Time of Marrai'gang (April-June) or baba'murrai'yung (wet becoming cooler). This is marked by Quolls seeking mates, and Lilly Pillie fruits ripening. As the fruit dropped, they knew the cold was coming, would mend coats and head down out of the highlands to the coastal plains for the winter or Tugarah tuli (June-July) (Cold, frosty short days).

Autumn's my favourite time of year, everything slows down, heat dissipates slowly and everything has a restful ease about it. So however you like your Autumn, be it making soups, drinking mulled wine and cider, or just watching the trees change colour and feeling the southerly change in the air, I hope it finds you well.



Nick Robinson, Garden Aid Team Leader

In a Neighbour's Garden (contd.)

Autumn in Sydney is a welcome respite to the heat and humidity of summer. It offers warm days and cool nights, the perfect conditions to get out into the garden to do all those maintenance tasks you have been putting off during the busy growing season. Or if garden maintenance is not high on your list of things to do this autumn, below are some thoughts on enjoying the sounds of a Sydney autumn.



The Rustle of Eucalyptus Leaves

The wind is usually gentle in Sydney as we move into the cooler months. The sound of leaves brushing against each other in the afternoon breeze is a soothing sound often taken for granted. Taking a few minutes to sit quietly and listen to the wind through the trees is a wonderful way to unwind and relax.

Feathered Friends

As the days shorten and temperatures cool, many native Australian birds become more vocal. Kookaburras erupt in their raucous laughter, echoing through the valleys. Rainbow lorikeets chatter excitedly as they feast on ripening fruits. And the delicate melodies of wrens and fantails fill the air with a sense of anticipation for the cooler months ahead.

The Pitter-Patter of Rain

Autumn in Sydney traditionally brings more rain than any other season. The sound of rain on a roof is something that many of us find soothing and refreshing. It adds another layer to the sonic tapestry of our landscape. The soft pitter-patter of rain on leaves creates a rhythmic pattern, reassuring us that the land is replenishing its reserves after a hot summer.

Colour

As we move around our neighbourhoods we see many deciduous trees turning gold and red as they recycle and store their leaves' nutrients in preparation the growth season ahead. On windy days, the sounds of dry leaves dancing over the streets and footpaths adds a European flavour to our neighbourhoods.

So, this autumn, take a moment to step outside and listen. Close your eyes and let the sounds of the season wash over you. From the rustling leaves to the chirping birds to the quiet moments in between, there's a whole symphony waiting to be discovered. Let autumn's soundscape paint a picture in your mind, and you'll experience the magic of this season in a whole new way.

Autumn

There's blue in the sky, and there's blue in the
sea,

And a blue mist is veiling the mountains from
me.

A blue wren is calling his mate from the bower,

And there is the butterfly over the flower.

There is gold in the sunshine and gold in the
sand;

And gold in the poppy I have in my hand.

The golden-red leaves lie thick-strewn on the
mould,

For Autumn has come with its blue and its gold.

Frida A. Phillips. (26 May 1928)

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: \$15 Non-Client Cost: \$25
 Light lunch is provided

To book please call us on 9799 5099

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

4 March: Propagation, Growing from Seed with Community Greening



Learn how to save, process, dry and store seed. Learn which seeds need extra conditions to promote germination, and how to get them to grow!

11 March: Seniors Festival, Art Class with Art Gallery of NSW



For week 1 of the Seniors Festival, we will be teaming up with the Art Gallery of NSW, who will be leading us in an art class, drawing, and printmaking activity.

18 March: Seniors Festival, From Seeds to Trees



We will join children and teachers from the neighbouring preschool for planting in the Vegepods, led by Garden Aid Team Leader Nick. What

better way to celebrate week 2 of the Seniors Festival!

25 March: Games Day



A day of fun and games with friends in the garden. Trivia, cards, bingo and more. Let the games begin!

8 April: Cooking with Maja



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

15 April: Ecotherapy Art Workshop



Join Ling in the garden for an Ecotherapy Art class, combining art with the therapeutic effects of being in nature. What better location than the 5 Senses Garden!

22 April: Visit to the EM Lane Nurses' Museum



We will visit the EM Lane Nurses' Museum situated in Concord Hospital and learn about Australian Military Nursing and the history of the Concord Repatriation General Hospital.

29 April: Calligraphy Workshop



En En will be leading us in a calligraphy workshop that incorporates movement, and relaxation. Learn something new with friends!

5 Senses Garden Workshops



6 May: Companion Planting with Community Greening



Companion planting is an age-old technique to improve plant health, deter pests, and improve flavour. We will be learning which plants

are friends in the garden and those best kept apart.

13 May: Neighbour Aid Gardeners' Club



Garden Aid Team Leader Natesha will lead us in a horticultural therapy workshop. Both gardeners and non

gardeners are sure to enjoy!



20 May: World Bee Day: Parramatta Bee Keepers



We will be celebrating World Bee Day with Julie from the Parramatta Bee Keepers who will be teaching us all about these amazing creatures.

27 May: From Seeds to Trees



We will be joining students and teachers from the neighbouring preschool for a day of fun in the garden, as the students lead us in a creative activity.



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 Thursday of the month, 11am - 1pm

Morning Tea Cost: \$5 Workshop Cost: \$20 including light lunch
To book call 9799 5099 or email emel@iwna.com.au

Morning teas in the garden will incorporate music and song, allowing participants to connect familiar tunes.

7 March: Art Therapy

Get crafty in the garden with Emel. We'll explore the garden and collect leaves, seeds and flowers to transform into wearable art.



21 March: Mystery Outing

Come along with us on a mystery outing! This outing is a corporate partnership in conjunction with our outing clients.

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

Time: 10:30am at pick-up location.

4 April: Dance Therapy with Dance Health Alliance

Join a qualified dance instructor at the 5 Senses Garden to exercise your body and mind! This workshop will include seated movement and brain training with tunes you know and love.



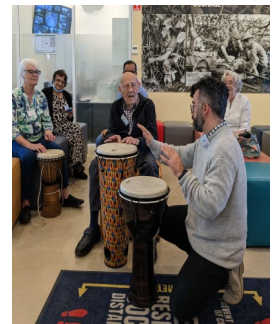
18 April: Morning Tea

Join like minded people for a relaxed morning tea in the garden with lively conversation and music to tap your toes to.



2 May: Music Therapy

Our music therapy groups are always so much fun! Music therapist Michael, gently leads everyone to discover they have more musical skills than they thought. We'll learn and create music with each other.



16 May: Morning Tea

This morning tea will include a guest speaker.



Healthy Ageing Advisor and Psychologist Anne Tunks will be with us to provide information and answer some of your age related questions.

Emel Jurd, Social Support Worker

DanceMoves



Burwood
Inc.1874



DANCE
HEALTH ALLIANCE

You may have seen Gwen Korebrits our dance instructor at Neighbour Aid's Christmas Party getting everybody moving and grooving in their seats. We meet for 45 minutes every Friday to dance together and then chat, connect and debrief over morning tea.



We started with seated dance and have recently started doing the same moves standing with the support of a chair. However there is always choice so you can stay seated or stand. You know your bodies best. Dance Health Alliance choreograph dances to familiar, catchy songs and modify the moves to suit every body.

We celebrated the end of last year with a festive morning tea!



For Senior's Festival this year on 15 March 2024 we will have a special morning tea and activity after DanceMoves to celebrate all the dancers who attend this program.

Maja Sorensen, Social Support Coordinator

Alive & Kicking

Overview

This autumn Alive & Kicking will enter an exciting season.

Our instructor Fleur will continue to deliver exceptional gentle exercise, providing individual support with a big smile on her face.

Fleur knows how to motivate everyone while spreading joy and happiness.



For our afternoon program we are planning to have a couple of Bingo sessions, trivia as well as several games and creative activities.

We are also happy to welcome our guest speakers from The Ageing and Disability Commission, Harbour Trust and the Brain Foundation who will talk about Elder Abuse, Memorial Walk and Headaches and Migraines.

A great chance to learn something new and keep ourselves healthy and our brains engaged.



We will also continue our partnership with the students from Rivendell School. The intergenerational program has been an outstanding experience for all clients and students. This time perhaps, we can expect an activity that will be planned and carried out entirely by the students. It's great to see people of all ages thrive while being engaged in the community.

Josslien Sadtler, Social Support Worker



Stand Tall

New Gym

We finally started to workout at our brand new gym at Wests Ashfield Leagues Club.

The venue is very spacious with a wide variety of modern fitness equipment.

Our personal trainers Antonio and Lachlan will be with you at every step of your fitness goals. They will keep a close eye on you and guide you through all exercises, monitoring your posture and correct application.



You will be provided with a customised program tailored to your personal needs and goals.

A stunning mural with Sam Kerr, Michael Jordan and other famous athletes will motivate you to give your best at every session.

What a great opportunity to work on your strength, mobility and overall well-being!



It's your choice to make a difference. Feel free to give us a call and join the gym today!



Josslien Sadtler, Social Support Worker

Outings Information and Highlights

The new year starts fresh. Some people create lists of goals and resolutions, for some it's just another year. Everyone has a choice. Our team is always listening to create innovative programs focussed around you. You are the ones attending our programs so you have a say in them.

From our recent Client Survey, we learnt that you would like more variety on outings so we have tried to deliver that in March, April and May. We will be visiting some different venues including Rhodes Shopping Centre, Mosman Rower's Club, the Riverview Hotel Balmain, Club Palm Beach, and more. We have some exciting things planned for the Seniors Festival running from the 11 - 24 March. This includes attending the "A Day In My Life" photo exhibition in partnership with Burwood Council and our Strong Together Program. We will also be attending a lunch time concert at the Sydney Conservatorium of Music, with just a gold coin donation for the show.

This calendar has our second active outing. Our first one was a success! As said by Gwen "we had a magical day out". Barangaroo was a new destination for all of our seniors and we stopped on the way for a coffee at Balmain East before catching the ferry. It was great to see the city through the eyes of our seniors who hadn't been before. We will be visiting Cockatoo Island. If you would like an outing with a bit more walking and site seeing, this might be for you.



The outings are distinguishable on the calendar by this symbol so keep an eye out if you're interested. For safety reasons, we don't recommend these outings if you are unable to walk long distances or are unsteady on your feet.



We received feedback about streamlining pick-ups for outings. We will trial our old process of separating outings by location for longer outings. This calendar has 2 dates for the outing to Club Palm Beach. These will be separated by location (East and West). A list of East and West suburbs are included below.



East: Abbotsford, Ashfield, Ashbury, Chiswick, Drummoyne, Five Dock, Haberfield, Rodd Point, Russell Lea, Summer Hill, Wareemba.

West: Belfield, Burwood, Burwood Heights, Breakfast Point, Cabarita, Canada Bay, Concord, Concord West, Croydon, Croydon Park, Enfield, Greenacre, Homebush, Homebush West, Liberty Grove, North Strathfield, Rhodes, Strathfield, Strathfield South.

James Wohlfiel, Social Support Worker


MARCH 2024

Mon	Tue	Wed	Thu	Fri
				1 DanceMoves , Burwood \$5
4 5 Senses Garden Propagation: Growing from Seed with Community Greening \$5	5 Alive & Kicking BYO Lunch Bingo \$5	6 Ashfield Boys High School Shop & Chat Assisted Online Shopping	7 Stand Tall, CSP Gym \$15 Rhodes Shopping Centre \$5+	8 NO PROGRAMS
11 5 Senses Garden SENIORS FESTIVAL: Art class with the Art Gallery of NSW \$5	12 Alive & Kicking BYO Lunch Rivendell Students \$5	13 SENIORS FESTIVAL: "A Day In My Life" Exhibition, Burwood	14 Stand Tall, CSP Gym \$15 Lunchtime Concert @ the Conservatorium of Music \$10+	15 DanceMoves , Burwood \$5 Lunch @ North Ryde Golf Club \$10+
18 5 Senses Garden SENIORS FESTIVAL: From Seeds to Trees \$5	19 Alive & Kicking BYO Lunch Guest Speaker Elder Abuse \$5	20 Ashfield Boys High School Shop & Chat Assisted Online Shopping	21 Stand Tall, CSP Gym \$15 Mystery Outing	22 DanceMoves , Burwood \$5
25 5 Senses Garden Games Day \$5	26 Alive & Kicking BYO Lunch Trivia \$5	27 NO PROGRAMS	28 Stand Tall, CSP Gym \$15 Lunch & Easter shop @ Lindt Chocolate Factory , \$10+	29 PUBLIC HOLIDAY

APRIL 2024

Mon	Tue	Wed	Thu	Fri
1 PUBLIC HOLIDAY	2 Alive & Kicking BYO Lunch Bingo \$5	3 Ashfield Boys High School Shop & Chat Assisted Online Shopping	4 Stand Tall, CSP Gym \$15 Lunch@ Clarendon Tavern, Clarendon \$12+	5 DanceMoves, Burwood \$5
8 5 Senses Garden Cooking with Maja \$5	9 Alive & Kicking BYO Lunch Rivendell Students \$5	10 Lunch @ Harbord Diggers, Freshwater \$15+	11 Stand Tall, CSP Gym \$15 Shop and lunch @ Innovations French's Forest \$10+	12 DanceMoves, Burwood \$5 Lunch @ Mosman Rower's Club \$12+
15 5 Senses Garden Ecotherapy Art Workshop \$5	16 Alive & Kicking BYO Lunch Games/Art \$5	17 NO OUTING Assisted Online Shopping	18 Stand Tall, CSP Gym \$15 Camelia Gardens & lunch @ The Jade Tea House \$10+	19 DanceMoves, Burwood \$5
22 5 Senses Garden Visit to the EM Lane Nurses' Museum \$5	23 Alive & Kicking BYO Lunch Guest Speaker Australia's Memorial Walk \$5	24 NO PROGRAMS	25 PUBLIC HOLIDAY	26 DanceMoves, Burwood \$5 Lunch @ The Riverview Hotel Balmain \$15+
29 5 Senses Garden Calligraphy Workshop \$5	30 Alive & Kicking BYO Lunch Trivia \$5			

MAY 2024

Mon	Tue	Wed	Thu	Fri
		1 Ashfield Boys High School Shop & Chat Assisted Online Shopping	2 Stand Tall, CSP Gym \$15 Club Merrylands \$22.50 Buffet lunch @	3 DanceMoves, Burwood \$5
6 5 Senses Garden Companion Planting with Community Greening \$5	7 Alive & Kicking BYO Lunch Bingo \$5	8 Lunch @ Club Parramatta & Historic Parramatta Park \$15+	9 Stand Tall, CSP Gym \$15 Watson's Bay \$15+ Fish and Chips @	10 DanceMoves, Burwood \$5 Lunch @ North Ryde RSL \$15+
13 5 Senses Garden Neighbour Aid Gardeners' Club	14 Alive & Kicking BYO Lunch Rivendell Students \$5	15 Ashfield Boys High School Shop & Chat Assisted Online Shopping	16 Stand Tall, CSP Gym \$15 Café Restaurant, Darlinghurst \$11+ Lunch @ Unda's	17 DanceMoves, Burwood \$5
20 5 Senses Garden World Bee Day: Parramatta Bee Keepers \$5	21 Alive & Kicking BYO Lunch Games/Art \$5	22 Lunch & walk @ Cockatoo Island \$15+ 	23 Stand Tall, CSP Gym \$15 Palm Beach \$16.50+ Lunch @ Club EAST	24 DanceMoves, Burwood \$5 Lunch @ Randwick Golf Club \$20+
27 5 Senses Garden From Seeds to Trees \$5	28 Alive & Kicking BYO Lunch Guest speaker Migraine and Headaches \$5	29 NO PROGRAMS Assisted Online Shopping (Wed or Thurs this week)	30 Stand Tall, CSP Gym \$15 Club Palm Beach \$16.50+ Lunch @ West	31 DanceMoves, Burwood \$5

Outings are extremely popular! Call us to book in on 9799 5099

Tuesday	Wednesday	Friday
March 2024		
27 Feb Seated Dance Moves & Bingo	28 Feb No Program: Staff Development Day	1 March Seated Dance Moves & Bingo
5 March Exercise & Gratitude Journaling	6 March Exercise & Gratitude Journaling	8 March Exercise & Gratitude Journaling
12 March No Program Exhibition Planning	13 March Seniors Week "A Day In My Life" Exhibition	15 March North Ryde Golf Club
19 March Exercise & Bingo Hot meal	20 March Exercise & Bingo Hot meal	22 March Exercise & Bingo Hot meal
26 March Exercise & Bingo Sandwiches	27 March No Program: Staff Development Day	29 March No Program: Good Friday
April 2024		
2 April Seated Dance Moves & Bingo	3 April Seated Dance Moves & Bingo	5 April Seated Dance Moves & Bingo
9 April Mosman Rowers Club	10 April Harbord Diggers Freshwater	12 April Mosman Rowers Club
16 April Exercise & Bingo Hot meal	17 April Exercise & Bingo Hot meal	19 April Exercise & Bingo Hot meal
23 April Music Therapy & Word Games	24 April Music Therapy & Word Games	26 April Music Therapy & Word Games
May 2024		
30 April Exercise & Bingo	1 May Exercise & Bingo	3 May Exercise & Bingo
7 May North Ryde RSL	8 May Club Parramatta and Historic Parramatta Park	10 May North Ryde RSL
14 May Exercise & Bingo Hot meal	15 May Exercise & Bingo Hot meal	17 May Exercise & Bingo Hot meal
21 May Exercise & Guest Speaker Falls & Injury Prevention	22 May Exercise & Guest Speaker Falls & Injury Prevention	24 May Exercise & Guest Speaker Falls & Injury Prevention
28 May Exercise & Bingo Sandwiches	29 May No Program: Staff Development Day	31 May Exercise & Bingo Sandwiches

Inner West Neighbour Aid on Social Media

Howdy Neighbour Aid community, Natesha here. While you would usually catch me trimming hedges as a Garden Aid Team Leader, I've also been at work behind the scenes running Neighbour Aid's social media accounts.



Inner West Neighbour Aid is 🐼 feeling hungry in Burwood, New South Wales.

Published by IW NA 📅 - 24 November 2023 - 🌐

Exploring diverse flavours and history! 🍴🏠 Our Strong Together community delved into Arabic and Chinese cuisines, paired with an enlightening tour of Burwood's historical gems. From admiring stunning architecture to savouring new tastes, it was a delightful experience all around.

#neighbouraid #communitycare #agedcare #seniorsupport #socialsupport #SeniorTravel #innerwest



What is Social Media?

Social media includes websites such as Facebook, Instagram and YouTube, where people from all over the world can publicly or privately share images, videos and stories from their lives.

At Inner West Neighbour Aid, we've been using social media for the past few years to share our own stories with the wider community. We're active on Facebook and Instagram, programs which some of you may also use.

Through social media, we've been able to stay connected with local community leaders, the general public and friends and family of Inner West Neighbour Aid.

You can search for our page 'Inner West Neighbour Aid' on Facebook and Instagram. You can 'Like' or 'Follow' our page for regular photo and video updates.

Natesha Somasundaram, Garden Aid Team Leader



innerwestneighbouraid
Inner West Sydney

innerwestneighbouraid We're taking a moment this week to reflect on International Men's Day by considering their invaluable contributions to community, family, and nurturing roles. Enjoy these heart-warming snapshots of Neighbour Aid's men actively involved in building connections and enriching their community!

Image descriptions:

1. Some of our Neighbour Aid community helping to plant a garden bed at the 5 Senses Garden.
2. Garden Aid Coordinator, Stuart, with one of our happy Garden Aid recipients.
3. Neighbour Aid staff and community enjoying morning tea during a Garden Aid session.
4. Social Support staff member, James, assisting two of our Neighbour Aid community members.
5. A Neighbour Aid community member training with the wonderful staff at CSP Athlete Factory, during our 'Stand Tall' program.
6. A volunteer student from Ashfield Boys High School assisting a Neighbour Aid community member.

#neighbouraid #communitycare #internationalmensday #seniormen #seniorsupport #socialsupport #agedcare #carers #innerwest

8 w

Inner West Neighbour Aid is feeling beautiful.
Published by IW NA • 4 December 2023

MODEL FOR A DAY! 🌟

A day to celebrate everyone's favourite outfits. Wendy's self-made ensemble stole the show, comprising a dress, bolero, and a matching blazer, complete with a hat adorned by a band crafted from her dress fabric. Danica radiated beauty in a bejewelled top, paired with a striking red cardigan and a precious necklace gifted by her son for her 90th birthday. Bev embraced the day by donning a delightful spring-inspired floral dress. The event was a hit, and add... See more



innerwestneighbouraid

innerwestneighbouraid CREATIVE CONNECTIONS

Creative activities are a big part of what we love doing at Neighbour Aid. Whether it's painting, poetry, or music, we understand the incredible impact regular creative activities can have on the health, well-being, and independence of older adults. We're fortunate to collaborate with talented artists both on staff and in the community to provide Neighbour Aid with a smorgasbord of creative play all year around.

Check out these snaps from some of our many of our creative activities over the last year:

#neighbouraid #seniorsupport #socialsupport #seniormen #seniorsupport #seniorcare #seniorsupport #seniorcare #seniorsupport #seniorcare #seniorsupport #seniorcare

21 h

View Insights

21 hours ago

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innerwestneighbouraid STRENGTH IN NUMBERS: Our super strong 'stand tall' crew put their pedals to the metal at the gym today with @csp_athletefactory. Neighbour Aid is continually inspired by our seniors for their grit, determination and passion for staying active! 🌟

#neighbouraid #innerwest #seniorsupport #seniorcare #seniorfitness #exercise #seniorsupport

10 w

Look at those muscles! Go team go!

10 w 1 like Reply

cspgym_ashfield So good!!

Looking 🏆 Team 🙌

10 w 1 like Reply

Looking strong, Stand Tall!! 🌟🌟🌟

10 w 3 likes Reply

View Insights

Boost Post

10 November 2023

Add a comment...