



NINA - Newsletter

Latest news - Managers Report

Office

18 Walker Street,
Helensburgh 2508

Hours

8.30am to 4.30pm
Monday to Friday

Telephone

(02) 4294 1900

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www.nina.org.au

Hello, Spring! What lovely weather we're having!

Take advantage of the sunshine and check out the fantastic outings we have planned. Spaces are filling up fast, so make sure to book your spot.

Winter Highlights & A Handy Reminder!

During winter, a group of clients enjoyed a scenic drive to Gerringong and Gerroa. Everyone had a lovely time - especially the morning tea, wind and all!

Speaking of that trip, it's a good time to remind everyone to *please label your walker*. One walker (that looked very much like another) ended up having a little sleepover at the wrong house! No harm done - they were happily reunited the next day - but having names on walkers really helps our assistants and bus drivers keep everything in the right order when getting on and off the bus.

Need a label or tag? Just ask at the office - we're happy to help! And here's an idea: maybe the Monday craft group could create some stylish or fun walker tags?



You may have heard through the NINA grapevine - or seen it in the community news - that I'll soon be leaving. After more than five years here, it's bittersweet to say goodbye. I started at NINA on the Monday right after we went into Covid lockdown. Doesn't that feel like a lifetime ago? Funny timing: as I'm writing this, I've actually got Covid again (only the second time), and despite being fully vaccinated and boosted, it's really knocked me about - I've even had to use some of my sick leave! Over the years, I've worn a few hats - Transport Officer, Client Intake, Volunteer Coordinator - and for the past two years, I've been in the Manager role. I've truly enjoyed every part of the journey. It's hard to say goodbye. I'll miss each and every one of you. You all have so much to offer and have always been kind, supportive, and inspiring. Aged care wasn't my background when I started - it wasn't even my first choice in community work - but now I can't stop talking about it. I'm passionate about how much more we need to do to support our seniors in their golden years and ensure they get the services they truly deserve. But don't worry - you're not being left in the lurch! Our new Manager, **Danielle Warner**, will be starting on **15 September 2025**. We're very excited to welcome her aboard. Here's a message from Danielle herself: *"I'm really excited to be joining NINA as your new Manager. My background is in leading community and social enterprise programs with Mission Australia and Anglicare, and I've spent many years working alongside volunteers, staff, local partners, corporates, and government to build inclusive and sustainable services.*

What drew me to NINA is the heart of the organisation - the way it connects people, supports independence, and makes a real difference in the everyday lives of our community. I'm looking forward to meeting you, hearing your ideas, and working together to keep strengthening what NINA already does so well."

I'm sure I'll see or hear from many of you before my last day on **3 October 2025**, and you might even spot me around the community afterwards. Kind regards, Fiona Lawson

Part of the Community Working with the Community

Shopping / Bunnings Trips

PLEASE NOTE CHANGE

Bunnings and Shopping are now combined on a Friday. There is only ability to attend **one** destination out of the **two**, 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,



October	November
Friday 3rd October - \$7.50 Figtree or Bellambi Bunnings	Friday 7th November - \$14 Warrawong or Speciality Stores
Friday 10th October - \$14 Macarthur Square or Campbelltown Shops or Bunnings	Friday 14th November - \$14 Shellharbour or Stoney Range
Friday 17th October - \$7.50 Engadine	Friday 21st November - \$7.50 Figtree or Bellambi Bunnings
Friday 24th October - \$14 Sylvania or Kirrawee Bunnings	Friday 28th November - \$14 Macarthur Square or Campbelltown Shops or Bunnings
Friday 31st October - \$14 Dapto or Kembla Grange Bunnings	

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*

John Hill

*Moved out of area or
into Residential Care*

Dorothy & Bill Patton

CAFE CLUB Thirroul October

Culture, Activity, Friendship and Education

DATE: Tues 7th October

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: A-Z Jobs

12.30: Lunch

1.00: Senior Rights – Talks

DATE: Tues 14th October

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Cup Stacking Competition

12.30: Lunch

1.00: CBA talk on scams and how to
protect yourself

DATE: Tues 21st October

LUNCH OUTING
APPIN PUB

Pick ups from 10am
Transport \$14.00



DATE: Tues 28th October

10.30: Morning tea & Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Rebus Puzzle

12.30: Lunch



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.

Part of the Community Working with the Community



CAFE CLUB Thirroul November

Culture, Activity, Friendship and Education

DATE: Tues 4th November

Pick ups from 10am
Transport \$7.50

LUNCH OUTING
Melbourne Cup
Corrimal RSL



DATE: Tues 11th November

10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: 5 Second Rule

12.30: Lunch

1.00: Bettle Drive

DATE: Tues 18th November

10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Spot the differences

12.30: Lunch

1.00 Guess The Song

DATE: Tues 25th November

10.30: Morning tea and Quiz

11.15: Exercise with Purpose
Healthcare

11.45: Apple Stacking

12.30: Lunch

1.00 Bingo!



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Thank you.

Please note program subject to change

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Group Outings

October & November

Thursday 2nd October & Thursday 6th November Music & Tea at Wollongong Art Gallery

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



Monday 20th October Music in the Morning at Wollongong Town Hall

Songs of James Bond. Hits from
007 and iconic 60s stars.
Pick ups from 9am. Transport \$7.50,
Admin Fee \$5.00, Ticket \$31.50.
Bookings closed 13/10/2025



Wednesday 22nd October St Georges River Lunch Cruise

3 hour lunch cruise along the
picturesque Georges River onboard
the Bass & Flinders.

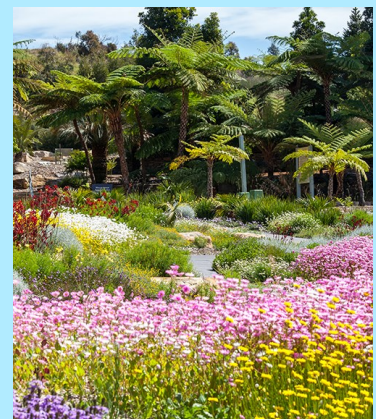
Transport \$14, Admin \$5, Ticket \$66.
Bookings closed 08/10/2025.



Wednesday 19th November Mount Annan Botanical Gardens

Beautiful walk and view of the gardens.
Surprise coffee stop on the way.

Transport \$20.50.
Lunch at clients choice at the café.



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

CAFE CLUB Helensburgh October

Culture, Activity, Friendship and Education

DATE: Thurs 2nd October

10.30: Morning tea with Quiz

11.15: Creating with Colleen

11.45: Exercise with Purpose
Healthcare

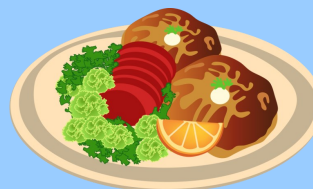
12.30: Lunch

1.00: CSPA talks –Falls

DATE: Thurs 9th October

LUNCH OUTING

Club Engadine
Pick ups from 10am
Transport \$7.50



DATE: Thurs 16th October

10.30: Morning tea with Quiz

11.15: Cup Stacking Competition

11.45: Exercise with Purpose
Healthcare

12.30: Lunch

1.00: The Highlights of our Lives

DATE: Thurs 23rd October

10.30: Morning tea with Quiz

11.15: Rebus Puzzle

11.45: Exercise with Purpose
Healthcare

12.30: Lunch

1.00: Guess The Song

DATE: Thurs 30th October

LUNCH OUTING

Pick ups from 10am

Helensburgh Hotel
Transport \$7.50



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

Part of the Community Working with the Community



CAFE CLUB Helensburgh November

Culture, Activity, Friendship and Education

DATE: Thurs 6th November

10.30: Morning tea with Quiz

11.15: Spot the difference

11.45: Exercise with Purpose
Healthcare

12.30: Lunch

1.00: Beetle drive

DATE: Thurs 13th November

LUNCH OUTING

Engadine Bowling Club
Transport \$7.50

Pick ups from 10am



DATE: Thurs 20th November

10.30: Morning tea with Quiz

11.15: Childhood Reminiscing

11.45: Exercise with Purpose
Healthcare

12.30: Lunch

1.00: 5 Second Rule

DATE: Thurs 27th November

10.30: Morning tea with Quiz

11.15: Apple stacking

11.45: Exercise with Purpose
Healthcare

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.

Thank you.

Please note program subject to change.

Part of the Community Working with the Community



Volunteer News



Hi, I'm Colleen.

I'm 59 and came to NINA via work placement for my Certificate IV in Mental Health. I loved working with everyone so much that I decided to stay on as a volunteer.

I have two boys aged 19 and 22, and if you've met me, you'll already know how much I adore chocolate! I've been riding motorbikes for many years, and my current bike is a Triumph Street Triple.

I'm looking forward to getting to know you all better, I'm easy to spot as I have purple and turquoise hair.



In with the new, but we have to say goodbye.

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.

Sally Richards

Activity at Café Club

In August, Mollie led most café clubs as I enjoyed my fabulous holiday in Japan.



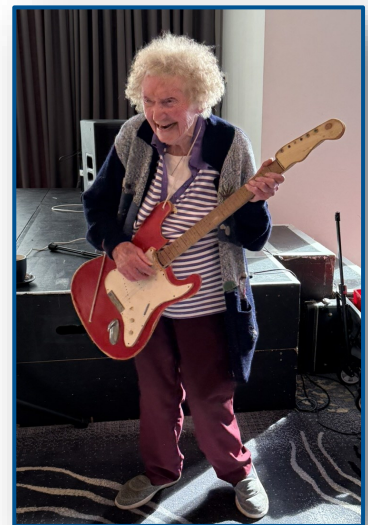
Isla enjoying her birthday cake

Some of the activities enjoyed were:

John Clegg who put on a great Elvis tribute show, which I am told was amazing.

Colleen also showed some of the clients how to draw in charcoal.

At Café Club Thirroul the clients celebrated Isla's 99th Birthday which was on the 14th of August - Happy Birthday Isla!



Zoe playing air guitar

Important Note: Melbourne Cup, Tuesday 4th November will be a lunch outing to Corrimal RSL, in lieu of the 3rd Tuesday of the month outing.
Jaclyn

Craft & Games - Thirroul



Monday, 1st September marked our **first craft session** at the Community Centre in Thirroul, and what a great start it was!

We kicked things off by making handmade cards. With Father's Day just around the corner, I suggested we focus on creating cards for dads, and the results were lovely. It was great to see everyone's artistic flair and the differences between each of the cards. The following week we researched the origins of our names and decorated our initials, and the week after we had fun with charcoal, including drawing leaves and faces — with varying degrees of success, but much laughter and enjoyment. A big thank you to **Colleen and Ian** for running the very first session!

Everyone is welcome and we'd love for more people to join in. Craft sessions are held every **Monday from 10:00am to 12:00pm** in the **Cabbage Palm Room** at the **Thirroul Community Centre**. There will be a different activity each week, so come along to enjoy the laughter, morning tea and chat.

Please call the office to book your spot and arrange transport if needed. Morning tea is supplied. Cost \$4 for group and \$7.50 for transport. Let's get creative together! Jaclyn

Dementia Australia - Memory Lane Cafe

Did you know that Dementia Australia runs social support groups for people with Dementia and their family member or support person? The Memory Lane Café offers social support through regular, scheduled group get-togethers.

You can go to a Memory Lane Cafe to:

- ◆ meet other people living with dementia
- ◆ help you feel more connected to people with experiences like yours
- ◆ allow your carer or support person to meet other carers
- ◆ get information about health and services.



There is a Memory Lane Café that runs in Thirroul every month. For more information please contact Dementia Australia on the free National Dementia Helpline 1800 100 500

www.dementia.org.au/get-support/memory-lane-cafes

Meals on Wheels

Northern Illawarra Neighbour Aid

DID YOU KNOW?

NINA offers our senior clients convenient, ready-to-go meals, delivered straight to your door or collected from our office in Helensburgh.

With a varied menu, trust us to provide weekly, healthy, nutritional well-balanced meals, made for YOU to enjoy!

Get in touch today to see how you can access easy, reliable & cost-effective meals from the comfort of your own home.



FOR OUR FULL MENU, PLEASE MAKE SURE TO VISIT US IN THE OFFICE AT 18 WALKER STREET, HELENSBURGH, OR CHECK OUT OUR MENU IN OUR MONTHLY NEWSLETTERS.

*ONLY AVAILABLE TO CLIENTS WHO LIVE BETWEEN HELENSBURGH - THIRROUL.
ALSO NEED TO BE REGISTERED AS A NINA CLIENT & MY AGED CARE*





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 Breadcrumb 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					
	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					