

Welcome to 2022.

Well 2022 has already had some hiccups to it, but we can only hope that as the year goes on the COVID issue can subside a little.

As per recommendations from Dept of Health we did put on hold the start of the NINA Social groups in January. We are hoping that we will be able to start them in February and keep them going.

As with anything in this climate, we can only plan for it and if circumstances demand we will let clients know if we have to cancel anything.

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New Activities

From February 2022 we are very pleased to let all our clients know that we have client computers set up in the NINA office. All clients may book to use them and if you require some one on one assistance we can set you up with a volunteer to help you navigate the internet.

Bookings can be made by calling the office and there will be a small charge to use the computers (\$5 per hour), (printing will be extra).



**Part of the
Community
Working with the
Community**

Northern Illawarra Neighbour Aid Inc.

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



Find us on:
facebook®

CAFÉ CLUB February 2022

3rd Feb

10:30am Morning tea and Quiz

11:15am Yoga with Ellie

11:45am

Kri

12

1:00pm Name that person

**CANCELLED DUE TO
COVID**



10th Feb

Lunch Outing

Corrimal RSL

Lunch \$16 Transport \$5

Pick up from 10.30am



17th Feb

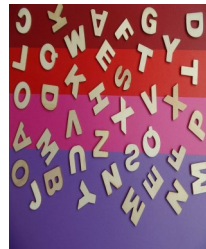
10:30am Morning tea and Quiz

11:15am Chair Yoga with Ellie

11:45am Celebrity Heads

12:30pm Lunch

1:00pm Scattergories



24th Feb

10:30am Morning tea and Quiz

11:15am Chair yoga with Ellie

11:45am What's in the bag

12:30pm Lunch

1:15pm Ten things to know about me

**#Please feel free to bring
forward ideas**

**#Please note at this time Tradies
Helensburgh require all patrons
to be double vaccinated.**

**Please call by Wednesday 1pm
if wishing to attend, group on
42941900**

Program subject to change

**All participants
Must be double vaccinated**

CAFÉ CLUB March 2022

3rd March

10:30am Morning Tea & Quiz
 11:15am Chair Yoga with Ellie
 11:45am Putt Putt Golf
 12:30pm Lunch
 1:00pm Board games

10th March

OUTING

Engadine Bowling Club



Lunch \$25; Transport \$5
 Pick up from 10.30am

17th March

10:30am Morning Tea with Quiz
 11:15am Chair Yoga with Ellie
 11:45am Bingo
 12:30pm Lunch
 1:00pm Guest speaker -
 CPSA Health Talk Continence



24th March

10:30am Morning Tea with Quiz
 11:15am Chair Yoga with Ellie
 11:45am *Hoi*
 12:30pm Lunch
 1:00pm Bananagrams



31st March

Lunch Outing

Bulli Workers Club

**Please call by Wednesday 1pm if
 wishing to attend, group on
 42941900**

Program subject to change

**All participants Must be double
 vaccinated**

Austi/Thirroul CAFÉ Group February 2022

Location: Thirroul Club, 2B Station Street Thirroul Time: 10.30am to 2pm

1st Feb

10:30am Morning tea with

11am Dancing with

11:45am

12

1pm bag

**CANCELLED DUE TO
COVID**

8th Feb

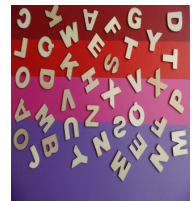
10:30am morning tea with Quiz

11am Tic Tac Toe

11:45am Chair Yoga with Hazel

12:30am Lunch

1:00pm Scattergories



15th Feb

10:30am Morning tea with Quiz

11:00am Name that person

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Entertainment –
Phillip Weston

22nd Feb

1030am Morning tea with Quiz

11:00am Celebrity Heads

11:45am Chair Yoga with Hazel

12:30pm: Lunch

1:00pm Rock
painting



**Please note change of
location from February.
At Thirroul Club, Station
Street, Thirroul**

**If you have any suggestions
please feel free to bring them
forward**

**Program subject to change at
this time.**

If you would like to attend the
programme on Tuesday, please call
the office on 4294 1900 by 1pm
Monday 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

Austi/Thirroul CAFÉ Group March 2022

1st March

10:30am Morning tea with Quiz

11am Dancing with Gabbi

11:45am Chair yoga with Hazel

12:30pm Lunch

1:00pm Bananagrams

8th March

10:30am Morning tea with Quiz

11:00am Hoi

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Bingo



15th March

10:30am Morning tea with Quiz

11:00am Scattergorries

11:45am Chair yoga with hazel

12:30pm Lunch

1:00pm Putt Putt Golf

22nd March

1030am Morning tea with Quiz

11:00am Board Games

11:45am Chair yoga with Hazel

12:30pm Lunch

1:00pm Entertainer TBA

29th March

1030am Quiz

11:00am Reminiscing

11:45am Chair yoga with Hazel

12:30am lunch

1:00pm 10 Pin Bowling



If you would like to attend the programme on Tuesday, please call the office on 4294 1900 by 1pm Monday 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.
Program Subject to change

Group Outings February 2022

10th February:

Mono- (a three person One-Man show)
(Noelene Brown, Max Gillies, John Wood)
Merrigong Theatre—2.30pm \$75 (including transport).
Pick up from 1230

23rd February:

Movies Event Cinemas Miranda
1030am Death on the Nile
\$20 (including transport)
Pick up from 9am
Then lunch afterwards



Group Outings March 2022

7th March: Music in the Morning
Llyod Webber and friends
\$38.50 (including transport)
Pick up from 930am
Then lunch afterwards

31st March: Premiers Gala Concert, Darling Harbour
30th Further details to come

Group Outings. All outings require bookings, book early as limited tickets. Contact the office ASAP.

Shopping / Bunnings / Nursery Trips

Date	Destination	
1st February	Bunnings Bellambi	
4th February	Dapto Mall	
11th February	Shellharbour	Corrimal
15th February	Sydney Wildflower Nursery Heathcote	Lunch at Heathcote Bakehouse
18th February	Figtree	
25th February	Macarthur Square	Corrimal
1st March	Bunnings Caringbah	
4th March	Engadine	
11th March	Sylvania	Corrimal
15th March	Nursery– Growing Outdoors (Taren Point)	
18th March	Shellharbour	
25th March	Dapto	Corrimal

Individual Transport

Clients are reminded that although every effort is made to ensure you receive one on one service, there are times where availability of drivers may mean that you might have to share a ride with another client and wait a little. We will only team up clients where there is an hour or less time involved and only when we are extremely busy. With COVID causing many changes clients are asked to be patient and work with the staff if changes need to be made.



Reconnecting after lock down

Social connectedness is important for our mental health and wellbeing, but for a lot of people, lifting of restrictions and increasing social activities might be cause for some anxiety. We've developed some tips and strategies to help yourself, and those you love, ease back into socialising and rebuild social connections in a way that keeps you feeling comfortable and safe.

1. Know what you are comfortable with, and do things in stages. Start with low risk activities like an outdoor picnic or going for a walk.
2. Try not to over commit and stagger your social activities, giving yourself "lay-days" in between.
3. Communicate to others what you are ready for. It's ok to let someone know that you aren't ready for hugging or handshakes yet, and it's important that they respect that.
4. Arm yourself with accurate and evidence based health facts from government and medical sources so that you can make informed decisions about what is right for you.
5. Talk to a trusted friend or family member about how you are feeling. If you are finding that your anxiety does not reduce over time or becomes overwhelming, there are professional services like Lifeline or your GP, who you can talk to for some additional support.

Remember: It's ok to change your mind. Case numbers, vaccine doses, crowd numbers, even the weather can influence your decision. If any of these change so that you no longer feel comfortable, its ok to ask for a raincheck or to reschedule

TIPS FOR SOMEONE YOU KNOW

1. Don't make assumptions. Just because restrictions have eased, does not mean that everyone has stopped worrying about COVID. Ask what they are ready for, and make sure you respect their boundaries.
2. Keep inviting them, but let them know you understand why they might not want to come. This will reinforce that you want to stay connected with them and make them feel less alone
3. Offer COVID safe options like outdoor gatherings, meeting up in smaller groups, wearing a mask or taking a Rapid Antigen Test beforehand.
4. Keep lines of communication open. Try to keep up the face-time and phone calls until they feel ready to start attending face-to-face social activities
5. If you are worried about their wellbeing and they aren't comfortable talking to you about it, encourage them to contact a professional service so they can get the support they need

Where to Get help:

- If you feel like your anxiety is becoming overwhelming or have concerns about someone you love, call one of the following numbers for professional mental health support
- • Lifeline - 13 11 14 • Beyond Blue - 1300 224 636