

Neighbour News

Spring
Edition

Aug 2026
Issue 132

Shining the Light

As I compile this newsletter in what is the middle of winter, the idea of Spring brings a smile to my face.

Having escaped the cold recently, meant that I missed the "Shining the Light" Exhibition. However, the team has compiled so many amazing and impactful client stories and photos from this event. We have included some in this newsletter and many others will appear progressively on our social media sites.

My hobby is languages. Recently I was reminded of a Greek word that has no direct English translation.

Filotimi embodies a selfless sense of duty, dignity, pride and instinctive sense of kindness and generosity. Filotimi drives people to do the right thing for others in their community, simply because it is the honourable thing to do.

This ancient word seems to beautifully encapsulate the spirit and purpose of Inner West Neighbour Aid!

Read on and let me know if you agree.

Stella Angelo, Editor (volunteer)

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Shining the Light

An intergenerational, multimedia project highlighting the untold stories of older people in our community



Inner West Neighbour Aid supports seniors to live independently, build friendships and thrive in their local community.



Inner West
**Neighbour
Aid**

Organisational News

Aged Care Reforms—Update

The Senate Committee delivered its report on 23 June 2026 and backed the Commonwealth Home Support Program (CHSP) staying separate from the Support at Home Program.

What this means for CHSP providers:

- The Senate Committee's recommendation is not a law or binding decision.
- The Government is not automatically required to adopt it. The Minister for Aged Care and Government still need to decide whether to accept, partially accept or reject the recommendations.
- However, there is now a strong case for:
 - ⇒ retaining CHSP as a separate block funded program.
 - ⇒ extending CHSP funding beyond 1 July 2027 while the government confirms its decision.
 - ⇒ if the recommendations are adopted, CHSP is unlikely to be absorbed into the Support at Home program.

We eagerly await the next steps.

AGM and Aged Care Information Session

This year's Annual General Meeting will also include a guest speaker Paul Sadler presenting an Aged Care Information Session. This is open to all members of our community including clients, their family and representatives, volunteers and contractors.

Paul Sadler brings an extensive range of experience from 4 decades in the aged care sector. Paul has been a national and state CEO of aged care industry associations, CEO of a major aged care provider and influencer of ageing policy, disability and community care programs for both national and state governments.

New Technology, Improving Our Systems

As part of our ongoing commitment to improve the way we work and communicate, we have upgraded our telecommunications system in the office and our printer.

After considerable research and negotiations, the changes were driven by our Strategic Objective to "Transform Through Technology and Innovation", as well as to reduce administration time, decrease expenditure and automate processes.

Our ordinary office hours are between 8am to 4.30pm. Outside of these hours there is a voice messaging system. If needed, please leave a message and the relevant staff member will get back to you as soon as possible.



Inner West Neighbour Aid's

31st ANNUAL GENERAL MEETING

including an

AGED CARE INFORMATION SESSION

Wednesday 21 October 2026

Croydon Park Club, 55 Seymour St, Croydon Park

10am – 1.30pm

A light lunch will be served around 11am

Client Transport Fee \$15

Participant Cost \$5

RSVP by 12 October on 9799 5099 or allison@iwna.com.au

Organisational News

Farewell Board Secretary, Samantha Guthleben

After 3 years I have made the decision to step back from the Board of Inner West Neighbour Aid. It was not an easy decision to make but on the other hand I feel so very lucky that I got to spend my time with such an amazing cohort that is the Neighbour Aid Community.



Thank you to my Board colleagues for giving me the opportunity to contribute to such a fantastic organisation. A particular thank you also to Steven Takacs-Gal for his guidance and mentorship as Chair when I started in 2023, and also more recently to Chair Alison Muir who has so capably been chairing the Board since October 2025.

It's been a worthwhile experience being a part of an organisation whose values are so deeply embedded in our Purpose Statement to keep seniors engaged, connected and active and I am looking forward to seeing how Neighbour Aid continues to rise to meet the future challenges of the aged care sector over the next couple of years and make a tangible difference to the communities we serve.

Finally, and importantly, thank you to General Manager Allison Yee-Brogan and the staff of Inner West Neighbour Aid. The work you do is so important and I'm looking forward to hearing how Neighbour Aid continues to go from strength to strength.

Acknowledgement of Funding

Inner West Neighbour Aid is primarily funded by the Department of Health, Disability and Ageing. 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

New Dementia Prevention Animations

MindCare Collective has launched a new animation series, Your Brain Health Matters: 5 Ways to Lower Dementia Risk. These short animations share 5 simple and practical ways people can support their brain health and help lower their risk of dementia:

- Stay active
- Eat well
- Stay sharp and socially connected
- Make safer choices
- Check your health regularly

These resources are designed to be easy to watch, easy to share and accessible to people from diverse language backgrounds.

Watch the animations and share with family and friends:

<https://mindcare.org.au/preventing-dementia/watch-animated-stories>

NEW ANIMATION VIDEOS

Your Brain Health Matters: 5 Ways to Lower Dementia Risk

Available in 10 languages:

Arabic | Cantonese | English |
Mandarin | Hindi | Italian | Greek |
Spanish | Tamil | Vietnamese



Organisational News

Donations

Thank you to our recent generous donors (April to June). Your support enables us to improve the quality of our programs and connect with more people in our community.

Clients: Labiba A, Betty C, Maria C, Vittoria C, Rita D, Judith D, Ronald J, Christine J, Lois G, Gabrielle G, Enid L, Iris L, Luxidevi N, Sunderisagran N, Pasqua N, Joyce Mc, Emilia M, Nancy M, Elettra P, Patricia R, Therese S, Elsie T, Richard T, John V.

Volunteers and Staff: Samantha Guthleben, Ruth Njogah, Joe Szima, Allison Yee-Brogan

Public: CBA Ashfield Branch, Craig Linn

Thank You ~ CBA

Thank you to CBA, Ashfield Branch for their community donation to Inner West Neighbour Aid. To Branch Manager, Nick Kosta, Maurino and Tresca, we are incredibly grateful for your kindness and commitment to helping others. We look forward to strengthening our connection with CBA.



Thank You ~ Craig Linn

We had the pleasure of meeting with Craig Linn and Saki Onishi, who is an Occupational Therapist working at a geriatric health facility called "Life 2" in Matsukawa Village, Nagano Prefecture, Japan. We shared information about our programs, in particular those programs operating at the 5 Senses Garden.



A message from Craig Linn: *Thank you for being so very generous with both useful information and your precious time yesterday. It really is appreciated by both Saki and myself. Saki has told me that she has learnt a great deal from the meeting with you, and by visiting the garden on Saturday. Yesterday evening we discussed the meeting both in English and Japanese. She is really happy to have been afforded this learning opportunity in Australia.*

On a personal note, I was really impressed by both the mission of your organisation, and its very significant and quite concrete achievements. As such, I sent off a donation to your CBA account a few minutes ago.

Thank you Craig for your generosity and kind words.

Organisational News

How to Donate

Community has always been at the heart of what we do. Each week, our volunteers and staff support seniors through transport, social visits, phone calls, shopping assistance, and everyday connection. These small acts of kindness can make a big difference.

If you are in a position to contribute, we warmly welcome donations to help us continue this work. Whether large or small, every donation helps us support local seniors to remain connected to their community.

Thank you for being part of the Inner West Neighbour Aid community.

How to make a donation:

Bank Account: Commonwealth Bank of Australia

Account Name: Inner West Neighbour Aid Inc

BSB: 062 178

Account No: 10066594

Description: Please include your full name

Return and Earn

Another way to support us is to make a donation through the Return and Earn Scheme.



STEP 1:

- Download the Return and Earn App on your mobile phone.
- Set "your active payout" to "Donation".
- Search and select "Inner West Neighbour Aid".



STEP 2:

- At the Return and Earn drop off point scan your app barcode.
- Deposit your containers and 100% of your refund will be donated to Inner West Neighbour Aid.

Contact Us

Scan the QR code below to save our office number and email address to your phone.

Your feedback, questions and suggestions are always welcome.



Allison Yee-Brogan, General Manager

Organisational News

Staff News

As our Neighbour Aid community continues to grow and evolve, we experience both farewells and new beginnings. While we are sad to say goodbye to Ruth, we are grateful for the care, dedication, and warmth she has shared with our clients, volunteers, and team. At the same time, we are delighted to welcome Megan to Neighbour Aid. Every new team member brings fresh ideas, skills, and enthusiasm, helping us continue to strengthen the support we provide to our community.

Ruth has been a valued member of our Social Support team since October 2025. During her time with Inner West Neighbour Aid, she has made a meaningful contribution through her compassion and commitment to supporting seniors in our community. We sincerely thank Ruth for everything she has given to Neighbour Aid and wish her every success and happiness in the next chapter of her journey. We hope she takes with her, many wonderful memories and valuable experiences.

As we move through this period of transition, our commitment to our clients and volunteers remains as strong as ever. We look forward to sharing further updates with you as we continue to build on the strong foundations of our Social Support team.

Maja Sorensen, Senior Coordinator

Welcome

I'm Megan and I'm so excited to be joining the Inner West Neighbour Aid community as a Social Support Worker.

Connection and inclusion have always mattered to me and I love that these values sit right at the heart of this organisation.

In my previous role, I planned activities and excursions and drove the community bus for young people and people with disabilities. I understand the value of creating moments where people feel supported and part of something and I'm looking forward to bringing those skills into this wonderful community.

I've studied teaching, international studies, and community services and each one has shaped how I understand people and the different ways communities come together. I grew up in Sydney but have also lived in Singapore, Lyon, London and Paris, experiences that really broadened my appreciation for different cultures and perspectives and even inspired me to start learning French.

Over the years, I've also volunteered in a range of community settings and have a deep respect for the value our volunteers bring. I also like seeing how different generations learn from one another, and I'm excited to help support opportunities for our seniors to share their stories, wisdom and experiences.

In my spare time, I love spending time with my family, exploring new places, cooking and enjoying live music, comedy and sport.

I'm genuinely looking forward to getting to know you all and sharing experiences together.



Megan O'Rourke, Social Support Worker

Organisational News

Farewell



Dear Neighbour Aid community,

As my time at Neighbour Aid comes to an end, I leave with valuable lessons and wonderful memories from my interactions with our amazing clients,

volunteers, and staff team. Good things do come to an end, but I have learned that the opportunities we step into are never in vain - they shape us in meaningful and lasting ways.

I have seen first hand that ageing is a time of possibilities. The stories shared with me - full of wisdom, humour and resilience - have reinforced the importance of creating spaces where our seniors' voices can shine. I was especially moved by the recent "Shining the Light" exhibition and the depth of stories our clients shared through various mediums.

I leave with a few truths close to my heart; ones you may choose to consider:

- **Light reveals what is already there** - I choose to create a healthy curiosity with those around me.
- **Light grows when shared; honouring every stage of life** - we can choose to honour the seniors in our lives, share our stories with one another whilst celebrating intergenerational platforms.

With a heart full of gratitude, I appreciate you - our beloved clients - for choosing Neighbour Aid and for your vulnerability, honesty and depth and our amazing volunteers and staff for your support and creativity. It has been an honour to work alongside you.

Ruth Njogah, Social Support Coordinator



Gardening and Nature

Weather can change fast in spring. Climate change has made our Spring-time weather even more unpredictable. However, whether we have a hot and dry or warm and wet summer ahead, there are many jobs that need doing before summer to prepare your garden for what lies ahead.

Fertilising and Mulching

Spring is the time to feed your plants to promote healthy growth. Apply an all purpose organic fertiliser to your vegetable beds. Organic fertilisers encourage soil microbes which are an essential ingredient in healthy and resilient soil. Special plants such as azaleas, camellias and magnolias have slightly different needs. They will perform best if given a fertiliser made just for them when they finish their winter flowering. Roses and citrus can be fussy plants in Sydney and are known as feeders. You can use citrus fertiliser on both to encourage vigorous growth and mass flowering. Apply the fertiliser to the 'drip line' and water in well. For best results, ensure no other plants such as lawn or shrubs are growing over the roots. Lastly, natives need fertilising just as much as any other plant to look their best. However, as they are generally sensitive to phosphorus, they do best when given a native fertiliser that doesn't burn their sensitive roots.

Now all your plants have been fed, it's time to mulch the soil to protect them from the spring and summer heat. Vegetable gardens thrive with light, fluffy mulch like straw. Because veggie beds require frequent planting and cultivation, straw makes life easier—it's simple to push aside for new seedlings and if a little bit gets buried, it won't damage your soil structure.

For all other beds, choose something more substantial. Mixed woodchips (like that used by the Garden Aid Team or something similar like 'Eucy Mulch') are longer lasting and help promote healthy cool soil and reduce evaporation while minimising weeds.

Pruning

The general rule for pruning any plant (with some exceptions) is to wait until the plant has finished its main flowering before trimming. Camellias, azaleas and many natives should be pruned at this time of the year. Also, the beginning of spring is a good time to reduce any ornamental native grasses and tidy up citrus trees with broken or congested branches.

Pots

All potted plants require feeding and watering. But did you know that you (or Garden Aid) should also replace your potting soil at least every 2 years? Spring is the perfect time to do this as plants are emerging from winter dormancy and are ready to produce new shoots and roots. To repot, remove the plant (you may need to loosen the soil around the rim with a hand-trowel) and inspect the roots. Cut off any thicker roots around the sides and bottom of the root ball, taking off around one third of the root ball in the process. Place the new potting mix in the bottom of the old or new pot, re-insert the plant and back fill to the top of the root ball. Water well until the water emerges from the drainage holes. Your pots are now ready for summer!

Stuart Blundell, Garden Projects Coordinator

Gardening and Nature

A Seasonal Recipe

As the weather has turned chilly, making an easy and low cost meal for dinner is an easy way to stay warm and healthy. As I have previously written here, one of my favourite Greek dishes is the cheesy, spinach filled Spanakopita pastry. However this one-pot pasta recipe combines all of the best parts of a Spanakopita without the hassle. Silverbeet is cheap and readily available during the cooler months. It is extremely high in minerals essential for good health like potassium and magnesium, making it a great cost effective choice for winter meals.

Spanakopita Pasta

Extra Virgin Olive Oil

300g Silverbeet/spinach, finely chopped

500g Orzo pasta

1 brown onion, diced

1 litre vegetable or chicken stock

3 cloves garlic, chopped or minced

1 small bunch of parsley, dill and mint (optional) - finely chopped

Juice and zest of 1 lemon (zest optional)

200g Greek feta, crumbled

Salt and pepper

Method:

1. Heat a decent amount of olive oil in a saucepan with lid, enough to coat the base evenly. Add the onion and cook until the onion is translucent, then add garlic until fragrant.
2. Add the pasta and pour in the stock, cook for 5 minutes on med-high heat. Uncover, stir and reduce the heat to medium to cook for another 5 minutes. You will need to taste the pasta at this point- it should be just tender. If it needs more time you can put the lid back on and cook for a few more

minutes. If dry you can add a splash of water.

3. When the pasta is cooked, add the spinach gradually and stir as you go. It should start to wilt as you combine until all the spinach is used. Remove the dish from the heat and add the lemon zest, juice, herbs and feta. Stir through and add salt and pepper to taste. Enjoy!

Melanie Athan, Garden Aid Team Leader



Client Services

When should we contact My Aged Care?

Life changes as we age—and so do our care and support needs. Whether these changes happen slowly or unexpectedly, keeping your information up to date with My Aged Care can help make sure you receive the right support when you need it.

Has your health or mobility changed?

Have you had a fall or hospital stay?

Are daily tasks becoming more difficult?

Do you have a family carer that is no longer able to support?

Your contact details or living arrangements have changed?

Maybe you would like to join social outings, exercise or get some assistance with shopping or gardening – you can easily do this by contacting My Aged Care to request a referral code. They may require a Support Plan Review to issue the referral depending on the service requested. An assessor will help to decide if you require entry level services from the Commonwealth Home Support Program (CHSP) or higher level care from Support at Home, which replaced Home Care Packages from 1 November 2025.

You don't need to wait until something goes wrong. Even if you're simply looking for more information about aged care services or aren't sure whether your situation requires a reassessment, it's worth getting in touch. Keeping your information current can make it easier to access the support you need and make informed decisions about your care.

If you need help contacting My Aged Care or understanding the aged care system, contact Emma or Karen at Neighbour Aid on 9799 5099.

Find the help you need with

myagedcare

1800 200 422

www.myagedcare.gov.au



State Member for Summer Hill - Jo Haylen MP

Ms Jo Haylen MP, State Member for Summer Hill spoke in Parliament on 13 May to acknowledge Inner West Neighbour Aid:



Growing older should mean growing more connected — and that is precisely the vision that drives Inner

West Neighbour Aid every single day. With a simple but powerful purpose — supporting seniors to live independently, build friendships and thrive in their local community — Neighbour Aid delivers programs that make a real difference to older Inner West residents. From gardening and help at home, to dog walking, pet adoption and assisted online shopping, their Around the Home programs help seniors stay safe and independent. Health and wellbeing programs including Alive & Kicking, Stand Tall, Strong Together and Dance Moves keep body and mind active. And their Out & About program — outings, workshops, Trolley Talk and Living Well With Dementia sessions — opens doors to new experiences and new friendships. At the heart of everything Neighbour Aid does are the values that define them — kindness, integrity, diversity, choice and community. The belief that everyone has a voice, everyone belongs and everyone deserves to be seen. A heartfelt thank you to Board Chairperson Alison Muir, General Manager Allison Yee-Brogan, all the team, and the many selfless volunteers whose dedication and commitment makes it all possible.

Emma Torres, Client Services Coordinator

Help at Home

Help at Home



We are thrilled to officially welcome “Luxi”, short for Toyota Hilux, the newest addition to the Help at Home team. Luxi is ready to hit the road and help our team deliver top-notch services across the inner west.

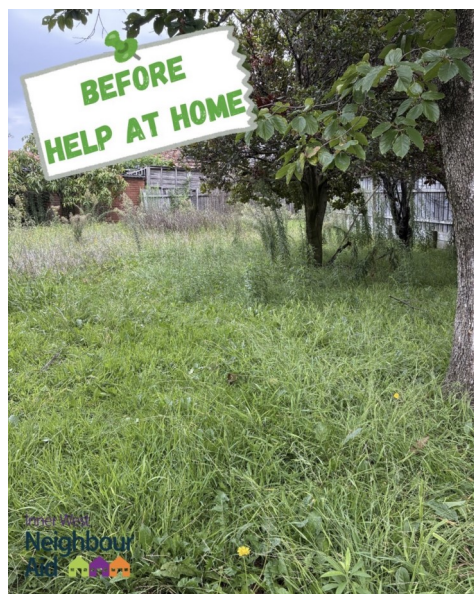
Our services include:

- ◊ Lawn Mowing
- ◊ Hedging
- ◊ Pruning
- ◊ High Pressure water cleaning
- ◊ Low- level window cleaning
- ◊ Gardening (weeding and planting)

Need a hand around the home or garden?

If Help at Home can assist you or someone you know, with any of these services, please give our friendly team a call on 97995099.

Joanne Santas, Help at Home Coordinator



Outings with Betty

Betty C joined the Neighbour Aid community in 2019 and has been a cherished presence ever since. She is a dedicated regular on outings and Trolley Talk and brings warmth, kindness, quiet wisdom and a friendly smile to our programs.

What made you decide to join your first outing?

I was referred to Inner West Neighbour Aid by a Social Worker to meet new people and make new friends.

What do you enjoy most about the outings?

Being a part of a group and enjoying outings with great food, views and company!

Have you made any friendships or special connections through the outings? Tell us about them.

Yes – I made a dear friend Shirley who I met quite early on these trips. We shared many laughs, meals and moments that I will forever cherish.

Is there a favourite outing or memorable moment that stands out to you?

All the venues are great with many having spectacular views but if I had to pick one it would be Bondi Icebergs.

How have the outings or Trolley Talk made a difference in your life or wellbeing?

Absolutely – The Ashfield Boys High School students who help me with my shopping at Trolley Talk are an immense help.

What would you say to someone who is thinking about joining one of our outings but feels a little nervous?

The staff go above and beyond to make everyone feel so welcome, so don't hesitate to join and make new friends!



A special memory of Shirley (L) and Betty (R).

Maja Sorensen, Senior Coordinator

Strong Together

When: Every Tuesday and Wednesday from 11am to 1.30pm

Where: Croydon Park Club Cost: \$7

Client transport if required: \$15

Please call us on 9799 5099 to book in.

Shared Stories

Strong Together group members recently shared some amazing stories in our "Shining The Light" exhibition. Here we showcase Betty's wonderful story.

Betty M worked for the ABC in Sydney. Her role involved working in the music library which initially required her to work with sheet music for the ABC orchestra. Later in the same role, the library transitioned from sheet music to music on records. Betty transitioned in her role too, storing, selecting and cataloguing records for the various radio programs.

The image shown here is from a newspaper clipping from the Sydney Morning Herald. The image shows Betty with the radio presenter she would assist for a program called "Housewives Choice". Female listeners from across the state would write and post letters to the radio station. Women would write a little bit about themselves and request their favourite song. Part of Betty's role was to collate the letters and select the corresponding record with the songs they had requested. She would then provide the letters and records to the presenter, ready for them to be played during the radio program.



Betty worked for several years but was required to resign when she married as this was the government policy at the ABC and other government organisations in the 1950s.

Emel Jurd, Social Support Worker

Alive & Kicking

When: Every Tuesday from 11.15am to 1.30pm. Bring your own lunch..

Where: The Dutton Centre, Strathfield

Cost: \$7 Client transport if required: \$15

Please call 9799 5099 to book in.

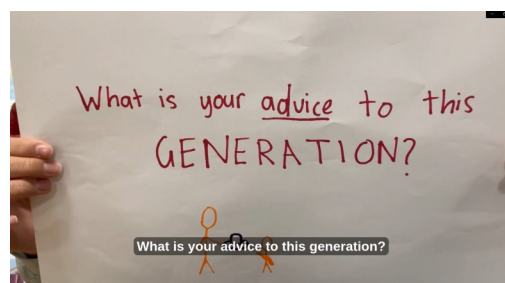
Shining the Light on our Intergenerational Program — Alive & Kicking meets Rivendell School

For our "Shining the Light" exhibition, we had the opportunity to highlight our seniors lives and stories. We drew on the connection we have cultivated with Rivendell School students and decided that the students could interview the seniors via video. The video was shown in the exhibition space.

The video was thus created through a collaboration between seniors at our Alive & Kicking program and students and staff at Rivendell School, Concord. The students prepared the questions. The seniors brought their stories.

Across differences in age and experience, this project nurtured moments of curiosity, memory, humour and the simple but powerful act of being heard.

The Rivendell School students join our seniors at Alive & Kicking once a month for intergenerational connection.



Chantel Jurcevic, Social Support Worker

Stand Tall

When: Every Thursday from 11am to 12pm
 Where: CSP Gym Ashfield
 Cost: \$17 Client transport if required: \$15
 Non-Client: \$27
 Please call 9799 5099 to book in.

Shining Examples

Stand Tall group members are shining examples of healthy aging and their stories reflect their positive and holistic approach to living active lives.

Simon recently participated in our Shining the Light exhibition and shared these thoughts on the subject.

"The key for longevity in aging is having social connections with family, friends and community.

Keeping fit, active and maintaining a curiosity for learning will delay the eventual decline in cognitive ability to remember names, past memories and mental skills.

Learning a craft or learning to play a musical instrument offers profound benefits for your mental and physical health.

One of the joys of living is having fun with your family and them making fun of you and appreciating you."



Emel Jurd, Social Support Worker



DanceMoves

When: Every Friday from 11.30am to 1.00pm
 Where: Woodstock Community Centre, Burwood
 Cost: \$7 Client transport if required: \$15
 Non-Client: \$22
 Please call 9799 5099 to book in.

Shining a Light on Culture

One of our DanceMoves clients, Margaret, reminded us that NAIDOC week was approaching and suggested we highlight the music of Aboriginal song writers and performers for our dance class on the 10th of July.

Dance Health Alliance was happy to oblige and put together a beautiful song list with traditional and contemporary songs. It was fascinating how focusing attention on Aboriginal artists made many of us realise that we knew the song well but didn't realise it was an indigenous performer who had written or performed the song.

That's what happens when we shine a light on a culture, a person or a place, we get to see more clearly and appreciate what is really there.

Margaret suggesting the song selection for NAIDOC week was also a reminder of how special it is that our clients are happy to share an idea or give feedback and we can take on board the ideas making our programs better for everyone.

Emel Jurd, Social Support Worker



Shining a Light on Social Support Worker, Emel

What does the Neighbour Aid community mean to you?

It means I'm part of a vibrant team and get to make a meaningful difference to our seniors. I feel it is a gift and a privilege to have that opportunity.

Tell us some highlights from your programs.

One of the greatest highlights from my programs is to see people who were alone and isolated attend DanceMoves, Strong Together or Alive and Kicking and begin to make friends, laugh, learn and enjoy life once again. Our art exhibition is also a fabulous way to learn more about each other and highlight the rich lives our clients have lived and continue to live.

How are these programs evolving?

The programs evolve based on the needs of the clients. We are always taking suggestions for activities, guest speakers and outings and tweaking the programs to best meet the needs and interests of our current group members.

Recently our Strong Together Tuesday group has merged with the Tuesday Alive and Kicking group. Our first session together, in our new "Super Group" was so inspiring! Clients broke the ice by sharing why they attend Neighbour Aid programs and what they like best about attending our programs. It was heart-warming to hear Frances and Mary both share how attending Strong Together had brought back their joy and enthusiasm for life. It is a gift beyond measure to get this sort of feedback from our group members.

You were quite involved in the Shining the Light exhibition. How important is art therapy to you?

I'm not an Art Therapist, but have used my art degree across Education, Health and innumerable government and non-government agencies for about 24 years with all age groups and many cultures. Providing a creative outlet opens a doorway to express emotions and ideas that may not easily be expressed in words. It's a way to play and connect with others and sometimes externalise emotions to see them in a new light. By providing a safe space people can reconnect with their inherently creative nature and allow themselves to have fun again with that creativity.

Expressing ourselves with art materials gives us new ways to see and share ourselves with each other and express parts of us that may have been silenced by formal learning environments.

Creativity is a very powerful and transformational tool.



**Emel Jurd, Social Support Worker and
Stella Angelo, Editor (volunteer)**

5 Senses Garden Workshops



When: Every Monday 11am to 1pm. Light lunch is provided.

Where: 5 Senses Garden Rhodes Park, Concord West. Entrance via Killoola St.

Cost: \$7 Client transport if required: \$15 Non-Client: \$27

Please call us on 9799 5099 to book in.

7 September: Art Therapy with Karen

Spring has sprung and throughout this season we are trialling monthly art therapy sessions with Karen Burns. Her art therapy sessions have been celebrated by our 5 Senses Garden crew, so why not have an abundance of art opportunities?

14 September: Community Greening

Paris from Community Greening joins us for a session of gardening, creativity and reconnecting with nature. Paris has a wealth of knowledge as an experienced horticulturalist and artist.

21 September: Seeds to Trees

Another spring session with our neighbouring pre-schoolers. Sure to be an energetic, creative and adorable session, as always.

28 September: Games

Let's bring out our playful and competitive spirits with games in the garden. Let us know if you have a special request for a game!

5 October: PUBLIC HOLIDAY—NO PROGRAMS

12 October: Art Therapy with Karen

Our spring monthly installation of art therapy in the garden with Karen.

19 October: Bonsai Skill with Chris

Chris from the Sydney City Bonsai Club is joining us to share his skills and knowledge. Chris is passionate about Bonsais!

26 October: Seeds to Trees—Spring Equinox Gardening

Concord West Rhodes Pre-School join us for intergenerational fun for Spring Equinox gardening. This is our bi-annual gardening session where we refresh the garden beds and ensure they are well watered (the pre-schoolers love the watering cans!)

2 November: Art Therapy with Karen

Another inspired art therapy session with Karen.

9 November: Cooking with Ling

Ling from Health and Happy Heart will be back in the garden with us—this time sharing her love of food through a cooking workshop. Ling will make nutritious, fresh and delicious vegetarian food. Perfect for spring.

16 November: Card Making

We'll be designing and making some personalised cards for the special people in your lives. An opportunity to get crafty and create something from the heart.

23 November: Seeds to Trees

Our last spring session with Concord West Rhodes Pre-School students.

30 November: Community Greening

Paris from Community Greening will be guiding us in a gardening inspired workshop. Community Greening aims to connect people with new skills, environmental sustainability, and each other—an outreach initiative run by Royal Botanical Gardens.

5 Senses Garden Workshops

Seeds to Trees: 5 Senses Garden & Concord West Rhodes Pre-School

Concord West Rhodes Pre-School neighbours the 5 Senses Garden and about once a month the children join our seniors there as part of "Seeds to Trees", an intergenerational program built around shared time in the garden.

During autumn planting, the children were given iPads to document through photography what interested them in the garden. The photographs they took revealed a particular way of seeing; close up, unhurried, drawn to texture and detail. Marnie, the Pre-School Director, printed the images as posters and smaller prints.

From there, seniors and children sat together with posca pens and worked directly on the photographs. Drawing, mark making, tracing the outlines of what the children had noticed. Noticing anew. The photographs became a starting point for a new layer of looking, sensing, responding and creating collectively. And most importantly, a way of drawing out laughter and play between the children and seniors.

Both children and seniors are sometimes overlooked in our communities. Their opinions, wisdom and way of seeing the world treated as peripheral. This work takes a different position. What children notice and what seniors notice, is worth taking seriously, listening and celebrating.

Chantel Jurcevic, Social Support Worker



Shining a Light on Client, Elsie

Shining the Light on Elsie's Story

In 1961, at 21 years old, I was part of the first-ever group of women recruited into the Malaysian police force in Kuala Lumpur. I studied the penal code, trained with a firearm — and won first prize for best shooter. I also did night shifts in plainclothes: undercover raids on gambling dens, escorting victims, the full weight of the job. After six years, I moved on to work in the security section at the University of Malaya.

But there was another side to my life that few people knew about. Growing up in Penang, I was a competitive swimmer — freestyle, open water, and rowing. I represented Penang across Malaysia, won the freestyle challenge cup three years running, and swam open water across the strait from Penang Island to Butterworth — around 11 kilometres. I came home with more trophies than I could count.

Looking back at these photos, I remember feeling very happy. Very free. I did whatever I wanted.

I came to Australia in 1979.

~ Elsie, Client



Client Corner – Quiz

Since the FIFA Men's World Cup has been on for the last few months I thought some football and world trivia might be a good idea.

Questions:

1. Which player scored the "Hand of God" goal at the 1986 FIFA Men's World Cup?
2. Who has scored the most goals for the Socceroos at FIFA Men's World Cups?
3. Who is the captain of the Matildas and their all-time leading goal scorer?
4. Lionel Messi became the highest goal scorer in FIFA Men's World Cup history during the 2026 tournament. Which country does he represent?
5. Mexico co-hosted the 2026 FIFA Men's World cup. What was the last great pre-Columbian civilisation centred in present-day Mexico?
6. Canada was another co-host. Which is the only Canadian province in which French is the official language?
7. In 2026, Curaçao became the smallest country by population ever to qualify for a FIFA Men's World Cup. Curaçao is an island country in which region of the world is it located?
8. Which European country won the 2023 FIFA Women's World Cup, which was co-hosted by Australia and New Zealand?
9. The Socceroos made the knockout rounds of the 2026 tournament. Which country did they draw against to secure their spot in the Round of 32?
10. Which is the only country to have competed at every FIFA Men's World Cup?

(answers on page 22)

NAIDOC Week , 5—12 July 2026

NAIDOC Week acknowledges and celebrates the strength, resilience and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme was Fifty Years of Deadly ~ a tribute to the people who built this movement. the Elders who stood firm, the organisers who made space, the artists who turned resistance into expression, and the communities who keep showing up, year after year.

We celebrated at the 5 Senses Garden with a weaving workshop with Concord West Rhodes Preschool and Aunty B from Wangal Country. Aunty B generously shared her knowledge of the land, the Traditional Custodians and the importance of caring for Country, helping us all deepen our understanding of the place where we live, work and play.



Volunteers

Welcome to New Volunteers

Welcome to our new volunteers who joined the team during the winter months:

Cynthia Guzman, Charlotte Wirnsberger, Connie Maehata, Maxine Chopard, Philip Pratley and Margaret Fitzgerald.

We appreciate your support for our clients and your interest in all things Neighbour Aid.

Karen Paige, Client and Volunteer Intake Officer

National Volunteer Week, 18—24 May 2026

We are proud to work with people and organisations whose values align with ours. 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 invites people not currently volunteering to give it a go.

We had a few nominations for Burwood Council's Volunteer Recognition Awards. Gary Kearns attended on behalf of the Garden Aid team which was nominated for Volunteer team of the year. Nilima Hor was nominated for Senior Volunteer of the Year. Riley and Al are student volunteers from Rivendell School were nominated for Young Volunteer of the Year which Riley won.

Our newsletter editor, Stella Angelo was nominated for City of Canada Bay Council's Volunteer of the Year award. For more than a decade, Stella has been a valued part of the Inner West Neighbour Aid community, generously sharing her time, skills and compassion in many different ways. Since joining us in 2013, she has served on our Board, provided friendship and companionship as a volunteer home visitor, supported our intergenerational Trolley Talk program, and helps bring our stories to life as editor of this

newsletter. Her ongoing commitment has made a real difference to the lives of many people and continues to strengthen our community. We are incredibly grateful for everything Stella and all of our volunteers have contributed over the years.



Volunteers



HAPPY NATIONAL VOLUNTEER WEEK!



HAPPY NATIONAL VOLUNTEER WEEK!



A BIG THANK YOU FROM US!



Inner West
Neighbour
Aid

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 for public participants, \$7 for Neighbour Aid clients with CHSP funding

Light lunch or morning tea provided

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

3 September – Intergenerational Workshop

We'll be joined by our young friends from Concord West Rhodes Pre-school. We will make some music, do some art and enjoy the lively company of our new young friends.



1 October – Art Therapy

Art therapist and friend of Neighbour Aid, Karen Burns, will help us connect to ourselves and one another in an inclusive and joyful art therapy workshop.



5 November – Air Dry Clay

In this hands on workshop, we'll be making pinch pots using air dry clay and resources from the garden. Lunch to follow.



Mikali Anagnostis, Social Support Worker

Quiz - Answers

1. Diego Maradona
2. Tim Cahill
3. Sam Kerr
4. Argentina
5. Aztec Empire
6. Quebec
7. The Caribbean
8. Spain
9. Paraguay
10. Brazil

(quiz on page 19)

David Wilson, Garden Aid Team Leader

Living Well with Dementia Workshops

Holding Our Stories Together

How do we carry our stories? How do others carry our stories with us?

In June, we were joined by the pre-schoolers for an intergenerational workshop creating upcycled art from old crockery, lunchboxes and ornaments. The items, which were sourced from an op shop, held their own stories of people who had loved and used them. Stories that we could only imagine.

What was clear, as we covered them with a riotous mix of colours and patterns, was that they now carried our stories too. The larger items, platters and lunchboxes, held many of our stories, dancing together across their glossy surfaces. It spoke to the friendships that invariably form at our intergenerational workshops and the way our lives and stories, intersect in those moments. Singing together, exploring the garden and learning about one another's lives. Our stories are made brighter by one another's presence in them.



Earlier in the month, we used another form to tell our stories to another. Scraps of magazines, newspapers and craft paper were strewn across the table with many flying off into the wind. In pairs, we added more and more snippets onto our artworks and eventually a clear picture came into view.

Each pair had recalled a moment in their relationship that was significant to them. Some chose to reflect on longer stretches of their journey. Each collage brought together places, phrases, scenes to which that memory connected. The particular snippets of place, of people that made that moment completely unique.



Our stories are held by more than just us. They are held by the people around us. They exist in places, in objects, in songs. Together, we keep our stories alive, adding new layers to the old.

Mikali Anagnostis, Social Support Worker



Social Support Update

Program Improvements

Our Tuesday programs have entered a new and exciting chapter. From 7 July 2026, our Strong Together and Alive & Kicking groups have come together to create one vibrant program at The Dutton Centre, Strathfield.

The newly combined program, (name to be announced shortly) had a fantastic start. People have embraced the opportunity to connect with a larger group of friends and continue building meaningful relationships within the community.

We are also pleased to continue our valued intergenerational partnerships with students from Rivendell School and MLC School, creating enriching experiences for people of all ages.

By bringing the two programs together, we have been able to provide additional staff support, welcome more participants and offer an even more engaging and dynamic program each week. Emel and Chantel are working together to coordinate and deliver the program, and it has been wonderful to see the positive energy, laughter and connections already flourishing.

We look forward to seeing the program continue to grow and to sharing many more memorable moments with our community.



Bookings and Transport for Outings

We want clients to feel safe and confident with our outings, from start to finish.

Please call the office with your preferred outings. Our Social Support team will then contact clients to confirm their booked outings. Please mark these dates on your calendar.

On the day of the outing, we aim to pick up clients between 10am and 11am. We kindly ask that you are ready during that time. If anything changes, we will contact you. We then call you on the day of the outing, about 10 minutes before we are at your door step.

To help us make the best use of our staff time, we will not call clients the day before, to remind them of their booked outings.

If you have any questions about your bookings, please call the office on 9799 5099 and ask to speak with our Social Support team.

Maja Sorensen, Senior Coordinator



Outings Highlights

When: Every Thursday, some Wednesdays, some Fridays.

Pick up times range from 9.30am to 11.30am. Drop off between 2pm to 3.30pm

What: Excursions and lunch at a range of venues incl. cafes, clubs, long drives and galleries

Cost: Transport \$15 and cost of lunch

Please call 9799 5099 to book in.

Winter Memories...

Every outing is more than a meal - it's a chance to honour lived experience and celebrate the joy and resilience of our seniors. This winter, each outing became a moment to continue *Shining the Light* on the memories, conversations and gentle joys that brighten the colder months.

Across all outings, seniors shared stories that lit up the season - childhood winters, favourite meals, old neighbourhoods, and the people who shaped their lives. These reflections remind us why our programs matter: they create space for connection, belonging and the celebration of life's meaningful moments.

Olivetto at Brays Bay Reserve offered a peaceful winter retreat with bright indoor seating, calm water views and warm hospitality.



The **Artisaint Café** at The Crowne Plaza Burwood offered cosy warmth for conversation on a sunny winter day, with relaxed indoor seating that encouraged reflections on favourite neighbourhood cafés and winter traditions. Clients also enjoyed a touch of elegance, with senior-friendly menu options and a spacious, refined setting that created an uplifting outing filled with reminiscence and gentle connection.

The **Polish Club** offered cultural warmth through hearty meals and home-style flavours, sparking stories of family gatherings. The nostalgic atmosphere made the outing feel like a comforting winter lunch at home.



Reliable favourites like **St. George Leagues Club** and **Wests Ashfield Leagues** provided easy access, familiar meals, friendly service and plenty of space for group seating. Clients shared stories of past club visits, reinforcing the comfort of familiar places during the winter season.

Ruth Njogah, Social Support Coordinator

Spring Outings

We extend a warm spring welcome to all clients, new and old. Do not hesitate to call and ask any questions you may have about our outings. They are a fantastic way to get out and about, see new places and make new friends.

Please view our calendar for some varied outings—near and far, tried and tested, unique and popular. We hope there is something there for you.

We are always open to suggestions and are happy to assess new venues and locations to include in our future calendars. Let us know what interests you!



SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1 Alive & Kicking Team Trivia	2 Trolley Talk Ashfield Boys High Strong Together Games	3 Stand Tall Outing Ingleburn RSL Lunch + Variety Show Living Well with Dementia Workshop	4 DanceMoves
7 5 Senses Garden Art Therapy with Karen	8 Alive & Kicking Rivendell School	9 Flower Power Enfield Strong Together Flower Power	10 Stand Tall Outing Bondi Icebergs	11 DanceMoves
14 5 Senses Garden Community Greening	15 Alive & Kicking MLC School	16 Trolley Talk Ashfield Boys High Strong Together Hot Meal & MLC School	17 Stand Tall Outing Mosman Rowers	18 DanceMoves Outing Innovations Shopping
21 5 Senses Garden Seeds to Trees	22 Alive & Kicking Games	23 Auburn Botanic Gardens Strong Together Bingo	24 Stand Tall Outing Lynwood Country Club	25 DanceMoves Outing Randwick Golf Club
28 5 Senses Garden Games	29 Alive & Kicking Bingo	30 STAFF DEVELOPMENT DAY - NO PROGRAMS		

OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
			1 Stand Tall Outing Cruising Yacht Club Rushcutters Bay Living Well with Dementia Workshop	2 DanceMoves
5 PUBLIC HOLIDAY - NO PROGRAMS	6 Alive & Kicking Art	7 Outing Camperdown Commons Strong Together Bingo	8 Stand Tall Outing Pie in the Sky	9 DanceMoves
12 5 Senses Garden Art Therapy with Karen	13 Alive & Kicking Mindful Walk & Explore	14 Outing Brighton Lakes Strong Together Brighton Lakes	15 Stand Tall Mystery Outing!	16 DanceMoves Outing Pron Prohm Thai
19 5 Senses Garden Bonsai Skills with Chris	20 Alive & Kicking MLC School	21 ANNUAL GENERAL MEETING & AGED CARE Information Session 	22 Stand Tall Outing Bower Café Manly	23 DanceMoves Outing Sydney Fish Markets
26 5 Senses Garden Seeds to Trees	27 Alive & Kicking Rivendell	28 STAFF DEVELOPMENT DAY - NO PROGRAMS	29 Stand Tall Outing Art Gallery of NSW	30 DanceMoves

NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri
2 5 Senses Garden Art Therapy with Karen	3 Alive & Kicking Presentation	4 Trolley Talk Ashfield Boys High Strong Together Garden Memories	5 Stand Tall Outing Bunnings Shopping Living Well with Dementia Workshop	6 DanceMoves
9 5 Senses Garden Cooking with Ling	10 Alive & Kicking Rivendell School	11 Outing Urbano Café Strong Together Urbano Café	12 Stand Tall Outing Chester Hill RSL Lunch + Show	13 DanceMoves
16 5 Senses Garden Card Making	17 Alive & Kicking MLC School	18 Trolley Talk Ashfield Boys High Strong Together Hot Meal & MLC School	19 Stand Tall Outing The Paper Mill Dining Liverpool	20 DanceMoves Outing Matinee Café Marrickville
23 5 Senses Garden Seeds to Trees	24 Alive & Kicking Bingo	25 STAFF DEVELOPMENT DAY - NO PROGRAMS	26 Stand Tall Outing Yarra Bay Sailing Club	27 Inner West Neighbour Aid Christmas Party 
30 5 Senses Garden Community Greening				

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