

AUGUST – SEPTEMBER 2023

NINA - Newsletter

4TH 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

Welcome to winter, lots of wind and cold weather around.



Thanks NINA management committee, clients and volunteers for your support to continue on Sharon's great work that she put into NINA for over 3 years. I thoroughly enjoy providing great services to the community. It's been a whirlwind with taking over at the end of month and financial year, but we still have great staff, Mollie and Jackie to continuing answering your transport requests and running the groups.



During June we took a bus to Sydney for a Vivid cruise and what a great night we had. With a great bus driver (I hear) and fantastic clients that thoroughly enjoyed their night.

Enclosed in the Newsletter is our new prices, they will come in force from 1st August 2023. Any queries please do not hesitate to contact the office.

Please note -

- ♦ If you are paying your invoice by direct credit into our bank account please quote the invoice number or at least your surname. As much as we are happy with people giving money to us, it would be a benefit to you that our bookkeeper can allocate the money to the correct person.
- ♦ If you are attending any of outings or Café club please bring current photo identification with you.

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



STRATEGIC PLAN 2020 - 24

MISSION	VISION	VALUES
Provide appropriate aid to Northern Illawarra residents to maintain an independent lifestyle	Expand range of activities and client numbers, while increasing volunteer numbers to ensure all service requests are met	commuNity Integrity cariNg creAtivity

OVERVIEW
<ul style="list-style-type: none"> Ongoing services provided are meals, social support, and transport, for Northern Illawarra clients of selected Government-subsidised programs: CHSP, CTP, HCP and NDIS. The block-funded programs, CHSP and CTP, are monitored relative to funding agency contract output targets, while the package-based programs, HCP and NDIS, generate fees for services delivered. NINA is pursuing further client and activity growth, to serve more community members and to build the organisation's sustainability, in readiness for a new funding model with greater emphasis on activity-based payments across all subsidy programs (scheduled to apply from 2025-26). A key source of growth is expansion of the target population to include more clients and volunteers residing in postcodes 2515, 2516 and 2517, to augment the long-standing focus on postcode 2508.

STRATEGIC PRIORITIES	
Focus area / actions / impact	Key performance indicators
<u>MORE SERVICE USAGE</u> <ul style="list-style-type: none"> Increase provision of meals, social support and transport in line with growth in community need and NINA capacity to deliver services. Distinguish and monitor service outputs based on their delivery settings and resourcing implications. Track achievement of funding agency (DoHAC, TfNSW) grant contract outputs. 	<ul style="list-style-type: none"> Total outputs Meals at home Meals at centre Social support hours (group) Social support hours (requested) Social support hours (assigned) Trips (group) Trips (individual) % of CHSP (DoHAC) contract target % of CHSP (TfNSW) contract target % of CTP (TfNSW) contract target
<u>MORE CLIENTS</u> <ul style="list-style-type: none"> Target services to all residents who qualify for specified Government-subsidised community programs. Promote a more even geographical spread of clients. Support Aboriginal and Torres Strait Islander participation commensurate with local population representation. 	<ul style="list-style-type: none"> Total clients CHSP clients CTP clients HCP clients NDIS clients % of clients in postcodes 2515-2517 % of clients who are Indigenous
<u>MORE VOLUNTEERS</u> <ul style="list-style-type: none"> Recruit, train and schedule sufficient volunteer workers for front-line service delivery. Promote a more even geographical spread of volunteers. Ensure the vast majority of transport driving is undertaken by volunteers. 	<ul style="list-style-type: none"> Total volunteers % of volunteers in postcodes 2515-2517 % of trips with volunteer driver
<u>SERVICE ACCESS AND QUALITY</u> <ul style="list-style-type: none"> Deploy resources to fulfil client service requests. Encourage and acknowledge client feedback. 	<ul style="list-style-type: none"> % of service requests met Compliments Complaints

CAFÉ CLUB THIRROUL-AUGUST 2023

1st August

**LUNCH OUTING
WOONONA /BULLI
RSL Transport \$6**

Pick ups from 1030am

**Please Ensure you bring a form
of ID for every Lunch outing
Thank you**

8th August

10:30am Morning Tea and Quiz

11:15am Singalong with Geoff

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Flower Bingo



15th August

**10:30am Morning Tea with
Quiz**

11:15am What's In a Name

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Name That Song

22nd August

**10:30am Morning Tea with
Quiz**

11:15am 2 Truths 1 Lie

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00 pm Chimera—Entertainment

29th August

**10:30am Morning tea with
Quiz**

11:15am Fathers Day activity

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Bingo

**If you would like to attend the
Club Thirroul on Tuesdays
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 - SEPTEMBER

5th SEPTEMBER

WOONONA BOWLING CLUB
Lunch Outing

Pick up from 10am
\$6 Transport

Meals start from \$20
***** Please ensure you bring**
a form of ID ***



12th SEPTEMBER

10.30am: Morning tea with Quiz

11.15am: Singalong with Geoff

11.45am : Chair Yoga with Hazel

12.30pm: Lunch

1.00pm Tv Bingo



19th SEPTEMBER

10.30am Morning tea with Quiz

11.15am Scattergories

11.45am Chair Yoga with Hazel

12.30pm Lunch

1.00pm
Campfire Songs Nancye

26th SEPTEMBER

10.30am Morning tea with Quiz

11.15am Celebrity Heads

11.45am Chair Yoga with Hazel

12.30pm Lunch

1.00pm Name That Song



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

August 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30
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	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30
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	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30
Packed					
Delivered					
CM					
Paid/Invoice					

FEE SCHEDULE EFFECTIVE FROM 1 AUGUST 2023

INTRODUCTION

Northern Illawarra Neighbour Aid Inc. ("NINA") provides subsidised meals, social support and transport services to eligible participants of the following government-funded health and community service programs:

- Commonwealth Home Support Program (CHSP);
- Community Transport Program (CTP);
- Home Support Packages (HCP);
- National Disability Insurance Scheme (NDIS).

These programs have different Government subsidy arrangements and different levels of funding. For CHSP and CTP, NINA receives Government grants directly and charges these clients fees from their own funds. For HCP and NDIS clients, the Government subsidies are delivered through clients' individual support package budgets, which NINA invoices and may also charge a non-package client fee for some services.

The different funding arrangements make it necessary for NINA to set different client fees among these programs, in order to recover operating costs which exceed direct Government funding. The applicable fees are set out in the schedules that follow, first within group services and then individual services. The schedules are a guide to fees. Actual fees may vary in individual funding circumstances and in cases of financial hardship, which should be discussed with the Manager.

GROUP SERVICES

The client groups for these services are CHSP and HCP. Most amounts payable by HCP clients are charged to the client's support package budget. An exception concerns meals, where the notional cost of food ingredients is reflected in a non-package fee, as specified by funding agency requirements. Admission fees to third-party events are also processed as non-package fees, as they represent non-subsidised services.

Meals

Group setting	CHSP clients	HCP clients	
	Fee	Package charge	Client contribution
CAFÉ Helensburgh, Thirroul	\$13.00	\$13.00	\$5.00
Other venues	Menu price less \$5.00	Menu price less \$5.00	\$7.00

Social support

Group social support activity	CHSP clients	HCP clients	
	Fee	Package charge	Client contribution
Cards, chess	\$2.00	\$30.00	\$0.00
Craft	\$3.00	\$45.00	\$0.00
Group shopping, nursery visit	\$0.00	\$45.00	\$0.00
CAFÉ Helensburgh, Thirroul	\$17.00	\$80.00	\$0.00
Other group outing (without third-party event)	\$0.00	\$60.00	\$0.00
Other group outing (with third-party event)	Admission price plus \$5.00	\$80.00	Admission price

Transport

Destination distance from Seacliff Bridge	CHSP clients	HCP clients	
	Fee	Package charge	Client contribution
Zone A: less than 30 kms.			
Return	\$6.00	\$40.00	\$0.00
One way	\$3.50	\$24.00	\$0.00
Zone B: 30 to less than 60 kms.			
Return	\$12.00	\$60.00	\$0.00
One way	\$7.00	\$36.00	\$0.00
Zone C: 60 to less than 90 kms.			
Return	\$18.00	\$80.00	\$0.00
One way	\$10.50	\$48.00	\$0.00
Zone D: 90 to less than 120 kms.			
Return	\$24.00	\$100.00	\$0.00
One way	\$14.00	\$60.00	\$0.00

Composite group services

Where group services are provided in conjunction with each other, the total fee is simply the sum of the above service fees.

CHSP examples

- Craft with return transport: \$3.00 (social) + \$6.00 (transport) = \$9.00 (total).
- CAFÉ at Thirroul with one-way transport: \$13.00 (meal) + \$17.00 (social) + \$3.50 (transport) = \$33.50 (total).
- Group outing to Zone C with meal costing \$20.00, admission price of \$15.00 and return transport: \$15.00 (meal) + \$20.00 (social) + \$18.00 (transport) = \$53.00 (total).

HCP examples

- Craft with return transport: \$45.00 (social) + \$40.00 (transport) = \$85.00 (total), all of which is charged to the support package budget.
- CAFÉ at Thirroul with one-way transport: \$18.00 (meal) + \$80.00 (social) + \$24.00 (transport) = \$122.00 (total), of which \$117.00 is charged to the support package budget and \$5.00 as a non-package fee.
- Group outing to Zone C with meal costing \$20.00, admission price of \$15.00 and return transport: \$22.00 (meal) + \$80.00 (social) + \$80.00 (transport) = \$182.00 (total), of which \$160.00 is charged to the support package and \$22.00 as non-package fees.

INDIVIDUAL SERVICES

The client groups for these services are CHSP and HCP for meals and social support plus CTP and NDIS for transport.

For HCP clients, the notional cost of food ingredients is reflected in a non-package fee, as specified by funding agency requirements.

For NDIS clients, funding scales which limit support package budget charges for individual transport are augmented by non-package fees, to assist NINA with transport cost recovery. Also for NDIS clients, the package charge includes a fee which takes into account the typical distance between the driver's journey commencement/end and the client's home.

Meals

Type of meal	CHSP clients	HCP clients	
	Fee	Package charge	Fee (non-package)
Main meal	\$8.50	\$11.00	\$3.00
Small meal	\$6.50	\$8.00	\$2.50
Soup, dessert	\$3.00	\$5.00	\$2.00

Social support

Individual social support activity	CHSP clients	HCP clients	
	Fee	Package charge	Fee (non-package)
Requested visit or phone call	\$0.00	\$30.00	\$0.00
Visit with delivery of unaccompanied shopping	\$6.50	\$20.00	\$0.00

Transport

Destination's distance from client's home or pick-up point	CHSP & CTP clients	HCP clients		NDIS clients
	Fee	Package charge	Fee (non-package)	Package charge
Range 1: less than 5 kms.				
Return	\$6.50	\$40.00	\$0.00	\$20.00
One way	\$4.55	\$28.00	\$0.00	\$17.50
Range 2: 5 to less than 10 kms.				
Return	\$9.00	\$50.00	\$0.00	\$30.00
One way	\$6.30	\$35.00	\$0.00	\$22.50
Range 3: 10 to less than 15 kms.				
Return	\$12.00	\$60.00	\$0.00	\$40.00
One way	\$8.40	\$42.00	\$0.00	\$27.50
Range 4: 15 to less than 20 kms.				
Return	\$16.00	\$70.00	\$0.00	\$49.00
One way	\$11.20	\$49.00	\$0.00	\$32.50
Range 5: 20 to less than 25 kms.				
Return	\$20.50	\$80.00	\$0.00	\$58.00
One way	\$14.35	\$56.00	\$0.00	\$37.50

Destination's distance from client's home or pick-up point	CHSP & CTP clients	HCP clients		NDIS clients
	Fee	Package charge	Fee (non-package)	Package charge
Range 6: 25 to less than 30 kms. Return One way	\$25.00 \$17.50	\$90.00 \$63.00	\$0.00 \$0.00	\$67.00 \$42.00
Range 7: 30 to less than 40 kms. Return One way	\$31.00 \$21.70	\$105.00 \$73.50	\$0.00 \$0.00	\$79.00 \$48.75
Range 8: 40 to less than 50 kms. Return One way	\$40.00 \$28.00	\$125.00 \$87.50	\$0.00 \$0.00	\$95.00 \$57.75
Range 9: 50 to less than 60 kms. Return One way	\$49.00 \$34.30	\$145.00 \$101.50	\$0.00 \$0.00	\$109.00 \$66.75
Range 10: 60 to less than 70 kms. Return One way	\$58.00 \$40.60	\$165.00 \$115.50	\$0.00 \$0.00	\$123.00 \$75.75
Range 11: 70 to less than 80 kms. Return One way	\$67.00 \$46.90	\$185.00 \$129.50	\$0.00 \$0.00	\$135.00 \$83.75
Range 12: 80 to less than 90 kms. Return One way	\$76.00 \$53.20	\$205.00 \$143.50	\$0.00 \$0.00	\$147.00 \$91.75
Range 13: 90 to less than 100 kms. Return One way	\$85.00 \$59.50	\$225.00 \$157.50	\$0.00 \$0.00	\$159.00 \$99.75

September 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Sept 6	Sept 13	Sept 20	Sept 27
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	Sept 6	Sept 13	Sept 20	Sept 27
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	Sept 6	Sept 13	Sept 20	Sept 27
Packed				
Delivered				
CM				
Paid/Invoice				

CAFÉ CLUB Helensburgh - August 2023

3rd August

10:30 Morning Tea and Quiz

11:15 Chair Yoga with Ellie

11:45 Singalong with Geoff

12:30 Lunch

1:00 BINGO!



10th August

**LUNCH OUTING
APPIN PUB**

Transport \$12

Pick Ups from 10am

Please ensure for all Lunch Outings
you bring a form of ID

17th August

10:30 Morning Tea and Quiz

11:15 Chair Yoga with Ellie

11:45 Match Song with Artist

12:30 Lunch

1:00 Name That Song

24th August

10:30 Morning Tea and Quiz

11:15 Chair Yoga with Ellie

11:45 Fun Riddles

12:30 Lunch

1:00 Musical Bingo



31st August

**Lunch Outing
Sunrise Nursery**

**Pick ups From 10:30am
Transport \$6**

If you would like to attend the Café Club programme 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 program subject to change

CAFÉ CLUB Tradies - September

DATE: 7th September

10:30am: Morning Tea and Quiz
11:15am: Chair Yoga With Ellie
11:45am: Fathers Day Activity
12:30pm: Lunch
1:00pm: Fathers Day Bingo



DATE: 14th September

LUNCH OUTING
The Illawarra Steelers' Club

\$6 Transport
Pick up from 10am

Please ensure you bring a form of ID for all lunch outings
Thank you.



DATE: 21st September

10:30am: Morning Tea Quiz
11:15am: Chair Yoga With Ellie
11:45am: Finish the Lyric
12:30pm: Lunch
1:00pm: Chimera –Entertainment



DATE: 28th September

10:30am: Morning Tea Quiz
11:15am: Chair Yoga With Ellie
11:45am: 5 second Rule
12:30pm : Lunch
1:00pm: Celebrity heads



If you would like to attend the Café Club programme 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.

Program subject to change

Group Outings August & Sept 2023

3rd Aug - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists.

Transport/Admin \$11

3rd Aug - Memory Lane Café with Dementia Australia

For people with Dementia & carers.

Thirroul - Transport \$6

15th Aug - Coffee Break

Catch up over a coffee.

Southern Gateway Centre.

Transport \$6.

30th Aug - Lunch at Shell Harbour Marina

Transport \$12, plus lunch



7th Sept - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists.

Transport/Admin \$11

13th Sept - Movies at NINA - *Being the Ricardos*

In 1952, Hollywood power couple Lucille Ball & Desi Arnaz face personal and professional obstacles that threaten their careers, relationship, and hit television show. Transport \$6 Admin \$5



14th Sept - Memory Lane Café with Dementia Australia

For people with Dementia & carers. Thirroul - Transport \$6

20th Sept - Tulip Time - Corbet Gardens, Bowral

Ticket \$TBC, Transport/Admin \$23, plus Lunch

**Prices quoted are CHSP prices*

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

Shopping / Bunnings Trips

Date	Destination
1st August	Bunnings Bellambi \$6
4th August	Figtree Shopping \$6
11th August	Macarthur Square Shopping \$12
18th August	Engadine Shopping \$6
25th August	Sylvania Shopping \$12
1st September	Dapto Shopping \$12
5th September	Bunnings Kirrawee \$6
8th September	Warrawong Shopping \$12
15th September	Shell Harbour Shopping \$12
22nd September	Figtree Shopping \$6

Shopping and Bunnings trip pick ups start from 9am



**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** 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.