

JUNE – JULY 2023

NINA - Newsletter

3RD EDITION

2023

Northern Illawarra
Neighbour Aid Inc.

NINA
www.nina.org.au

Office
18 Walker Street,
Helensburgh 2508

Hours
8.30am to 4.30pm

Telephone
02 42941900

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Latest news

As winter sets in, I would like to advise that the federal government has again delayed the rollout of the new Support At Home program to July 2025. Further details as they come to hand will be distributed.

We have some wonderful winter activities coming up through June and July, once again we will be heading to Sydney Harbour for a VIVID cruise, Clients have loved it in the past, so book your seats early. The wonderful Archibald Exhibition in July, to see some truly spectacular art, book your seats through by calling the office.

It is with some sadness that I inform everyone that I will be moving on from my role as Manager of NINA. I have loved being part of a wonderful service with amazing staff, caring and giving volunteers and fantastic clients for the last three and a half years. If I do not get to say a final farewell to you, please know that you have all touched my heart over the years. I wish you all the very best and keep enjoying the NINA services.

Please note we no longer have our PO Box, any mail to NINA the address is 18 Walker Street, Helensburgh NSW 2508

There will be a review of current NINA prices and a new price guide will come out for the beginning of July 2023. Please be advised that the prices in this newsletter may change in July.

Over night trip

Floriade - September 2023

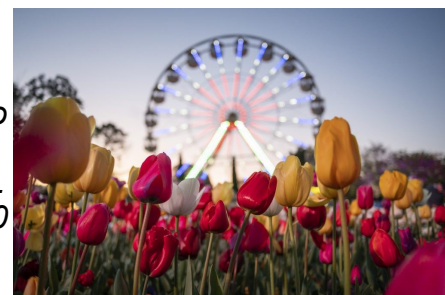
Join us for an over night stay in Canberra to take in the stunning Floriade Festival.

Thurs 28th Sept - Fri 29th Sept.

Accommodation: Mercure Canberra \$160 per person

Transport \$70 per person

Call the office to book in 4294 1900



We are on the Web
www.nina.org.au

Find us on Facebook

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

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



myagedcare



Cyber Safety - Shopping Safely

Shopping online is a brilliant way to get items shipped to your door, especially if you are unable or unwilling to travel to or from a store.

It is important to note that many websites which enable you to shop online will require that you create an account for that website. Accounts will typically need your email address and ask you to create a password, which you can use to sign in, order, purchase and sign out of after you have finished shopping.

Other additional details will need to be provided upon signing up or upon purchase of goods, such as your name, the shipping address and/or billing address, along with your bank details.

Although online shopping can be much cheaper than shopping in person, due to savings on retail staff and property, it is important to remain sceptical of items which appear to be much cheaper than the prices you would expect from a trusted vendor.

A good way to find out if you're on the right track and can buy from a website that you once shopped at in person is to call a local retail store (such as Kmart) and confirm whether the web address is correct.

Be careful of shipping costs which may not appear until you are told to confirm the purchase, as vendors may add sneaky fees or expensive shipping charges which can make you pay more than expected.

Make sure that you receive a digital copy of your receipt, which will either be available through your account with the website or emailed to the address you have provided.

Text, such as descriptions of the item or information about the supplier can be a great way to tell whether you are purchasing from a trustworthy website, with grammar and punctuation indicating the level of care and attention that you would expect from advertisements in the newspaper or in junk mail.

Some sites may try to trick you into thinking that they are reputable, in the same way that scam phone calls often claim to be from the Australian Government or a telecommunications provider such as Telstra or Optus. Avoid interacting with or opening websites which have URL addresses (the website address at the top of your browser or highlighted link on your screen) which look different from what you would expect.

The same thing applies to unexpected text messages via phone or unsolicited emails, with imposters claiming to be someone that you know or an organisation that appears legitimate. Contacting the real person, company or department through the number or email address listed on the official website can be a good way to find out whether the text or email is genuine.

If the web address begins with HTTPS (such as <https://agedcareguide.com.au/>) the website is more likely to be secure and reputable than a website without it.

When creating your account, remember that any information you provide is also stored by the group you are creating the account for. Recent breaches in online data mean that you should update your password regularly, if possible.

If you are prompted to sign up for email newsletters or updates, you may also be contacted by other unsolicited email addresses during a data leak. If you start to receive unwelcome emails, check whether your antivirus software has noticed any activity.

Café Club Tradies JUNE 2023

DATE: 1 ST JUNE

10:30: Morning Tea &
Quiz

11:15: Yoga with Ellie

11:45: Sing along with Geoff

12:30: Lunch

1.00: Guess how old they are
now ?!

DATE: 8TH JUNE

Lunch Outing

Engadine Bowling Club

Meals start from \$15

Transport \$5.50

DATE: 15TH JUNE

10.30: Morning tea &
Quiz

11.15: Chair Yoga with Ellie

11:45: ~~Scattgorries~~

12:30: Lunch

1.00: Guess the country

DATE: 22ND JUNE

10:30am Morning Tea &
Quiz

11.15am : Chair Yoga with Ellie

11:45: Match song with movie

12:30: Lunch

1.00: Entertainment—Phil Weston

DATE: 29TH JUNE

Helensburgh Hotel

Late Pickup From 10:30am
Cost: \$5.50 Transport

If you would like to attend the
Café club at Tradies 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.

Café Club Tradies July 2023

Northern Illawarra
Neighbour Aid Inc.
NINA
www.nina.org.au

DATE: 6th July

10.30 : Morning Tea
Quiz

11.15: Chair Yoga with Ellie

11.45: Celebrity Heads

12:20: Lunch & Entertainment
Dave and Dennis



DATE: 13th July

Lunch Outing

Corrimal RSL

Pick ups from 10.30am

Transport \$5.50



DATE: 20th July

10.30: Morning tea &
Quiz

11.15: Chair Yoga with Ellie

11.45 HOI

12:20: Lunch

1.00: Name that female singer



DATE: 27th July

10.30: Morning Tea &
Quiz



11.15: Chair Yoga with Ellie

11.45: Name that Hollywood actor

12.20: Lunch

1.00: Golden Oldies Movie Quiz

July was named in Honour of
Julius Caesar



Café Club Tradies
Thursday 10:30am - 2pm
If you would like to attend the program
bookings required, call the office by 1pm
Wednesday



June 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	June 7	June 14	June 21	June 28
1	Pumpkin				
2	Pea & Ham				
3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
	Sub Total:				
	Frozen Petit Meal Range \$6.50				
6	Beef Rissoles with Gravy				
7	Homemade Beef Lasagne				
8	<i>Beef & Bacon Casserole with potato and broccoli</i>				
9	<i>Chicken & Veg Pie with potato mash, peas & pumpkin</i>				
10	Lemon Chicken with Jasmine Rice				
11	Chicken Parmigiana with Creamed Potato & Beans				
12	Chicken & Cheese Pie with Creamed Potato & Green Beans				
13	Chicken & Leek Casserole				
14	<i>Cottage Pie (Beef mince) with roasted pumpkin and green beans</i>				
15	Roast Lamb & Mint Gravy, Potato, Beans				
16	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas				
17	Sweet & Sour Pork with Rice				
18	Tuna Pasta Bake				
19	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg				
20	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots				
	Sub Total:				
	Frozen Main Meal Range \$8.50				
21	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots				
22	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots				
23	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix				

	Frozen Main Meal Range \$8.50	June 7	June 14	June 21	June 28
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot				
25	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots				
26	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots				
27	Shepherds Pie with Peas & Roast Pumpkin				
28	Lamb & Rosemary Pie with Breadcrumb Top, Creamed Potato, Roast Zucchini & Carrots				
29	Roast Lamb with Mint Gravy				
30	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin				
31	Curried Sausages with Mash Potato & Vegetables				
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots				
33	Salmon Pasta Bake served with Beans, Carrots & Corn				
34	Curried Prawns with Rice & Vegetables				
	Sub Total:				
	Frozen Desserts \$3.00				
35	Chocolate Mud Cake & Custard				
36	Creamy Rice with Strawberry Compote				
37	Bread & Butter Pudding				
38	Tiramisu				
39	Apple Sultana Crumble & Custard				
40	Sticky Date Pudding				
41	Butterscotch Pudding & Custard				
42	Carrot Cake				
	Sub Total:				
	Total Cost				

If you require specific dietary requirements contact the office to obtain a copy of the Diet & Allergen Guide

Meal delivery will be Wednesday each week.

Please advise if you are happy for a substitute if your first choice is not available? Yes ☐ No ☐

Office use only	June 7	June 14	June 21	June 28
Packed				
Delivered				
CM				
Paid/Invoice				

July 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	July 5	July 12	July 19	July 26
1	Pumpkin				
2	Pea & Ham				
3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
	Sub Total:				
	Frozen Petit Meal Range \$6.50				
6	Beef Rissoles with Gravy				
7	Homemade Beef Lasagne				
8	Beef & Bacon Casserole with potato and broccoli				
9	Chicken & Veg Pie with potato mash, peas & pumpkin				
10	Lemon Chicken with Jasmine Rice				
11	Chicken Parmigiana with Creamed Potato & Beans				
12	Chicken & Cheese Pie with Creamed Potato & Green Beans				
13	Chicken & Leek Casserole				
14	Cottage Pie (Beef mince) with roasted pumpkin and green beans				
15	Roast Lamb & Mint Gravy, Potato, Beans				
16	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas				
17	Sweet & Sour Pork with Rice				
18	Tuna Pasta Bake				
19	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg				
20	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots				
	Sub Total:				
	Frozen Main Meal Range \$8.50				
21	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots				
22	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots				
23	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix				

	Frozen Main Meal Range \$8.50	July 5	July 12	July 19	July 26
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot				
25	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots				
26	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots				
27	Shepherds Pie with Peas & Roast Pumpkin				
28	Lamb & Rosemary Pie with Breadcrumb Top, Creamed Potato, Roast Zucchini & Carrots				
29	Roast Lamb with Mint Gravy				
30	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin				
31	Curried Sausages with Mash Potato & Vegetables				
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots				
33	Salmon Pasta Bake served with Beans, Carrots & Corn				
34	Curried Prawns with Rice & Vegetables				
	Sub Total:				
	Frozen Desserts \$3.00				
35	Chocolate Mud Cake & Custard				
36	Creamy Rice with Strawberry Compote				
37	Bread & Butter Pudding				
38	Tiramisu				
39	Apple Sultana Crumble & Custard				
40	Sticky Date Pudding				
41	Butterscotch Pudding & Custard				
42	Carrot Cake				
	Sub Total:				
	Total Cost				

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Meal delivery will be Wednesday each week.

Please advise if you are happy for a substitute if your first choice is not available? Yes ☐ No ☐

Office use only	July 5	July 12	July 19	July 26
Packed				
Delivered				
CM				
Paid/Invoice				

CAFÉ CLUB Thirroul — June 2023

DATE: 6th June

Lunch Outing Master Builders

Pick up from 10 am
\$5.50 Transport

\$15 Lunch specials



DATE: 13th June

10.30: Morning tea with Quiz

11.15: Sing along with Geoff

11.45 : 5 second rule

12.30: Lunch

1.00: All Tones

DATE: 20th June

10.30: Morning tea with Quiz

11.15: Scattergories

11.45: Rock Painting

12.30: Lunch

1.00pm Musical Bingo



DATE: 27th June

**10.30am: Morning tea
with Quiz**

11.15: Reminiscing

11.45: Banana Grams

12.30: Lunch

1.00: Celebrity Heads

June, sixth month of the Gregorian calendar. It was named after Juno, the Roman goddess of childbirth and fertility.

If you would like to attend the Café Club 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

CAFÉ CLUB—Thirroul July 2023



DATE: 4th July

The Fraternity Club
Transport \$5.50
Pick up from 1030 am



DATE: 11th July

10.30: Morning tea with quiz

11.15: Sing a long with Geoff

11.45: Chair yoga with Hazel

12.30: Lunch

1.00 Guest Entertainer —Alltones

DATE: 18th July

10.30: Morning tea & Quiz

11.15: Campfire games with Nancye

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00:—Bingo !



DATE: 25th July

10.30: Morning tea and quiz

11.15: Celebrity Heads

11.45: Chair Yoga with Hazel

12.30: Lunch

1:00 Scattgorries

If you would like to attend the Café Club 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

Group Outings June & July 2023

8th June - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists.

Transport/Admin \$10.50



15th June - VIVID Cruise

90 minute cruise on Sydney Harbour.

Ticket \$48, Transport/Admin \$21.50,

Buffet dinner on board \$20

20th June - Coffee Break - Catch up over a coffee.

Austinmer Beach Café. Transport \$5.50

22nd June- Memory Lane Café with Dementia Australia

For both person with Dementia & carers.

Thirroul - Transport \$5.50

6th July - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists.

Transport/Admin \$10.50

11th July - Movies at NINA -

The Dressmaker

Accused of murder when she was a child, a dressmaker (Kate Winslet) returns to her small Australian town to seek revenge on the locals who did her wrong. Transport \$10.50.



26th July - Archibald Exhibition at the Art Gallery of NSW

Enjoying the exhibition and then lunch.

Ticket \$22, Transport \$21.50, plus Lunch

(All July activities will be subject to a small price increase– details to come)

All outings require bookings, book early as sometimes there are limited tickets. Contact the office ASAP. Tickets purchased are non refundable.

Shopping / Bunnings / Nursery Trips

Date	Destination
2nd June	Warrawong Shopping \$11
6th June	Bunnings Bellambi & Op Shop Tour \$11
9th June	Shellharbour Shopping \$11
16th June	Figtree Shopping \$5.50
23rd June	Macarthur Square Shopping \$11
30th June	Engadine Shopping \$5.50
4th July	Bunnings Kirrawee \$5.50
7th July	Sylvania Shopping \$11
14th July	Dapto Shopping \$11
18th July	Sunrise Nursery Helensburgh \$5.50
21st July	Warrawong Shopping \$11
28th July	Shellharbour Shopping \$11

Individual Social Support

If you would like a friendly chat throughout the week, someone to come over and visit you, NI-NA can assist. We have volunteers that are available to visit on a weekly or fortnightly basis and share a cup of tea and a chat with you. Perhaps you would like to go to the shops and would like the support of someone to go with you, call the office, and discuss your wishes with one of the staff.



**NSW AGEING
AND DISABILITY
ABUSE HELPLINE
1800 628 221**

Are you or someone you know suffering abuse? Help is available. Contact the NSW Ageing and Disability Abuse Helpline.

Meals on Wheels
New South Wales
www.nswmealsonwheels.org.au

More than just a meal



We have been donated a number of packages of the above pictured men incontinence underwear, if you require some give us a call or pop into the office.