

Neighbour News

Autumn
Edition

Feb 2025
Issue 126

Breaking Barriers and Building Bonds

As we enter a new year, it naturally seems a time to consider our big picture goals for the new year. As an organisation, Inner West Neighbour Aid's Vision represents our hopes for 2025.

Our Vision: A community where seniors connect and share their knowledge to lead active, social and independent lives.

We are continually inspired by clients who are able to provide advice and are experts on living and ageing well. We would love for Neighbour Aid to play a role in breaking stereotypes but also being "real" about ageing and bringing humour and everyday advice into the conversation. Our intergenerational programs are further examples to reinforce the power of connecting and sharing.

As our General Manager, Allison, wrote in the 2023/2024 Annual Report :

"Seniors building bonds with each other and across generations strengthens the fabric of compassionate communities.

In our community, we demonstrate that ageing is a time of possibility, not limitation."

Last month, I was excited to attend our 2024 Christmas Party, a great event to round off the year. It was a pleasure to meet more of our clients, who inspire me with their humour and "joie de vivre". There were loads of information shared (French, music, food, crotchet etc) while listening to the Men's Shed Chorale.

In addition, I continue to admire and respect our team and their genuine connection with our clients.

So, welcome to our first newsletter for 2025, which explores everyday opportunities where we collectively bring Neighbour Aid's Vision to life.

What new activities will you try in 2025 to connect and share with others?



Stella Angelo, Editor (volunteer)

Inside:

- 1. Welcome
- 2. Organisational News
- 4. In a Neighbour's Garden
- 6. Client Services
- 7. Outings Highlights
- 8. Alive & Kicking
- 9. Stand Tall
- 10. DanceMoves
- 11. Strong Together
- 12. 5 Senses Garden Workshops
- 14. Living Well with Dementia Workshops
- 15. Volunteers
- 16. March, April, May Calendars
- 19. Our Programs
- 20. Photo Gallery

Inner West
**Neighbour
Aid** 

Organisational News

As we enter a new year, we thank all of our clients, volunteers and partners for “choosing us”. It is a great privilege to support our community and provide purposeful, playful and innovative programs.

The definition and image of a “senior” has evolved in recent years, and we’re proud to be part of the movement challenging stereotypes about ageing. At Inner West Neighbour Aid, we encourage you to stay curious, share your ideas to improve our programs, suggest fresh approaches, and remind us of tried-and-true ways that work. Our wish for everyone, for 2025 is, to continue to learn and grow together!

Health and Safety

After careful consideration and monitoring of COVID-19 data and health and safety measures, we have introduced optional wearing of face masks in all Neighbour Aid vehicles and whilst handling food, effective from 21 November 2024.

While compulsory wearing of face masks in Neighbour Aid vehicles and handling food has been removed, we would like to remind everyone that:

- The health and safety of our clients, volunteers, contractors and staff is our highest priority.
- We know COVID-19 and other viruses are a health risk for older people and people with lower immune systems.
- Our wellbeing measures are continually reviewed and updated in line with government directives and guidelines, known and reported clusters of COVID-19 cases.

- We will re-instate compulsory wearing of face masks in vehicles and handling food if considered the safest and best option for our community.
- If you or a member of your household test positive for COVID-19 please call us to discuss our risk measures and safety procedures.

When to wear a mask

Wearing a mask helps to reduce community transmission. If used correctly, masks may prevent sick people from infecting others. A mask is not a substitute for good hand hygiene and physical distancing. Neighbour Aid strongly recommends people wear a mask if:

- You are attending our programs and are sick with cold or flu like symptoms.
- You are living with someone who has tested positive to COVID-19.
- You are supporting clients who require close contact and/or mobility assistance.

We will continue to foster an open minded community and respect anyone's choice to continue wearing a face mask in any Neighbour Aid setting.

Allison Yee-Brogan, General Manager

Acknowledgement of Funding

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Organisational News

Welcome New Staff Members:

Melanie Athan and Ruben Hedges



Hi there! My name is Mel and I am the new Garden Aid Team Leader. I have been working in the horticulture industry for 10+ years and completed my

Certificate III in Horticulture at Ryde TAFE School of Horticulture. I am also currently completing my Diploma of Landscape Design.

Since I was a child I have had a deep love for nature and gardening, especially native plants, and have more recently developed a passion for edible gardening which I love to share with people. In my spare time I enjoy getting stuck into my own garden (as there is always something to do!), cooking using my home grown produce, walking in nature and spending time with friends and family.

I have seen the positive impact gardening can have on people's lives and I am looking forward to working with the vibrant Inner West Neighbour Aid community to help make a difference in your garden and bring some gardening joy to you!

G'day, my name is Ruben and I just joined



Neighbour Aid as a Social Support Worker! I would like to take the opportunity to formally introduce myself. I grew up with my mum, dad and 4 siblings in the St George region of

Sydney and have worked in social services, specialising in mental health support, substance addiction and homelessness for the past 6 years. I've been lucky enough to have

worked across a range of different services including a young person's drug and alcohol rehab, Australia's largest homeless shelter and Ted Noffs The Wayside Chapel. I have loved all of these jobs for different reasons and am very excited to be starting my new adventure with Inner West Neighbour Aid and meeting our clients.

Something most people don't know about me is that I love to dance, sing and act and was an extra on the television show *Home and Away* for 2 years as a school student, which was ironic because I was home-schooled. I am keen to get to know you all better over the coming months and join the team, which, from what I've already seen is an amazing team, doing amazing work!

Help at Home – Introduction of Cancellation Fee

Happy New Year from your Help at Home garden team. For the new year we have introduced a change to our garden bookings and cancellations. We plan our bookings carefully to suit clients and if there is a need to cancel, we kindly ask clients to help us, by providing advance notice.

If the cancellation is less than 24 hours' notice, a \$55 cancellation fee will be incurred.

In some cases, we will not be able to book clients in for another 4 weeks.

On the other hand, we will contact clients if it is unsafe for us to proceed with their garden service due to extreme weather or staff illness. Thank you for understanding.

In a Neighbour's Garden

Garden Client Barbara, Breaking Barriers

I first met Barbara in April 2021 when she asked Neighbour Aid for gardening help. She is a proud woman who isn't used to asking others for help and was very thankful for any assistance we could provide. Barbara's story is, like many of our clients, one of hard work, perseverance and the rewards of family.

Barbara was born in Yugoslavia just after the end of the second world war. She lived in a small village with no electricity. Barbara said life was often hard for her growing up. There were fun times though when one of the villages in the area had a cause for a celebration. Young people would travel from all around to attend these events, with dancing, food and drinks. Barbara reminisced that they had to lower the drinks into a well to keep them cool. And "back then, it didn't matter whether you were Catholic, Orthodox or from another religious or ethnic group, people just got on with each other and enjoyed the night".

It was at one of these dances where she met her husband. He was from a neighbouring village and played in a band with her brother. He was a Serbian Orthodox Christian and she was a Croatian Catholic but that didn't stop them marrying when she was 16 years old. Their first child was born 2 years later. Then after seeing some very optimistic marketing material for life in a country called Australia, they decided to take a chance and immigrated to Australia when Barbara was 20.

Due to the government policies of the time, they were "assessed as being of sound mind and body" and the family were then permitted to enter Australia and sent to Wollongong. Barbara said the steelworks needed workers, but her husband was trained as a cabinet maker so the family caught a bus to Sydney, where they eventually set up home. Barbara said it was very difficult for her as she

could not speak English when she first arrived. She worked hard and learnt the language as she went. The employment office initially found cleaning work for her to do. She would walk many kilometres from her home south of Sydney to the city. However she would often get lost and have to go back to the employment office again. A long trip leaving her exhausted and depressed.

Barbara continued to learn English and move on to better paying jobs, even working for herself for several years and her son was born 11 years after they arrived in Australia, completing her Australian family. Her last job before retiring was at Ryde Leagues Club. She said she thought she was too old but the manager told her she interviewed very well and that she had a good sense of humour.

Barbara said she has met many people during her life and is loyal to a small number of friends and family. She remains close friends with someone she met 55 years ago while working in Paddington in the 70s and enjoys spending time with her son, daughter and 5 grandchildren.

Many of our clients will resonate with Barbara's journey. Barbara came to Australia to make a new life for herself and family. She taught herself how to speak English, gained employment and made some long lasting bonds along the way. She reminds us that everyone has a story and everyone's story is unique.

Stuart Blundell, Garden Projects Coordinator



In a Neighbour's Garden

Farewell from Nick

I have made the unfortunate and long, laboured decision to sadly leave Inner West Neighbour Aid at the beginning of March. My last day will be the 28th of February.

I've absolutely adored working for and with Inner West Neighbour Aid, from the variety of volunteers that I've had the pleasure of gardening with, getting accustomed to and learning from all their blessed intricacies and eccentricities. To all of the wonderful, caring and supportive staff on hand who have given me lessons in compassion and empathy I thought may be recused from modern society.

And of course, all of the clients I've had the pleasure of helping along the way. The stories you've shared, or the ones told through some of your gardens, have shed a light on a myriad of life experiences that I was blind to, and the way you all hold yourselves with such grace and dignity has been a source of inspiration.

It's been an eye-opening, and sometimes challenging, experience but I feel like the universe blessed me with an opportunity to use my skills as a horticulturalist to hopefully make all of your lives and your gardens in a better state than when I walked through your gates, at least I hope so.

So thank you to everyone, from the bottom of my heart, for sharing the last 3 years (and some change) of my life spending time with me and the honour of getting to know you all. I'll miss you all terribly, but I'll never be that far away.

"Look at the donut, not the hole" – David Lynch

Nicholas



All the best Nick

Nick, you have been a joy to work with and the Garden Aid team has benefitted and flourished with your presence, knowledge and support. Although perceived as a quiet achiever, you have stepped up when needed and demonstrated your leadership ability and dependability. We wish you all the best in life, love, travels and also with your chosen work path.

From your Neighbour Aid Work Family

Client Services

Join Us

As we kick off the New Year, we'd love to welcome more wonderful people to Neighbour Aid.

Do you know a neighbour, family member, or friend who could benefit from our programs?

Share our newsletter with them and let them know why Neighbour Aid is so special to you.

What inspired you to join Neighbour Aid, and how has being part of our community made a difference in your life?

We are committed to helping people aged 65 and over in the inner west stay socially connected, active, and independent in their homes for as long as possible. As we work to expand our reach and support more people, we'd love to hear your ideas on how we can better promote our services and connect with those who may benefit from them.

Feel free to share your ideas with any of our friendly staff or give Emma a call at the office on 9799 5099. We'd love to hear from you!

Emma Torres, Client Services Coordinator



2023—2024 Highlights: Our numbers tell an encouraging story

To give context, my background is finance and accounting. So as I read Inner West Neighbour Aid's 2023/2024 Annual Report, I got excited about the numbers on page 3. Numbers give a sense of how well you've performed in the past and the likelihood for future strong results. On both scorecards (past and future performance), I believe Neighbour Aid is well placed.

The results tell a wonderful story about being true to our purpose and goals, and our spirit of innovation driven from listening to our clients. More importantly, the results are encouraging about our future ability to continue to deliver and innovate much needed services for our clients.

Numbers don't lie, so here are some of the facts behind my excitement about our viability and the positive value delivered:

- 368 clients assisted with 42 new clients welcomed;
- 32,110 hours of programs delivered!
- 73% increase in volunteers (we only get involved if we believe value is being added into the community);
- 33% increase in our Assisted shopping sessions;
- 54% increase in clients serviced by our Help at Home offering;
- 44% increase in our Health and Wellbeing sessions; and
- 21% increase in our 5 Senses Garden workshops.

I feel so proud to be involved with the team of Inner West Neighbour Aid and 100% know that 2025 won't see any resting on laurels.

Stella Angelo, Editor, Volunteer and numbers nerd

Outings Highlights

Can you believe it's already time for the Autumn calendar? In this calendar we are reflecting on breaking barriers and building bonds. On outings we have different people on trips every week, this means there's always an opportunity to make new friends and memories, to build new friendships and new bonds.

Highlights

After a break from outings in December, we hit the ground running in January. We returned to Ocean Foods in January as well as visiting a favourite, Flower Power. This time we went to the Milperra location.

March

We have some outings closer to home and a couple of longer drives in March. The local trips include Envy Café and Deli in Summer Hill, (meals \$10+), some yummy Lebanese food at Jasmin1 meals \$14+) in Auburn. It's been a while since we've visited a favourite, Sydney Rowers Club in Abbotsford (meals \$16+) so we will be back there! We will be exploring Autumn blooms for our active outing, which includes more walking at Mount Annan Botanic Gardens. Join us for a drive north to have a delicious pie at Pie in the Sky, Cowan (meals \$6+).



April

Innovations is always a favourite for shopping and lunch and it's back on the calendar for April. If you love the great deal of a buffet, we will be returning to Merrylands Bowling Club (buffet cost \$22.50). Easter is coming up so you'll be able to do all your chocolate shopping at the Lindt Factory Shop. If you enjoy lunch with a view and a bargain meal deal, I'd recommend Yarra Bay Sailing Club (meals \$20). It's an unassuming club with a stunning view!

May

Camellias bloom in Sydney from Autumn to Spring so we are hoping for some colourful blooms for our visit to the Jade Tea House and Camellia Gardens. We will also be visiting Carnarvon Golf Club (meals \$20+) with beautiful views of the golf course. Our East/West outing is a show stopper. Get your nature fix and enjoy amazing water views at Audley Dance Hall, located in the Royal National Park.



If you're not sure whether you would be on the East/West trip:

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.



Deckhouse Café, Woolwich

Maja Sorensen, Social Support Coordinator

Alive & Kicking

Starting the year fresh

Change is in the air at Inner West Neighbour Aid. The wonderful Josslien has embarked on new adventures and while we'll miss her presence at Alive & Kicking, her legacy continues.



I'm honoured to step into Josslien's role, joining a community of seniors who bring warmth, generosity, and dedication to healthy living. Their particular commitment to sharing laughter and cheer makes every session special. Working alongside Fleur has been a joy—her buoyant enthusiasm and humour enliven every class, while her expertise as a dancer and movement specialist creates a truly engaging experience for all. The seniors continue to thrive under her holistic approach, which seamlessly blends physical activity with brain training.



As we move into 2025, we're energised to strengthen our commitment to social connection and active living. Our Autumn calendar is filled with the usual activities: Bingo, Trivia, guest speakers, and our cherished monthly Craft with Rivendell school students. These intergenerational connections with Rivendell students have become a cornerstone of our program, bringing energy into our community. There will be some new faces this year amongst the Rivendell students.



Beyond our movement and brain training sessions, we'll continue enjoying communal lunches and varied afternoon activities. As Autumn approaches, we look forward to embracing the cooler weather.



Here's to another wonderful season at Alive & Kicking, bringing new growth, movement, connection and joy!

Chantel Jurcevic, Social Support Worker

Stand Tall

Embracing Change and New Routines

There have been lots of exciting changes over the year for Stand Tall. One of the best has been our new trainer, Aaron! Aaron, or Patch as he likes to be called, is a fabulous fit for the program. His knowledge and attentive focus have allowed the group to set individual goals and work diligently toward achieving them.

Aaron devises new routines every 6 weeks to keep the workouts fresh and to gently increase the difficulty level. This allows everyone to challenge themselves and continue to see increases in strength, balance and agility.



The addition of various gym equipment into the routines has been another positive. These targeted machines have allowed us all to focus on particular muscle groups and movements, while catering to a range of strength and fitness levels. The machines also protect everyone from injury, as they are specifically designed for the movement of a particular muscle group and ensure our bodies move in the correct way for each exercise.

We want to give a big thank you to Chantel who has done an amazing job of leading the Stand Tall group through the various changes over 2024. Chantel's work days have changed and Emel, who leads our Strong Together and DanceMoves programs, will now be involved with Stand Tall.



Chantel Jurcevic and Emel Jurd Social Support Workers

DanceMoves

DanceMoves Celebrations

Another exciting year of dance came to a close in December and there was lots to celebrate! DanceMoves marked the end of 2024 with a Christmas themed dance class and a festive morning tea. It was fun to dance to Christmas carols and see everyone get their festive groove on.



Throughout the year the dancers break the barriers of their inhibitions to experience the joy and freedom of dancing together. To highlight these benefits, a smaller group from the class put on a display at the Neighbour Aid 2024 Christmas party. The joy everyone shares was written all over their faces as they grooved on stage to a number of songs. The infectious, inclusive energy experienced in class was replicated at the party, with many audience members following the group's lead and joining in. Dancers then shared their personal experiences attending DanceMoves. Each person described the personal benefits they have experienced since beginning to attend DanceMoves. They all mentioned how dancing has helped them move their bodies with greater ease, helped with their balance and allowed them to make new friendships and feel more joy in their lives.

Group members encouraged anyone considering joining DanceMoves to jump right in! There's a welcoming culture to the group

and each participant can set their own pace. Group members can choose to remain seated throughout or move to the standing for the 2nd part of the class. Options are always available and tailored movements provided so that each person is comfortable.

Our dance teacher, Karen is a movement practitioner for Dance Health Alliance. Karen shared with the audience the physical potential of dance, as well as the positive effect it can have on memory and cognitive function.



After every class, dancers share a cuppa, a chat and a BYO light lunch. At our final class of the year, many also shared their impressive baking talents. A highlight of the group is the laughter and the stories that are shared during this time. Dancing with a group can sometimes require a bit of trust. This trust is evident in the bonds that the group has created in this safe and welcoming space.

We look forward to more opportunities to dance and share together as 2025 unfolds.

Emel Jurd and Mikali Anagnostis, Social Support Workers



Strong Together

Important Connections and Surveys

Sharing time with family and friends over the summer break reminded me of the importance of those connections and returning to work reminded me of the importance of the bonds we have created with each other at Strong Together. These bonds sustain us through difficult times, provide us a safe space to be ourselves and bring us laughter, friendship and new learnings

At the end of 2024 everyone attending Strong Together was kind enough to complete a survey, to give feedback on the group. The first question we asked was "Why do you attend Strong Together?" 100% of the responses indicated that people joined Strong Together to make friends, meet people their own age and/or be part of the community. It really is a core human need, to be accepted, to share ourselves with others and to be seen and understood.

I'm happy to report that later in the survey we asked if these goals mentioned above had been achieved and 80% said yes. Of course we'll always strive to do more, but 80% is a great start.

In 2025 we'll continue to build our important connections with laughter and fun at bingo, exercise and chair yoga. We'll share adventures with outings to Randwick Golf Course, to Auburn for Lebanese food, Woronora for lunch by the river and so much

more. There's even an exhibition of client creations and reflections to plan for in mid 2025.

It's going to be a big year and the next few Autumn months are an exciting taste of 2025. We will all be showing ourselves and the community that we are a vibrant group of seniors, living our best lives together.

By the way, that 20% that said in the survey that they haven't met their original goal yet, did report enjoying attending Strong Together and that the staff and volunteers are all friendly and helpful!

Of course there is always room for improvement, but we're taking this feedback as a win.

Emel Jurd, Social Support Worker



5 Senses Garden Workshops



All workshops are held at the 5 Senses Garden, on Mondays 11am to 1pm
 Client workshop cost: \$7 Client transport cost: \$15 Non-Client Cost: \$27
 Light lunch is provided.

To book: call 9799 5099

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

3 March: Let's Celebrate NSW Women's Week



We are celebrating NSW Women's Week & International Women's Day by reflecting on the wonderful women in our lives, and on the many achievements of women. We'll have some lovely activities to celebrate.

10 March: Dance & Movement with Gabriela for Seniors Week



Gabriela is a dancer and a creative producer inspired by creating inclusive environments and ways for all people to enjoy dancing and

movement. We will have seated and standing options to dance. Let's groove and have fun to celebrate Seniors Week.

17 March: Games Day

A casual and fun day to test out our skills with games. Friendly competition is welcome!



24 March: Seeds to Trees—Autumn Equinox Planting

Autumn equinox is a great time for planting with our wonderful pre-school neighbours. We plant seasonal flowers and plants in our vegepods, supporting the children to form a lifetime love for gardening, and time outdoors.



31 March: Art Therapy with Karen

Karen from Dance Health Alliance is now a qualified Art Therapist. She will support us in creating a collective artwork to exhibit. No experience needed, just bring your wonderful selves.



7 April: Community Greening



Through a community of people, plants, and places, Community Greening fosters idea exchange, knowledge sharing, collaboration, empowerment, and

celebration of our connection to the natural world. We have farewelled Adina, but we are excited to continue our partnership with Community Greening.

14 April: Autumn Cuttings Swap & Tea Party



Bring your cuttings for autumnal planting. We'll savour a range of different herbal and fruity teas and enjoy the seasonal turn. Wear autumnal colours if

you're inspired.

28 April: Food Appreciation Club

will Let's explore our mutual love for food and our food memories. Bring along a beloved recipe, or food story, or photo. Yummy snacks will be included.



5 Senses Garden Workshops



5 May: Getting Our Affairs in Order with Sonja and Pat from 'Life Rites'



Life Rites provides support, guidance and compassion as end of life specialists and doulas. Pat and Sonja generate warmth, kindness and humour, and their talk will be focused on the practical side of getting affairs in order. Bring your curiosity and questions!



12 May: Lantern Making with Alice



Alice brings a big smile and a wealth of knowledge to her art making community workshops. Most notably, she has made giant inflatable puppets. But we won't be making puppets, we'll be making gorgeous lanterns. This workshop is guaranteed to be easy, fun and get our creative juices flowing.

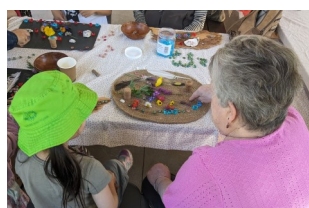


19 May: Cooking with Maja

Back by popular demand. Head chef Maja will lead a seasonal cooking demonstration. Prepare yourself for delicious nutrition.



26 May: Seeds to Trees



Intergenerational connection at the 5 Senses Garden is so important. We will be led by preschool students and teachers for another

day of heart-warming connection in the garden, enjoying a creative activity together.



Living Well with Dementia Workshops



For people living with Dementia and carers. All workshops are held at the 5 Senses Garden

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

Workshop Cost: \$22

Light lunch or morning tea provided

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

6 March: Create in the Garden

Join to explore the 5 Senses Garden and your creativity! Making art is a way to relax and express yourself that doesn't require words or explanation. Combine this with the joy of our partnership with the Concord West Preschool and you know that you're in for some fun! Being free to create in the beautiful 5 Senses Garden adds an additional element of relaxation and enjoyment that brings all ages together!



3 April: Music Therapy:

Music Therapy is one of our most popular workshops. We create music together with drums and percussion instruments and we may even sing a tune or two. It's amazing to see each group member lose their inhibitions and come alive through memories sparked by music.

1 May: Exercise to music and Bingo!

Physical and mental exercise improve our mental and physical health as well as our well being. Come along and move to music in the garden, then give our brains a work out while we laugh and play a few rounds of bingo!



Emel Jurd, Social Support Worker

A couple of changes to our Living Well with Dementia Workshops for 2025:

- We thank Emel for supporting and guiding this workshop and welcome Mikali, one of our Social Support Workers who also works in the Help at Home team. Emel will be supporting another one of our programs, Stand Tall on Thursdays this year.
- These workshops will now be held once a month on the first Thursday of the month.

Volunteers

Welcome to New Volunteers

Haani Adnan, Riley Dennis, Isabella Li, Chelsey Nguyen, Joana Resnitzky, Myat Theingi and Khanh Vu. We look forward to sharing our community spirit with you.



Volunteer Events



Retro Morning at the Sydney Bus Museum

To show our appreciation for our incredible volunteers, we're kicking off 2025 with a bit of retro fun and we'd love our volunteers to come along for the ride.

Where: Sydney Bus Museum, Leichhardt

When: Sunday 16 March 2025, 10am – 1pm

Join us for a relaxed morning tea, guided museum tour and priority boarding for one of their vintage bus rides. You can enjoy the return trip or say bye and disembark in the city.

You're welcome to bring a plus one, whether it's a family member, a friend, or someone who might be interested in joining our volunteer community.

We look forward to spending the morning with you!

RSVP volunteers@iwna.com.au or call 9799 5099 by 3 March 2025. Numbers are limited, please book in early.

Meet at the Sydney Bus Museum, 25 Derbyshire Road, Leichhardt.




Save the date: National Volunteer Week falls between **19 - 25 May** 2025. We will be hosting a special event during this period. Mark this in your calendar!

National Volunteer Week is Australia's largest annual celebration of volunteering. This special week provides an opportunity to highlight the important role of volunteers in our community and invite people not currently volunteering to give it a go.

Allison Yee-Brogan, General Manager

MARCH 2025

Mon	Tue	Wed	Thu	Fri
3 5 Senses Garden Let's Celebrate: NSW Women's Week	4 Alive & Kicking Bingo Strong Together Music Therapy	5 Trolley Talk Strong Together Music Therapy	6 Stand Tall Envy Deli Café, Summer Hill Living Well with Dementia	7 Dance Moves
10 5 Senses Garden Dance & Movement with Gabriela for Seniors Week	11 Alive & Kicking Rivendell Craft Jasmin 1 Lebanese Strong Together	12 Seniors Festival Event NO PROGRAMS	13 Stand Tall Stand Tall Mt Annan Botanic Gardens & Café 	14 Dance Moves
17 5 Senses Garden Games Day	18 Alive & Kicking Trivia MLC, School Days Strong Together	19 Trolley Talk Strong Together School Days	20 Stand Tall Stand Tall EAST Pie in the Sky, Cowan	21 Dance Moves
24 5 Senses Garden Seeds to Trees: Autumn Equinox Planting	25 Alive & Kicking Speaker Strong Together Bingo	26 STAFF DAY - NO PROGRAMS	27 Stand Tall Stand Tall WEST Pie in the Sky, Cowan	28 Dance Moves
31 5 Senses Garden Art Therapy with Karen: Collective artmaking				

APRIL 2025

Mon	Tue	Wed	Thu	Fri
	1 Alive & Kicking Bingo Exhibition Activity Strong Together	2 Trolley Talk Exhibition Activity Strong Together	3 Stand Tall Innovations, French's Forest Living Well with Dementia	4 DanceMoves
7 5 Senses Garden Community Greening	8 Alive & Kicking Rivendell Craft Boatshed Waranora Strong Together	9 Buffet @ Merrylands Boatshed Waranora Strong Together	10 Stand Tall Lindt Factory Easter Shop	11 DanceMoves
14 5 Senses Garden Autumn cuttings swap & Tea Party	15 Alive & Kicking Trivia MLC Activity Strong Together	16 Strong Together Trivia Quiz	17 Stand Tall EAST Yarra Bay Sailing Club	18 NO PROGRAMS - PUBLIC HOLIDAY
21 NO PROGRAMS - PUBLIC HOLIDAY	22 Alive & Kicking Speaker NO PROGRAM	23 NO PROGRAM	24 Stand Tall WEST Yarra Bay Sailing Club	25 NO PROGRAMS - PUBLIC HOLIDAY
28 5 Senses Garden Food Appreciation Club	29 Alive & Kicking Games Bingo Strong Together	30 STAFF DAY - NO PROGRAMS		

MAY 2025

Inner West
NeighbourAid 

Mon	Tue	Wed	Thu	Fri
			1 Stand Tall Mosman Rowers Club Living Well with Dementia	2 Dance Moves
5 5 Senses Garden Getting our Affairs in Order with Life Rites	6 Alive & Kicking Bingo Stroke Safe Speaker Strong Together	7 Trolley Talk Stroke Safe Speaker Strong Together	8 Stand Tall Jade Teahouse & Camelia Gardens	9 Dance Moves
12 5 Senses Garden Lantern Making with Alice	13 Alive & Kicking Rivendell Craft Carnarvon Golf Club Strong Together	14 Carnarvon Golf Club Carnarvon Golf Strong Together	15 Stand Tall Ocean Foods and Bakehouse Cafe	16 Dance Moves
19 5 Senses Garden Cooking with Maja	20 Alive & Kicking Trivia MLC Exhibition Strong Together	21 Trolley Talk Exhibition Activity Strong Together	22 Stand Tall EAST Audley Dance Hall	23 Dance Moves
26 5 Senses Garden Seeds to Trees	27 Alive & Kicking Speaker Bingo Strong Together	28 STAFF DAY - NO PROGRAMS	29 Stand Tall WEST Audley Dance Hall	30 Dance Moves

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

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 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 – 1.30pm	Woodstock Community Centre, Burwood
Stand Tall	Thursdays	10.45am – 11.45am	CSP Gym, Wests Ashfield Leagues Club
Strong Together	Tuesdays and Wednesdays	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

Photo Gallery

