



Office
18 Walker Street,
Helensburgh 2508

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

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

JUNE - JULY 2025

NINA - Newsletter

3RD EDITION

2025

Latest news

Winter and those cold dark nights, the days are so short and not much time to get out and enjoy ourselves with NINA and their fun activities. Picton tour at the end of April, was a wet day and instead of sitting at home and watching the weather, a group of clients went on the Picton tour. Not one person on the tour said, 'I wished I stayed home. Read their stories in our newsletter. Also, have a look at our outings coming up in the next 2 months, we love to see you on these.

There are changes coming in the My Aged Care world from 1 July 2025. Though it won't be changing much for clients under the Commonwealth Support Home Program (CHSP), more legalities for providers. If you wish to keep up to date with information. I suggest you follow <https://opan.org.au/> which is a service for Older People Advocacy, they provide free, independent and confidential support to older people receiving government-funded aged care. If you don't have internet access, ensure your children follow it and obtain information from it.

Throughout the month NINA's 48 volunteers complete between 400-700 transports, 91-280 meals, 714 hours of social support (numbers approximately). This takes a lot of scheduling, researching, planning and long hours for everything to run smoothly, which is handled by our experienced and diligent staff Mollie, Jaclyn & Alex. We do ask you though that you remember to book your NINA activities including transports, social support and meals in 7 days or more and the later being the best. If you do require an urgent service, that you understand when we have to say no.

Remember it is the volunteers that make this organisation run the way it does, without them it wouldn't. If you know of anyone that can give us 4 plus hours more a month, have them get in touch with us for a chat.



Do you have 10c bottles, cans around your house and wish to donate them to a charity? At the Return and Earn's located in Helensburgh and Bulli, we are listed as one of the charity's you can donate to. To do this, you use the Return and Earn app and select NINA as the charity. Tell your family and friends. All money raised will go to volunteers expenses.

Urgent cancellations (within 24 hours of the service) - What do you do? Please ring the managers mobile 0419 124862 and leave a message with your name and the time of the service. You will receive a message when this has been actioned.

Anytime, please don't hesitate to contact the office if you require information or assistance in relation to our services that we provide or My Aged Care. With kind regards - Fiona - Office Manager

Part of the Community Working with the Community



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.

June	July
Friday 6th - \$14 Dapto or Kembla Grange Bunnings	Friday 4th - \$14 Macarthur Square or Campbelltown Shops or Bunnings
Friday 13th - \$14 Warrawong	Friday 11th - \$7.50 Engadine
Friday 20th - \$14 Shellharbour	Friday 18th - \$14 Sylvania or Kirrawee Bunnings
Friday 27th - \$7.50 Figtree or Bellambi Bunnings	Friday 25th - \$14 Dapto or Kembla Grange Bunnings

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

*Norma Anderson
Lee scullion
Otilio Arvela
Yvonne Morgan
Barbara Morton*

Moved out of area or into Residential Care

*Carolyn Lapinski
Noel Loewenthal*

CAFÉ CLUB Thirroul - June

DATE: Tues 3rd June

10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Give me 5!

12.30: Lunch

1.00: Guess The Song

****Wear Colorful Clothes Today!**



DATE: Tues 10th June

10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Rock Painting

12.30: Lunch

**1.00: Entertainment - Chimera -
Chris and Marcus**



DATE: Tues 17th June

**LUNCH OUTING
Headlands Hotel**

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



DATE: Tues 24th June

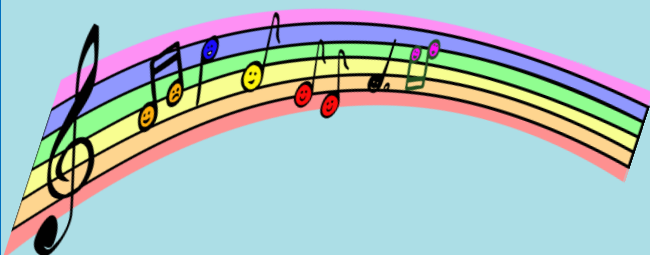
10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Coin Toss Challenge

12.30: Lunch

1.00: Bella Abode Talks



**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

DATE: Tues 1st July

10.30: Morning tea and Quiz

11.15 Exercise with Purpose
Healthcare

11.45: Card Stacking
Competition

12.30: Lunch

1.00 Bingo

DATE: Tues 8th July

10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Bocce

12.30: Lunch

1.00: Guess The Song

DATE: Tues 15th July

LUNCH OUTING
Gymea Bowls

Pick ups from 10am
Transport \$14.00



DATE: Tues 22nd July

****Xmas In July -
Wear Xmas Colours****



10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Conversation Ball Catch

12.30: Lunch

1.00 Beetle Drive

DATE: Tues 29th July

10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Conversation catch

12.30: Lunch

1.00 Singalong

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.

RIP to Norma Anderson

A beloved NINA client

Norma was born on the 21st of July, 1934, in Mudgee.

In fact, she was born on her mother's birthday—what a beautiful gift. She was an only child, deeply loved and cherished by her parents.

Norma was 10 years old then, growing up in the shadows of World War II. One vivid memory she often shared was hiding under the kitchen table, mattress and all, during the Japanese midget submarine attack on Sydney Harbour in 1942.

Norma left at 15 to begin work—first attending Secretarial College where she learned shorthand and typing. She was always proud of that skill, and she put it to good use.

In the 1950s, Norma found her passion for athletics—high jump, long jump, and the 880 yards. She was proud to represent St George Women's Amateur Athletic Club. Norma also enjoyed playing tennis at Cars Park. It was at tennis, in fact, that she met Roy—on the courts at Wollongong Road in Arncliffe. They married on the 6th of February, 1960, at St George's Church of England in Hurstville. She became Norma Anderson and moved into number 5 Hudson Street, right next door to her mother and father.

She was incredibly crafty. Norma always had a project on the go: raffia purses, macramé plant hangers, basket weaving, beadwork, embroidery, and later quilting and crocheting. For the last 25 years, she lovingly crocheted rugs for every grandchild and close friends. Each one a symbol of care, time, and warmth.

Norma also had a great love of animals—her home was always filled with pets: cats, dogs, guinea pigs, budgies, finches, quails, ducks, turkeys, rabbits, chooks—you name it, she cared for it.

In the 1970s, Norma finally got her driver's license—at the age of 40—with three backseat drivers along for the ride!

Her love of athletics never faded and she was proud to be awarded a Life Membership at St George Women's Amateur Athletic Club.

In the 1980s, Norma remained active in her community—volunteering for Neighborhood Watch, Meals on Wheels, and helped contribute to the writing of the history of her beloved athletics club for the local historical society. She even joined her neighbors in successfully fighting against a brothel being established in the area—she was never one to shy away from what she believed in.

In the 2000s, she said goodbye to the family home at Hudson Street and moved to Caringbah. It was here that Norma cared for Roy's declining health. This was a chapter in both their lives that she took on dutifully without complaining. Her husband, Roy passed away **in 2000**, and though it was another loss, she carried on with strength and grace.

She later moved into a granny flat at Darkes Forest. What began as “grandma living next door”. Norma was always engaged with the community where ever she lived and even became a regular at Helensburgh Pony Club events watching her grand-daughter compete. Norma linked up with NINA (Northern Illawarra Neighbour Aid) where she looked forward to meeting up weekly with her friends, going to the club for meals, coffee club, craft days and trips to events in the shire.

Norma had always wanted to make it to 90—and she did, celebrating that milestone surrounded by family and friends. She even recovered from a broken pelvis to be there. That was Norma—resilient and determined. She loved a beer or a stout, had a sweet tooth, and never missed a chance to get up and dance at a family celebration.

RIP, Norma



Group Outings June & July

Thursday, 5th June - Music & Tea

Wollongong Art Gallery

Free concert featuring emerging artists.

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



Friday, 13th June - Memory Lane Cafe

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

Wednesday, 18th June - HARS Air Museum

Shellharbour Airport Tour

Transport \$14.00 Tour \$25.00

Lunch - mixed lunch box with Sandwiches, Cake, Seasonal Fruit, Juice/Water \$15
(Tea / Coffee Provided no charge)

Total—\$54.00 (Please note must pay for ticket on booking, which is non-refundable)



Saturday, 28th June - 'Come Fly With Me'

Songs of Frank Sinatra & Michael Bublé

Sutherland Arts Theatre

Transport \$7.50 Ticket \$23.50 Admin \$5

(Please note must pay for ticket on booking, which is non-refundable)



Monday, 30th June - Music in the Morning - Police Band

Lunch at Boson Cafe

Transport \$7.50, Admin \$5, Ticket \$28

(Please note must pay for ticket on booking, which is non-refundable)

Thursday, 3rd July - Music & Tea

Wollongong Art gallery

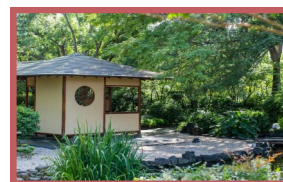
Free concert featuring emerging artists.

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

Wednesday, 16th July - Japanese Gardens & Art Gallery Tour

Transport to Campbelltown \$14.

Café for lunch inside venue



Friday, 25th July - Memory Lane Cafe

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

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 - June

DATE: Thurs 5th June

10.30: Morning tea with Quiz

11.15: Give me 5!

**11.45: Exercise with Purpose
Healthcare**

12.30: Lunch

1.00: Bella Abode Talks

DATE: Thurs 12th June

LUNCH OUTING

Club Heathcote

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



DATE: Thurs 19th June

10.30: Morning tea with Quiz

**11.15: Card Stacking competi-
tion**

**11.45: Exercise with Purpose
Healthcare**

12.30: Lunch

1.00: Beetle Drive



****Wear Colorful Clothes Today!**

DATE: Thurs 26th June

10.30: Morning tea with Quiz

11.15: Rock Painting

**11.45: Exercise with Purpose
Healthcare**

12.30: Lunch

1.00: Bingo



**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 - July

DATE: Thurs 3rd July

10.30: Morning tea and Quiz

11.15: Bocce

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: Mind Yoga – Chair Yoga

DATE: Thurs 10th July

LUNCH OUTING

Headlands Hotel

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



DATE: Thurs 17th July

10.30: Morning tea and Quiz

11.15: Beetle drive

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: Sing a Long

DATE: Thurs 24th July

****Xmas In July Wear Xmas Colours****



10.30: Morning tea and Quiz

11.15: Scategories

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: Bingo



DATE: Thurs 31st July

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.

A day out in Picton

Stories from NINA Clients



Nancye Kettley:

An 8am pickup! Good heavens! We are off to Picton for the day!

We travel westward to Picton through the eucalypt forests and through the rolling hills of bush and farmland.

When we arrived in Picton we went to the Park and admired the wreaths laid on ANZAC day 5 days before. The railway line to Picton from Sydney came very early to Picton, and mining was an early industry as well as farming. Beautiful old buildings are still standing as well as St. Stephens Anglican Church and its adjoining church yard. Flooding from the local rivers has plagued the town and the church has been flooded and refurbished many times.

We headed out of town to the home of Anthony Horderns, the owner of the once popular retail store.

Picton was home to Highway men who held up many stage coaches who lived out in the surrounding hills. These hills are linked to the Blue Mountains. It took Governor MacQuarrie nine days to travel to the city of Bathurst in 1815. Railway construction began in 1850 as the Blue Mountains and western plains became more productive with food and mining. The railway has changed over the years from a one track viaduct, through tunnels no longer being used. They are now are used for mushroom farming. The railway station now sounds as if it would take a day to visit.

I thoroughly enjoyed my day in Picton and enjoyed my visit and research. Would love another visit.

Thanks NINA!

Roma Bates:

It was a dull overcast morning, but we were determined to have a good day as we travelled around 60kms to the historical town of Picton. Our first rest stop was the beautiful RSL Memorial gardens where wreaths were still resplendent around the base of the memorial, since Anzac Day.

We were first taken to see the Horden's "While I live I grow" tree. Brent, the tour guide had a strong clear voice, pointing out the many history related houses and areas as Ray, our bus driver maneuvered the bus to Brent's instructions.

Stonequarry creek railway viaduct - what an amazing structure to see, but only if you took the long steep slippery walking path. Looking down on us from the trees lining the creek, were hundreds of bats. Our guide decided the bus was small enough to take on the bumpy track to the Redbank rail tunnel. The tunnel was a little eerie and dark, but a structure worth seeing. It is called the mushroom tunnel by the locals.

We were told of the devastating floods of 2019 when all the shops, hotels, church and cemetery were inundated up to roof tops.

Thank you NINA for the opportunity to have a wonderful informative day with so many like-minded people.



A day out in Picton continued

Excerpts from NINA clients

Hazel Sellers:

Wednesday the 30th of April 2025, is an overcast gloomy day. Fiona picks up those in the southern suburbs transporting us to meet up with others from Engadine and Helensburgh.

All aboard we travel in rainy weather to Picton RSL Park for morning tea. Here we meet Brent our on-bus tour guide.

We view the legendary 'Anthony Horton Tree,' a 100-year-old Port Jackson Fig, the Company attached a slogan, 'While I Live I'll Grow'. Unfortunately, what we viewed was not the original tree as it was destroyed by a storm in 1987.

Our next stop is to view the heritage listed Stonequarry Creek Railway viaduct. Completed in 1867, it carries the main southern trains today over this fast-running creek. The picturesque Viaduct features 12.2-meter arches and is eighty-four meters long over the creek bed.



Our next destination was Redbank Range Railway Tunnel, commonly known as Picton Tunnel and later as Mushroom Tunnel, it was opened in February 1867. This was a single-track line accommodating barely the engine and open carriages. It was eventually closed to rail in 1919 when a new deviation line opened. It is 180-metre (590 ft) long.

Arms and ammunition were stored throughout its length, and at times, mustard gas tanks were also stored during World War II. Later, it was used to commercially grow mushrooms.

Our driver Ray expertly maneuvered the bus through the rain soaked, narrow pathway. We all breathed easier when Ray stopped before entering the very dark, narrow, musty smelling subway.

Returning into town to visit the church in Argyl Street, St Marks, devastated by the 2019 floods. Picton was established as Stonequarry in 1841 and was renamed Picton in 1845. It was named for Sir Thomas Picton, a British army officer who died at the Battle of Waterloo.

The conclusion of this interesting and informative tour conducted by Brent, was at the Picton Hotel. We were greeted with the smell of a wood burning fireplace and rich enticing food aromas emitting from the kitchen.

Wonderful day, and a big thank you to NINA organisers, Brent's enterprise, and Picton Hotel for an extremely engaging outing.



2025 MONTHLY MENU LIST

18 Walker Street Helensburgh NSW 2508

Telephone: (02) 4294 1900

Email: reception@nina.org.au

ABN 53 458 312 762

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	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	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:					

	Frozen Main Meal Range \$8.50	1 st Wednesday	2 nd Wednesday	3 rd Wednesday	4 th Wednesday	5 th 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	Shepherd's 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	CURRENTLY UNAVAILABLE				
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots					
33	Salmon Pasta Bake served with Beans, Carrots & Corn					
34	Salmon Patties with Lemon Sauce					
	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	<i>Carrot Cake</i>					
	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					