



Office
18 Walker Street,
Helensburgh 2508

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

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Latest news

Thank you for all the clients that have been attending our outings and I'm so happy to hear that you are having a great time. Please, if there is somewhere you wish to go and think it would be of interest to other clients, contact the office and let us know and we will see what we can do.

We wish to advise that from **1/8/2025**, if the group outing has a third party involved and tickets are required, you need to pay this to have your name on the list and it is non-refundable. Everything else to do with the outing will be invoiced after the outing or you can ring or pop into the office and pay. Why? I hear you ask—it ensures a smooth running of the group outing, you receive a \$3 discount on your meal and we receive the government funding, so we can continue to support and provide you these great activities.

Café Club Thirroul and Helensburgh became cash free as well, but we do have our TYRO GO at these activities which you can use on the day or have an invoice sent to your email address. These updates assist with us being more efficient and using our time planning other things for our clients. The saying I've heard is 'Work smarter, not harder'.

After all the announcements of changes in the My Aged Care world from 1 July 2025, it has been delayed to 1 November 2025. Though it won't be changing much for clients under the Commonwealth Support Home Program (CHSP), more legalities for providers.

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.

Urgent cancellations (within 24 hours of the service) - What do you do? Please ring the managers mobile 0419 124 862 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.

With kind regards - Fiona - Office Manager



Part of the Community Working with the Community

Find us on Facebook



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.

August	September
Friday 1st - \$14 Warramong or Speciality Furniture Store King Street	Friday 5th - \$14 Sylvania or Kirrawee Bunnings
Friday 8th - \$14 Shellharbour or Stoney Range	Friday 12th - \$14 Dapto or Kembla Grange Bunnings
Friday 15th - \$7.50 Figtree or Bellambi Bunnings	Friday 19th - \$14 Warramong or Speciality Furniture Store King Street
Friday 22nd - \$14 Macarthur Square or Campbelltown Shops or Bunnings	Friday 26th - \$14 Shellharbour or Stoney Range
Friday 29th - \$7.50 Engadine	

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*

*Joan Devine
Jeff Lucke
Elizabeth Stewart*

*Moved out of area or into
Residential Care*

Carolyn Larkin

CAFÉ CLUB Thirroul - August

DATE: Tues 5th August

10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Rock Painting

12.30: Lunch

**1.00: John Clegg –
Entertainment**

DATE: Tues 12th August

10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Scattagories

12.30: Lunch

1.00: Bingo



DATE: Tues 19th August

**LUNCH OUTING
Helensburgh Hotel**

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



DATE: Tues 26th August

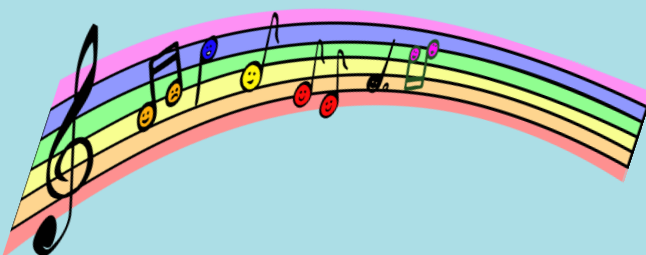
10.30: Morning tea & Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Coin Toss Challenge

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.

Please note program subject to change.

CAFE CLUB Thirroul - September

DATE: Tues 2nd September

10.30: Morning tea and Quiz

**11.15 Exercise with Purpose
Healthcare**

11:45: Have You Ever

12.30: Lunch

1.00 Guess The Song

DATE: Tues 9th September

10.30: Morning tea and Quiz

**11.15: Exercise with Purpose
Healthcare**

11.45: Bocce

12.30: Lunch

1.00: Singalong

DATE: Tues 16th September

**LUNCH OUTING
Mount Kembla Pub**

**Pick ups from 10am
Transport \$14.00**



DATE: Tues 23rd September

10.30: Morning tea and Quiz

**11.15: Exercise with Purpose
Healthcare**

11:45: Conversation Ball Catch

12.30: Lunch

**1.00 Mark Tippeus—Character
Drawing**

DATE: Tues 30th September

10.30: Morning tea and Quiz

**11.15: Exercise with Purpose
Healthcare**

11:45: Solve The Riddle

12.30: Lunch

1.00 Bingo

**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.**

Group Outings August & September

Thursday 7th August - Music & Tea

Wollongong Art Gallery

Morning tea and a free concert featuring emerging artists.
Pick ups from 9:30am. Social Support \$5 Transport \$7.50



Wednesday, 27th August - Scenic Drive Gerringong with Lunch at Gerroa Fisherman's Club

Enjoy a pleasant and relaxing drive looking at the sights along Gerringong and surrounds, with a stop for lunch at the Fisherman's Club. Transport \$20.50



Thursday, 4th September - Music & Tea

Wollongong Art Gallery

Free concert featuring emerging artists.
Pick ups from 9:30am Social support \$5 Transport \$7.50



Friday, 5th September - Memory Lane Cafe

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

Wednesday 24th September - Tulip Time with Lunch at Imperial Hotel Bowral



Come and enjoy over 80,000 mass planted Tulips and a day out amongst the flowers.

Ticket \$12.50 Admin \$5 Transport \$20.50,
Lunch (cost at clients choice minus NINA's discount)

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 - August

DATE: Thurs 7th August

10.30: Morning tea with Quiz

11.15: Coin Toss Challenge

**11.45: Exercise with Purpose
Healthcare**

12.30: Lunch

**1.00: Charcoal Drawing with
Colleen**

DATE: Thurs 14th August

LUNCH OUTING

Mount Kembla Pub

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



DATE: Thurs 21st August

10.30: Morning tea with Quiz

11.15: Rock Painting

**11.45: Exercise with Purpose
Healthcare**

12.30: Lunch

1.00: Bingo



DATE: Thurs 28th August

10.30: Morning tea with Quiz

11.15: Move to The Story

**11.45: Exercise with Purpose
Healthcare**

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.**

**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 - September

DATE: Thurs 4th September

10.30: Morning tea and Quiz

11.15: Bee words

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: Beetle drive

DATE: Thurs 11th September

LUNCH OUTING

Appin Pub

Pick ups from 10am
Transport \$14



DATE: Thurs 18th September

10.30: Morning tea and Quiz

11.15: Have you ever

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: Bingo

DATE: Thurs 25th September

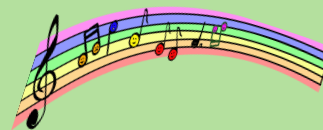
10.30: Morning tea and Quiz

11.15: Solve the riddle

11.45: Exercise with Purpose Healthcare

12.30: Lunch

1.00: John Clegg – Entertainment



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.

Volunteer News

Meet our new volunteers:



David

David is from Heathcote and is going to volunteer for NINA by assisting in transports. Looking forward to seeing and meeting clients. Give him a kind welcome if you meet David on your next transport.



Joseph (Joe)

Joseph is from Bulli and has chosen to come and volunteer with NINA. He will be working on Friday's and has experience in bus driving. Joe is looking forward to getting every client to where they want to go. Give him a kind welcome if you meet Joe on your next transport.



In with the new but we have to say goodbye to a few. We are sad to see you go and hope you have enjoyed your time with NINA. Everybody says THANK YOU for supporting NINA and the clients.

- ◇ Peter Walsh
- ◇ Anneke Evers
- ◇ Luke Tummers

Activity at Café Club

Recently, an activity that the clients participated in, at Café Club was to tell a short story with 5 random words that must be used in the story. Read below some of the fantastic stories that were told:

Des Turner's:

Words: Bush, Apple, Wombat, Kangaroo, Crab

Story: I went into the **Bush** to find a **Crabapple**, when I saw a **Kangaroo** and a **Wombat**

Words: Elephant, Circus, Tent, Trapeze, Ocean

Story: I went to the **Circus** hat was situated by **ocean**, to see the **Elephant** in the **tent** under the **Trapeze**.

Words: Nurse, Monkey, Lunch, Pig, Help

Story: The **Nurse** went to the zoo to see the **Monkey** eating its **lunch** with a bit of **help** from the **pig**.

Words: Sunflower, Yellow, Colour, Brilliant, Field

Story: The **Brilliant Colour** of the **Yellow Sunflower** growing in the **field** was striking to see.

What great short stories, thanks Des. At Café Club we do a variety of activities, this is just one of them. This keeps the brain thinking and moving plus with a laugh or two. Come along and visit us at Café Club, the schedules are within this newsletter.

Craft & Games—Thirroul

You have been invited to join NINA for

Craft & Games

From Monday 1st September, occurring weekly, NINA has created a new CRAFT & GAMES group, based in Thirroul.

Every Monday this group will be a space that allows you to converse and create with likeminded individuals and friends.

Join us for craft activities, games where morning tea is provided, and everyone is welcome to attend. Please call the office to book in. Further details are below.



When: Every Monday from September 1st

Where: Thirroul Community Centre

Time: 10am - 12pm

Cost: Transport- \$7.50, Craft/games - \$4.00

For more information and to book, please call the office on 4294 1900.



STRATEGIC PLAN 2025-27

MISSION

Provide appropriate aid to Northern Illawarra residents to maintain an independent lifestyle

VISION

Expand activities and client numbers, while increasing volunteer numbers to ensure all service requests are met

VALUES

commuNity
Integrity
cariNg
creActivity

OVERVIEW

- Northern Illawarra Neighbour Aid Inc. ('NINA') is a charitable organisation established to assist Northern Illawarra residents in need of aged care or disability care
- NINA is structured as an incorporated association of members who pursue its purpose and govern its activities through an elected Management Committee
- The Committee engages the services of employees, who work with volunteers, contractors and suppliers to deliver NINA's services to its clients
- The services provided are meals, social support and transport, in both group and individual settings
- These services are Government-subsidised through funding programs CHSP (entry-level aged care), CTP (community transport), HCP (higher-level aged care) and NDIS (disability care via transport assistance)
- Major focus areas for NINA during 2025-27 include compliance with the new Aged Care Act and ensuring services are delivered affordably within changing funding arrangements which will place greater emphasis on the volume of services delivered

STRATEGIC PRIORITIES	KEY PERFORMANCE INDICATORS
<p>CLIENT ACCESS</p> <ul style="list-style-type: none"> Increase client numbers to at least reflect target population growth Reduce size of new client waiting list Minimise incidence of unmet client requests for assistance 	<ul style="list-style-type: none"> Number of clients in each funding program Prospective clients on waiting list* Service requests not met*
<p>SERVICE GROWTH</p> <ul style="list-style-type: none"> Increase service volumes as planned, such that activity-based funding arising would at least match pre-existing fixed grants 	<ul style="list-style-type: none"> Number of outputs in each service* Ratios of actual to target outputs*
<p>WORKFORCE FLEXIBILITY</p> <ul style="list-style-type: none"> Continue to pursue strong growth in volunteer numbers Also engage paid workers where needed to meet client needs Align worker resources with service fluctuations, through a flexible mix of permanent employees, casuals and contractors 	<ul style="list-style-type: none"> Number of volunteers Number of paid workers by type (permanent employee, casual employee, contractor)
<p>SOUND GOVERNANCE</p> <ul style="list-style-type: none"> Engage with association members more frequently and encourage their active contribution to NINA objectives Review and amend NINA constitution to reflect emerging community and business requirements Revise policies, procedures and practices to ensure compliance with Aged Care Act 2024 	<ul style="list-style-type: none"> Number of members Number of Committee members Progress in reviewing NINA constitution Progress in applying new Aged Care Act requirements
<p>FINANCIAL SUSTAINABILITY</p> <ul style="list-style-type: none"> Streamline systems and processes to increase administrative efficiency and enhance service delivery model affordability Revise the client fee schedule and otherwise take actions to improve the profitability of current loss-making activities 	<ul style="list-style-type: none"> Progress in implementing consultant organisational review action plan and in reforming delivery practices Income:expenditure ratio for each service and funding program

* Reported monthly; other KPIs reported quarterly



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					
	Sub Total:					
	Frozen Petit Meal Range \$6.50					
5	Beef Rissoles with Gravy					
6	<i>Homemade Beef Lasagne</i>					
7	<i>Chicken & Veg Pie with potato mash, peas & pumpkin</i>					
8	Lemon Chicken with Jasmine Rice					
9	Chicken Parmigiana with Creamed Potato & Beans					
10	Chicken & Cheese Pie with Creamed Potato & Green Beans					
11	Chicken & Leek Casserole					
12	Roast Lamb & Mint Gravy, Potato, Beans					
13	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas					
14	Sweet & Sour Pork with Rice					
15	Curried Pork Sausages					
16	Tuna Pasta Bake					
17	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg					
18	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots					
	Sub Total:					

	Frozen Main Meal Range \$8.50	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
19	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots					
20	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots					
21	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix					
22	Homemade Beef Lasagne					
23	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot					
24	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots					
25	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots					
26	Shepherd's Pie with Peas & Roast Pumpkin					
27	Lamb & Rosemary Pie with Breadcrumbs Top, Creamed Potato, Roast Veg					
28	Roast Lamb with Mint Gravy					
29	Roast Pork with Apple Sauce & Gravy, Roast Potatoes, Beans & Roast Pumpkin					
30	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots					
31	Salmon Pasta Bake served with Beans, Carrots & Corn					
32	<i>Salmon Patties with Lemon Sauce</i>					
	Sub Total:					
	Frozen Desserts \$3.00					
33	Chocolate Mud Cake & Custard					
34	Bread & Butter Pudding					
35	Tiramisu					
36	Apple Sultana Crumble & Custard					
37	Sticky Date Pudding					
38	Butterscotch Pudding & Custard					
39	<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	1st Wednesday	2nd Wednesday	3rd Wednesday	4th Wednesday	5th Wednesday
Packed					
Delivered					
Polixen					
Paid/Invoice					