

SCAMS & TIPS TO AVOID

EMAIL SCAMS: There are numerous scam emails around, with targeting email accounts. These types of scams are generally called Phishing scams and are an attempt to obtain sensitive details from you via a false website. In this case, your email password is the target.

The emails take a variety of formats, but the general gist is that your email account is insecure, over quota or requires action to keep functioning. The email contains a link, that will take you to a login page that looks very similar to a standard webmail login. Unfortunately in this case, the login page has been created for the sole purpose of accessing your password details - once you enter the details into the false site, the password is stored and can then be used to access your email account by unknown parties.

Most companies do not send emails with links to login pages, that are requesting you to activate your account, prevent it being suspended or other similar reasons. Never click on a link always go to the website.

COVID SAFETY PLAN

NINA staff wish to ensure the safety and wellbeing of all our clients, volunteers and community members.

When you come into the NINA office you will be asked to: Sign our office attendance register, sanitize your hands and have your temperature taken.

The numbers on the bus is restricted to 8 people and everyone is required to sit one seat apart, wear a mask, sanitize your hands and have your temperature taken.



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<https://www.facebook.com/northernillawarraneighbouraid>

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Spring Newsletter

MANAGER'S MESSAGE

Special points of interest:

- Manager's message
- Social Outings
- Social Groups
- Covid Safety Plan

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Spring is one of my favourite times of year, with all the wonderful smells of freshly blossomed flowers, the sounds of birds everywhere. My friends and I casually refer to Spring as Playtime.

I would like to invite you to come and play with NINA! We have a range of activities planned for the next few months. These include a partnership with the local mountain bike club to plant a garden up at the bike track near the football field oval.

We are also hoping to be able to increase our activities into the Thirroul area and give our clients from the lower part of the Northern Suburbs activities close to home.

We also received our new vehicle the Mercedes Sprinter. Currently it will hold 5 clients during the restricted COVID time, however it will eventually be able to carry 9 clients.

If there is a special place you would like to visit or think it might be a lovely drive for NINA clients I encourage you to call the office and we will do our best to accommodate your wishes.

The NINA team will be holding an information stall outside Coles in Thirroul from the 21-25 September (between 10am and 2pm). If you are in the area come and say hello.

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WHAT'S BEEN HAPPENING

Everyone is enjoying the outings, after staying at home due to Covid. On 24 August **Group Outing** went to Berkelouw Book Barn. What a beautiful place, with every book you could image, plus a warm inviting open fire to enjoy a coffee or two. A shopping stroll in Berrima with lots of purchases made. Off to Mittagong for a delicious lunch at the RSL, with meals more than sufficient. A walk along the streets of Mittagong, there was a most interesting Antique shop.



Every Wednesday **Laugh and Craft** has been running at the Helensburgh Community Hall. The clients attending whilst enjoying the company and yummy morning tea, have been busy making masks with a helping hand from Kim and Faye.



Café club on Thursdays enjoyed guest speaker Jim Powell on Camellias. Guest entertainers included Sway, Meltones, Simon Bracegirdle with his ukulele. Other activities were Trivia with Warren, \$3 Bingo, Chair Yoga with Andrea and Café Club quiz. Lunch at Helensburgh Tradies. Also went out to Alcara's and Woonona Bulli RSL and Wombarra Bowling.

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BUNNINGS BUS

1st Tuesday of the month — \$5

SPECIAL trip to Kembla Grange on 6th October



SOCIAL GROUPS

Cards – NINA office

Monday from 1pm. Any level welcomed.

\$2 including afternoon tea

Chess Club – NINA office

Tuesday & Friday from 1pm. Any level welcomed

\$2 including morning tea

Laugh & Craft – Helensburgh Community Centre

Wednesday 10.30am to 12.30pm

\$2 including morning tea

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SHOPPING TRIPS

Shopping EVERY FRIDAY

18 September – Warrawong \$10

25 September – Liverpool \$10

2 October – Dapto \$10

9 October – Menai \$10

16 October – Sylvania \$10

23 October – Figtree \$5

6 November – Engadine \$5

13 November – Shellharbour \$10

20 November – Campbelltown \$10

27 November – Warrawong \$10

Reduced bus capacity of 8 people due to COVID



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SOCIAL OUTINGS

SATURDAY, 19 September 2020

The Brenchley's Garden Thirroul & Ruby's café Bulli

Pick up **FROM** 10am

Cost \$25.00

Limited spots. Bookings essential.

This shady garden is 51 years old, and has well-established trees and pathways. Springtime is full of camellias, blossom, wisteria, and many more. See if you can find the Whip birds playing in mirrors and the bower birds with their blue items. There will be a plant stall, book stall and hand-made cards. The Brenchley's are opening their garden for free. All donations will go to The Smith Family.

Lunch afterwards will be at Ruby's café, Bulli.



TUESDAY 29 September 2020—Lunch Outing

By the Bay Café & Grill, Carss Park

Pick up **FROM** 10.30am. Lunch & Transport \$30

Limited spots, Bookings essential

Is there anywhere or anything you would like to go and do...

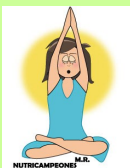
Contact the office 42941900 and speak to Fiona

CAFÉ CLUB

17th September

10.30am: Morning tea

Quiz with Kim



11:15 am

Chair yoga with Andrea

11:45am:

TRIVIA

12:30:

GAMES WORKSHOP

Lunch

1.15pm : GAMES GAMES

Let us know if you have any special dietary needs or if you require transport to or from the venue.

24th September

10.30am: Morning tea

Quiz with Kim

11:15am Chair yoga with

Andrea

11:45am:Tazmin Clingan (Guest)
Podiatrist 'Looking
after your feet'



12:30: Lunch

1.15pm:

\$3

BINGO

If you would like to attend the Café Club program, please call NINA the day before by 1pm.

SOCIAL OUTINGS

Tuesday, 13 October

Bundeena Community & Services Club

Pick up **FROM** 10.30am Cost \$30.00

Limited spots, Bookings essential.

Lets go out for lunch to Bundeena.

Choice of 4 meals: Fish & Chips, Tacos (Beef or Pork or Fish), Beef or Mushroom Burger / Pasta (Boscailoa or Vegetarian)

Monday, 16 November

NSW Police Band

It's Beginning to Look a Lot Like Christmas

Wollongong Town Hall

Pick up **FROM** 9am Cost \$50.00

Limited spots, Bookings essential.

Usher in the start of the Christmas season with the consummate ensemble who are regarded as the State Band of NSW.

Star vocalist Belinda Parsons (who recently appeared on the popular Television program "The Voice") and the NSW Police Band will delight and entertain with a repertoire of traditional carols blended with your favourite contemporary Christmas songs. This includes morning tea.

Lunch afterwards will be at Collegians, Wollongong

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