



# NINA - Newsletter



<b>Office</b>	
18 Walker Street, Helensburgh 2508	
<b>Hours</b>	
8.30am to 4.30pm Monday to Friday	
<b>Telephone</b>	
(02) 4294 1900	
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<a href="http://www.nina.org.au">www.nina.org.au</a>	

## Latest news - Managers Report

As the incoming Manager, this is my first submission to the NINA newsletter. It has been brilliant meeting so many of our community members already, and I'm looking forward to connecting with even more of you as we move towards the end of the year.

A highlight of my first weeks was attending the recent Community Service Awards. NINA was nominated and became a finalist in the Team Impact category, standing proudly alongside many outstanding organisations across our region. While we didn't take the award home, the nomination itself is a wonderful acknowledgement of the care, professionalism and heart that NINA brings to supporting our clients. It reflects the work of our entire team of staff and volunteers throughout 2024; I'm inspired by and incredibly proud of everyone involved!

We'll be sending out client and volunteer surveys this week, and we'd really appreciate your time in completing them. This is your chance to be heard—to share your experiences, tell us what's working well, and let us know where we can improve. Your feedback will shape the way NINA supports the community, and we'll value every response.

As we head into a busy and cheerful time of year, there are a few updates to share. From 1 January 2026, NINA will be moving to monthly invoicing for all services. Instead of paying service-to-service or week-to-week, all clients will receive a simple monthly invoice. This will make things easier for our clients and will help keep our services running smoothly as we continue to grow.

- We also have some special activities coming up:
- Christmas Lights Dinner—Wednesday 15 December—including a festive evening drive through Engadine & Heathcote.
  - Premier's Gala Concert—Thursday 11 March 2026—we have 24 tickets available—please call the office if you'd like to book!
  - Introduction of a regular shuttle service to both Miranda and Sydney CBD—early 2026.

A friendly reminder of our 7-Day Notice for transport bookings wherever possible. This helps us plan routes, organise drivers, and make sure all clients can get to their appointments comfortably and on time.

All social group gatherings for the year will finish on Monday 15 December, with a break for the Christmas period. We look forward to seeing you all at our first session for the New Year, on Monday 12 January 2026.

Looking ahead, 2026 is shaping up to be an exciting year for NINA, We'll be welcoming new volunteers, strengthening our programs and expanding the ways we support the community.

Thank you!  
Danielle Warner

# 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,



December	January
Friday 5th December - \$7.50 Engadine	Friday 16th January - \$14 Dapto or Kembla Grange Bunnings
Friday 12th December - \$14 Sylvania or Kirrawee Bunnings	Friday 23rd January - \$14 Warrawong
	Friday 30th January - \$14 Shellharbour



*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*

Marjorie Engerbretson  
 Robert Nugent

*Moved out of area or  
 into Residential Care*

Lorraine Gould  
 Joan Flemming

# CAFE CLUB Thirroul December

Culture, Activity, Friendship and Education

**DATE: Tues 2nd Dec**

10:30 - Morning tea & Quiz

11:15 - Exercise with Purpose  
Healthcare

11:45 - 2 Truths 1 Lie

12:30 - Lunch

1:00 - Dave and Dennis –  
Entertainment

**DATE: Tues 9th Dec**

LUNCH OUTING

Come along to our last Thirroul  
Café Club of the year!

Wisemans Bowling Club,  
Gwynneville

Pick ups from 10am  
Transport \$7.50



If you would like to attend the Café Club program 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 January

Culture, Activity, Friendship and Education

**DATE: Tues 13th Jan**

10:30 - Morning tea and Quiz

11:15 - Exercise with Purpose  
Healthcare

11:45 - Guess the smell

12:30 - Lunch

1:00 - Highlights of your life

**DATE: Tues 20th Jan**

10:30 - Morning tea and Quiz

11:15 - Exercise with Purpose  
Healthcare

11:45 - Secrets In a Bowl – Post  
Secret

12:30 - Lunch

1:00 - BINGO

**DATE: Tues 27th**

10:30 - Morning tea and Quiz

11:15 - Exercise with Purpose  
Healthcare

11:45 - Cup Stacking

12:30 - Lunch

1:00 - Guess The Song

*No Lunch Outing For January 2026*



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

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# Group Outings

## December

**Thursday 4th December**

### **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 8th December Music in the Morning at Wollongong Town Hall**

Christmas around the world – carols  
to get you ready for the festive  
season. Pick ups from 9am.  
Transport \$7.50, Admin Fee \$5.00,  
Ticket \$31.50.



### **Tuesday 16th December Christmas Lights Tour**

Lets have dinner and look at some of the  
beautiful lights in Heathcote/Engadine.



Pick ups from 4pm

Dinner at The Arbour – Heathcote

Transport \$7.50



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 December

Culture, Activity, Friendship and Education

**DATE: Thurs 4th Dec**

10:30 - Morning tea with Quiz

11:15 - 2 Truths 1 Lie

11:45 - Exercise with Purpose  
Healthcare

12:30 - Lunch

1:00 - John Clegg –Entertainment

**DATE: Thurs 11th Dec**

**LUNCH OUTING**

Join us for our last Helensburgh  
Café Club Tradies event for the year.

Coledale RSL

Pick ups from 10am. 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



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# CAFE CLUB Helensburgh January

Culture, Activity, Friendship and Education

**DATE: Thurs 15th Jan**

10:30 - Morning tea with Quiz

11:15 - Spot the difference?

11:45 - Exercise with Purpose  
Healthcare

12:30 - Lunch

1:00 - Scattegorries

**DATE: Thurs 22nd Jan**

10:30 - Morning tea with Quiz

11:15 - Secrets In the Bowl – Post Secret

11:45 - Exercise with Purpose  
Healthcare

12:30 - Lunch

1:00 - Bingo

**DATE: Thurs 29th Jan**

LUNCH OUTING

Helensburgh Hotel

Pick ups from 10am

Transport \$7.50

**TEST YOUR  
KNOWLEDGE  
QUIZ**



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**



myagedcare



# Georges River Cruise

Our intrepid NINA travellers had been systematically gathered up by the big bus for our adventure on Botany Bay. We left Sans Souci and sailed out into the Botany Bay under Captain Cook Bridge, with a hot drink and a huge Anzac biscuit. We sailed past Kurnell Wharf where Captain Cook landed, and Banks observed so many new botanical specimens previously unknown to him.

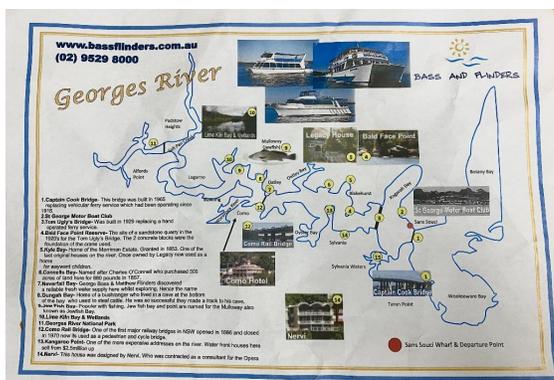
While I stood on deck there were many people on small motorised craft, and the riders waved cherrily to me as they wizzed past. The sheer volume of planes landing and taking off at Mascot during the trip was astounding.



I loved it when our boat turned to go up Georges River, under Tom Ugly's bridge, then travelled on the northern side of Georges River past huge sumptuous houses and under the old Como Rail Bridge which is now a pedestrian and cycle bridge,

then on to Lugarno. We turned around and travelled along the South side of the river for the trip back to Sans Souci.

Thank you NINA, for a wonderful and informative day - Nancey Kettley



A map of our adventure.

Our group departed early for a day on the Georges River, with temperatures forecast to exceed 31°C. Denis our driver and Lyn our bus hostess, while Eric assisted with pickups for those outside Austinmer. After a scenic route through Helensburgh and a brief stop to observe local wildlife, Bambi. We joined Eric and consolidated into one bus, totalling twenty-one.

Denis ensured we arrived at Sans Souci wharf on schedule, joining approximately one hundred passengers. Once aboard, a refreshing breeze and morning refreshments were provided. Although the commentary was difficult to hear over conversation, we identified key landmarks including Captain Cook Bridge and Tom Uglys Bridge.

The vessel followed the shoreline, offering changing views throughout the journey. Lunch was served as a smorgasbord, followed by dessert. After returning to the wharf, we enjoyed a relaxed bus ride home.

The trip was well-organized and enjoyable—special thanks to Nina for coordinating the event.

- Hazel Sellers



# Craft & Games - Thirroul



*Our recent terracotta pot decorating. Every one of them turned out beautifully*

**Craft is held every Monday in the Red Cedar room, at Thirroul Public Library from 10am-12pm. All are welcome.**

Come and join us for morning tea, craft, games and conversation.

During our craft sessions so far, we have decorated a terracotta pot, made fabulous colourful xmas decorations, had a charcoal drawing lesson, and created crazy Halloween masks.

The third Monday of the month is for a variety of board and card games to add to the fun. You don't need to be competitive or have previous experience to play. First Monday is bookclub.

No special skills are needed for any of our activities, all are welcome and help is available if your eyes or hands aren't quite what they used to be.

*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.*

## 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](http://www.dementia.org.au/get-support/memory-lane-cafes)

# 2025 - Year in review!



Japanese Gardens



Kiama Outing



Melbourne Cup Lunch



Thirroul Café Club

To all of our clients and volunteers, from all of us here at NINA, we want to say a big THANK YOU for being part of a great 2025 and we look forward to what 2026 will bring!



Picton Weir Outing



Fiona's Farewell



Berry Open Field Art Festival



Helensburgh Café Club



Monday Craft Group



Bass & Flinders River Cruise



# 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.**

	<b>Frozen Soup Range \$3.00</b>	<b>1st Wednesday</b>	<b>2nd Wednesday</b>	<b>3rd Wednesday</b>	<b>4th Wednesday</b>	<b>5th Wednesday</b>
1	Pumpkin					
2	Pea & Ham					
3	Cream of Tomato					
4	Country Chicken & Vegetable					
	<b>Sub Total:</b>					
	<b>Frozen Petit Meal Range \$6.50</b>					
5	Beef Rissoles with Gravy					
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					
	<b>Sub Total:</b>					

	<b>Frozen Main Meal Range \$8.50</b>	<b>1<sup>st</sup> Wednesday</b>	<b>2<sup>nd</sup> Wednesday</b>	<b>3<sup>rd</sup> Wednesday</b>	<b>4<sup>th</sup> Wednesday</b>	<b>5<sup>th</sup> Wednesday</b>
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>					
	<b>Sub Total:</b>					
	<b>Frozen Desserts \$3.00</b>					
33	Chocolate Mud Cake & Custard					
34	Bread & Butter Pudding					
35	Tiramisu					
36	Apple Sultana Crumble & Custard					
37	Sticky Date Pudding					
38	Butterscotch Pudding & Custard					
	<b>Sub Total:</b>					
	<b>Total Cost</b>					

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

Office use only	<b>1<sup>st</sup> Wednesday</b>	<b>2<sup>nd</sup> Wednesday</b>	<b>3<sup>rd</sup> Wednesday</b>	<b>4<sup>th</sup> Wednesday</b>	<b>5<sup>th</sup> Wednesday</b>
Packed					
Delivered					
Polixen					
Paid/Invoice					