

Neighbour News

Winter
Edition

May 2025
Issue 127

Time to Shine

Last edition, we focussed on breaking barriers, so it is only fitting that we take a closer look into the theme for this year's Seniors Week and reflect on how we show that it's time to shine.

To quote our General Manager, Allison Yee-Brogan, "Every day at Inner West Neighbour Aid, we witness seniors defying the misconception that ageing marks the end of growth. It is never too late to reinvent oneself, embrace change and contribute meaningfully to the world."

I look forward to seeing Instagram updates from Inner West Neighbour Aid. Their account is filled with joy and evidence of the way seniors are shining. Photos of our clients at the gym, dance classes or socialising at great venues inspires me. They are infectious motivators to make the most of our lives. For me, the same vibe is generated by the articles in the newsletter.

In March, I attended the Premiers Seniors Week concert at the ICC. The auditorium was packed with seniors who weren't phased by the number of stairs to reach their seats. There was a sense of fun and excitement in the air.

I also attended the Sydney Bus Museum volunteer event (more on this in the newsletter). It brought back memories of my daily school bus trips on a double decker bus. I remembered a morning when I didn't step up properly. Without doors, I was left hanging on while the bus turned right. So, I wondered how seniors of that era managed to board the bus when the rise was so high.

How much has changed since those school days that now allow seniors to shine on a daily basis.

We hope this newsletter brings some joy to your day.



Stella Angelo, Editor (volunteer)

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Inner West
**Neighbour
Aid** 

Organisational News

Thank You

We thank and farewell board member Tina Higgins, who has resigned from the board. Tina joined the board in May 2023 and has supported Neighbour Aid with her legal qualifications, experience and skills, as well as her knowledge of government funding, legislative process and protocols. Tina has contributed on the Risk Sub-Committee and with the review of policies and procedures, also providing extensive input into our strategic planning process.

Thank you Tina, we appreciate the time and dedication you have put into your board position over the past 2 years. We are very glad our paths crossed and we wish you all the best with your exciting career opportunities and family life.



We explored questions about how Neighbour Aid can improve and help break stereotypes and challenge ageist beliefs.

We were very grateful for their insights and suggestions and were humbled by their high praise of our team and how we display our values.

We really try hard to make a difference in people's lives and their feedback has given us hope that we are on the right track.

Christine's kind words: *"You are a fantastic and remarkable organisation! Great group of people. Keep up the good work. Thanks for the pleasurable company. Certainly brightened my day and emphasised the importance of sustaining organisations like Neighbour Aid."*

Clients Sharing Insights

At our February staff meeting 4 clients were invited to be on a Client Panel. Thank you to Beth, Christine, Margaret and Simon for generously sharing their time and discussing the impact of our services from their perspective.



PS: The dress theme for the morning was Mardi Gras or Flamboyant Patterns and Prints.



Allison Yee-Brogan, General Manager

Acknowledgement of Funding

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Organisational News

Active Women over 50

Researchers at The University of Sydney are looking for volunteers to participate in a program aiming to increase physical activity in women aged 50+.

The program involves telephone health coaching from a physiotherapist, motivational messages via email or SMS for 6 months to help increase their physical activity, and access to online resources and a private Facebook group.

To be eligible, you need to be a woman aged 50+, living in the community in NSW, and have access to the internet. Learn more at www.activewomenover50.org.au or contact sph.activewomen@sydney.edu.au, 8627 6242.



WOMEN OVER 50

DO YOU WANT FREE SUPPORT TO BE MORE ACTIVE?
Researchers at the University of Sydney are running a study to measure the impact of the Active Women Over 50 program.

What does this FREE program involve?

- 2 health coaching calls from a physiotherapist
- motivational messages to increase your physical activity
- access to online resources
- access to a private Facebook group to connect with others (optional)

Who can join?
To be eligible, you need to be a woman aged 50+, living in NSW, healthy enough to take part in regular physical activity, and have access to the internet.

For more information

- www.activewomenover50.org.au
- sph.activewomen@sydney.edu.au
- (02) 8627 6242
- Or scan the QR code to learn more

Logos: The University of Sydney, Active Women Over 50, and a rainbow flag.

Medicare Urgent Care Clinics (UCCs)

The Australian Government, in partnership with states and territories and



Primary Health Networks, established 58 Medicare Urgent Care Clinics in 2023 and is working to establish 29 additional Medicare UCCs in 2025.

Medicare UCCs are helping reduce the pressure on the hospital system and make it easier for Australians to see a doctor or nurse when they require urgent but not life-threatening care.

Medicare UCCs:

- Are based at existing general practices, community health centres and Aboriginal Community Controlled Health Centres
- Are open extended hours and provide free, walk-in care – no referral or appointment needed.
- Cover urgent care, that is, when you have an illness or injury that needs medical attention on the same day. It's when you can't wait for a GP appointment but you don't need to visit the emergency department. This may include attending to minor fractures, sprains; minor infections; mild burns; respiratory illness; severe stomach pains; or urinary tract infections.

To find your nearest Medicare Urgent Care Clinic, visit health.gov.au/MedicareUCC

For the inner west, the closest Urgent Care Clinics are:

Ryde Medicare Urgent Care Clinic: MM17C, Level 1, Top Ryde Corner Devlin and Blaxland Road Ryde

Carlton Medicare Urgent Care Clinic: 354-356 Railway Parade, Carlton

In a Neighbour's Garden

Time to Shine in Your Autumn Garden!

Autumn is a time to embrace the beauty, enjoy the gentle tasks, and reap the rewards of a thriving and colourful outdoor space. This season presents a chance to enjoy the cooler temperatures and engage in rewarding, manageable tasks that will set your garden up for success in the months ahead.

Our Australian native plants truly come into their own during autumn. The vibrant golds, russets, and bronzes of eucalyptus leaves create a stunning natural display. Keep an eye out for the flowering banksia hybrid "Giant Candles" putting on a spectacular show with golden flower spikes up to 40cm long, attracting nectar-loving birds. Grevilleas, with their intricate, spider-like flowers, continue to bloom, adding splashes of colour and providing a vital food source for native wildlife as other flowers fade. Even the changing hues of deciduous trees, though not as widespread as in cooler climates, offer a delightful contrast in texture and colour.

Gentle and Rewarding Autumn Garden Tasks:

Now is the perfect time for some gentle gardening tasks that will keep you active and your garden thriving:

- **Pruning with Purpose:** It's a good time to prune back any spent summer flowering plants like salvias, petunias, and deadhead roses to encourage a final flush of blooms or prepare them for dormancy. Gently trim any overgrown shrubs to maintain their shape and improve air circulation. For native plants, avoid heavy pruning in autumn as it can sometimes disrupt their flowering cycles. A light tidy-up is usually sufficient.
- **Planting for the Future:** Autumn's mild temperatures and increased rainfall create ideal conditions for planting a variety of seedlings and young plants. Consider adding:

- ◊ **Cool-season Vegetables:** Plant leafy greens like lettuce, spinach, and kale. Sow seeds for broad beans, peas, and root vegetables like carrots and radishes. These will thrive in the cooler months.
- ◊ **Flowering Beauties:** Plant seedlings of pansies, violas, polyanthus, and snapdragons for a burst of colour through winter and into spring. Now is also an excellent time to plant spring-flowering bulbs like daffodils, tulips, and hyacinths for a spectacular display next year.
- ◊ **Australian Natives:** Autumn is a great time to plant many native shrubs and trees. The cooler, wetter conditions help them establish strong root systems before the heat of next summer. Consider adding some native grasses, small shrubs like *Westringia* or *Banksia* 'Honey Pot' for year-round interest and to attract native birds.

Watering Wisely: Sydney's rainfall increases in autumn, so you don't have to water as much but still an eye on the soil moisture levels, especially for newly planted seedlings. Water deeply and less frequently, allowing the soil to dry out slightly between watering. This encourages strong root growth.

Enjoying Your Autumn Oasis: More than just tasks, autumn in the garden is a sensory experience. Take the time to sit and breathe in the fresh, crisp air, listen to the rustling of leaves, observe the birds flitting amongst the branches and the gentle sunlight filtering through the changing foliage. Your garden is a place of peace and tranquility, offering a wonderful opportunity for relaxation and connection with nature.

Our Garden Aid Team is here to provide CHSP clients with help in their garden up to 2 times per year. Call 9799 5099 for a booking.

Stuart Blundell, Garden Projects Coordinator

In a Neighbour's Garden

A seasonal recipe

Spanakopita

When I was younger, no family gathering was complete until my Yia Yia arrived with her big tray of crispy, salty, spinach filled Spanakopita (Spinach Pie). This recipe is not only simple and delicious, but also perfect for using up spinach which is cheap and readily available through the cooler months.

Ingredients

¼ cup of good quality Extra Virgin olive oil

2 brown onions

3 spring onions, chopped

1.75kg fresh spinach, washed, drained and finely chopped - I like to use Silverbeet from the garden

3 sprigs of dill, finely chopped

3 sprigs of flat leaf parsley

½ tsp salt

Freshly ground black pepper

375g firm feta cheese, finely crumbled- if available, the Greek brand Dodoni is best

4 eggs, lightly beaten

½ cup melted unsalted butter

14 sheets filo pastry

Sesame seeds for topping

Preheat oven to 180 degrees

1. In a large saucepan, heat the oil and sauté the onions and spring onions until transparent and soft.
2. Add the spinach gradually, cover the pan and cook down for 5 minutes until all wilted.

3. Add dill, parsley, salt and pepper and while stirring cook for 10 minutes.
4. Take off the heat and cool. Once cool add feta and mix in eggs. Taste and adjust seasoning if needed.
5. With some of melted butter, brush bottom and sides of baking tray.
6. On the bottom and side of dish, place 6 sheets of filo pastry, generously brushing each sheet with butter before laying down the next.
7. Spoon spinach mixture into this, smooth the top and fold the edges of the filo over the mixture.
8. Cover the mixture with the remaining 8 sheets of filo pastry brushing each with butter before layering the next one on top- make sure the top layer is well brushed with the melted butter. Top with a good sprinkling of sesame seeds.
9. Tuck the edges of the covering filo around the inside edges of the dish.
10. Bake in preheated oven for 45 minutes until golden and crisp- cool and cut into squares to enjoy!

Melanie Athan, Garden Aid Team Leader



Client Services

NSW Seniors Festival 2025

Neighbour Aid had the wonderful opportunity to participate in the Burwood Seniors Health and Wellbeing Expo, marking the start of the NSW Seniors Festival 2025. The event saw a fantastic turnout.

I was joined by Simon, our Volunteer Client Representative, to promote the diverse range of programs Neighbour Aid offers. The enthusiastic conversations helped spread the word about our mission and the positive impact we aim to make in the community.

Adding a special touch to the day, Karen from Dance Health Alliance delivered a fantastic performance that got everyone dancing in their seats! The energy was contagious, and the highlight was a short video showcasing our amazing DanceMoves clients, true superstars who never fail to inspire.



On Wednesday, 12 March, we hosted a special morning tea as part of NSW Seniors Festival. It was a wonderful morning of conversation and a time to shine for some of our longest-standing Neighbour Aid friends.

Sarah, who has been with Neighbour Aid for 20 years, gave a heartfelt speech that touched everyone. She expressed her gratitude for the special care that all the staff, past and present, have shown her and all those who receive support from Neighbour Aid. Sarah acknowledged that older people can sometimes present challenges due to pain or other difficulties, yet the staff remain patient and treat everyone with the care and kindness they would show to a family member. She said that not everywhere is like that and that Neighbour Aid is very special because of the care we all show.

Thank you Sarah.



Emma Torres, Client Services Coordinator

Outings Highlights

The warmer seasons are officially over and we're moving into winter. It's time to rug up. Luckily, our winter calendar is prepared with many indoor outings and exciting places we haven't visited in a while. A warm welcome to the new faces and volunteers who have joined our outings this past season, it's been great to see our members making new friends and reconnecting with one another. We love our outings!

Active Outings

Approximately once per a month we have an active outing which is marked by this symbol.



Our active outings are an opportunity for our clients who feel comfortable engaging in some kind of activity such as walking longer distances, or uphill, without assistance or on uneven paths at times. If you would like to attend an active outing but feel unsure about it, don't hesitate to contact us and we can have a chat. If you don't feel you can attend an active outing, that is fine, we have so many other great, suitable outings, you won't miss out.

Highlights

After summer officially ended we kept the fun going with outings, including a drive through the beautiful Mt Annan Botanical Gardens and another drive to the local legend known as Pie in the Sky in Cowan. We also bought too much chocolate (stocking up for winter) at the Lindt Outlet and went to the IKEA cafeteria for the first time. Which was loved by all.

June

June is an exciting month, we have an active outing to Warragamba Dam, sandwiches for lunch (\$10+). Weather permitting we will get to have a walk along the dam or stand on the viewing platform.

Lights, camera, action! Neighbour Aid is going to the silver screen again. We heard your suggestions and have organised a date to visit the cinema. Details to follow closer to the date, as we cannot book a session this early in advance.

Lastly, I'm still missing summer so we've booked a visit to Doyle's famous fish'n'chips in Watson's Bay (\$15+ a meal) and a trip to North Bondi RSL (\$25+ a meal). We also will be heading to an authentic Indian restaurant in Harris Park called Billu's (\$20+ a meal).



Outings Highlights (contd)

July

July is a packed month with 7 outings planned. At the start of the month we are visiting Canada Bay Club and Bankstown Sports Club, both fantastic clubs (\$20+ a meal). We'll have a lovely long drive out to Camden to visit Brookfield House for a fancy high-tea (\$30+ for high tea). For even more culture, our active outing is to the Art Gallery of NSW, it is free entry and a walk around the free galleries before a lunch at the café in the Art Gallery (\$20+ a meal). Drum roll please... It's Christmas in July! We have a save the date for a Christmas themed outing, location yet to be determined, if you're feeling festive don't hesitate to call and book. Lastly we have an East and West outing to the Conservation Hut Cafe in the Blue Mountains, sure to be a lovely drive (\$25+ a meal).

August

We've saved the best till last for August, with a trip at the end of the month to the very popular Sydney Rowers Club in Abbotsford (\$25+ a meal). The pies were so popular we'll be going south this time and visiting the Loftus Pie Shop (\$10+ a meal). We'll also have a joint outing with one of the exercise programs to Parramatta Club a very exciting venue (\$25+ a meal) and don't think we've forgotten, our active outing will be to the Auburn Botanical gardens to see the famous Cherry Blossom festival, lunch is yet to be determined, maybe another IKEA trip? We will also be heading back to the beach for a trip to Bondi Icebergs Bistro which will be newly renovated (\$25+ a meal). Hopefully no big swell this time!

Ruben Hedges, Social Support Worker

I Made It! Exhibition

You might have noticed that we have some days without programs in June. This is because we will be busy preparing to showcase your talents to the community. You have all been creating beautiful art pieces at programs for the "I Made It!" exhibition. We will be running an art exhibition with your pieces, stories and creations at the McGlade Gallery at the Australian Catholic University from Thursday 19 June until Friday 4 July.

We will have an official opening event with a panel and light morning tea on Wednesday 25 June. The opening of the exhibition will include an intergenerational panel, hosted by Ashfield Boys High School students who participate in Neighbour Aid's Trolley Talk program. The students will interview some clients to gain an insight into their wisdom, life stories and experiences.

Maja Sorensen, Social Support Coordinator



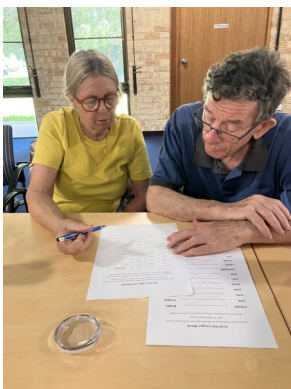
Alive & Kicking

Movement and Connection Remain at Our Heart

The energy continues to build at Alive & Kicking as we move deeper into 2025. Under Fleur's expert guidance, our seniors enjoy a vibrant mix of exercise, dance, and brain training that keeps both bodies and minds active. Fleur is excited to introduce new elements from her recent training, particularly focusing on proprioception—our body's ability to sense its position and movement in space—which is crucial for balance, coordination, and preventing falls as we age.



Our afternoons continue to buzz with engaging activities following our communal lunches. While bingo, trivia, and guest speakers remain firm favourites, we've successfully introduced word games, as well as card and board games, that have been enthusiastically received. These additions will become regular features in our program moving forward, offering even more variety.



The intergenerational connection with Rivendell School students continues to flourish and inspire. This year we've welcomed many new students who have brought fresh energy to our arts and crafts sessions. From colourful

artistic expressions to ice-breaker activities that revealed surprising shared interests, including some students' knowledge of beloved artists like Bing Crosby!. These interactions bridge generations in meaningful ways. A particular highlight was the cupcake decorating session, where students baked and brought an impressive array of decorations, creating both delicious treats and precious memories.



As winter approaches, we're particularly focused on maintaining our movement practices—a season when it becomes all too easy to slip into sedentary habits. Fleur's holistic approach ensures that our seniors stay active, engaged and connected during the cooler months ahead. Here's to continuing our journey of movement, creativity and joyful connection at Alive & Kicking.

Chantel Jurcevic, Social Support Worker

Stand Tall

Shining Tall

Neighbour Aid enjoys supporting our group participants to explore new things, embrace new skills and continue to learn and grow together. Nowhere demonstrates this better than our Stand Tall program. This program, held at CSP Gym Ashfield, encourages each participant to really SHINE. Each person grows in strength and physical confidence as workout routines are adapted and challenge levels increase to meet increased abilities.



The group members regularly set individual goals with Neighbour Aid Social Support Worker, Emel. This allows each participant to focus on their personal goals during the workout sessions with Patch, the CSP trainer. Patch provides a new program each 6 weeks. This means exercises are varied to keep the routines fresh and to work different muscle groups.

We've introduced a quarterly morning tea at Wests Ashfield after the gym. We had our first recently and it was great to have a chance to chat to everyone.



There are currently a couple of vacancies for Stand Tall available and we encourage anyone who would like to try the Stand Tall program to contact the office and speak to Emel or Maja.



Emel Jurd, Social Support Worker

DanceMoves

Embracing Dance!

DanceMoves is thriving and so are our participants. On a weekly basis our group members show that it's always the right time to learn a new skill, or to brush up on an old one! Each week we are transported by the beautiful music and the gentle direction of our wonderful dance teacher from Dance Health Alliance, Karen.



We laugh, sway, test our balance and our memories, all while being supported by each other and the knowledge that the program is designed to support all levels of strength and ability.

As part of NSW Seniors Week celebrations participants took on a new challenge to be part of a promotional video. In partnership with Dance Health Alliance, our DanceMoves participants were interviewed and filmed dancing. The resulting video was played on the big screens at Burwood RSL, for NSW Seniors Week celebrations, while Karen involved the audience in some seated dance movements and explained the incredible physical and cognitive benefits of dance.

Our wonderful DanceMoves attendees, spoke of the personal benefits of the dance program, noting increased flexibility and improved balance and mobility. Everyone shared the enjoyment, satisfaction and fun they experience during the class and spoke of the benefits to their own wellbeing. It's easy to see these benefits reflected on their beautiful smiling faces, in the video.

The video can be viewed on the Dance Health Alliance channel on YouTube or you can copy the link below.

<https://youtu.be/z9QPWEIEH4o?si=ub7-uFgP2znob4Vx>



Emel Jurd, Social Support Worker



Strong Together

Winter Welcomes New Developments

Our incredible Strong Together clients continue to impress us with their willingness to try new things, develop new skills and share their humour, knowledge and wisdom. This willingness has been showcased again recently with two new opportunities they have embraced.

Firstly, Strong Together participants have been working towards the exciting, Inner West Neighbour Aid, "I Made It!" exhibition. The exhibition will be held at the McGlade Gallery, in June. In preparation for the show, group members have beautifully hand painted sheets of paper that will be transformed, becoming part of a sculptural artwork. The art work will be full of inspiration and memories recorded by clients from all the Social Support Programs Inner West Neighbour Aid provides. We can't wait to see it all come together and take pride of place in the exhibition space.



Our group members have also created mixed media portraits to be hung at the gallery. There is a lot more to do, but the exhibition is shaping up to be a fabulous showcase of everyone's creative skills and life journeys.

If this wasn't enough excitement for the group, Strong Together will also be starting a new intergenerational program once a month with year eight students from The MLC School.



Maja, Social Support Coordinator and Emel recently spoke at a student assembly and were delighted to be informed that 50 girls have applied to participate. We had planned to run the program with our Tuesday Strong Together clients, but due to the overwhelming response, we have been able to involve our Wednesday Strong Together group as well. We are all looking forward to seeing how the program develops as the students meet our incredible seniors and everyone begins to share life experiences and develop ideas together for the monthly programs.

The weather might be cooler, but things are warming up for Strong Together.

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!**

2 June: Community Greening

Community Greening is a non-profit program from the Botanical Gardens that aims to connect people with skills, environmental sustainability, and each other.



16 June: Art Therapy with Karen



At our last art therapy session with Karen, we connected and explored through creativity in a non-judgemental and gentle way. Karen has been percolating on some new creative practices that she can't wait to share with us.

23 June: Food Appreciation Club

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 provided.



30 June: Seeds to Trees

Our much loved intergenerational program with pre-schoolers and teachers from neighbouring Concord West Rhodes Preschool. Guaranteed to be a day of cuteness, learning, growing and connecting.



14 July: Tai Chi with Ling from Health & Happy Heart

Ling brings the wisdom of her Lao-Chinese heritage to her work. With an infectious enthusiasm, Ling has devoted her life to sharing ancient practices that release the stresses of modern living and awaken our innate vitality. Join Ling for Tai Chi in the garden.



21 July: XMAS in July



Enjoy Xmas festivities in the colder months with some winter vibes in the garden. We'll be enjoying some Xmas traditions better

suited to the cosier weather. Bring your festive and cosy Xmas outfits!.

28 July: Move & Groove with Dance Health Alliance

Dance Health Alliance has a vision to make the joy and healing power of dance accessible to everyone, regardless of age, ability, or circumstance. Let's move and groove.



5 Senses Garden Workshops



4 August: 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.



11 August: Mystery Workshop



Join us for a special workshop where the activities will be revealed only on the day. Part of the joy in

life is the surprise!



18 August: Live Jazz & Collage

Yes, you read that right! We will be listening to some live Jazz saxophone courtesy of Andrew, whilst collaging in the garden. Last time we collaged in the wild wind, fingers crossed for milder weather, but whatever the case, the smooth music is sure to get our creative juices.



25 August: Cooking with Maja

Maja returns to garden with her popular cooking demonstration. Maja will be cooking a recipe from one of our seniors. Sure to be a delicious lunch.



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

People registered with My Aged Care and living in the inner west and funded through the Commonwealth Home Support Program: \$7

Light lunch or morning tea provided

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

5 June: Intergenerational workshop

A new cohort of children from Concord West Rhodes Preschool will be joining us, brightening up the garden with their joyful presence. We will get to know each other and have some fun making music together. Light lunch included.



7 August: Morning tea and song

Tea, cake and a yarn in the garden. We'll pull out our favourite songs from throughout the decades and sing together to the classics, accompanied by ukulele. A judgement free space to sing along, or to enjoy listening to music in the garden.



Mikali Anagnostis, Social Support Worker

3 July: Seated Yoga

Dympna, from Creating Balance, will lead a beginner friendly yoga class, tailored to the capacity of the people at the workshop. A gentle and centring way to stretch and strengthen our bodies. Light lunch included.



5 Senses Garden Workshops



Growing connections through all seasons

Our 5 Senses Garden continues to blossom as a nurturing space where community and connection flourish. We've been delighted to welcome new faces to our garden family, with each person adding to the remarkable warmth and welcoming atmosphere that defines our group.'



Seeds to Trees, our cherished intergenerational program, continues to bridge generations as we invite pre-schoolers from next door to join us in the garden. Autumn planting has been a highlight, allowing both seniors and children to experience the vital qualities of being outdoors together—feeling the soil, observing seasonal changes, and sharing the joy of nurturing new growth.



We've expanded our creative horizons thanks to Karen from Dance Health Alliance, who has recently become a registered Art Therapist. Karen guided us through creating "blind drawings" in pairs, encouraging seniors to tune into the qualities and connections with their partners. We're excited that these heartfelt creations will be exhibited at our IWNA "I Made It!" exhibition in June—a wonderful opportunity to share our creativity with our wider community.



The garden has inspired other meditative and creative experiences. Recently, we created a beautiful mandala using plants and flowers gathered from the garden. We began with a centering meditation, tuning into our bodies and inviting the essence of autumn into ourselves before mindfully walking through the garden to select elements for our collective creation. This practice of tuning into our senses deepened our connection to nature and to each other.

5 Senses Garden Workshops



Our NSW Women's Week celebrations cultivated particularly moving moments as we shared stories about inspiring women in our lives. The intimate sharing was complemented by writing letters to our younger selves or to young women we know—passing along wisdom across generations.



Our garden space itself was recently transformed during a productive working bee, thanks to our dedicated Garden Aid team and volunteers. As the vegetables and plants at the 5 Senses Garden undergo seasonal changes and we move into cooler months, we're reminded that while life is constantly changing, the connections we share provide consistency and support that sustains us through all seasons. We're looking forward to a cosy winter in the garden.



Chantel Jurcevic, Social Support Worker

Volunteers

Welcome to New Volunteers

Welcome to the following volunteers who joined our community in the past few months:

Cecelia Addabbo, Vanessa Casarotto and Angela Tay.

Macquarie University students: Melinda, Melissa and Samantha.

Rivendell School students: Tristan, Charlotte, Wolfgang.

Volunteer Event – Visit to the Sydney Bus Museum



To borrow a term from *Wallace and Gromit*, our Volunteer event at the Sydney Bus Museum on Sunday 16 March was a "Grand Day Out". We ventured out to Leichhardt on what was forecast to be the hottest Sydney autumn day ever - really!

After meeting and greeting we enjoyed a refreshing brunch then into the museum where our charming and very knowledgeable guide, Bradley, walked and talked us through an amazing array of buses, equipment and general memorabilia. We learnt a lot about the



history of buses and public transport, how buses were sourced from overseas or built here, the phasing out of bus conductors, the gradual acceptance of female drivers (their uniforms were a sticking point for several reasons), plus many other fascinating stories. The visit ended with a round trip into the city on a lovely old double decker - how things have changed - the noise, the hard seats, a conductor on board! As we travelled around the city, Sunday afternoon shoppers smiled at the sight of the bus, waved at us and some even took photos as we went by.

For a place that many of us knew of only vaguely, we were all very impressed to learn so much and have such an interesting, fun time with our Neighbour Aid friends.

Karen Paige, Client and Volunteer Intake Officer

National 19-25 MAY 2025
Volunteer
Connecting Communities **Week**



Volunteer in Profile, Myat Theingi

I recently met Myat at the Sydney Bus Museum event. Her enthusiasm is infectious. Thanks to Myat, I now know what TMI stands for (too much information), so a learning opportunity for me.

Myat contacted Neighbour Aid in November 2024. Whilst studying full time, Myat volunteers each week with either the DanceMoves or Outings programs.

What drew you to volunteer with us?

Volunteering has always been something I'm passionate about since I was in Myanmar. After slowly getting used to my daily life in Australia, I thought I would reconnect with that part of myself I used to have back home and continue doing what I truly enjoy. When I came across IWNA's volunteer opportunity on my university's website, I had a quick sneak peek of the work they do, and I was immediately drawn into it. I thought the work that IWNA does was the right fit for me not just in a personal way but also academically with what I'm studying in my psychology degree. Volunteering with IWNA seemed like a meaningful way to do what I love and give back to the community while also learning, growing and being part of a supportive environment.

What has surprised you since joining?

I wouldn't really say it's a surprise, but more of a feeling of gratitude. This is my first time volunteering in Australia, as well as in the aged care sector, so I wasn't entirely sure what to expect and I honestly felt a bit nervous about making mistakes. But I've been so thankful for the chance to help out alongside such a supportive IWNA team (shout out to Emel, Maja, Ruben, Allison and Karen for making me feel so supported).



The clients have been absolutely lovely and wonderful and it's been such a real privilege and a joy to assist and connect with them during the activities. They've shown me so much kindness and their spirit and resilience is also very inspiring for me. It's amazing to see how IWNA creates a space where people feel valued, heard and supported. Every time I see the clients engage with each other and the team, I'm reminded of how important it is to foster a sense of belonging. I'm just really grateful for the opportunity to be part of this incredible community.

What do you value most about your role?

The thing that I value the most is the opportunity to help clients and also the chance to learn from them. I personally think volunteering here is not just about assisting with activities or providing support, it's more about the conversations, the stories, and the moments of connection that we all share together. Each and every client has a unique perspective and way of approaching life, and I find that incredibly interesting and very inspiring. It teaches me to be more present and to appreciate the little things in life. What I didn't expect was how much they'd end up teaching me, so I'm really grateful to be in a role where I can both give and grow.

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


I LOVE treating myself to good things because, honestly, I believe I deserve them. The only problem is, I tend to indulge a little too much sometimes, so I have to remind myself to be disciplined too. Lately, I've been doing a lot of city walks and hiking, and I've realised... my stamina is terrible - it's just not where I thought it was. So, I finally signed up for a gym membership!

Stella Angelo, Editor

JUNE 2025

Mon	Tue	Wed	Thu	Fri
2 5 Senses Garden Community Greening RECONCILIATION DAY	3 Alive & Kicking Bingo Strong Together Memory Leaves	4 Trolley Talk Strong Together Memory Leaves	5 Stand Tall Warragamba Dam Living Well with Dementia	6 Dance Moves WORLD OCEANS DAY
9 NO PROGRAMS - PUBLIC HOLIDAY	10 Alive & Kicking Rivendell Strong Together Billu's Harris Park	11 Billu's Harris Park Strong Together Billu's Harris Park	12 Stand Tall Morning Tea Doyle's @ Watson's Bay	13 Dance Moves
16 5 Senses Garden Art Therapy with Karen	17 NO PROGRAMS	18 Trolley Talk No Strong Together	19 Stand Tall Cinema @ TBC	20 Dance Moves JUNE SOLSTICE NATIONAL YOGA DAY
23 5 Senses Garden Food Appreciation Club	24 Alive & Kicking Speaker Strong Together BINGO	25 I Made It! Exhibition Opening	26 Stand Tall North Bondi RSL	27 Dance Moves
30 5 Senses Garden Seeds to Trees				


JULY 2025

Inner West NeighbourAid 				
Mon	Tue	Wed	Thu	Fri
	1 Alive & Kicking Bingo	2 Trolley Talk	3 Stand Tall	4 Dance Moves
	Strong Together BINGO	Strong Together BINGO	Canada Bay Club Phoenix	
			Living Well with Dementia	
7 NO PROGRAMS NAIDOC WEEK	8 Alive & Kicking Games	9 Bankstown Sports Club	10 Stand Tall	11 Dance Moves
	Strong Together Bankstown Sports	Strong Together Bankstown Sports	Brookfield House @ Camden	
14 5 Senses Garden Tai Chi with Ling from Health & Happy Heart	15 Alive & Kicking Trivia	16 Strong Together Hot Meal + Bingo	17 Stand Tall	18 Dance Moves
	Strong Together Hot Meal + Bingo		NSW Art Gallery Cafe	
21 5 Senses Garden Xmas in July	22 Alive & Kicking Speaker	23	24 Stand Tall	25 Dance Moves
	Strong Together Dance Moves	Strong Together Dance Moves	EAST Conservation Hut café @ Wentworth Falls	
28 5 Senses Garden Move with Dance Health Alliance	29 Alive & Kicking Word- game	30 STAFF DAY - NO PROGRAMS	31 Stand Tall	
	Strong Together BINGO		WEST Conservation Hut café @ Wentworth Falls	

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

AUGUST 2025

Inner West
NeighbourAid 

Mon	Tue	Wed	Thu	Fri
				1 DanceMoves
4 5 Senses Garden Community Greening	5 Alive & Kicking Bingo Strong Together Painting	6 Trolley Talk Strong Together Painting	7 Stand Tall Loftus Pies Living Well with Dementia	8 DanceMoves
11 5 Senses Garden Mystery Workshop NATIONAL SCIENCE WEEK	12 Alive & Kicking Rivendell Strong Together Club Parramatta	13 Club Parramatta Strong Together Club Parramatta	14 Stand Tall Bondi Icebergs	15 DanceMoves
18 5 Senses Garden Jazz & Collage	19 Alive & Kicking Trivia Strong Together MLC & Hot Meal	20 Trolley Talk Strong Together MLC & Hot Meal	21 Stand Tall Auburn Botanical Gardens 	22 DanceMoves DAFFODIL DAY
25 5 Senses Garden Cooking with Maja	26 Alive & Kicking Speaker Strong Together BINGO	27 STAFF DAY - NO PROGRAMS	28 Stand Tall Sydney Rowers Club @ Abbotsford	29 DanceMoves

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