



Office
18 Walker Street,
Helensburgh 2508

Hours
8.30am to 4.30pm
Monday to Friday
Telephone
02 42941900

| | |
|-----------------------|----|
| Latest news | 2 |
| Café Club | 3 |
| Thirroul June | |
| Café Club | 4 |
| Thirroul July | |
| Meals Menu June | 5 |
| Meals Menu June | 6 |
| Meals Menu July | 7 |
| Meals Menu July | 8 |
| Café Club | 9 |
| Helensburgh June | |
| Café Club | 10 |
| Helensburgh July | |
| Items for Sale / Hire | 11 |
| Group Outings | 12 |
| Shopping Dates | 13 |
| About Café Club | 14 |
| Client updates | 15 |

JUNE - JULY 2024

NINA - Newsletter

3RD EDITION

2024

Latest news

Welcome to Winter, hasn't the weather turned cold very quickly.



The staff Mollie, Jackie, Vicki, Alex and myself are working tirelessly to implement a new software for our Client Management System and Transport.

The new software will be one system for the two systems we currently use. Initially the benefit of this is greatly for the staff and the services we provide to you with streamlining our processes at this stage. This will also enable staff to spend more time on implementing programs, volunteer recruitment and saving trees (paper) as things are going to be more electronic. As well as learning a new system, moving the information over, we are checking all the information is correct including My Aged Care referrals. Our go live date is Monday, 1st July 2024 and our goal is for a smooth transition, (you may all laugh but without dreams and hopes there is no room for success and improvements). What may happen is volunteers not having all the details, or information not coming across exactly or correctly and we don't have the correct My Aged Care Referrals. We are contacting clients directly if this is the case. During the month of July please be patient with us whilst we are getting to know a new system as in the end it will benefit 'you' the client. Watch this space as there is more to come in the future with the new system.

Clients could we please bare in mind that our drivers are volunteers who volunteer their time to provide transport, social support, bus/group assistance or deliver your meals to you. Please be courteous and kind, we understand that people and appointments can be delayed and traffic can play apart in getting to appointments on time. We endeavour to advise if there is going to be a delay. We are hoping the new system will also assist in this as well. If ever in doubt please feel free to contact the office.....continued page 2

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





Book your individual transport or social group outings early.
Don't leave it to the last minute, you may miss out.

During Volunteer Appreciation Week 2024 we took the Volunteers to Red Nectar, Helensburgh for lunch. We would like to acknowledge Dianne for 5 years service and Dennis for 20 years service with NINA. Keep an eye out next Newsletter for the photos and interviews.

Currently, (well all the time) we are recruiting volunteers to assist with our Management Committee for those interested in assisting in the governance of NINA. You do need to be available on the 2nd Wednesday of the month 9.30am to 11.30am in person or TEAMS-app and you don't need a first aid certificate. If you know anyone that would be interested please provide them with NINA's phone number.

We also have a variety of other tasks volunteers can do including bus driving (LR licence), individual transport, group / bus assistant, social support and administration. You do need a first aid certificate and licence if you are driving. There is something for everyone.

Don't forget to look at our group outings coming up: Lavender by the Bay restaurant at the Kirribilli Club and/or Christmas in July at Panorama House, always good to get out and enjoy meal, great company and at a great price.

Do you know which staff to speak to, sometimes it gets confusing.

Alex is our front desk, booking officer for everything (transport, social groups / outings)

Vicki is our scheduler of transports

Jackie is our social coordinator

Mollie is our client intake officer and volunteer co-ordinator

Fiona is our manager.

Though we have specific jobs we all can help you with enquiries.

All the best - Fiona and the staff at NINA.



CAFE CLUB Thirroul June 2024

DATE: Tues 4th June

10.30: Morning tea & Quiz



11.15: Celebrity Heads

11.45 Reminiscing

12.30: Lunch

1:00: Free Ongoing Falls Prevention Class 6/4 –30/7

DATE: Tues 11th June

10.30: Morning tea & Quiz with Mollie



11.15: Bingo

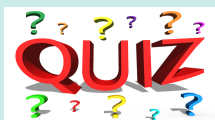
11.45 Who said That

12.30: Lunch

1:00: Free Ongoing Falls Prevention Class 6/4 –30/7

DATE: Tues 18th June

10.30: Morning tea & Quiz



11.15: 5 Second Rule

11.45 Chair Yoga with Hazel

12.30: Lunch

1:00: Free Ongoing Falls Prevention Class 6/4 –30/7

DATE: Tues 25th June

LUNCH OUTING

Pick ups from 10am. Meeting at Club at 12pm for lunch

Helensburgh Hotel

Transport \$6

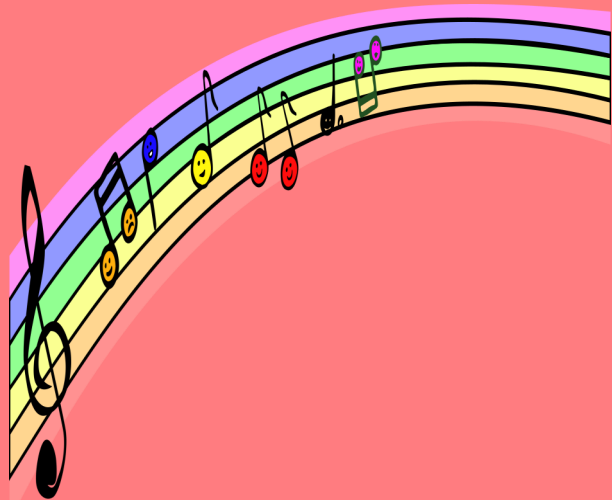


If you would like to attend the Café Club programme on Tuesday please call the office on 4294 1900 by 1pm Monday to confirm your attendance.

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.



CAFE CLUB Thirroul July 2024

DATE: Tues 2nd July

10.30: Morning tea and Quiz

11.15: Reminiscing

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Free Ongoing Falls
Prevention Class 6/4 –30/7

DATE: Tues 9th July

10.30: Morning tea and
Quiz

11.15 Who said that!?

11.45: Chair yoga with Hazel

12.30: Lunch

1:00 Free Ongoing Falls
Prevention Class 6/4 –30/7

DATE: Tues 16th July

10.30: Morning tea and
Quiz



11.15: Bananagrams

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: Free Ongoing Falls
Prevention Class 6/4 –30/7

DATE: Tues 23rd July

LUNCH OUTING

Pick ups from 10 am. Meeting at
Club at 12pm for lunch

Bulli Workers

\$6 Transport



DATE: Tues 30th July

10.30: Morning tea and
Quiz

11.15: Guess The Song



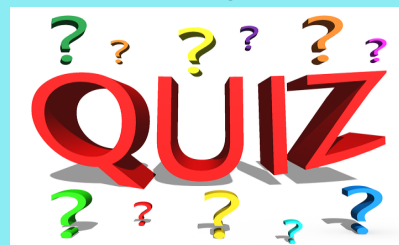
11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: Free Ongoing Falls
Prevention Class 6/4 –30/7

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



June 2024

Client Name: _____ Address: _____

Phone Number: _____

| | Frozen Soup Range \$3.00 | June 5 | June 12 | June 19 | June 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 | June 5 | June 12 | June 19 | June 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 | | | | |

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 5 | June 12 | June 19 | June 26 |
|-----------------|---------------|----------------|----------------|----------------|
| Packed | | | | |
| Delivered | | | | |
| CM | | | | |
| Paid/Invoice | | | | |

July 2024

Client Name: _____ Address: _____

Phone Number: _____

| | Frozen Soup Range \$3.00 | July 3 | July 10 | July 17 | July 24 | July 31 |
|----|--|---------------|----------------|----------------|----------------|----------------|
| 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 3 | July 10 | July 17 | July 24 | July 31 |
|----|---|---------------|----------------|----------------|----------------|----------------|
| 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 | July 3 | July 10 | July 17 | July 24 | July 31 |
|-----------------|---------------|----------------|----------------|----------------|----------------|
| Packed | | | | | |
| Delivered | | | | | |
| CM | | | | | |
| Paid/Invoice | | | | | |

CAFÉ CLUB Helensburgh June 2024

DATE: 6th June

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Who Said that ?

12.30: Lunch

1:00: Guess the Movie and Song



DATE: 13th June

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Engadine Tavern

Transport \$6

DATE: 20th June

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Who am I Disney Edition

12.30: Lunch

1:00: Dave and Dennis – Entertainment



DATE: 27th June

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: 50/60s Stars Bingos

12.30: Lunch

1:00: Guess the Song



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

CAFÉ CLUB Helensburgh July 2024

DATE 4th July

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Name the movie monster

12.30: Lunch

1:00: Entertainment—Chimera

DATE 18th July

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Name the Musical

12.30: Lunch

1:00: 5 Second Rule



DATE 11th July

LUNCH OUTING

Engadine Bowling Club

Transport \$6

Pick ups from 10 am. Meeting at Club at 12pm for lunch

DATE 25th July

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Match the star to movie

12.30: Lunch

1:00: Bingo

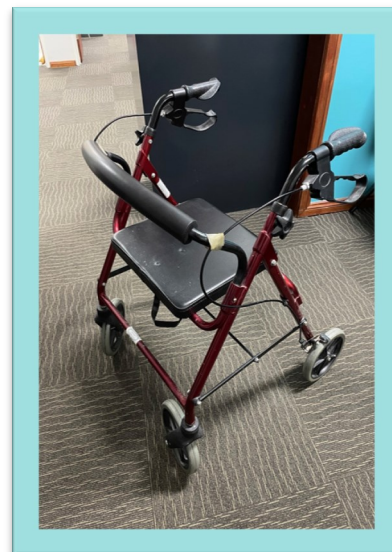


If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.

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

ITEMS FOR HIRE / BORROW - ALL THAT IS REQUIRED IS A DONATION

We have an abundance of walking sticks, wheelchairs & walkers that are available for NINA clients to use. Please contact the office on 0242941900 if you require an item.



As these are donated items NINA will take no responsibility for the condition of them and suitability for use.

Leather Electric Recliner For Sale



- Dark grey colour
- Excellent condition
- Electric remote control for footrest, reclines back and seat raises person into standing position
- Viewings welcome

Delivery within Helensburgh available and other locations upon agreement.
Call Carolyn 0402 616 942

Group Outings June/July 2024

Thursday 6th June - Music & Tea - Wollongong Art Gallery

Free concert featuring emerging artists.

Admin \$5, Transport \$6. Pick ups from 9:30 am

Friday 7th June and 5th July - Memory Lane Café

A program designed for Carers and people suffering with dementia. Based in Thirroul, once a month. Please contact office for more details.

Transport \$6

Wednesday 12th June - Coffee Break - Woonona Hidden Garden

Plus 1 hour shop after in Thirroul. Transport \$6

Pick ups from 9am



Wednesday 19th June -

Lavender by the Bay Restaurant at the Kirribilli Club Sydney

Seniors Lunch \$35 Transport \$15



Thursday 4th July - Music & Tea - Wollongong Art Gallery

Free concert featuring emerging artists.

Admin \$5, Transport \$6. Pick ups from 9:30 am

Monday 15th July - Movies at NINA - Australia

On the brink of WW2, Lady Sarah Ashley (Nicole Kidman) arrives from Britain to Australia, to see a cattle ranch she inherited. She soon seeks help from Drover (Hugh Jackman).

Admin Fee \$5, Transport \$6.



Friday 19th July –

Christmas in July at Panorama House

Lunch \$48, 3 courses, Transport \$6

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 |
|-------------------|----------------------------|
| Tuesday 4th June | Bunnings Kirrawee \$6 |
| Friday 7th June | Shellharbour Shopping \$12 |
| Friday 14th June | Figtree Shopping \$12 |
| Friday 21st June | Macarthur Shopping \$12 |
| Friday 28th June | Engadine Shopping \$6 |
| Tuesday 2nd July | Bunnings Bellambi \$6 |
| Friday 5th July | Sylvania Shopping \$12 |
| Friday 12th July | Dapto Shopping \$12 |
| Friday 19th July | Warrawong Shopping \$12 |
| Friday 26th July | Shellharbour Shopping \$12 |
| Friday 2nd August | Figtree Shopping \$12 |



Shopping, Bunnings and Nursery trip pick ups start from 9am.

CAFÉ CLUB

Café Club, was launched as a trial program in February 2003 when NINA decided to offer a fortnightly morning tea and activity social group in Helensburgh. Our clients were extremely enthusiastic about this opportunity to enjoy some Culture, Activity, Friendship and Exercise and the organisation applied for and received annual recurrent funding for a centre based day care program from the Commonwealth government.

The service is supervised by our Social co-ordinator Jaclyn and is now offered twice weekly, Café Club Thirroul on a Tuesday and Café Club Helensburgh on a Thursday, they are held at Club Thirroul and Helensburgh Tradies, respectively. Included in the cost is transport, lunch and a full day program including chair yoga (carried out by trained Yoga instructors), various entertainers, speakers, quizzes and you may see familiar faces or meet new people. You don't have to come every week and once a month the group goes for a lunch outing at various spots throughout the Illawarra. Come along and try Café Club in your area Thirroul or Helensburgh, first visit is free, ring the office to book in. The cost for Café Club is \$6 Transport (return), \$17 Social Support & \$13-\$17 Lunch.



A request from a client that we make mention of people that have left our services to a move into Residential care, or away with family or have passed away, as sometimes the message doesn't get around within the NINA community. Please if this section or news brings some not so good feelings, please do not hesitate to give anyone in the office a call or speak with a friend or love one or ring Lifeline, Telephone number 131114.



MOVED INTO RESIDENTIAL CARE

Fay & Kevin Batchelador
Geoff Gordon
Lucy Pollard
Lyle Greensmith

REST IN PEACE

Marilyn Smith

Betty Macy

Ruth Duff

William (Bill) Jeffries

Joyce Hoyle

David McEwan



INTENTIONALLY LEFT BLANK