

Christmas Newsletter

MANAGER'S MESSAGE

Special points of interest:

- Manager's message
- 2021 Overnight trips plan
- Social Outings Changes
- 2021 Social Outings
- 2021 Groups
- 2021 Schedule for Shopping trips / Bunnings / Nursery's
- Carer Information
- NSW RFS Aider Program
- Café Club
- Austinmer Group

As we come to celebrate the silly season I'd like to take a moment to reflect on the year that has been. NINA has seen some big changes this year, including most of the staff, we moved to a more cashless payment method, took ownership of the new NINA Sprinter. Which, from all feedback is lovely and comfortable.

COVID made us rethink some of the ways we support clients, and so we introduced Zoom bingo for social support, unaccompanied shopping for those self isolating at home and lots of telephone support. Moving through to the later half of the year we were slowly able to reinstate our social support activities. We increased our groups to include a Tuesday morning social support group at Austinmer, had our very first overnight trip - NINA took five clients to the Hunter Valley to explore the Hunter Valley gardens and Christmas lights spectacular. I am hoping that we can continue this type of support with three or four trips in the planning for 2021.

A reminder to all clients the NINA will be closed from the 24/12/2020 and reopen on the 04/01/2021.

We would like to wish all clients and their families, volunteers and other stakeholders a very happy and safe Christmas, may your Christmas stockings be filled with love and laughter.



HUNTER VALLEY

CHRISTMAS LIGHTS

A small group of clients were keen to get out of Helensburgh for a night. NINA planned a trip to the Hunter Valley, we stayed at the Mercure Resort Hunter valley, enjoyed a couple of short stops at Roche Estate winery and Peterson's Champagne House and Chocolate emporium, while we were in the area.

The Christmas lights extravaganza



was a festival of over 3 million lights creating a story of Christmas from around the world. The favourite had to be the 12 days of Christmas feature that shone brightly while the song played.



2021 trips overnight trips in planning to the following areas: (Limited numbers – Book early)

April: Bathurst/Orange sight seeing

July Blue Mountains for Christmas in July

September Canberra for Floriade & extras.

November: Hunter Valley Christmas lights



SOCIAL OUTINGS CHANGES

Dear Clients

NINA is trialling a new procedure with our Small Group Outings. This will mean ordering lunch for outings will give our client's a choice with what they would like to eat. This new concept only applies to Group Outings booked through Fiona, it **does not** include Café Club at Tradies or Café Club outings at this stage.

Rather than limiting the meal choice to a one flat set menu item, we will be opening it up to the whole range the venue has to offer. This will allow more choice and variety for clients. We do try to attend locations that you would be able to have lunch and a coffee or tea for under \$20 or locations that have a lunch time special, so there is a cheaper option available. Each outing will stipulate the location for lunch with an average cost.

What you are required to do at the lunch location:

- ◇ Decide what you would like to eat and if you would like a tea or coffee.
- ◇ Order in the presence of the assistant, the assistant will take care of payment and will obtain the receipt and put your name on it.
- ◇ NINA staff in the office will advise you how much you owe for lunch and you can pay by credit card over the phone or in the office by cash or eftpos. If paid prior to attending, NINA will amend the cost of your lunch once advised by the assistant and let you know if a refund or further payment is required.
- ◇ Beverages (other than tea/coffee) will be the responsibility of yourself.

SOCIAL OUTINGS CHANGES CONT'

Why this change?? This gives the client a large range of choice to eat. It accommodates for clients with special diets or food intolerance. It will assist with NINA's funding and for NINA to continuing to be able provided services to our clients.

Please be patient with the assistant and NINA staff whilst we trial this concept. If you have any comments or suggestions, please do not hesitate to let the assistant or NINA Staff know. Thank you for attending our outings and I hope you continue to enjoy yourselves with NINA.

Sharon Gissane – Manager

23 November 2020

SOCIAL OUTINGS

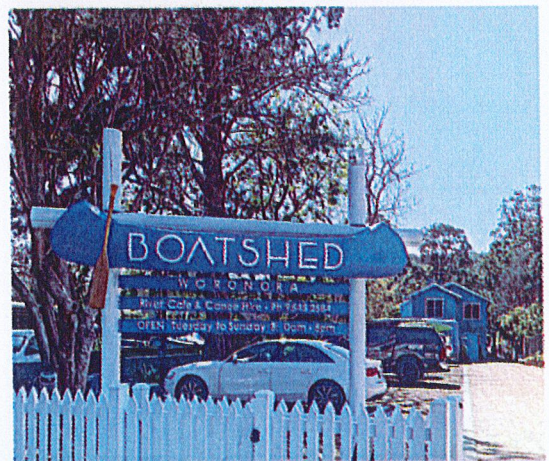
Tuesday, 19 January 2021

The Boatshed Woronora

Lunch and a walk in the park

Pick up from 10.30am

Transport \$10 + Lunch



Is there somewhere or something you would like to go and do...

Contact the office 42941900 and speak to Fiona

Monday, 8 February 2021

Fitzroy Falls

Pick up from 9am

Transport \$20

Picnic Lunch \$15

Robertson Pie Shop stop as well



Wednesday, 24 February 2021

Red Cow Farm

Pick up from 9am

Admission \$10

Transport \$20

Lunch Sutton Forest Inn \$25

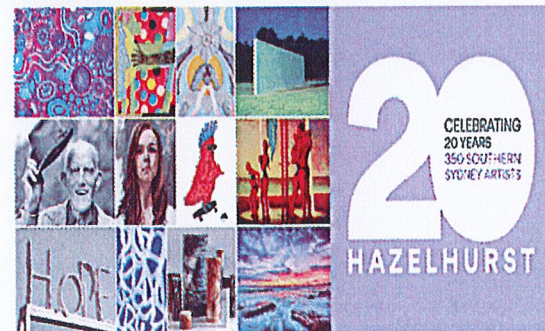


Tuesday, 9 March 2021

Hazelhurst Gallery

Pick up from 10.30am

Transport \$10 + Lunch



Tuesday, 26 March 2021

Audley Weir

Pick up from 10.30am

Transport \$10

Lunch \$25



GROUPS

See you back in 2021 for our Social Groups

Please take note of starting dates.

CARDS— MONDAY

Program starts **11 January 2021**. NINA office, 1pm start.

\$2 including afternoon tea

CHESS— TUESDAY & FRIDAY

Program starts **12 January 2021**. NINA office, 1pm start.

\$2 including afternoon tea

AUSTINMER GROUP— TUESDAY

Program starts **19 January 2021**. Austinmer Scout Hall, 20 Moore Street. 10.30am start.

LAUGH AND CRAFT— WEDNESDAY

Program starts **13 January 2021**. Helensburgh Community Centre, 10.30am start. \$2 including morning tea

CAFÉ CLUB— THURSDAY

Program starts **14 January 2021**. Helensburgh Tradies 10.30am start. \$28 including transport

Part of the Community, Working with the Community

SHOPPING TRIPS FRIDAY

Pick up from 9am

JANUARY

22 - Figtree*, 29 - Engadine*

FEBRUARY

5 - Dapto, 12 - Menai, 19 - Sylvania, 26 - Figtree*

MARCH

5 - Warrawong, 12 - Macarthur Square,
19 - Shellharbour, 26 - Menai

* \$5 Engadine & Figtree. All others \$10



BUNNINGS BUS

February - Kirrawee

March - Bellambi

Pick up from 9am



Part of the Community, Working with the Community

NURSERY TRIPS NEW IN 2021

Monthly Nursery Trips

Pick up from 9.30am



JANUARY

15 - Wollongong Botanic Garden Nursery \$5

(Need to bring proof of being a Wollongong City Council resident)

FEBRUARY

16 - Sunrise Nursery Helensburgh \$5

MARCH

16 - Mittagong Garden Centre \$10

INFORMATION

Are you a Carer?

A carer may be looking after a spouse, a child with a disability or a frail parent. Caring for a loved one can be exhausting, and sometimes overwhelming role. Carers often neglect their own medical and social needs to support their loved one. The Australian Government launched the Carers Gateway in April 2020. Support provided by the Carers Gateway include counselling, respite care, connecting with other carers' and general support for you in your role as a carer. The services are different to what you can access with MYAGEDCARE. There is NO age requirements for you as a carer or the person you care for. Contact Carers' Gateway on 1800 422 737 www.caregateway.gov.au.

Part of the Community, Working with the Community

NSW RURAL FIRE SERVICE

AIDER PROGRAM



What is Aider?

Aider is a once off **FREE** service supporting residents to live safely and confidently in areas where bush fires may start. The property must be bushfire prone, meaning an area of land that can support a bushfire or is likely to be subject to a bush fire attack.

Who IS eligible?

Aged residents and residents with disabling conditions who have limited domestic support from family, relatives, friends or other services

Aider Services May Include

Thinning vegetation. Removing leaves, sticks and fallen branches. Trimming branches from around and overhanging the home. Mowing or slashing long grass. Cleaning gutters.



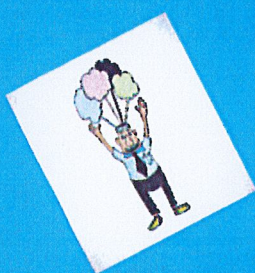
An assessment of your property will be completed by NSW Rural Fire Service staff. Advice will be given about completing your Bush Fire Survival Plan. All works are completed by Rural Fire Service teams. Call (02) 8741 4955 to request an assessment of your property.

CAFÉ CLUB—January 2021

WELCOME BACK 2021

What do YOU want to do at Café Club.?

Bring your ideas for what you want on the program.



DATE: 14th January

OUTING: Wombarra Bowling Club



Ring and book your meal & transport.

Come and enjoy lunch!

Lunch & Transport \$25

Pick up time 10am onwards

DATE: 21st January

10:30am: Morning Tea

Quiz with Kim

11.15am: Chair Yoga

11.45am: Guest Entertainers

“Meltones”



12:30: Lunch

1.15pm: Putt Putt Golf Fun!



www.clipartof.com • 213088

DATE: 28th January

Australia Day Fun!



Come dress in Australian theme

10:30am: Morning Tea

Quiz with Kim

11:15am: Chair Yoga

11:45am: Australia Day Games!

12:30: Lunch



1:15pm: \$3 Australian Bingo



If you would like to attend the Café Club program on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.

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

Laugh & Craft - 2021

TIME: 10.30am to 12.30pm

LOCATION: Youth Hall, Helensburgh Community Centre

Join in the fun company and have morning tea. If you want bring your own craft and release your creative talent.

\$2 including morning tea

AUSTINMER GROUP

Austinmer Social

Support Group

TUESDAY, 10:30am - 1pm

Austinmer Scout Hall

Social Support

Morning Tea

Lunch

\$15

\$5 Transport

If you would like to attend the Austinmer Social Support program on Tuesdays. Please call the office on 4294 1900 by 1pm Monday to confirm your attendance. Let us know if you require transport to or from the program and if you have any special dietary needs

DATE: 19th January 2021

10:30am : Morning Tea

Quiz with Kim

**11:15am:Chair Yoga
with Karen**



11:50: Catch-up – Chat -

Brain Storming

*What clients would like to do,
in 2021???*

12:15: Lunch

**12:40pm Ten Pin
Bowling**



1pm: Home time



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

Northern Illawarra Neighbor Aid Inc.
18 Walker Street, HELENSBURGH NSW 2508
PO Box 394, HELENSBURGH NSW 2508
Phone: (02) 4294 1900
E-mail: reception@nina.org.au
www.nina.org.au

*Merry Christmas and
Happy New Year
from the NINA team*

