

# FEBRUARY - MARCH 2025

## NINA - Newsletter

1ST EDITION

2025



Office  
18 Walker Street,  
Helensburgh 2508

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

Latest news	1
Shopping/ Bunnings schedule	2
Café Club Thirroul February	3
Café Club Thirroul March	4
Meals On Wheels	5
Meals Menu	6
Meals Menu	7
Café Club / Craft	8
Café Club Helensburgh February	9
Café Club Helensburgh March	10
Group Outings	11
Products Available	12

### Latest news

Welcome to 2025, I hope you had a lovely and safe Christmas and a Happy New Year with this sometimes summer weather we are getting.

#### Management Committee

What is new for 2025 - did anyone have a think about being the client representative on the Management Committee? It is every 2nd Wednesday morning, 9.30am to 11.30am in Helensburgh. You will receive free transport to attend. If you are keen contact me in the office.

#### Staff

All staff are back from a well deserved break - Alex, Transport CSO, Jaclyn, Social CSO and Mollie, Client Intake & Volunteer CSO. All ready to be assisting you with your transports, social groups and arranging all the things that are needed to make this happen.

#### Reminders

Transport:

- ⇒ Don't forget the 7 or more days notice guarantees your transport.
- ⇒ Your drivers are volunteers and they deserve respect
- ⇒ Please bring your Mobility Parking Permit with up on all individual transports, it assists our volunteers finding a park near your destination.

#### 'Have your say' - Devonshire Tea with the Manager

Tuesday, 25 February 2025 - 10.30am to 11.15am, Thirroul Club - Devonshire Tea with the Manager at Thirroul Café Club. Everyone is welcome. As advised in last newsletter, I will be periodically attending our groups to have a chat to clients about any new changes in My Aged Care as well as new areas of focus for NINA, we would also like your input and to have a voice about how you believe our services can be improved. If you only attend the Devonshire Tea with the Manager it will be \$5 otherwise if you stay for Thirroul Café Club it is included in the cost. Looking forward to seeing you there. Most important question is: cream first or strawberry jam?

Have a read of the newsletter and see the exciting outings, groups and entertainment we have on at Café Club, Craft and Games. Premiers Gala is in March at this stage it is either 12 or 13 March (TBC), please put your name down if you are interested as limited tickets.

Keep well and moving. From Fiona - Manager

"The great thing about getting older is that you get a chance to tell the people in your life who matter what they mean to you." - Mike Love



Part of the Community Working with the Community

Find us on Facebook

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



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.

February	March
<b>Friday 7th Feb - \$12</b> Sylvania Shopping or Bunnings Kirrawee	<b>Friday 7th March - \$12</b> Figtree shopping or Bunnings Bellambi
<b>Friday 14th Feb - \$12</b> Dapto Shopping or Bunnings Kembla Grange	<b>Friday 14th March - \$12</b> Macarthur Shopping or Campbelltown Shops or Bunnings
<b>Friday 21st Feb - \$12</b> Warrawong Or speciality Furniture stores King Street	<b>Friday 21st March - \$12</b> Engadine Shopping
<b>Friday 28th Feb - \$12</b> Shellharbour Or Stoney Range Speciality shops	<b>Friday 28th March - \$12</b> Sylvania Shopping or Bunnings Kirrawee

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 love 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*

*Charles Simpson - Stanwell Park  
Harry Harris - Helensburgh  
Norman Mitchell - Stanwell Park*

## *Moved out of area or into Residential Care*

*Alan Witts  
Ann Buchanan - Otford  
Bob Clinch - Thirroul  
Sheila Bagnall - Helensburgh*

# CAFÉ CLUB Thirroul - February

**DATE: Tues 4<sup>th</sup> February**

10.30: Morning tea & Quiz

11.15: Exercise with Shauna from Purpose Healthcare

11.45: Jokes - bring some funny jokes



12.30: Lunch

1.00: Sing along

**DATE: Tues 11<sup>th</sup> February**

10.30: Morning tea & Quiz

11.15: Exercise with Shauna from Purpose Healthcare

11.45: You at 21 (bring a photo of you at 21)

12.30: Lunch

1.00: Reminiscing



**DATE: Tues 18<sup>th</sup> February**

**LUNCH OUTING**

**Collegians – Balgownie**

**Pick ups from 10am  
Transport \$6**



**DATE: Tues 25<sup>th</sup> February**

10.30: Devonshire Tea with the Manager 'Have your say'

11.15: Exercise with Shauna from Purpose Healthcare

11.45: If I Could Do It Again

12.30: Lunch

1.00: Entertainment –Chimera  
Chris and Marcus

***As of February 2025***

***Thirroul Café Club***

***Lunch Outings will be the***

***3rd Tuesday of the Month***

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.

# CAFÉ CLUB Thirroul - March

**DATE: Tues 4<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15 Exercise with Shauna from Purpose Healthcare**

**11:45: Name The Movie**

**12.30: Lunch**

**1.00 Guess The Song**



**DATE: Tues 11<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15: Exercise with Shauna from Purpose Healthcare**

**11.45: Scattergorries**

**12.30: Lunch**

**1.00: Who Am I**

**DATE: Tues 18<sup>th</sup> March**

**LUNCH OUTING**

**City Diggers**

**Pick ups from 10am  
Transport \$6**



**DATE: Tues 25<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15 Exercise with Shauna from Purpose Healthcare**

**11:45: Story Time**

**12.30: Lunch**

**1.00 Entertainment –Chimera  
Chris and Marcus**



**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.**



# 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*



 4294 1900

 [reception@nina.org.au](mailto:reception@nina.org.au)



# 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					
5	Potato & Leek					
	<b>Sub Total:</b>					
	<b>Frozen Petit Meal Range \$6.50</b>					
6	Beef Rissoles with Gravy					
7	Homemade Beef Lasagne					
8	<del>Beef &amp; Bacon Casserole with potato and broccoli</del>	CURRENTLY UNAVAILABLE				
9	<i>Chicken &amp; Veg Pie with potato mash, peas &amp; pumpkin</i>					
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	<del>Cottage Pie (Beef mince) with roasted pumpkin and green beans</del>	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					
	<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>
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	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					
	<b>Sub Total:</b>					
	<b>Frozen Desserts \$3.00</b>					
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					
	<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*

	<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>
Office use only					
Packed					
Delivered					
Sandwai					
Paid/Invoice					

# CAFÉ CLUB



Café Club, was launched as a trial program in February 2003 when NINA decided to offer a fortnightly morning tea and activity social group in Helensburgh. Our clients were extremely enthusiastic about this opportunity to enjoy some Culture, Activity, Friendship and Exercise (C.A.F.E) and the organisation applied for and received annual recurrent funding for a centre based day care program from the Commonwealth government.

The service is supervised by our Social co-ordinator Jaclyn and is now offered twice weekly, Café Club Thirroul on a Tuesday and Café Club Helensburgh on a Thursday, they are held at Club Thirroul and Helensburgh Tradies, respectively. Included in the cost is transport, lunch and a full day program including exercises by Purpose Healthcare at Thirroul CC and Chair Yoga by Ellie (Yoga instructor) at Helensburgh CC, various entertainers, guest speakers, quizzes and you may see familiar faces or meet new people. You don't have to come every week and once a month the group goes for a lunch outing at various spots throughout the Illawarra.

Come along and try Café Club in your area Thirroul or Helensburgh, *first visit is free*, ring the office to book in. The cost for Café Club is \$6



# CRAFT & GAMES



Craft & Games is our weekly social support group that meets every Wednesday at the Anglican Church Hall in Helensburgh. The service is supervised by our Social CSO Jaclyn, assisted by NINA's fantastic volunteers. The cake and tea are flowing while some clients work on their own craft projects while others might enjoy a game of chess, cards or something new. It is a great casual environment to catch up for a chat or make new connections. Transport is available, just ring the office to book in. New comers *First visit is free*.

**Wednesdays - Anglican Church Hall Helensburgh - 10am to 12.30pm**



# CAFÉ CLUB Helensburgh - February

DATE: Thurs 6<sup>th</sup> February

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Jokes - bring some funny jokes



12.30: Lunch

1.00: Famous Homes

DATE: Thurs 13th February

## LUNCH OUTING

Scarborough/ Wombarra Bowling Club

Pick ups from 10am  
Transport \$6

Join Me For Lunch



DATE: Thurs 20<sup>th</sup> February

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Funny Skits



12.30: Lunch

1.00: Guess The Song

DATE: Thurs 27<sup>th</sup> February

10.30: Morning tea with Quiz

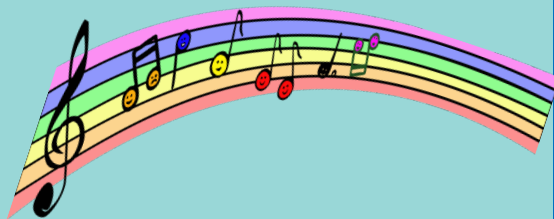
11.15: Chair Yoga with Ellie

11.45: If I Could Do It Again

12.30: Lunch

1.00: Celebrity Heads

# TRIVIA



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 - March

**DATE: Thurs 6<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Name the Movie**

**12.30: Lunch**

**1.00: Reminiscing**



**DATE: Thurs 13<sup>th</sup> March**

**LUNCH OUTING**

**Heathcote Hotel**

**Pick ups from 10am  
Transport \$6**



**DATE: Thurs 20<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Story Time**

**12.30: Lunch**

**1.00: Guess The Song**



**DATE: Thurs 27<sup>th</sup> March**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Scattergorries**

**12.30: Lunch**

**1.00: 5 Second rule**



**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.**



# Group Outings February & March

## **Thursday, 6th Feb - Music & Tea - Wollongong Art Gallery**

Free concert featuring emerging artists.

Please contact if needing transport. Pick ups from 9:30am

Admin \$5 Transport \$6

## **Wednesday, 5 March - Kiama Scenic Drive Outing**

Enjoy a scenic drive to and around Kiama, stop for a bit to eat in Kiama. Group Transport \$18, lunch (client cost).



## **Premier Gala Concert - 'Time To Shine'**

**Date to be confirmed 12th or 13th March 2025**

Free concert. Group Transport \$18 Lunch box \$15

Put your name down early as only limited tickets available.

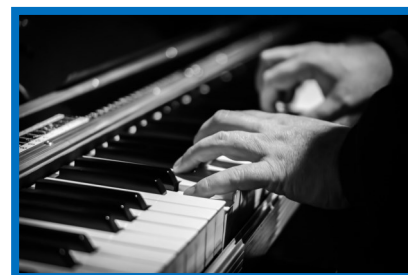
## **Thursday 6th March - Music & Tea - Wollongong Art Gallery**

Free concert featuring emerging artists.

Bookings required.

Pick ups from 9:30am

Admin \$5 Transport \$6



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

# PRODUCTS AVAILABLE

We have:

If you would like any of these products please attend the office and collect.

- ⇒ wheelchairs
- ⇒ 4 wheel walkers
- ⇒ Over toilet seat aids
- ⇒ Shower chairs
- ⇒ Incontinence pads / pants (Male and Female)
- ⇒ Walkers
- ⇒ 2 wheel walkers
- ⇒ Toilet seats
- ⇒ Walking sticks
- ⇒ Bed sticks and poles (assist you getting out of bed)

These items have been given to us to distribute to people that need them. Some of them have never been used. Some sample photos below.

