



Office
18 Walker Street,
Helensburgh 2508

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

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Latest news

Welcome to our coming into Spring Newsletter. Its always great to have something to look forward to. Have a read of our great outings we have coming up and get on that phone and book in quick or you will miss out. June/July our clients went to Lavender by the Bay Restaurant at the Kirribilli Club and thoroughly enjoyed it. As well the Buses yes Buses, we required both our buses to collect clients to attend Christmas in July at Panaroma house. Food, company, and view was excellent.

Our new software is benefiting the staff to streamline processes but is a learning process. Thank you for being patient with staff and volunteers whilst we ensure all things are working correctly. Whilst we endeavour all the information is correct we will be still completing checks to ensure we have it right. Don't despair if we require further referrals from MAC, we can assist you in this process. The referrals from MAC ensure that we receive the correct funding from the government bodies. Please rest assured that our mission is you the client, to provide appropriate aid to Northern Illawarra residents to maintain an independent lifestyle.

Do you know someone that would like to give back to the community through volunteering There is a variety of tasks including Management Committee, bus driving (LR licence), individual transport, group / bus assistant, social support, administration, and marketing. You do require a first aid certificate (client support roles) and licence (driving roles). There is something for everyone in volunteering. Provide our telephone number if you know someone that is keen.



* If attending a group outing bring photo ID, this could include a Proof of Age card, Drivers licence or passport.

- Individual Transport request require at least 7 days booking in advance. This not only assist us in scheduling our volunteers but ensures we can provide the services that you need to remain independent.
 - If you have a Disability Parking pass bring it with you on Individual Transports.
- From Fiona - Office Manager



Part of the Community Working with the Community

Find us on Facebook





STRATEGIC PLAN 2020-25

MISSION

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

VISION

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

VALUES

commuNity
Integrity
cariNg
creAtivity

OVERVIEW

- Ongoing services provided are meals, social support and transport, for Northern Illawarra clients of selected Government-subsidised programs: CHSP, CTP, HCP and NDIS.
- The block-funded programs, CHSP and CTP, are monitored relative to funding agency contract output targets, while the package-based programs, HCP and NDIS, generate fees for services delivered.
- NINA is refining activities to ensure the best use of scarce resources, in order to deploy those resources where they are most needed to aid clients and fulfil growth in client service demand.

STRATEGIC PRIORITIES	
Focus area / actions / impact	Key performance indicators
<p><u>SERVICE USAGE</u></p> <ul style="list-style-type: none"> Provide meals, social support and transport in line with community need and NINA capacity to deliver services. Distinguish and monitor service outputs based on their delivery settings and resourcing implications. Track achievement of funding agency (DoHAC, TfNSW) grant contract outputs. 	<ul style="list-style-type: none"> Total outputs Meals at home Meals at centre Social support hours (group) Social support hours (requested) Social support hours (assigned) Trips (group) Trips (individual) % of CHSP (DoHAC) contract target % of CHSP (TfNSW) contract target % of CTP (TfNSW) contract target
<p><u>CLIENTS</u></p> <ul style="list-style-type: none"> Target services to all residents who qualify for specified Government-subsidised community programs. Promote a more even geographical spread of clients. Support Aboriginal and Torres Strait Islander participation commensurate with local population representation. 	<ul style="list-style-type: none"> Total clients CHSP clients CTP clients HCP clients NDIS clients % of clients in postcodes 2515-2517 % of clients who are Indigenous
<p><u>MORE VOLUNTEERS</u></p> <ul style="list-style-type: none"> Recruit, train and schedule sufficient volunteer workers for front-line service delivery. Promote a more even geographical spread of volunteers. Ensure the vast majority of transport driving is undertaken by volunteers. 	<ul style="list-style-type: none"> Total volunteers % of volunteers in postcodes 2515-2517 % of trips with volunteer driver
<ul style="list-style-type: none"> <u>SERVICE ACCESS AND QUALITY</u> Deploy resources to fulfil new and existing client service requests. Encourage and acknowledge client feedback. 	<ul style="list-style-type: none"> Prospective clients on waiting list % of service requests met Compliments Complaints

CAFÉ CLUB Thirroul August 2024

DATE: Tues 6th August

10.30: Morning tea & Quiz

11.15: Best and Worst Advice from your Parents

11.45 Bingo



12.30: Lunch

1:00: Exercise Class

DATE: Tues 13th August

10.30: Morning tea & Quiz with

11.15: Romas Quiz

11.45 Sing a Long with Roma

12.30: Lunch

1.00: Exercise Class



DATE: Tues 20th August

10.30: Morning tea & Quiz

11.15: Scattogories

11.45 Musical Bingo

12.30: Lunch

1:00: Exercise Class

DATE: Tues 27th August

LUNCH OUTING

Pick ups from 10am. Meeting at Club at 12pm for lunch

Appin Pub



Transport \$11

Please Bring a form of photo ID to enter club



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 2024

DATE: Tues 3rd September

10.30: Morning tea and Quiz

11.15: Guess the Song

11.45: Banana Grams

12.30: Lunch

1:00: Exercise Class



DATE: Tues 10th September

10.30: Morning tea and Quiz

11.15 Celebrity Heads

11.45: Reminiscing

12.30: Lunch

1:00 Exercise Class

DATE: Tues 17th September

10.30: Morning tea and Quiz

11.15: Music Star Bingo

11.45: 5 Second Rule

12.30: Lunch

1.00: Exercise Class



DATE: Tues 24th September

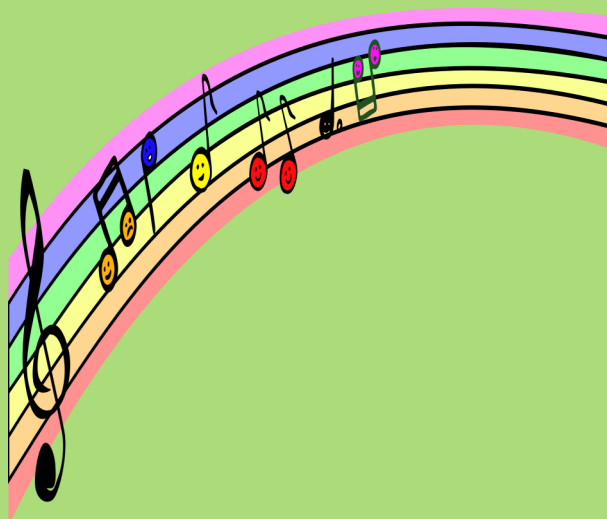
LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Figtree Sports

\$11 Transport

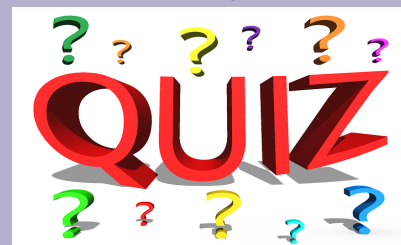
Please Bring a form of photo ID to enter club



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

Thank you





August 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Aug 7	Aug 14	Aug 21	Aug 28
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				
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				
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				
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				

	Frozen Main Meal Range \$8.50	Aug 7	Aug 14	Aug 21	Aug 28
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				
34	Curried Prawns with Rice & Vegetables				
	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

Meal delivery will be Wednesday each week.

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

Office use only	Aug 7	Aug 14	Aug 21	Aug 28
Packed				
Delivered				
Sandwai				
Paid/Invoice				



September 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Sept 4	Sept 11	Sept 18	Sept 25
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				
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				
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				
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				

	Frozen Main Meal Range \$8.50	Sept 4	Sept 11	Sept 18	Sept 25
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				
34	Curried Prawns with Rice & Vegetables				
	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

Meal delivery will be Wednesday each week.

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

	Sept 4	Sept 11	Sept 18	Sept 25
Office use only				
Packed				
Delivered				
Sandwai				
Paid/Invoice				

CAFÉ CLUB Helensburgh August 2024

DATE: Thurs 1st August

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: 5 Second Rule

12.30: Lunch

1:00: Bingo



DATE: Thurs 8th August

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Heathcote Hotel

Transport \$6

Please Bring a form of photo ID to enter club

DATE: Thurs 15th August

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Complete 1950s song titles

12.30: Lunch

1:00: Celebrity Heads



DATE: Thurs 22nd August

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Reminiscing

12.30: Lunch

1:00: 5 Second Rule



DATE: Thurs 29th August

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Helensburgh Hotel

Transport \$6

Please Bring a form of photo ID to enter club

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

Thank you. 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 2024

DATE: Thurs 5th September

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: What am I ?

12.30: Lunch



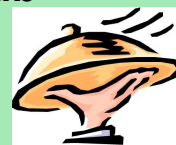
1:00: Finish The Song Crooner

DATE: Thurs 12th September

LUNCH OUTING

Woonona Bowling Club

Transport \$6



Pick ups from 10 am. Meeting at Club at 12pm for lunch

Please Bring a form of photo ID to enter club

DATE: Thurs 19th September

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Match song with Artist

12.30: Lunch



1:00: Guess The Song

DATE: Thurs 26th September

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Best and worst advice from your Parents

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

Group Outings August/Sept 2024

Thursday 1st August - Music & Tea - Wollongong Art Gallery

Free Concert featuring emerging artists.
Admin \$5. Transport \$6. Pick ups from 9:30am

Wednesday 21st August - Woronora Boat Shed

Lunch outing.
Transport \$12. Pick ups from 10am



Wednesday 4th September - High Tea at Corrimal RSL

\$30 per person.
Transport \$6. Pick ups from 10am



Thursday 5th September - Music & Tea - Wollongong Art Gallery

Free Concert featuring emerging artists.
Admin \$5. Transport \$6. Pick ups from 9:30am

Friday 6th September - Memory Lane Cafe

A program designed for Carers and people with dementia. Based in Thirroul, once a month. Please contact office for more details.
Transport \$6.



Wednesday 18th September - Tulip Time - Bowral Corbett Gardens & Lunch

Tickets \$12. Transport \$20. Tickets will be purchased online prior to event, tickets are non-refundable.

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

Shopping / Bunnings Trips

PLEASE NOTE CHANGE - Bunnings and Shopping Fridays are now combined on a Friday. We will have two drop offs. This enables more chances to go to Bunnings throughout the schedule, as well adding other shops to the schedule by request.

August	September
Friday 2nd August Figtree Shopping \$12	Friday 6th September Warrawong Shopping & Furniture stores (by request) \$12
Friday 9th August Macarthur Shopping \$12	Friday 13th September Shellharbour Shopping & other stores Stoney Range by request \$12
Friday 16th August Engadine Shopping & Bunnings Kirrawee \$12	Friday 20th September Figtree Shopping & Bunnings Bellambi \$12
Friday 23rd August Sylvania Shopping \$12	Friday 27th September Macarthur Shopping \$12
Friday 30th August Dapto Shopping & Bunnings Kembla Grange \$12	



If there is somewhere you would like to go to or have an idea that you would like NINA to implement please get in touch with us at the office and we will put it on our schedule.

If this section brings some difficult feelings, please do not hesitate to give anyone in the office a call or speak with a friend, love one or ring Lifeline, Telephone number 131114.

*REST IN PEACE,
Clients of NINA*

*Katie Mamo
Lenore Bartlem*

Moved to Residential Care

Lee Scullion
Bob Scullion
Kevin Batchledor