

APRIL - MAY 2025

NINA - Newsletter

2ND EDITION

2025



Office
18 Walker Street,
Helensburgh 2508

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

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Latest news

Hello to Autumn, well that is what the season is supposed to be, but we keep having winter / summer / winter and maybe another day of summer and you don't know whether to take your jumper or a fan out with you!

During the last few months we have been going on trips to Kiama sightseeing, to the city for the Premier Gala where clients were taping their feet and had an amazing afternoon. We would like more clients going on our outings, it takes lots of coordination to put these outings together but we would love for more people to join in the fun.

I attended Thirroul Club for a Devonshire Tea with the clients, to give an update of what's been happening with the programs and asking for feedback. I'm going to be at Helensburgh Café Club on Thursday, 24 April for Devonshire Tea, again providing information on our programs and for feedback. Every client is welcome to attend Helensburgh Tradies and if you only stay for the Devonshire Tea it will cost \$5, if you stay for the full program of Café Club it will be the normal fee. It would be lovely to see new and old clients. If you miss this occasion you can attend Craft & Games on 28 May 2025.

I hate to be the bearer of bad news, NINA prices are increasing to cover our expenses. This is across all our programs, including individual transport. Please, if the price increase causes any finance concern, contact me directly and we can talk. A copy of the new prices are within this newsletter.



When booking individual transport, please provide as much notice as you can, the more the better. We will accommodate emergency transports if we can, though if you don't provide 7 days notice of the transport we can't guarantee your transport. As well, our drivers and assistants are volunteers, please be considerate, they are giving up their time to ensure you get to where you want to go. Remember to mention to friends, family or organisations that you are a member of NINA and that we are always looking for volunteers. There is always something for everyone.

Volunteer week this year is 19th to 23rd May, on the Wednesday 21st we intend to celebrate and make a fuss of our volunteers to show our appreciation. If you are booking doctors appointments could you please take this into account, but don't worry too much if you can't. As we try to get as many of our volunteers together to join us.

Anytime, please don't hesitate to contact the office if you require information or assistance.

With kind regards - Fiona



Part of the Community Working with the Community

Find us on Facebook

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



myagedcare



Shopping / Bunnings Trips

PLEASE NOTE CHANGE - Bunnings and Shopping are now combined on a Friday. There is only ability to attend 1 destination out of the 2, so please state when booking which you would like to attend. We will have two drop offs. This enables more chances to go to Bunnings throughout the schedule, as well adding other shops.

| April | May |
|--|--|
| Friday 4th - \$14 Dapto Shopping or Bunnings Kembla Grange | Friday 2nd - \$14 Shellharbour or Stoney Range Speciality Shops |
| Friday 11th - \$14 Warrawong or Speciality Furniture Stores King St | Friday 9th - \$7.50 Figtree or Bellambi Bunnings |
| Good Friday—NINA closed | Friday 16th- \$14 Macarthur or Campbeltown Shops |
| ANZAC Day—NINA closed | Friday 23rd- \$7.50 Engadine |
| | Friday 30th - \$14 Sylvania Shopping or Bunnings Kirrawee |

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 loved one or ring Lifeline, Telephone number 131114, website <https://www.lifeline.org.au/> or Lifeline text or chat online.

REST IN PEACE, Clients of NINA

*Jill Ridgeway
Mark Henderson
Peter Fairlie-Cunningham
Maureen Newton*

Moved out of area or into Residential Care

*Gwen Gallagher
Norma Anderson
Rae McLintock
Lesley Russel-French
Lisbeth Lane*

CAFÉ CLUB Thirroul - April

DATE: Tues 1st April

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Montessori HCP talk

12.30: Lunch

1.00: Dave Oliphant -
Entertainment



DATE: Tues 8th April

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Golf

12.30: Lunch

1.00: Bingo



DATE: Tues 15th April

LUNCH OUTING

Club Engadine

**Pick ups from 10am
Transport \$7.50**



DATE: Tues 22nd April

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Conversation Catch

12.30: Lunch

1.00: Beetle Drive



DATE: Tues 29th April

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Bocce

12.30: Lunch

1.00: 5 Second Rule



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 - May

DATE: Tues 6th May

10.30: Morning tea and Quiz

**11.15 Exercise with Purpose
Healthcare**

**11:45: Decorate/make your own
bookmark**

12.30: Lunch



1.00 Bingo

DATE: Tues 13th May

10.30: Morning tea and Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Ball Exercises

12.30: Lunch

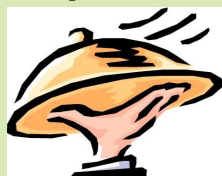
**1.00: Luise The Moon - Guest
Speaker/Artist**

DATE: Tues 20th May

LUNCH OUTING

Club Heathcote

**Pick ups from 10am
Transport \$7.50**



DATE: Tues 27th May

10.30: Morning tea and Quiz

**11.15: Exercise with Purpose
Healthcare**

11:45: Conversation catch

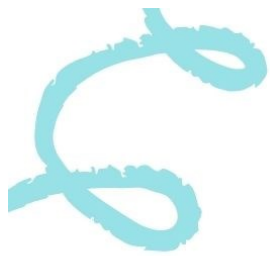
12.30: Lunch

1.00 Beetle Drive



**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.**



NINA CRAFT

NINA has a Craft & Games Group that meets every Wednesday at the Anglican Church, here in Helensburgh.

Join NINA in April for two new craft sessions, where we have two lovely guest speakers joining the activities! Also, in May join Fiona (NINA Manager) for a Devonshire tea!

**Location: 77 Parkes Street, Helensburgh
(Anglican Church Hall)**

Time: Pickups start from 9am

See more information below:

Wed 1st April

Guest Speaker/Artist: Luise

Enjoy a presentation about Luise's artistic process and get involved with contributing to her large scale work for upcoming South Coast Art festival.

Cost: Social Support \$4, Transport \$7.50

Wed 9th April

Guest Speaker: Alicia Rolon

Alicia will lead the group on a painting tutorial where everyone will come away with their own art work

Cost: Social Support \$4, Transport \$7.50

Wed 28th May

Devonshire Tea - With Fiona

'Have your say'

Cost: Devonshire Tea \$5 if that's all you attend, Social Support \$4, Transport \$7.50

**Please visit us in the office or call us on
4294 1900 to book in.**

We can't wait to see you there!

Group Outings April & May

Thursday 3rd April & Thursday 8th May - Music & Tea Wollongong Art Gallery

Free concert featuring emerging artists.

Pick ups from 9:30am Admin \$5 Transport \$7.50



Monday 28th April - Music In The Morning 80 years of the ANZACS Wollongong Town Hall

Lunch at Levendis (at client own cost)

Tickets \$28.50, Transport \$7.50 & Admin \$5



Wednesday 30th April - Picton Wollondilly Tour

Enjoy a personalised guided tour of Picton.

Ticket \$55 includes the tour, lunch, tea & coffee.

Transport \$20.50



Friday, 2nd May - Memory Lane Cafe

A program designed for Carers and people suffering with dementia.
Based in Thirroul. Transport \$7.50

Monday 5th May - Movies at NINA 'MAMMA MIA' - Featuring songs from the musical group, ABBA

Transport \$7.50, Admin \$5



Saturday 24th May - Berry Celtic Festival

'A day of entertainment, Knights, all the bands, all the Clans, medieval villagers, singing and dancing!'

Please note this event is suited for able bodied people, please bring a support person if you feel it's needed. Tickets \$15, Transport \$20.50.
Pickups from 8am



Monday 26th May - Music In The Morning - The Vallies

Wollongong Town Hall Lunch at Levendi's (at client own cost)

Tickets \$28.50, Transport \$7.50 & Admin \$5

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

CAFÉ CLUB Helensburgh - April

DATE: Thurs 3rd April

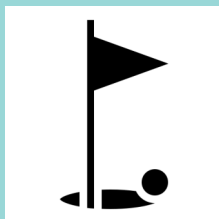
10.30: Morning tea with Quiz

11.15: Exercise with Purpose Healthcare

11.45: Golf

12.30: Lunch

1.00: Story Time



DATE: Thurs 10th April

LUNCH OUTING

Gymea Bowls

**Pick ups from 10am
Transport \$14**



DATE: Thurs 17th April

10.30: Morning tea with Quiz

11.15: Exercise with Purpose Healthcare

11.45: Ball toss

12.30: Lunch

1.00: Beetle Drive



DATE: Thurs 24th April

10.30: [Devonshire Tea with the Manager, Fiona. 'Have your say'!](#)

11.15: Exercise with Purpose Healthcare

11.45: Bocce

12.30: Lunch

1.00: Bingo



**Devonshire Tea only - \$5*



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

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.

CAFÉ CLUB Helensburgh - May

DATE: Thurs 1st May

10.30: Morning tea and Quiz

11.15: Exercise with Purpose Healthcare

11.45: Decorate/make your own bookmark

12.30: Lunch



1.00: Luise The Moon - Guest Speaker/Artist

DATE: Thurs 8th May

LUNCH OUTING

Collegians Balgownie

**Pick ups from 10am
Transport \$7.50**



DATE: Thurs 15th May

10.30: Morning tea and Quiz

11.15: Exercise with Purpose Healthcare

11.45: Montessori talk

12.30: Lunch

1.00: Beetle Drive

DATE: Thurs 22nd May

10.30: Morning tea and Quiz

11.15: Exercise with Purpose Healthcare

11.45: Golf

12.30: Lunch

1.00: Bingo



DATE: Thurs 29th May

LUNCH OUTING

Helensburgh Hotel

**Pick ups from 10am
Transport \$7.50**



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.

Please note program subject to change.

CHSP & CTP FEE SCHEDULE EFFECTIVE FROM 1st April 2025

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)

For CHSP and CTP clients, NINA receives Government grants directly and these fees are a client contribution. This includes clients that have CHSP referrals from My Aged Care and receive an HCP. For prices for clients on HCP & NDIS, contact the office for a fee schedule.

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

Meals at Café Club locations are at a standard rate to take in NINA providing across the board average price with a subsidised rate and including morning teas.

CHSP clients

| Group Setting | Transport See separate schedule | Meals | Social support | Total |
|---|---------------------------------------|---------------------------|-----------------------------------|---------|
| CAFÉ Club Helensburgh, Thirroul includes social support, meal and transport (Zone A) | \$7.50 | \$14.50 | \$20.00 | \$42.00 |
| Other venues (including Café Outings) includes meal and transport | Separate schedule | Menu price less \$3.00 | | |
| Craft & Games includes social support, morning tea and transport (Zone A) | \$7.50 | - | \$3.00 | \$10.50 |
| Group shopping, Bunnings, nursery visits | Separate schedule | - | - | |
| Other group outing (without third-party event) | Separate schedule | Menu price less \$3.00 | - | |
| Other group outing (with third-party event) | Separate schedule | Menu price less \$3.00 | Admission price plus \$5.00 | |

Group Transport – CHSP & CTP clients

| Destination distance from Seacliff Bridge | Fee |
|--|--------------------|
| Zone A: less than 30 kms Return One way | \$7.50 \$4.50 |
| Zone B: 30 to less than 60 kms Return One way | \$14.00 \$8.50 |
| Zone C: 60 to less than 90 kms Return One way | \$20.50 \$12.50 |
| Zone D: 90 to less than 120 kms Return One way | \$27.00 \$16.20 |

INDIVIDUAL SERVICES

CHSP clients including clients that have CHSP referrals from My Aged Care and on an HCP, and CTP clients are eligible for transport through our service.

For clients on NDIS & HCP funding, please contact the office for a copy of schedule fees.

Meals – CHSP clients

| Type of meal | Fee |
|-----------------|--------|
| Main meal | \$8.50 |
| Small meal | \$6.50 |
| Soup or dessert | \$3.00 |

Social support – CHSP clients

| Individual social support activity | Fee | |
|--|--------|-----------------------------------|
| Requested visit or phone call | \$0.00 | - |
| Individual social support Visit (up to 2 hours) | \$6.50 | - |
| Individual social support taken shopping (up to 2 hours) | \$6.50 | Plus km's from Transport schedule |

Transport – CHSP & CTP clients

| Destination's distance from client's home or pick-up point | Fee |
|--|---------|
| Range 1: Up to 10 kms | |
| Return | \$9.50 |
| One way | \$6.70 |
| Range 2: 11 to 20 kms | |
| Return | \$17.30 |
| One way | \$12.10 |
| Range 3: 21 to 30 kms | |
| Return | \$27.00 |
| One way | \$18.90 |
| Range 4: 31 to 40 kms | |
| Return | \$33.50 |
| One way | \$23.50 |
| Range 5: 41 to 50 kms | |
| Return | \$43.20 |
| One way | \$30.20 |
| Range 6: 51 to 60 kms | |
| Return | \$53.00 |
| One way | \$37.00 |
| Range 7: 61 to 70 kms | |
| Return | \$63.00 |
| One way | \$44.00 |
| Range 8: 71 to 80 kms | |
| Return | \$72.50 |
| One way | \$51.00 |
| Range 9: 81 to 90 kms | |
| Return | \$82.00 |
| One way | \$57.50 |
| Range 10: 91 to 100 kms | |
| Return | \$92.00 |
| One way | \$64.50 |

- One way trip is 70% of return

2025 MONTHLY MENU LIST

Client Name: _____ Phone number: _____

Address: _____

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

Meal delivery will be Wednesday each week between 10am – 2pm.

| | Frozen Soup Range \$3.00 | 1st Wednesday | 2nd Wednesday | 3rd Wednesday | 4th Wednesday | 5th Wednesday |
|----|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 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 | CURRENTLY UNAVAILABLE | | | | |
| 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 | Cottage Pie (Beef mince) with roasted pumpkin and green beans | CURRENTLY UNAVAILABLE | | | | |
| 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: | | | | | |

| | | Wednesday | Wednesday | Wednesday | Wednesday | Wednesday |
|----|---|-----------|-----------|-----------|-----------|-----------|
| 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 | | | | | |
| 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 | | | | | |
| | Sub Total: | | | | | |
| | Frozen Desserts \$3.00 | | | | | |
| 35 | Chocolate Mud Cake & Custard | | | | | |
| 36 | Bread & Butter Pudding | | | | | |
| 37 | Tiramisu | | | | | |
| 38 | Apple Sultana Crumble & Custard | | | | | |
| 39 | Sticky Date Pudding | | | | | |
| 40 | Butterscotch Pudding & Custard | | | | | |
| 41 | Carrot Cake | | | | | |
| | Sub Total: | | | | | |
| | Total Cost | | | | | |

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

| Office use only | 1 st Wednesday | 2 nd Wednesday | 3 rd Wednesday | 4 th Wednesday | 5 th Wednesday |
|-----------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| | | | | | |
| Packed | | | | | |
| Delivered | | | | | |
| Sandwai | | | | | |
| Paid/Invoice | | | | | |