

OCTOBER – NOVEMBER 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

Seniors Rights 2
Service

Café Club 3
Thirroul October

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November

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Latest news

Welcome to Spring, lots of flowers and sunshine. Already into the final quarter of the year, doesn't time get away quickly. I surely believe that time goes faster these days.

Have you meet our Management Committee. Come along to our BBQ and Annual General Meeting

DATE: Wednesday, 15 November 2023

TIME: 10.30am

**PLACE: Anglican Church Hall,
77 Parkes Street, Helensburgh**

RSVP to the office for catering purpose and if you require transport, everyone is welcomed. You will receive in the mail next month your membership renewal forms.

Please remember our services are provided by volunteers, who give up their own time to assist NINA clients and the community. A friendly reminder to give them **respect** and don't go over and above the services they are meant to provide. We encourage 7 days or more notice for transport requests. This assist with allocation of drivers. Rest assured though if it is less notice we will do our best to accommodate your request.

We are looking for Volunteers, suggest to your family or neighbours if they are looking for something to keep them busy. Services they can complete: group assistant / driver assistant, transport (driver), bus driver, social support, shopping assistant, administration, marketing, management committee.

Our office hours are 8.30am to 4.30pm if we are unable to answer your call it will go to a voicemail, please leave a message. Outside office hours; if your transport is the next day and you need to cancel for any reason please phone the office and leave a message on our voicemail.

Fiona—Manager

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





Seniors Rights Service

Contact us

02 9281 3600

1800 424 079

Interpreter Service 131 450

National Relay Service 133 677

info@SeniorsRightsService.org.au

SeniorsRightsService.org.au

Gadigal Land
Suite 201 / 418a Elizabeth Street
Surry Hills NSW 2010

Information

We provide targeted rights-based information to a diverse range of older people regardless of cultural background or sexual orientation.

Our aged care advocates, solicitors and education staff travel across NSW to support aged care recipients and the wider community.

We hold information sessions at community groups, clubs, social and professional groups, aged care homes and retirement villages. We also organise forums and discussion panels. We collaborate with organisations and community groups to develop and implement projects on specific issues such as financial abuse of older people.

Seniors Rights Service receives funding from:

- Older Person's Advocacy Network (OPAN)
- NSW Fair Trading
- Legal Aid NSW
- NSW Department of Communities and Justice

This is information only and not legal or financial advice. If you have a legal or financial problem call our service directly, see your lawyer or a financial advisor. Laws vary from state to state.

Seniors Rights Service Limited | ABN 98 052 960 862 | ACN 626 676 533

CAFÉ CLUB Thirroul Oct 2023

DATE: 3rd

Lunch outing Diggers

pick ups from 10am please bring a form of ID to enter club

Transport \$6

DATE: 10th

10.30: Morning tea and Quiz

11.15: Pair Dice Game

11.45 Chair Yoga with Hazel

12:30: Lunch

1:00: Talk—Debbie from seniors rights service

DATE: 17th

10.30: Morning tea and Quiz

11.15: Rock painting

11.45: Chair Yoga with Hazel

12:30: Lunch

1:00: Linda Babister –Talk wills etc

DATE 23rd

10.30: Morning tea and Quiz

11.15: Celebrity Heads

11.45: Chair Yoga with Hazel

12:30: Lunch

1:00: Name That song!

DATE: 31st

10.30: Morning tea and Quiz

11.15: scattgorries –carers

11.45: Chair Yoga with Hazel

12:30: Lunch

1:00:Bingo US Inventions

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.

Please note program subject to change.

CAFÉ CLUB Thirroul Nov 2023

DATE: 7th

Melbourne Cup Lunch Outing

Towradgi Bowls Transport \$6.

Please dress in your very best with your best fascinator

Pick ups from 10 am



DATE: 14th

10.30: Morning tea and Quiz

11.15: Celebrity heads

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Entertainment - Chimera: Chris & Marcus



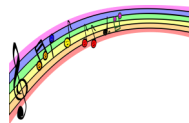
DATE: 21st

10.30: Morning tea with Quiz

11.15: Chair Yoga with Hazel

11.45: Aussies guess who

12.30: Lunch



1.00: Guess the song

DATE: 28th

10.30: Morning tea with Quiz

11.15: Reminiscing

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: Bingo - Bears

Please note - Program is subject to change.

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

October 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Oct 4	Oct 11	Oct 18	Oct 25
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	Oct 4	Oct 11	Oct 18	Oct 25
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	Oct 4	Oct 11	Oct 18	Oct 25
Packed				
Delivered				
CM				
Paid/Invoice				

November 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Nov 1	Nov 8	Nov 15	Nov 22	Nov 29
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 Risssoles 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 Risssoles 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	Nov 1	Nov 8	Nov 15	Nov 22	Nov 29
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	Nov 1	Nov 8	Nov 15	Nov 22	Nov 29
Packed					
Delivered					
CM					
Paid/Invoice					

CAFÉ CLUB Tradies Oct 2023

DATE: 5th

10.30: Morning tea with Quiz

11.15: name the summertime song pic puzzle

11.45: 5 second rule

12:30: Lunch

1:00: BINGO!



DATE: 12th

Café Club LUNCH OUTING

Bellambi Bowling Club

Please ensure you always bring a form of ID to all lunch outings

Pick up starting from 10.00am

DATE: 19th

10.30: Morning tea with QUIZ

11.15 :Chair Yoga with Ellie

11:45: who am I US Presidents

12:30: Lunch

1:00: Lynda Babister - Talk re wills etc.

DATE: 26th

10.30: Morning tea with Quiz

11.15: Chair Yoga With Ellie

11:45: Famous Movie Quotes

12:30: Lunch

1:00: Entertainment –Chimera Chris and Marcus

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.

CAFÉ CLUB Tradies Nov 2023

<p><u>DATE 2nd</u></p> <p>10.30: Morning tea and Quiz</p> <p>11.15 :Chair Yoga with Ellie</p> <p>11.45: Rock painting</p> <p>12:30: Lunch</p> <p>1:00: Guess the song</p>	<p><u>DATE 9th</u></p> <p>Woonona Bowling Club IL LAGO</p> <p>Pick ups from 10am Transport \$6</p>
<p><u>DATE 16th</u></p> <p>10.30: Morning tea with quiz</p> <p>11.15: Chair Yoga with ellie</p> <p>11:45: Scattgorries –Carers</p> <p>12:30: Lunch</p> <p>1:00: Talk- Senior rights service with – Debbie</p>	<p><u>DATE 23rd</u></p> <p>10.30: Morning tea with Quiz</p> <p>11.00: Chair Yoga with Ellie</p> <p>11.45 :Bowl Game</p> <p>12:30: Lunch</p> <p>1:00: Entertainment- Dave Oliphant</p>
<p><u>DATE 30th</u></p> <p>LUNCH OUTING HELENSBURGH HOTEL Pick up from 10 am \$6 Transport</p>	<p>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.</p> <p>Let us know if you have any special dietary needs or if you require transport to or from the program</p>

Group Outings Oct & Nov 2023

5th Oct - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists. Transport/Admin \$11

7th Oct - Scarborough Art Show - held at Scarborough Public School, come and have a look at some local art on a Saturday.

Transport/Admin \$11

16th Oct - Music In the Morning - Some Enchanted Evening. Wollongong Town Hall.

Transport/Admin \$11. Tickets \$28.50 plus Lunch.

25th Oct - Coffee Break - Bald Hill -

Enjoy a coffee and the view. Transport \$6. Pick up from 9.30am

2nd Nov - Memory Lane Café with Dementia Australia

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

11th Nov - Theatre Show - Winter Wonder Man - Sutherland Arts Theatre—this performance features a local man from

Helensburgh. Transport \$6, Tickets \$35

27th Nov - Music In the Morning - Police Band.

Wollongong Town Hall.

Transport/Admin \$11. Tickets \$28.50 plus Lunch.

29th Nov - Movies at NINA - Florence Foster Jenkins

Enjoy a movie in the NINA Office starring Academy Award Winning Actress Meryl Streep. Transport/Admin \$11.



Prices quoted are CHSP prices. All outings require bookings, book early as sometimes there are limited tickets. Payment for tickets is required on booking and is non refundable.

Shopping / Bunnings Trips

Date	Destination
29th Sept	Macarthur Square \$12
3rd October	Bunnings Bellambi \$6
6th October	Engadine Shopping \$6
13th October	Sylvania Shopping \$12
20th October	Dapto Shopping \$12
27th October	Warrawong Shopping \$12
3rd November	Shellharbour Shopping \$12
7th November	Bunnings Kirrawee \$6
10th November	Figtree Shopping \$6
17th November	Macarthur Shopping \$12
21st November	Nursery –Taren Point Flower Power \$12
24th November	Engadine –Shopping \$6
1st December	Sylvania –Shopping \$12

Shopping and Bunnings trip pick ups start from 9am

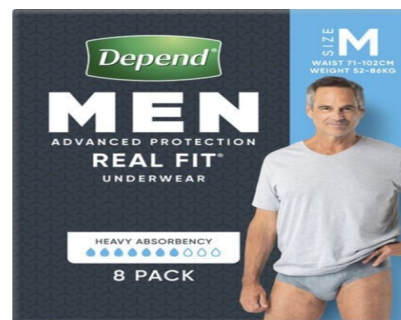


NSW AGEING AND DISABILITY ABUSE HELPLINE
1800 628 221

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

Meals on Wheels 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.