

## Client Christmas Party



## The Neighbour Aid Team

Rebecca Holland	—Manager	rebecca@iwna.com.au
John Uychoco	—Community Development Coordinator	john@iwna.com.au
Jackie Walters	—Social Support Coordinator	jackie@iwna.com.au
Patrick Murray	—Volunteer Coordinator	patrick@iwna.com.au
Michelle Ishak	—Project Support Worker	michelle@iwna.com.au
Kym Tremaine	—Home Maintenance Coordinator	kym@iwna.com.au
Roman Deguchi	—Garden Aid Team Leader	roman@iwna.com.au
Lara Butler	—Social Support Worker + Lawn Mowing	lara@iwna.com.au
Indah Kusumawati	—Finance Assistant	accounts@iwna.com.au
Wayne Ardley and Amanda Ibrahim — Students on Placement		

**Ph: 02 9799 5099**  
**Fax: 02 9799 5201**

**PO Box 247**  
**Croydon Park NSW 2133**  
**(on the grounds of**  
**Croydon Park Public School,**  
**Beresford Ave)**

**www.iwna.com.au**

## Neighbour Aid would like to thank our sponsors...



# INNER WEST neighbour aid

March 2012 - Issue 72

NEIGHBOUR NEWS

Staying Safe at Home

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**SCHEMING**  
**CRAFTY**  
**AGGRESSIVE**  
**MALICIOUS**  
DON'T LET THEM CON YOU

Personal safety is always a priority for our clients. When we spoke to Burwood Police, they reported having had several incidents recently where older citizens have been approached by unscrupulous con-men. One common con is to distract you with a roof inspection whilst their accomplice sneaks inside your home to steal your wallet. Another is to give exorbitant bills for home repairs that should have been worth a fraction of that price.

Constable John Tikisci, of Burwood Police, has several tips to ensure your safety at home. He said that "if you are home alone, never admit it to an unknown person at your front door, or on the telephone," and he urges you to not let anyone you don't already know and trust in, "no matter what story they have told you."

To avoid being conned, remember you never get something for nothing. "Miracle" cures, cheap home improvement offers and other things which seem "too good to be true" are, and they are all popular types of swindles. Beware of giving money to door-to-door charity collectors or salespeople who you don't know. Try and send a cheque or buy a badge. It is also important to note that con artists can be male or female, young or old and may work alone or in pairs. If someone claims to be from a gas, electricity or telephone company they must have an identity card. Ask to see their card and examine it carefully. If you still aren't sure, ring the company.

Finally, Constable Tikisci reminds us never to be embarrassed to report any matter to the police. He says "no, we are not too busy. No, we do not have better things to do. We are here to help you. It's our job!"

Constable Tikisci will be presenting a home safety information session on the 19th February at Neighbour Aid's community space. We would recommend that you come along if you can.

## Home Maintenance News

### “Anyone can have dirt. Gardeners have soil.”

Composting is nature's own recycling system. It breaks plant matter down into its original nutrient form and then returns that valuable nourishment to the soil.

Everything you put into a compost heap is broken down by bacteria and other creatures such as worms and slaters. Air and water also play a crucial role in the life of a compost heap just as they are crucial to human life. Putting home-grown compost onto gardens also greatly reduces our dependence on chemicals, such as artificial fertilisers and pesticides.

We recommend that you keep a 4-litre ice-cream container and its lid in the kitchen for collecting your scraps. The best way to reduce food waste is to compost it! You don't need to spend any money to make a compost bin, either, simply recycle a large plastic plant pot with the base cut out. Turn it upside down and place it in a garden bed. Keep the 'lid' and place it on top with a weight on top to stop vermin getting to it — this is the best way to start off.

You can even have a few composting pots scattered around then garden, so they will be at different stages and allowing one to compost for a bit longer, while you start a new one.

Your compost bin can be emptied every few months or when the matter has decomposed, and then scattered around your plants. By composting we give back some of the nutrients we have taken from our soil.

Diversity is the key to great compost!

- On average, about half of our household rubbish is food scraps, garden waste and other organic matter that can be composted.
- Anything that was once part of a plant or animal can be used in home compost.
- Most weeds can be composted, but they should be added before they have seeds.
- Grass clippings can be added regularly in thin layers. Mix the grass with twigs and leaves to let air keep flowing through the heap.

Don't add dog or cat faeces as they can cause disease. Meat and fish scraps should not be composted. Only small amounts of dairy products and fats should be composted (added to the centre of the heap so they break down and do not attract flies, rats or mice).

Caution: most household and garden chemicals will kill or slow down the living organisms in the compost and soil.



Best Wishes

Kym Tremaine

HOME MAINTENANCE CO-ORDINATOR

## Training Patch

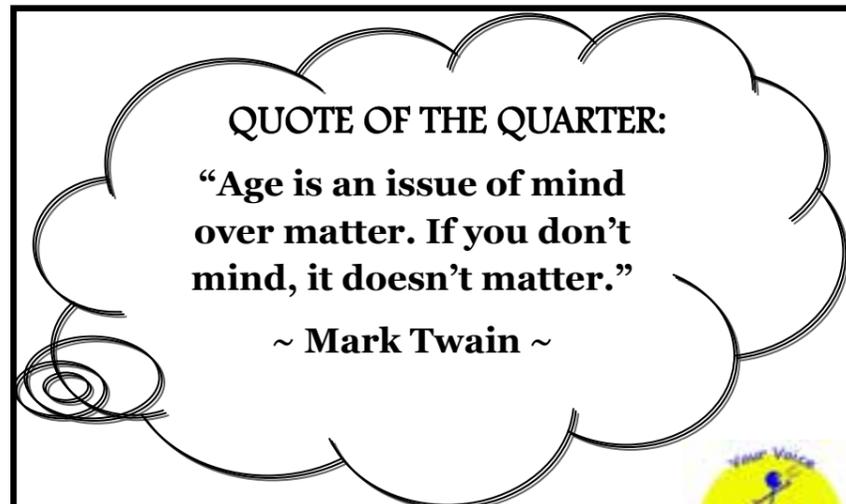
### Volunteer Induction Packs

Our new volunteer induction packs were posted out in mid-February. As well as fact sheets, a DVD and other training materials, it included a training schedule.

We recommend that all volunteers undertake at least two training sessions per year, and Neighbour Aid covers the cost of these.

To book in for training, or if you have any other training you would like to see included, please call us on 9799 5099 or email Patrick@iwna.com.au.

## Client's Corner



### QUOTE OF THE QUARTER:

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.”

~ Mark Twain ~



### Advocacy Essentials

Did you know that you have the right to an advocate when dealing with Neighbour Aid or any other service provider?

An advocate is someone who you choose to represent you and present your point of view or wishes to us. You might ask why you would want an advocate. Perhaps you feel:

- ◆ You are not confident to speak up
- ◆ You don't know your rights
- ◆ You are disempowered
- ◆ You are shy
- ◆ Decisions you make about your life or property are overridden or not respected
- ◆ Unable to communicate your needs

An advocate can be anyone you choose, for instance a carer, friend, family member or even another service provider. Many of our clients are referred to us by a friend or family member. These could be excellent advocates, but it is essential that an advocate:

- ◆ Asks you what you want, and what your concerns are;
- ◆ Speaks up on your behalf, when you have given them permission to;
- ◆ Avoids any conflict of interest, and makes sure that they are not acting in their own interests; and
- ◆ Keeps you informed, and talks through your options and potential consequences with you.

If you would like to nominate an advocate, or think you already have an advocate why not let us know? Call us in the office on (02) 9799 5099.

### Client Christmas Party



Our Client Christmas Party for 2011 was held on December 16th at Burwood RSL.

Entertainment included a cappella singers, a fantastic belly-dancer and incredible sword dancer as well as lucky door prizes and a great band.

Food provided by Burwood RSL surpassed all expectations, and all feedback was that all in attendance enjoyed themselves immensely.

Special thanks to all the volunteers who helped make the day such a success, and to the staff and volunteers of Mary MacKillop Outreach who co-hosted the party.

You can see more photos on the back page of the newsletter.

### SENIOR PETS UPDATE

**DO YOU HAVE A DOG? DO YOU FIND IT DIFFICULT TO GIVE IT ALL THE EXERCISE IT NEEDS?**

**WE ARE OFFERING A FREE SERVICE FOR CLIENTS WITH PETS THAT NEED WALKING AND GROOMING.**

**FOR MORE INFORMATION OR TO RECEIVE THE SERVICE CALL ROMAN ON 9799 5099.**

## From The Manager

Hello Everyone

I hope you all had a wonderful Christmas and are looking forward to another New Year!

I have received a number of phone calls regarding the membership fee reminders that went out recently, and I would like to reiterate a couple of things. This membership fee is not actually a new initiative, in fact it's been around for years, it has just never been properly enforced before. It was unanimously decided at the Annual General Meeting last year that the membership fee would be required to access Neighbour Aid services. Secondly, the membership fee is very low when you consider the number of services that Neighbour Aid offers to clients, and that almost all of those services are without charge at all. We are one only of the only services around still offering free transport for social outings and we are consistently working to update our programs and provide as much to our valued clients as we can. We understand that \$10 may seem a lot, but this will all be directly invested back into your service for new initiatives and equipment so we can continue to be innovative and meaningful.

This year I am hoping to introduce an Assisted Online Shopping program for those of you who can sometimes have trouble getting to or around the supermarket. I'd love to hear your thoughts on this. We'll also be maintaining our focus on positive ageing, keeping fit and sharp in 2012!

All the very best,  
Rebecca Holland

## Brain Training — Twilight Trivia

- |   |   |
|---|---|
| <p><b>1. What builds strong bodies 12 ways?</b></p> <ul style="list-style-type: none"> <li>a) Wonder bread</li> <li>b) Cod Liver Oil</li> <li>c) Orange Juice</li> </ul> <p><b>2. Who left his heart in San Francisco?</b></p> <ul style="list-style-type: none"> <li>a) George Gershwin</li> <li>b) Frank Sinatra</li> <li>c) Tony Bennett</li> </ul> <p><b>3. What was the duck and cover drill?</b></p> <ul style="list-style-type: none"> <li>a) Part of the hide and seek game</li> <li>b) A dance move</li> <li>c) Hiding under your desk, covering your head with your arms in a bomb drill</li> </ul> <p><b>4. What was Walt Disney's first animated feature film?</b></p> <ul style="list-style-type: none"> <li>a) Pinocchio</li> <li>b) Snow White and the Seven Dwarfs</li> <li>c) Toot. Toot.</li> </ul> | <p><b>5. What was the first novel ever to be written on a typewriter?</b></p> <ul style="list-style-type: none"> <li>a) Portnoy's Complaint</li> <li>b) Tom Sawyer</li> <li>c) Tale of Two Cities</li> </ul> <p><b>6. What year was the bikini swimsuit unveiled?</b></p> <ul style="list-style-type: none"> <li>a) 1943, Casablanca</li> <li>b) 1947, Honolulu</li> <li>c) 1946, Paris</li> </ul> <p><b>7. Who famously said "History will be kind to me , for I intend to write it"?</b></p> <ul style="list-style-type: none"> <li>a) John F. Kennedy</li> <li>b) Sir Winston Churchill</li> <li>c) Eleanor Roosevelt</li> </ul> <p><b>8. Name the Lone Ranger's faithful companion?</b></p> <ul style="list-style-type: none"> <li>a) Tinto</li> <li>b) Toto</li> <li>c) Tonto</li> </ul> |
|---|---|

ANSWERS: 1. a, 2. c, 3. c, 4. b, 5. b, 6. c, 7. b, 8. c

## Social Support News

2012 has only just begun and Social Support continues to grow. Our outings are very popular and often have a waiting list. It is important to understand that if the outing is full we will place your name on a waiting list. We endeavour to ensure that all clients can attend outings of their choosing but it is even more important to make sure that everyone has an equal chance to attend. This means that you may have to prioritise your outings. Please remember that Neighbour Aid is a community organisation and we support the community.

As you have probably noticed, our brain training and art attack project has commenced. This is a new project which evolved from discussions with clients about how we can best improve our memories and make the best of our lives through active ageing. We hope that those who are participating are enjoying the challenges. Stay tuned for updates!

We received feedback from clients that you would feel more secure with 2 poles to steady yourselves with, and we listened. Some of you may have noticed that we have installed another pole in each of the buses.

We have also received an update advising us that the HACC Podiatry Service has no waiting list in the local government areas of Burwood, Strathfield, Canada Bay, Canterbury and Ashfield. Prospective clients should call Bronwyn Vieco on 99119939 to arrange an assessment for eligibility.

Jackie Walters  
SOCIAL SUPPORT COORDINATOR



## Volunteer News

What a fantastic start we've had to 2012! Everyone seems to have hit the ground running, and we have recently sent out our Volunteer Induction Packs (VIPs) to all our volunteers.

We decided to send the VIP to all volunteers, new and old because we all need brushing up from time to time! Some of our volunteers have been with us since we began, almost 18 years ago!

I hope you enjoyed receiving the pack, and that you find the information in it useful. As mentioned in the Training Patch, I strongly recommend attending training sessions if you can. We have already had a number of positive responses, and I would advise you to book in quick because, like our outings, training is proving popular and I would not like anyone to miss out.

We are also working hard to simplify the process of receiving and submitting your forms. We understand that this paperwork can seem burdensome, but those forms are essential to ensure our ability to continue providing services.

As well as trying to help the environment and lower postage costs by moving to email where possible, we are hopeful that our new website (to be launched later this year) will offer an even simpler way to submit your forms quickly and easily.

I hope to see you all at our volunteer event on March 3.

Patrick Murray  
VOLUNTEER COORDINATOR

Please remember to ring to book as soon as possible to avoid disappointment. Our outings are extremely popular!  
 Also, please note that we cannot guarantee return by 4pm. Please keep this in mind when booking in to outings.

<b>MARCH</b>				
Mon	Tue	Wed	Thu	Fri
<p><b>5 EAST</b>  <b>Author Talk @ Ashfield Library</b> — Dr. Joanna Penglase. Lecture on Enid Blyton @ 1.00pm                      (moderate)</p>	<p><b>6 WEST</b>  <b>Five Dock RSL</b>                      Cost: \$5+                      (easy)</p>	<p><b>7 WEST</b>  <b>Wildlife photography exhibition</b>                      Australian Museum                      Cost: \$8entry                      (advanced)</p>	<p><b>1 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      Limit 9 people                      (moderate)</p>	<p><b>2 ALL AREAS</b>  <b>ART ATTACK</b>                      Lunch: :BYO                      (easy)</p>
<p><b>12 EAST</b>  <b>ART Gallery of NSW</b>                      Cost: free entry to gallery                      Lunch: \$15+                      (advanced)</p>	<p><b>13 ALL AREAS</b>  <b>Hydrotherapy @ Annette Kellerman pool</b>                      Cost : \$3.10                      (moderate)</p>	<p><b>14 ALL AREAS</b>  <b>Corporate Outing</b>                      harbor cruise                      Limit 10 people                      (advanced)</p>	<p><b>8 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      Limit 9 people                      (moderate)</p>	<p><b>9 EAST</b>  <b>Fish Markets</b>                      Cost: \$10+                      (moderate)</p>
<p><b>19 ALL AREAS</b>  <b>Forum about home Safety</b>                      presented by Burwood Police. Location: Neighbour Aid Community Space                      Cost: morning tea provided                      (easy)</p>	<p><b>20 EAST</b>  <b>Five Dock RSL</b>                      Cost: \$10+                      (easy)</p>	<p><b>21 ALL AREAS</b>  <b>BIG BUS</b>                      Lunch on the south side                      Cos.: \$10+                      (moderate)</p>	<p><b>22 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      Limit 9 people                      (moderate)</p>	<p><b>23 EAST</b>  <b>Lunch @ Apprentice Training</b>                      taurant at Ultimo                      Cost: \$22                      (moderate)</p>
<p><b>26 WEST</b>  <b>Fish Markets</b>                      Cost: \$10+                      (advanced)</p>	<p><b>27 WEST</b>  <b>Wheel of Fortune @ Strathfield</b>                      Cost : \$9                      (easy)</p>	<p><b>28 EAST</b>  <b>Campsie RSL</b>                      Cost: \$10+                      (easy)</p>	<p><b>29 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      Limit 9 people                      (moderate)</p>	<p><b>30 WEST</b>  <b>Elizabeth Bay House</b>                      12.00pm tour                      Lunch: BYO                      (advanced)</p>

<b>APRIL</b>				
Mon	Tue	Wed	Thu	Fri
<p><b>2 EAST</b>                      Harry's Café De Wheels and a walk                      Cost: \$10                      (advanced)</p>	<p><b>3 WEST</b>                      Five Dock RSL                      Cost: \$5+                      (easy)</p>	<p><b>4 WEST</b>                      Lunch @ Neilson Park                      Lunch: BYO                      (advanced)</p>	<p><b>5 EAST</b>                      Movies                      Cost: \$10+                      (advanced)</p>	<p><b>6</b>  <b>GOOD FRIDAY</b>                      Public holiday  <b>NO OUTINGS</b></p>
<p><b>9 PUBLIC HOLIDAY</b>  <b>NO OUTINGS</b></p>	<p><b>10 ALL AREAS</b>                      Hydrotherapy @ Annette Kellerman pool                      Cost : \$3.10                      (moderate)</p>	<p><b>11 EAST</b>                      Campsie RSL                      Cost \$10+)                      (easy)</p>	<p><b>12 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      Limit 9 people                      (moderate)</p>	<p><b>2</b>                      ALL AREAS                      ART ATTACK                      Lunch: :BYO                      (easy)</p>
<p><b>16 WEST</b>                      Flower Power                      Cost: \$10+                      (moderate)</p>	<p><b>17 EAST</b>                      Five Dock RSL                      Cost: \$5+                      (easy)</p>	<p><b>18 ALL AREAS</b>                      BIG BUS                      Lunch @ Lane Cove River Park Restaurant                      Cost: \$20+                      (moderate)</p>	<p>ALL AREAS  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      (moderate)</p>	<p><b>20 ALL AREAS</b>                      Men's Day Out                      Cost: \$10+                      (moderate)</p>
<p><b>23 EAST</b>                      Bahai Temple,                      173 Mona Vale Rd                      Ingleside                      Ph: 99989221                      (advanced)</p>	<p><b>24 WEST</b>                      Swanes Nursery @ Dural                      Lunch: \$10+                      (moderate)</p>	<p><b>25 ANZAC DAY</b>                      Public holiday  <b>NO OUTINGS</b></p>	<p><b>26 ALL AREAS</b>  <b>ZUMBA &amp; BRAIN TRAINING</b>                      Lunch : BYO                      (moderate)</p>	<p><b>27 EAST</b>                      Author Talk @ Ashfield Library                      Vince Crow: history book— " Tours of Haberfield, past and present"                      1.00pm                      (moderate)</p>
<p><b>30 EAST</b>                      Fish Markets                      Cost:\$10+                      (advanced)</p>				