

Neighbour News

Spring
Edition

Aug 2024
Issue 124

Staying Connected

Stories Connect People

I was told by a friend in her 20s that I tell a lot of stories. Thinking I had bored her, I apologised and promised to keep them to a minimum. She quickly responded that she enjoyed our catch ups and listening to my stories. They were 'data with soul'.

This reminded me that stories connect people. They also expand our perspective and understanding of our world.

Stories play an important role in each stage of our lives, from bedtime stories, then as adults, story telling is a powerful means to present new ideas, build teams through to strengthening connections as we age.

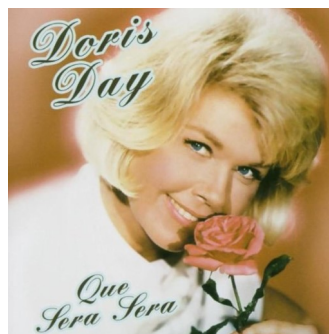
So in this edition, the team explore storytelling as part of their programs. What they find is that stories are shared in many ways including through poetry, gardens and music. My Mum loved listening to Doris Day singing "Que sera, sera", even as dementia took hold.

I attended the dinner held in May by the Neighbour Aid team to thank volunteers during Volunteer Week. It was such a fun event (aren't they always?). We enjoyed the trivia organised by Maja and hearing from one of our clients, Christine.

Christine shared her story with humour, grace and a poem. What resonated with me were her comments that stories are to share, reminisce and reflect as well as the importance of friendships.

To find out more about Christine's messages, read on.

Stella Angelo, Editor (volunteer)



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Inner West
**Neighbour
Aid** 

Organisational News

Systems Improvements

Although the theme of our newsletter is "stories connect people", we can also say that technology is a tool that aids connection in our fast paced world.

Neighbour Aid is a small to medium sized organisation with limited funding and resources. So streamlining any processes creates efficiencies and cost savings. In April 2024, we invested in email software, ActiveCampaign to assist with automating client and volunteer enquiries from our website, distribution of our newsletter via email and also email communication with large groups, such as our volunteers, donors, contractors and other contacts.

A very big thank you to Stella Angelo, our volunteer editor and Victor Fox our IT contractor for their support and assistance with the implementation and roll out of our new software.

Communicating by Email

Are you comfortable sending and receiving emails? If you would prefer to receive our newsletter, invoices or receipts by email only, please call our office on 9799 5099 or email admin@iwna.com.au to let us know.

Anyone is welcome to subscribe to our newsletter by going to www.iwna.com.au and filling out 3 details: your first name, last name and email address. You can unsubscribe at any time.

We also know people still enjoy reading our newsletter in paper format. In the future, we envisage most people will be receiving the newsletter by email only and this will help reduce postage costs for Neighbour Aid.



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Acknowledgement of Funding

Inner West Neighbour Aid is primarily funded by the Department of Health and Aged Care. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Organisational News

Team Day

We know that looking after people in our community is important, and that looking after the people who look after others is also essential. If people are happy, the workplace is likely to be a positive, more creative and productive environment. For this reason, we aim for 2 team building days, where our staff are able to learn, unwind, eat, laugh and play together.

On a sunny Wednesday in June, our team enjoyed morning tea at the Grumpy Baker in Waverton and then an Aboriginal Cultural and Walking Tour run by Koori Kinnections at the Coal Loader. This was an important mental health and social battery boost. Our team was led by the knowledgeable Aunty Jude, who had a special way of drawing us in with her cheeky humour and sharing so openly about her personal story. Our team learnt more about Aboriginal culture including the significance and purposes of rock engravings, history and sustainability.

World Elder Abuse Awareness Day (WEAAD)

World Elder Abuse Awareness Day was recognised globally on 15 June 2024. Neighbour Aid attended a special event at Burwood RSL that focussed on the health and safety of older people in our local area. We were grateful for the support of our Board Member/Client Representatives Simon and Margaret who were able to share information on the My Aged Care process and our programs to potential clients and other organisations. The event was called 'Keeping Healthy and Safe as we Age' and provided community members with knowledge and resources featuring a video, panel discussion followed by entertainment and lunch. The panel with the Ageing & Disability Commission,

Sydney Local Health District, Older Women's Network, NSW Police, Seniors Rights Service, Relationships Australia, and The City of Canterbury Bankstown Council Multicultural Officer.

By increasing awareness about the specific challenges faced by older persons in emergencies, we can foster a more inclusive and protective environment. Abuse can take different forms including psychological, financial, physical and sexual abuse and neglect. Raising awareness and educating the public on this issue is paramount to safeguarding our ageing population.

If you or someone you know may be affected, contact the Elder Abuse Phone Line.

1800 ELDERHelp (1800 353 374) is a free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory.

Allison Yee-Brogan, General Manager



Volunteers

Welcome to New Volunteers

Welcome to Poornima Ajetrao, Luke Dintignana, Jo-ann Gates, George Martirosov, Kevin McGeechan, Jenny Pimenta, Francesca Wraith. We look forward to sharing our community spirit with you.

We also welcome back former staff member Michael Wohlfiel, who has joined us as a volunteer.

National Volunteer Week

In May, we hosted a dinner for our volunteers. The evening included *Dumplings (You're Wonton in a Million)* and *Mini-Trivia* at Wests Ashfield Leagues Club to thank our volunteers for their support. It was a great opportunity for our volunteers to get together and meet others who share their joy and passion for volunteering with Neighbour Aid.

It was a fun and rowdy event, sharing stories and lots of delicious food. Maja's Trivia Quiz had us in teams, working through some really tricky questions, with lots of laughs. We were enthralled by one of our clients, Christine, who gave an entertaining speech at the end of the evening.

It was lovely to see some of our newest volunteers attend and bring along friends, one of whom has now joined our community!

Karen Paige, Client and Volunteer Intake Officer

2SER Radio Interview

To kick off National Volunteer Week, our General Manager Allison Yee-Brogan and student volunteer from Macquarie University, Samantha Anderson had the pleasure of chatting with 2SER Radio's Monica Chalmers on her program, *The Daily*.

Go to <https://2ser.com/> to listen to the interview.



Volunteers

Gen Z Inner Westies Bucking Youth Volunteer Trend: Intergenerational Programs Bridging Wisdom and Enthusiasm

Australia relies on almost 6 million volunteers, who are the heart and soul of most community organisations. But the future of benevolence is uncertain with declining volunteerism amongst Gen Z. In Australia, approximately 580,000 young people aged 18 - 24 volunteer their time through formal organisations or groups. This represents 25% of the population in that age group.

A study by [Volunteering Australia in 2023](#) found formal volunteering among our youth decreased significantly between 2016 and 2021. Then post pandemic figures showed people aged 18 - 24 were the only group where the rate of formal volunteering did not increase. The 2021 census cited a [19 per cent drop](#) in volunteering numbers since 2016. According to 2020 data from the Australian Bureau of Statistics, the decline was most significant amongst the [15 - 24 age group](#).

However [Inner West Neighbour Aid](#), a pillar of community support for almost 400 seniors since 1992 and based in Sydney's inner west, is bucking this trend. With 95 volunteers in total, 36% of them are aged under 30. An increase of 3% from July last year.

Inner West Neighbour Aid is primarily government funded and supports seniors to stay mentally and physically active and thrive socially through exercise programs, therapeutic workshops, outings and new experiences, online grocery shopping, a centre based program and intergenerational connections. They also support seniors who want to stay living in their homes safely and independently with garden and lawn maintenance and assistance with pets.

General Manager Allison Yee-Brogan, one of 15 paid staff, says "our organisation can't do

the work we do without our volunteers. We have learnt to adapt and partner seamlessly with schools and youth focussed organisations with similar values to become a leader in intergenerational programs, long before the ABC began broadcasting 'Old People's Homes for 4 Year Olds'. Programs with purpose and funky names like Alive & Kicking, Trolley Talk and From Seeds to Trees at the 5 Senses Garden, capture the playful spirit and power of connection across ages."

This unique community organisation partners regularly with Concord West Rhodes Preschool, Ashfield Boys High School, Rivendell School, Strathfield South Public School and Macquarie University's Professional and Community Engagement Program. Ms Yee-Brogan says "organisation to organisation partnerships make volunteering more accessible for young people as there is support with the on-boarding and induction process and this fosters longer term and more meaningful volunteer experiences."

Gaye, a regular and long standing client was finding shopping a challenge with changes in mobility and strength. But partnering with a student for fortnightly shopping allows Gaye to remain independent and enjoy a social interaction she may not have otherwise had. "All the boys (from Ashfield Boys High School) take their role seriously. They are respectful and committed to the service. They are fantastic and a joy to be around."



Volunteers

The 2023 cohort of student volunteers from Ashfield Boys High School, Zakariah Ammar, Alexander Egana, Finley Hough, Ethan Luc, David Thomas and Jerry Xu, gained a new perspective on life. "We have really enjoyed Trolley Talk and have learnt valuable communication skills, respect and the importance of volunteering for the community. It has made us look at our local community and even our families in a different way and encouraged us to be more helpful towards others. We have also enjoyed hearing about life stories, and we've learnt a lot about resilience, kindness, following your dreams and making the most of life. We appreciate the time that Inner West Neighbour Aid has taken to work with us, it's a great opportunity for students like us. It is a highlight of our week."

Katy Croucamp, one of the 2023 Macquarie University student volunteers, recommends the volunteering experience to others. "What I enjoyed most was the opportunity to connect with a wide variety of people and make a meaningful impact on their lives. It's incredibly rewarding to bring joy and a sense of community to these lovely people."

Marnie Omeragic, the Director of Concord West Rhodes Preschool is grateful for the opportunity to work with Inner West Neighbour Aid. She says "Connecting our preschoolers with seniors at the 5 Senses Garden not only brings valuable intergenerational gardening connections but also provides an opportunity to make visible, both our youngest and oldest citizens - often the most vulnerable and invisible members of our community."

National Volunteer Week runs from 20 – 26 May 2024 and recognises the diverse personalities, passions and talents everyone brings to the act of volunteering. With the theme "Something for Everyone", this is a time

to celebrate and thank volunteers as well as encourage others to consider volunteering. Inner West Neighbour Aid's intergenerational programs bring together seniors and young individuals, creating a vibrant tapestry of shared experiences, learning, and growth. A community where wisdom and enthusiasm know no age limits.

Allison Yee-Brogan, General Manager



Volunteers

Volunteer in Profile - Dinah McClelland

In this edition we meet Dinah who, according to our Garden Aid team, is a "superstar in the garden". Dinah shares her story on her recent welcome and volunteer journey at Neighbour Aid as well as her indulgences.

1. What drew you to volunteer with us?

I went to the Inner West Music Fest. There was a Neighbour Aid stand there and as I knew a little bit about them I talked to people and said I was interested in dog-walking. They said there were lots of other volunteer opportunities. Gardening and dog-walking appealed to me, so I put my name down. Neighbour Aid got in touch and I've been with them ever since. I already do Bushcare so gardening was an easy choice.

2. What has surprised you since joining?

I'm surprised just how much I enjoyed working with my Monday gardening group. We work together really well and pitch in to help each other. It's such a co-operative work environment and I'm learning things all the time from our Neighbour Aid professionals. They assess what needs to be done and then we all go off and get started. With gardening you can see the results of your work straight away it's very rewarding.

3. What do you value most about your role with Neighbour Aid?

I like working side by side with the Monday team. Everyone gets along and we're all working towards the same thing. I'd never worked in a team before this. We talk about lots of wide-ranging subjects from the personal to music, theatre, sci-fi and world affairs and improve gardens at the same time.

I enjoy meeting and talking with our clients, all with different stories and experiences.

4. We asked Dinah to finish off this sentence:

My favourite indulgence(s) is/arebecause.....

I have many favourite indulgences, such as good food, movies, the odd play and taking nature photos around my local area. I feel so lucky to live here.

Stella Angelo, Editor (volunteer)



Client News

Volunteer Week Dinner, Speech on Ageing **Few Facts on Ageing**

In May, one of our clients, Christine spoke to volunteers about ageing. Here she kindly shares her engaging story.

Where does one begin?

Of course, it's the day we are born!

I reflect on lots of memories, school days, long nursing career, living overseas in Canada and England. Working my passage home (6 weeks) from London on Sitmar Line.

I would like to ponder on planning for one's old age.

Recognising one's areas of limited abilities concerning strength, flexibility and vitality.

Reviewing a safe environment at home and the environs especially in the prevention of falls. No loose rugs, secured carpets, no mats.

In the bathroom where many accidents occur, installing rails, non slip tiles, possible installation of regulated hot water system. In the kitchen, easily accessed cupboards, non slip floor and lightweight crockery, utensils etc. Establish rapport with a "listening GP", itemize a list to discuss at visits and ask for an annual check up and also annual dental checks.

Choose a pharmacist who will discuss and explain your medications. Exercise regularly at least 40/60 mins, 3 times weekly. Exercise and aqua fitness classes are available and perhaps age appropriate if one enquires through local council.

Indulge in a well balanced diet and enjoy a good night's sleep. A 'circle of friends' (or family) has a very positive effect on one's psychological and social demeanour.

Be pragmatic, accept one's limitations with a positive attitude.

Access organisations eg library, Inner West Neighbour Aid, Arthritis and Diabetes Foundations.

2019 60 yrs+ 1 billion

2023 60 yrs+ 1.4 billion

This will require adaptation for health, social care, transportation, housing and urban planning.

2 words I love for Ageing

Reminiscence: remembering from the past

Reflection: serious thought and consideration

I'd like to finish with a nice image/vision and the first verse of a Wordsworth poem...

Christine, Client

Daffodils, William Wordsworth

I wandered lonely as a cloud

That floats on high o'er vales and hills,

When all at once I saw a crowd,

A host, of golden daffodils;

Beside the lake, beneath the trees,

Fluttering and dancing in the breeze.



Client Services

Benefits of CHSP

My Aged Care is the starting point for accessing Australian Government-funded aged care services. They provide information and support to understand, access and navigate the aged care system. You can access My Aged Care online, on the phone or in person.

Phone: 1800 200 422

Website: <https://www.myagedcare.gov.au/>

Or visit a Services Australia service centre.

Registering as a client brings the advantage of accessing heavily subsidised rates. Additionally, it helps us record service hours and fulfill our contractual obligations with our funding body.

This support allows Neighbour Aid to continue serving the Inner West community, as we have for over 30 years.

Emma Torres, Client Services Coordinator



The Commonwealth Home Support Programme (CHSP) provides entry-level support to help people aged 65 years and over, and Aboriginal and or Torres Strait Islander people aged 50+ years.

CHSP is suitable for people who can live independently at home but need small amounts of support to do so. CHSP is not designed for people with intensive or complex care needs. People with higher needs are supported through other aged care programs such as the Home Care Packages (HCP) Program and residential aged care.

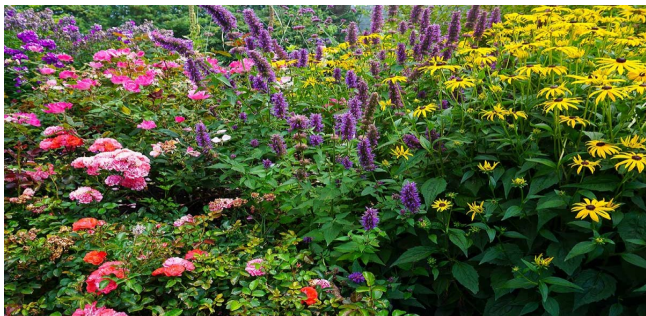
Registering for CHSP isn't just for those unable to care for themselves. Many independent seniors find value in the wide range of assistance provided by Inner West Neighbour Aid, including garden aid, exercise and wellbeing programs, social outings, workshops, shopping assistance, home visiting, pet adoption and dog walking. These services enhance your quality of life and community engagement, ensuring you can maintain independence while receiving the assistance you need.

Gardener's Club

Gardening and Nature

***"Come forth into the light of things,
Let nature be your teacher."***

— William Wordsworth



Amidst busy days of gardening, I have had the recent pleasure of starting up 'Gardener's Club' at the 5 Senses Garden, a seasonal gathering of green thumbs to discuss and share all things gardening related.

For many in our community, our gardens have grown alongside us, housing precious plants, visiting creatures, and countless memories.

Reflecting on my own experiences has been a great source of inspiration and fulfilment. As American essayist Joan Didion wrote, "we tell ourselves stories in order to survive."

At our May Gardener's Club, we spent time reflecting on the stories of our own gardens. I asked attendees to think about the plants, people, memories, and creatures (both worldly and magical) that have passed through their gardens. I wanted to share with you some especially moving responses.

What does your garden look like? Is your garden filled with lots of big plants and trees? Or lovely little shrubs and pot plants? What does your garden smell and sound like?

"My garden is big, filled with lots of trees and plants. It smells like the fragrance of eucalyptus in the yard. I love the sound of birds singing in the trees and feeding on the flowers and bugs. Lorikeets, noisy mynahs, and cockatoos come to visit my garden. I particularly like the camellias and the anthuriums." — Evette

"My garden is a small space with lots of pot plants. I have a lemon tree, mangoes, and a curry leaf tree. I have got lots of roses. I have a small vegetable garden with chilli plants, tomatoes, and herbs. I have lots of mint, lavender, and lemongrass. I also have a small patch of succulents." — Priscilla

"I have hydrangeas in white, blue, and purple. I have a lovely purple geranium, and a lovely red one too." — Helen

"I've got a balcony garden in my apartment. I love to have herbs especially for the kitchen, such as parsley, coriander, and mint, and also medicinal plants like aloe vera. I like to use the aloe vera for burns, beauty, moisturising, and soothing." — Marcia

What kind of animals come to visit you in your garden? Beautiful birds? Pesky possums? Lovely little butterflies? Fairies or gnomes?



"Jenny wrens, blue wrens, noisy mynahs, St Andrew's spiders, and the glistening droplets of moisture on their webs. Busy bees on the basil plants and rocket." — Christine

"I have neighbour's cats visit my garden. They feel warm among my plants. Lots of beautiful butterflies and birds come too." — Priscilla

Gardener's Club



"We have lots of birds which I love. We have a cat named Nelly and she loves to be out in the garden...I truly believe in fairies and angels. I was given a spirit called 'White Feather' many years ago. I often see white feathers in my garden. I feel calm and protected." - Robin

"Noisy possums come to visit my garden at night and they make a mess. The flying foxes also make a big mess in the night. Unlike the pretty birds who also make a mess, but can be tolerated." - Evette

What is your favourite memory in your garden?

"My previous garden was my pride and joy. I planted a beautiful rose garden, beautiful azaleas, and my favourite—Osmanthus fragrans, with perfume to die for. So many lovely milestone birthdays, my dog and cat enjoying running about, and my daughter's wedding day." — Jo

"One of my favourite memories is when we had a big liquid amber tree and one Christmas when my husband was alive, and we had all the family in the garden for Christmas lunch." — Therese

"I have lunch every day on the balcony enjoying the view, fresh air, and my garden with a cup of tea. Beautiful water views with views of the harbour bridge." — Marcia

"My naughty granddaughter holding a bend in the hose and squirting her baby sister as she toddled past. And just sitting in the morning sun with a hot cuppa and watching the

branches and plants swaying in the gentlest of breezes." — Christine

"I like to sit on my deck and look over my garden. Over the years we have had lots of family parties in the garden, especially when the kids were growing up and with the large extended family." — Evette

What has your garden taught you? Do you know any special gardening tips or tricks?

"I cannot live without being surrounded by nature; that means more to me than any material goods." — Jo

"My garden taught me to be patient. You can grow anything, just try! Remember, water is the garden's friend. Don't just rely on rain!" — Robin

"I plant garlic cloves in the ground, and when they sprout, I use them in cooking. Garlic is a Russian antibiotic used for healing. Aloe vera comes from Egypt mortality; juice the plant to drink." — Marcia

"My garden taught me to persevere." — Therese

"I have collected lots of information over the years about the plants in my garden. For example, did you know Grandfather's Beard was found to be better than dressings for bullet wounds in the American Civil War? Grandfather's Beard also changes colour over the seasons." — Helen

Thank you to all attendees for generously sharing your stories. See you at the next Gardener's Club!

Natesha Somasundaram, Garden Aid Team Leader

In Our Neighbour's Garden

Spring Gardening

Spring can be one of the busiest times out in the garden, as all the plants 'spring' into life after a period of dormancy, or mild hibernation, kissed by longer light as the sun shifts south, while their roots move freely about with warming, wet, winter soils.

Stop to Smell the Roses

A household mainstay for many generations, an undeniable classic of many gardens is the humble, yet stunning rose. Now is the time to pay close attention to them, as their buds break from their wintery slumber to put on a beautiful display.

Feeding should start in early spring, something high in potassium to ensure beautiful blooms (we recommend 'Sudden Impact' by Neutrog), then repeat feeding every 4-6 weeks. The addition of Epsom salts (about ¼ of a cup) around the base of each bush as flowering starts will help with the depletion of magnesium that blooming takes out of the plant and soil. Make sure to regularly add organic matter (cow manure or compost from your backyard) to ensure they can take up all those nutrients.

Try to keep water off the foliage as best you can to stop black spot from moving in, but if it does, simply use a mixture of a few good splashes of fish emulsion (Charlie Carp) or seaweed solution (Seasol) and bicarb soda (3 heaped tsp) to 4 litres of water, then spray onto affected leaves weekly (just not on hot days to avoid burning).

Aphids love to suck all the juicy sap out of new shoots and freshly forming buds. You can deal with these pesky pests by removing them by hand, a strong jet of water or a chili & garlic spray (10 cloves garlic, 5 hot chillies, 2 cups water, 1 tbsp organic/biodegradable detergent; Blend to emulsify). You can also distract them with a yellow dish filled with

water, as aphids love all things yellow.

Be sure to continually dead-head (removal of finished blooms) throughout the growing season to encourage new flushes of flowers, follow the rest of our hot tips and your roses will surely be the envy of your street.

From Patio to Plate

Spring is also the best time to get your veggies and herbs in the ground or on the go, whether they're as simple and easy as hardy parsley, or a classic crop of tomatoes, it's hard to pass up being blessed by warmer days without going out to the garden, harvesting something and putting it in a delicious meal.

Veggies: It's the optimal time to get your veg happening right now. Some of the best and most reliable veg you can sow right now are tomatoes, just make sure they're protected from any lingering cold snaps before they go in the ground, give them a solid support to grow on and pinch out any lateral shoots to put that energy into making beautiful fruit. Salad and Asian greens are great with successive sowing and planting patterns to make sure your salads and stir fries are topped up through the season. Beans are also a great plant that you can harvest throughout the season and also fix nitrogen into the soil for next year's brassica crops, just make sure you give them a strong frame to grow on and pick them regular to ensure a bumper crop.

In Our Neighbour's Garden

Herbs: Get cracking on sowing spring/summer herbs like basil, parsley and chives. These can all be grown quite successfully in pots if there's no space in your patch. Don't forget to harvest the seeds after they bolt to keep your crop going all season. If you find yourself in abundance, try dry hanging or oven drying (80°C-90°C) your herbs and storing them for later use.

Tips from the Tip:

Use old milk bottles to grow herbs and salad greens in. Cut the front section off, sloping backwards from the handle, which you can cut and use as a hook to hang from your balcony, fence or railing. Then put some drainage holes in the bottom, throw in some potting mix and it's good to 'grow'.

If you have any old egg cartons laying around, these make great propagation stations for sowing seeds. Just fill with seed raising mix, pop in your seeds, water well and once they're ready to be transplanted simply pop the seedlings to plant straight away or cut the individual cells out and put them in the ground. The egg carton will break down as the plant grows.

Toilet tubes are great for sowing and growing carrots, as their shape helps to ensure you get a strong, healthy start to getting better looking carrots.

And don't forget, almost anything can be a pot, from old drawers to tea pots or even an old tyre if you're game enough. It's a shame how much we tend to throw away that can be transformed into something beautiful and purposeful. So next time you go to throw something in the bin or chuck it out to the kerb, just think about how it can function in your garden.

Nicholas Robinson, Garden Aid Team Leader

Working Bee

Transurban

On a sunny but chilly day in June this year, the 5 Senses Garden was very lucky to have the help of some keen volunteers from TransUrban. TransUrban is an Australian-owned company which builds and operates toll roads in Sydney, Melbourne, Brisbane and North America. Members of the senior administration team were more than happy to get their hands dirty, while they learnt about gardening and growing herbs and vegetables in our raised Vegepods.

The volunteers were asked to help us with a very tricky problem. The plants in the Vegepods had been vandalised by a Brush Turkey. He or she has scratched out most of the seedlings and made a big mess. With the help of the TransUrban volunteers, we made a system of raised string lines. The string discouraged the turkey from landing in the Vegepods, as they don't like getting their wings tangled in the lines. And.... success, the seedlings were left alone. Another successful project from TransUrban.

Stuart Blundell, Garden Projects Coordinator



Help at Home

Price Increase

We are currently streamlining and improving how we deliver Help at Home, which is our private program that falls under the umbrella of Inner West Neighbour Aid. It is not government funded and so, any fees charged, go back into supporting the program and organisation.

The Board of Inner West Neighbour Aid has a strong commitment to ensuring Help at Home continues to be a financially sustainable program. For that reason, from 1 July 2024 the Help at Home rate will increase to \$110 per hour (including GST). We feel this is a reasonable change, given increases in operating expenditure, including petrol, insurances, qualified staff, Award rate increases and general garden supplies. Fees are reviewed every 12 months.

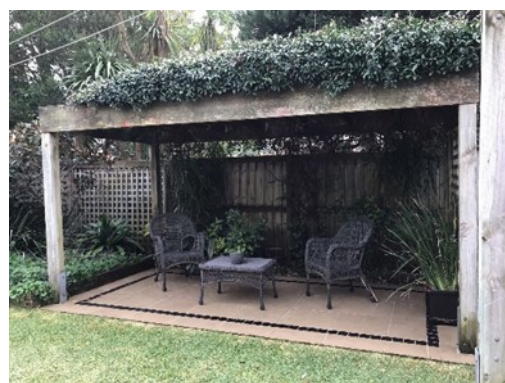
Services offered by our Help at Home team include lawn mowing, gardening, pressure cleaning and window cleaning.

The Help at Home program was initially set up as a direct response to a growing need within the community for extra home support services by trusted, professional organisations in the local area.

We are proud of the professional, quality service delivered by our friendly Help at Home team: Joanne Santas, Jake Lackner and Mikali Anagnostis. We know the reason that clients continue to use our Help at Home program is because we have experienced, hardworking and caring staff they can trust.

Allison Yee-Brogan, General Manager

Before and After.....



Neighbour Aid Pets

A Strong Partnership

We partner with RSPCA to help clients find the right dog or cat to match their needs. Pets bring unconditional love and in return receive a new home.

RSPCA NSW offers a 50% discount on pets for Senior Card holders if they adopt one of their dogs and cats aged over eight years old. In addition, all RSPCA NSW veterinary hospitals offer a 10% discount on veterinary services for Seniors Card holders.

Clients are assessed by visiting them in their homes. We discuss what kind of pet they would be interested in eg cat or dog. Their homes are assessed for suitability for a pet eg secure garden for dogs. We discuss whether they can afford to support a pet including food, vet bills etc. Often clients have previous experience of owning a pet and know what to expect. We then explain the process that Neighbour Aid goes through in order to adopt. There is also a Volunteer Dog Walking Program available. This is offered to anyone with a dog that is unable to walk themselves, even if the dog was not adopted through Neighbour Aid. Contact Emma on 9799 5099 if you are interested in this program.

Emma Torres, Client Services Coordinator



Rae and Teddy

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!**

2 September: Craft and Collage

Collage is an accessible, fun and simple way to get our creative juices flowing. Bring your scraps of paper and old magazines for cutting and pasting. We will also provide supplies for your creations.



9 September: Gardener's Club

Another instalment of Gardener's Club with Natesha from the Garden Aid team. Relish in a Spring themed meditation and reflective writing. Followed by making hanging tree decorations for the 5 Senses Garden! We'll experiment with wood painting.

16 September: Cooking with Maja

Neighbour Aid's top chef Maja, will be leading a seasonal cooking demonstration in the garden. Prepare yourself for a taste sensation.



23 September: From Seeds to Trees - Planting Workshop

It's Spring Equinox! Nick, from the Garden Aid team, returns to lead us, pre-schoolers and staff in planting new veggies and plants for the warmer months.



30 September: Canada Bay Heritage Society

Trish Skehan from Canada Bay Heritage Society will present an expert talk on "Edith Walker" - Concord's royal kin. Trish travelled to London to unveil the fascinating history of this family, as well as their legacy in our local area.



14 October: Growing Veggies in Containers with Community Greening

Learn how to select seasonal herbs and veggies for containers. What containers to choose, making your own potting mix, and using vertical space to maximise your plant health and future harvest!



21 October: Food Appreciation Club

Let's explore our mutual love for food and our food memories. Bring along a beloved recipe, a food photo or story, or a food memory (or all of the above!). This is our chance to reminisce and share our love of food together, with yummy snacks included.



28 October: Music Therapy Workshop

Music, the universal language! We'll explore music and instruments under the guidance of experienced music therapists. No prior skill needed and plenty of fun to be had!

5 Senses Garden Workshops

4 November: "Get to Know You" show and tell

Let's get to know one another through show & tell. Bring along something special to share with us, such as a photo, a sentimental object, or a beloved gift.



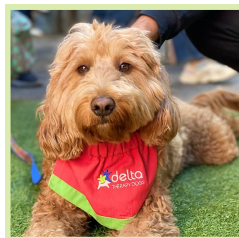
11 November: Cuttings Day and Mindful Garden Walk

Bring along your cuttings to share and swap with the group! We will also have a mindful walk through the garden to notice curious details and seasonal changes.



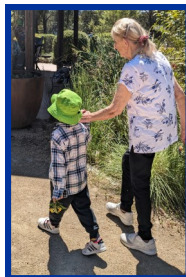
18 November: Pet Therapy with Delta Therapy Dogs

We are excited to be joined by *Delta Therapy Dogs* for a 'Paws the Pressure' session. With two Delta Therapy Dog Teams, including trained volunteers and their beloved pet dogs. Sure to be all smiles and a joyful day for all!



25 November: From Seeds to Trees

Led by students and teachers, we'll be learning about some of the native flora and fauna, as well as the stories behind them – the charismatic blue tongue lizard and the versatile Dianella plant, to be specific.



James Wohlfiel and Chantel Jurcevic,
Social Support Workers

5 Senses Garden Workshops



Seeds to Trees

'Seeds to Trees' is one of our intergenerational programs. This workshop regularly features at the 5 Senses Garden Workshops. Children from the neighbouring pre-school join us at the garden to connect and learn together – a great opportunity to exchange wisdom and cheer. Over autumn and winter the pre-schoolers visited us 4 times in the garden, each time bringing along their particular enjoyment for creativity, stories and their curiosity about the world around them. Seniors are always excited to share their stories, skills, and knowledge with the pre-schoolers, who are bound to make us laugh.

One of our seniors often brings along her skillful creations to share with the students, most recently making colourful crochet wind twisters to gift to the delighted pre-schoolers.

For Seniors Week in March, we planted colourful flowers in the garden Vegepods, guided by our Garden Aid team member, Nick. The pre-schoolers were particularly fascinated by the worms from our worm farm, though not all were ready to hold the worms in their hands!

In May, we enjoyed creative time with the young students through expressive water colours on canvas. The pre-school teacher also read a gorgeous Aboriginal and Torres Strait Islander picture book called, "Respect" by Aunty Fay Muir & Sue Lawson. Students followed with a discussion on what respect means to them. The pre-schoolers always begin our Seeds to Trees workshops with songs and stories that acknowledge country, and elders past and present. The pre-school director taught us about flowering Gynea Lilies being an indicator of colder months to come for the traditional Wangal people.

In colder weather, seniors and pre-schoolers took the fun inside with a Games Day. This was an opportunity for students to share their favourite games with seniors. An opportunity for mutual learning and working together, huddled around games and fun, keeping our heart's warmed.

Chantel Jurcevic, Social Support Worker



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

Light lunch or morning tea provided

To book call 9799 5099 or email emel@iwna.com.au

5 Sept: Outing



We're off to the Art Gallery of NSW, for a creative activity, art viewing and a light lunch!

Pick Up: We'll meet at Cintra Park

Netball Courts Car Park, Concord (entry Via Crane St) At 10.00am TBC

17 Oct: Morning Tea



Join us for morning tea and an activity with Concord West Pre School. These intergenerational programs bring smiles of joy to all.

19 Sept: Morning Tea



We are excited to announce a new intergenerational program for LWWD with Concord West Pre-School. Join us for a meet and greet and a performance by the

students.

7 Nov: Music Therapy



Our music therapy workshops are always a calendar highlight. Play along to familiar tunes that spark fond memories and become part of something bigger as we become a band

for the day.

3 Oct: Art in the Garden



Time to get creative with some eco art! We'll be creating art with flowers and leaves collected from the garden by transferring their colours onto fabric.

21 Nov: Morning tea with Guest Speaker



Anne Tunks from Sydney Local Health District, will answer your questions and share her knowledge on healthy aging. If that isn't enough, we'll also provide a hot cuppa and yummy cake to sweeten the deal!

Living Well with Dementia Workshops

Music and Stories Spark Connections

At our Living Well with Dementia Workshops, we often play music. The songs we play trigger memories and stories to share with each other. It's amazing how a song can instantly take us back to a place or time. It's like the song is a time machine, transporting us to a day at the beach with small children or a party we've been to or to the moment we met our beloved husband or wife.



What gifts these stories are. They encapsulate the moments that make us human, that define our journey and express our unique experiences and wisdom.

Remember to share your stories, because they are more precious than gold.

Emel Jurd, Social Support Worker

When we share these precious memories, we connect to our own life journey and to other people more deeply. We laugh again as we share our stories and learn that others too have had similar experiences. We are united by the familiar themes in our lives. We all love, have families and friends and experience loss and success during our time on earth.

As we share stories we connect to ourselves, our family and friends and with our community.

Alive & Kicking

Safe Exercising

Alive & Kicking provides safe exercises for people with different levels of fitness. We asked our client, Labiba, what she thinks about the exercises and how she stays safe.

How long have you been attending Alive & Kicking?

Since May 2022.

What is your favourite thing about the Alive & Kicking community?

I enjoy coming here a lot! I love it. I like everybody. I like the teacher.

What do you like about the exercises?

It makes me feel good. I wish I could come a couple of more days.

How does the instructor/staff/volunteer make you feel safe during the exercises?

The exercises are beautiful, Fleur does it the right way, explains it right and demonstrates it clearly. She is fantastic.

How do you stay safe when exercising?

If I do not feel 100% I sit down. I just do what I can. I hope for the best and do my best.

Josslien Sadtler, Social Support Worker



Stand Tall

Staying Warm and Well at Stand Tall

Over the winter months, seniors kept warm during Stand Tall at the CSP Gym. We welcomed our new trainer Matt, who contributes and demonstrates a broad range of experience, not least as a successful Rugby League player, and a Pilates instructor. Matt has been developing safe, dynamic, and attainable exercise programs centred on healthy ageing. Stand Tall seniors are meeting the challenges in stride, using an expansive range of gym gear and equipment such as resistance bands, kettle bells, weights, aerobic steps, ski machines, and exercise bikes.



Speaking of exercise bikes, Matt most recently challenged us with interval training on the bikes. This involved pedalling with high resistance for 30 seconds at full effort, and then pedalling at low resistance for 30 seconds, repeated in a cycle for a whole four minutes!



Seniors met this challenge with grace and good humour.

Matt has been designing his programs in blocks of four to five weeks so that seniors can feel accomplished as each week they develop strength and understanding. He also provides a range of 'regressions' and 'progressions', meaning that he demonstrates each exercise with modifications that make the exercises easier or harder, so the seniors can progress at their own pace and stay safe.



We recently asked for feedback on Stand Tall and have implemented and fed this back to CSP and the trainer. One positive piece of feedback was that seniors said they felt safe and supported in the gym space, and they enjoyed access to the gamut of equipment.

Next on the horizon is an emphasis on understanding and meeting the goals of Stand Tall seniors, collectively as well as individually. This is something that Matt and myself are keen to understand and move towards, whether that's feeling fit enough to pick up grand-kids, feeling confident in yourself, getting deeper squats, or feeling alive and Independent.

Chantel Jurcevic , Social Support Worker

DanceMoves

Seated and Standing Dance

At DanceMoves we start off with seated movements then once everyone is warm, Karen puts on a song which is our seated to standing song. We do some rolls on the chair from backwards to forwards from sitting to standing. Once we are up, we then warm up our legs. A staff member will stay seated during the standing exercises to provide modifications for those who feel more comfortable staying seated.

During class Karen, from Dance Health Alliance, performs the movements in a 'shout' but she encourages people who may have injuries or stiffness to move in a 'whisper' if it suits their body more. This means that instead of using big movements they will make smaller, more manageable movements.



After a class in July, we all joined together for morning tea. During this morning tea, we asked Evette, Dorothy, Ella, Margaret, Bev and Elettra some questions.

What is your favourite thing about the program?

The community is very welcoming. It's great getting to know others and catching up over a cup of tea or coffee and biscuits after the class. The practitioners are lovely and the class is relaxed and a lot of fun!

What do you like about the exercises?

Karen moves with such fluidity, just watching her movements is enjoyable. She provides a variety of movements which can be relaxing or energetic and it's something that we wouldn't do at home. The exercises bring motivation to everyone who joins.

How does the instructor make you feel safe during the exercises?

We are given the freedom to do whatever we can and encouraged to sit down if we need to. Gwen says "nothing is wrong." This encourages us to only do what we can and to listen to our bodies.

How do you stay safe when exercising?

We move slowly and make sure that we are aware of our surroundings. We sit down if we need to. You need to be aware of what you're capable of.

Maja Sorensen, Social Support Coordinator



Inc.1874



Strong Together

Connecting Through Memories

Sharing the stories of joy and wisdom from our lives is one of the many ways we connect and learn from each other. Our own memories are often sparked by someone else talking about a place, an event or special moment. Their memory reminds us of something or somewhere similar that we have experienced and so the conversation grows, with more memories, revelations and often laughter.

Our memories can take us to special times and sharing them brings a smile to our faces. Sharing parts of our lives can also create new connections and friendships with others, reminding us of the similarities in our life experiences.



Recently, to escape this cold winter weather, our Strong Together participants travelled in their minds to memories of summer holidays. Singing along to the tune "We're all going on a Summer Holiday" each of us had an opportunity to share a holiday memory. I'm delighted to say I've been given permission to share a couple of those stories here.

Betty shared her holiday memories of the many years spent at a house in Bateau Bay. Betty talked of the little fibro house near the beach

called "Janice" and the many happy years the whole family had stayed in her. Fishing, swimming and cooking together were all part of the fun.

We were all surprised that the house had a woman's name and wondered together who "Janice" could be. Was she the builder's wife or his favourite daughter? We'll never know, but the thought of Betty's family staying in "Janice" year after year made the little house seem more like a welcoming friend than just a building made from fibro and tiles.

Another fabulous holiday story was shared by Marie. Marie's husband was a fan of Sophia Loren and had written to Sophia, praising her performance in a recent film. Sophia replied to his letter, writing that if he was ever in Italy he should visit her. Marie and her husband did travel to Italy and taking Sophia at her word arranged to visit her home. Sophia was entertaining Richard Burton at the time, but was happy to chat with Marie and her husband. Marie says she was a warm and friendly host, offering them cool drinks and taking photos together. She even offered the services of her chauffeur to drive them back to the embassy in the city where they were staying!

Within our stories are the experiences and people that make our lives uniquely our own. Sharing our stories allows us to connect more deeply with others. It give others an insight into who we really are and what we truly value. Our stories also pass on to family precious history to be shared with grandchildren and great grandchildren and they allow others to bond with us over shared experiences turning acquaintances into friends.

Emel Jurd, Social Support Worker

Our Programs

Our Programs

Health and Wellbeing:

Alive & Kicking,
DanceMoves, Stand Tall,
5 Senses Garden Workshops,
Living Well with Dementia
Workshops

Around the Home:

Garden Aid,
Pet Adoption,
Dog Walking,
Assisted Online Shopping

Out and About:

Outings, Trolley Talk,
Strong Together,
Intergenerational
Programs

Help at Home (private):

Non-subsidised service,
Lawn mowing, Gardening,
Mulch supply and laying,
Window cleaning, Pressure
cleaning

Visiting: Home Visiting

Inner West
**Neighbour
Aid** 

Program Times

Program	Day	Times	Venue
5 Senses Garden Workshops	Mondays	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Living Well with Dementia Workshops	1 st and 3 rd Thursday of the month	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Alive & Kicking	Tuesdays	11.15am – 1.30pm	Strathfield Community Centre, Homebush West
DanceMoves	Fridays	11.30am – 1pm	Woodstock Community Centre, Burwood
Stand Tall	Thursdays	10.45am – 11.45am	CSP Gym, Wests Ashfield Leagues Club
Strong Together	Tuesdays, Wednesdays and 2 nd and 4 th Friday of the month	11am – 1.30pm	Croydon Park Club
Trolley Talk	1 st and 3 rd Wednesday of the month during school term	9.30am – 10.30am	Ashfield Mall

Inner West Neighbour Aid on Social Media

Here is a wrap-up of our last couple of months on social media!



What is social media?

Social media offers an engaging way to share experiences, ideas, and information. For our community at Inner West Neighbour Aid, exploring our social media pages means you can stay connected with our community, see real-time updates on events and activities, and photos and videos that capture the essence of our programs and stories.

It's a wonderful opportunity to be a part of the conversation, share your own stories, and experience the vibrant life of our community in a new, interactive way. So why not take a moment to check out our pages?

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.



Watson's Bay



Inner West Neighbour Aid

innerwestneighbouraid

innerwestneighbouraid We sell seashells by the seashore! Well, not really...but we sure do love our ocean front outings at Neighbour Aid. 🌊🐚

Despite the chilly morning, the clouds parted and we were all smiles today, enjoying fish and chips at Doyles Watson's Bay

#socialsupport #communitycare #nonprofit #seniorcare #seniorsupport #communitycare #outing #sydney #visitsydney #watsonsabay

1w



innerwestneighbouraid

innerwestneighbouraid June Round-Up 📸 Check out these snapshots from our recent Neighbour Aid adventures this past month! 🌟

#seniorcare #seniorsupport #volunteer #volunteering #communitygarden #innerwest #communitycare

6d

lotus.orchid ❤️

5d Reply

Boost post

View insights

Liked by heidi.lau.980 and 19 others

6 days ago

Add a comment...



innerwestneighbouraid

innerwestneighbouraid Earlier this month, we were joined by some busy bees from Transurban to help us with the upkeep of the spectacular 5 Senses Garden in Concord 🌱

The 5 Senses Garden was opened in early 2019, designed by Neighbour Aid in collaboration with the City of Canada Bay Council. The garden plays an important role in the community, offering a space for seniors and carers to relax or participate in workshops, a sanctuary for nearby doctors and nurses to unwind between shifts, and a natural, tactile wonderland for many curious young people.

Thank you, Transurban, for helping us keep this vital community space looking wonderful! 🌟

#gardening #innerwestgardens #sydneygardens #seniorcare #seniorsupport #permaculture #volunteer #volunteering #communitygarden #innerwest #communitycare

20h



innerwestneighbouraid

innerwestneighbouraid Clear skies, big smiles and sunshine for our outing to Club Palm Beach! 🌞

Did you know, Palm Beach got its name from the large number of Cabbage Tree Palms (Livistona australis) growing in the area during the 1790s. Remnants of the trees can still be seen in Hordern Park.

#neighbouraid #agedcare #seniorcare #outing #seniorfitness #palmbeach

2w

lotus.orchid ❤️

2w Reply

Boost post

View insights

Liked by heidi.lau.980 and 11 others

June 14

Add a comment...

Outings Highlights

Spring at last, and we have some exciting destinations planned to enjoy the warmth and burst of life and colour that comes with the change of seasons. We have some exciting adventures within Sydney and beyond. We have continued with our new look calendar with more detailed information about outings including meal costs below.

Due to the popularity of outings and our efforts to venture to exciting and more distant destinations we have reintroduced the East/West division for one popular destination per month. If you're not sure which one you are:

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.

September



We are partnering with the [Art Gallery of NSW](#) for a special day which includes an art class and tour of some of the Gallery's works, followed by *drum roll* tea, coffee, and food provided by the Gallery. No skill in art required- this is sure to be fun for all.

Due to popular request we will be heading to the brand new [Croatian Club](#), The Concord (\$15+). As promised the [Beach Club Collaroy](#) is

back, with beautiful ocean views. This is sure to be popular! (meals \$12+). Finally for our East/West outings we'll be visiting the newly revamped [Conservation Hut Café, Wentworth Falls](#). Yes springtime in the Blue Mountains. With sprawling views of the national park, this will be food for the eyes and the tummy (meals \$12+).

October

Calling all shoppers and bargain hunters. By request we're off to [DFO Homebush](#) with shops including a range of international name brand outlets (food \$5+). We're also making the most of the warmer weather, exploring attractions of Sydney including the [Waverton Coal Loader Café](#), and [Sub-Base Platypus](#). We'll enjoy a lovely lunch at the Coal Loader café (meals from \$15+), followed by a look at the coal loader and stunning views of the harbour. Sub-Base Platypus, formerly a torpedo factory, submarine base and gas works, is now a beautiful parkland with stunning views of Neutral Bay. We'll enjoy a picnic with a BYO lunch.

We'll be enjoying views of Rushcutters Bay at the [Cruising Yacht Club of Australia](#). An idyllic location to enjoy a nice lunch of club classics (meals \$12+). For our East/West outing we're heading north to the stunning [Long Reef Golf Club Café](#). With breath-taking views of the ocean it is sure to be a hit (meals \$20+).

Outings Highlights

November



For our active outing we'll be heading to Woolwich Dock, Parklands & Pier for a lovely walk and views of the dock and harbour. Firstly with tea and coffee from the Deckhouse Woolwich and exploring the dock and parklands, followed by lunch at the Woolwich Pier Hotel (meals \$16+).

We'll be enjoying a new venue in the Leichardt Bowling Club, with views of the lush green bowling green and a nice meal (meals \$15+). For our East/West outing we'll be heading to the ever popular and often requested Scarborough Hotel. Our group were raving about the food and stunning ocean views on our last visit. Don't miss out on this one (meals \$15+).

Trolley Talk

The Trolley Talk shopping program with students from Ashfield Boys High School has had a burst of new energy with new clients and students entering the program. We now have a group of 4 seniors, and 6 new students all in Year 9. The new group has brought a great deal of enthusiasm and reports from the teachers are that the boys look forward to the shopping and almost enjoy it too much relative to the rest of their school days.

This supported shopping program is all about the conversations between the students and our seniors while the students assist with the physical side of shopping such as lifting bags and helping to pick out items.

We have space for 1 or 2 more seniors on this program, so call us soon to give it a try!

We would also like to say a big thank you to volunteer Emma Stanton who has had to move on from volunteering for the program to focus on her studies. A massive thank you for all you brought to the program Emma.

James Wohlfiel, Social Support Worker



Outing to the newly renovated Polish Club in Ashfield

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2 5 Senses Garden Craft and Collage	3 Alive & Kicking Bingo Printing with Flowers Strong Together	4 Trolley Talk AOS Printing with Flowers Strong Together	5 Stand Tall Art Class @ Art Gallery of NSW Living Well with Dementia	6 DanceMoves No Program
9 5 Senses Garden NA Gardener's Club	10 Alive & Kicking Rivendell Printing with Flowers Strong Together Croatian Club	11 Croatian Club Concord Envy Deli Cafe Strong Together	12 Stand Tall The Beach Club, Collaroy	13 DanceMoves Strong Together Croatian Club
16 5 Senses Garden Cooking with Maja	17 Alive & Kicking Speaker Hot Meal & Bingo Strong Together	18 Trolley Talk AOS Hot Meal & Bingo Strong Together	19 Stand Tall EAST: Conservation Hut Café, Wentworth Falls Living Well with Dementia	20 DanceMoves No Program
23 5 Senses Garden From Seeds to Trees: Planting Workshop	24 Alive & Kicking Trivia Strong Together Bingo	25 NO PROGRAMS	26 Stand Tall WEST Conservation Hut Café	27 DanceMoves Strong Together Bingo
30 5 Senses Garden Canada Bay Heritage Society				

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

OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	1 Alive & Kicking Bingo Strong Together Jewellery Making	2 AOS Strong Together Jewellery Making	3 Stand Tall DFO Shopping Centre Living Well with Dementia	4 Dance Moves No Program
7 PUBLIC HOLIDAY	8 Alive & Kicking Games/Art Canterbury Leagues	9 Sub-Base Platypus Strong Together Sub Base Platypus	10 Stand Tall Cruising Yacht Club of Australia	11 Dance Moves Strong Together Canterbury Leagues
14 5 Senses Garden Growing Veggies in Containers with Community Greening	15 Alive & Kicking Trivia Strong Together Hot Meal & Bingo	16 Trolley Talk AOS Strong Together Hot Meal & Bingo	17 Stand Tall Mystery Outing Living Well with Dementia	18 Dance Moves No Program
21 5 Senses Garden Food Appreciation Club	22 Alive & Kicking Speaker Strong Together Music Therapy	23 Waverton Coal Loader Café Strong Together Music Therapy	24 Stand Tall EAST Long Reef Golf Club Cafe	25 Dance Moves Strong Together Music Therapy
28 5 Senses Garden Music Therapy Workshop	29 Alive & Kicking Games/Art Strong Together Bingo	30 ANNUAL GENERAL MEETING NO PROGRAMS	31 Stand Tall WEST Long Reef Golf Club Cafe	

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

NOVEMBER 2024

Mon	Tue	Wed	Thu	Fri
				1 DanceMoves Strong Together Jewellery Making
4 5 Senses Garden "Get to Know You" Show and Tell	5 Alive & Kicking Bingo Strong Together Discussion Topic	6 Trolley Talk Strong Together Discussion Topic	7 Stand Tall Woolwich Dock, Parklands & Pier Living Well with Dementia	8 DanceMoves No Program
11 5 Senses Garden Cuttings Swap and Mindful Garden Walk	12 Alive & Kicking Rivendell Strong Together Leichhardt Club	13 Leichhardt Bowling Club Strong Together Leichhardt Club	14 Stand Tall East Scarborough Hotel	15 DanceMoves Strong Together Leichhardt Club
18 5 Senses Garden Pet Therapy with Delta Therapy Dogs	19 Alive & Kicking Trivia Strong Together Hot Meal & Bingo	20 Trolley Talk AOS Strong Together Hot Meal & Bingo	21 Stand Tall West: Scarborough Hotel Living Well with Dementia	22 DanceMoves No Program
25 5 Senses Garden From Seeds to Trees	26 Alive & Kicking Speaker Strong Together Bingo	27 NO PROGRAMS AOS	28 Stand Tall	29 CLIENT AND VOLUNTEER CHRISTMAS PARTY, Burwood RSL