

Neighbour News

Winter
Edition

May 2026
Issue 131

Intergenerational connections are us!

Inner West Neighbour Aid has a number of intergenerational programs highlighting the benefits of coming together to have fun and share stories.

Yet our programs also offer opportunities to learn more about how our elders have championed and contributed to the freedom of choices we now enjoy.

Of our 120 volunteers, 40 are students from preschool, high schools and tertiary institutions.

So in this edition we spotlight these programs and the lessons learnt.

In many prior editions, I have encouraged our clients to try other Inner West Neighbour Aid programs. So, I have taken my own advice and joined one of our intergenerational programs, Trolley Talk, as a volunteer.

What an amazing relationship exists between our Ashfield Boys High students and clients. I've seen first hand, the strong mutual respect that exists. The Ashfield Boys High students take control of the trolley and shopping list allowing our clients to easily and safely move around the aisles.

At a recent farewell to one group of students, they told us that they enjoyed socialising and learning about different aspects about shopping, like checking for labels such as 'gluten free'.

In my opinion, this program makes shopping a social outing rather than a chore. To find out more, read Ruben's article in this edition.

As we head into chillier weather, explore this edition to find out more about all our programs. Trying new activities is a great way to beat the winter blues.

PS: Check out our new feature, 'Did you know?', which highlights Inner West fun facts.

Stella Angelo, Editor (volunteer)

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Inner West
**Neighbour
Aid** 

Organisational News

Introducing our 2026—2028 Strategic Plan

We are excited to share our 2026 – 2028 Strategic Plan that was endorsed by the Board (which includes 2 valued Client Representatives) on 11 February 2026. It builds on what we have achieved together and sets an energising path for the impact we will make in the years ahead.

This Plan is shaped by our values, our community and the incredible work volunteers and staff do each day. These objectives set an inspiring direction for how we will grow our impact and deepen our connections over the next 3 years.

Thank you for being at the heart of this journey and the difference we make, together.

If you have any questions about the strategic plan or endorsed objectives and statements, please contact our General Manager on 9799 5099 or allison@iwna.com.au

2026 – 2028 Strategic Objectives

1 Transform through technology and innovation

2 Lead with responsible governance and compliance

3 Grow sustainably and strategically

4 Champion a community that celebrates people of all ages

Inner West
NeighbourAid 

Strategic Objective	1. Transform through technology and innovation	2. Lead with responsible governance and compliance	3. Grow sustainably and strategically	4. Champion a community that celebrates people of all ages
Strategic Statement	Build a digitally enabled organisation that increases efficiency, client impact and long-term adaptability. We will achieve this through smart, ethical use of technology and innovation.	Commit to being a trusted, transparent and accountable leader in aged and community care. We will achieve this through mature governance, which includes risk management, continuous improvement and compliance readiness.	Scale services in a financially sustainable way that aligns with our purpose and values to increase our footprint and impact. We will achieve this through partnerships, diversification of funding streams and investment in systems and people.	Advocate for positive perceptions of ageing and influence local conversations and systems. We will achieve this through responsive programs that reflect shared purpose and belonging, including showcasing stories and the contributions of our people.

Organisational News

Aged Care Reforms—Update

The future of the Commonwealth Home Support Program (CHSP) continues to evolve as part of the Australian Government's broader aged care reforms. While there has been ongoing discussion about merging CHSP into the new Support at Home program, this change has been deferred to no earlier than 1 July 2027.

In the meantime, there is active engagement across the sector, with many organisations advocating for CHSP to remain as a distinct, foundational program due to its long-standing role in providing early, low-level support that helps older people remain independent at home.

A key theme in current discussions is how best to balance sustainability, affordability and quality of care. CHSP is widely recognised as an entry level, cost-effective, community-based model, while Support at Home is designed to provide more tailored support for people with higher or more complex needs. Many stakeholders are suggesting that a complementary, tiered approach—where CHSP continues as an entry-level service alongside Support at Home—may offer the most practical and effective pathway forward.

For Neighbour Aid, the extended timeline provides space to plan, stay informed and contribute to sector conversations. Our strengths—community connection, flexibility and strong volunteer involvement—remain highly relevant and there will be opportunities to adapt these within any future model. Continuing to demonstrate the value of local, preventative support will be important in shaping how services are delivered over time.

For clients, the intent of the reforms is to improve access and ensure services are better aligned to individual needs, particularly as

care requirements increase. For volunteers, their role in supporting social connection and wellbeing remains an important part of the broader aged care system. While some aspects of service delivery may evolve in the coming years, the core focus across both CHSP and future models remains the same: supporting older people to live safely, independently and with dignity in their own homes.

We are planning an Aged Care Reforms Information Session in October 2026 for the Neighbour Aid community. We believe there will be further information to share post June 2026.

Allison Yee-Brogan, General Manager

Acknowledgement of Funding

Inner West Neighbour Aid is primarily funded by the Department of Health, Disability and Ageing. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Organisational News

Donations

Thank you to our recent generous donors (December to March). Your support enables us to improve the quality of our programs and connect with more people in our community.

Clients: Helen B, Christine J, Maria P, Anja S, Georgia Z.

Volunteers: Jeanette Gilbert, Samantha Guthleben, Ben Lever, Enid Leung, Peter Malhotra, Alison Muir, Suzanna Pawley, Joe Szima, Steven Takacs - Gal.

Public Members: Charlie Morris.

A donor's story:

Allison, our General Manager was standing in the post office line, arms full of Inner West Neighbour Aid mail, when the customer at the counter turned around, apologised for the delay and thanked her for her patience—so far, so normal. But then, as this young man finished up, he whipped out \$100 in cash and tried to give it to the post office staff in gratitude... which triggered a polite but determined standoff as they refused ("it's just our job!") and he insisted ("but I'm grateful for everything you did for me!"). Watching this unfold, Allison saw her moment, she mentioned she worked for Inner West Neighbour Aid and suggested he donate there instead. He handed her the cash, she gently redirected him to the website and they parted ways with a hopeful "every little bit helps." Fast forward 4 weeks and while reconciling the bank statement, a \$100 donation appears with the description: "donation for lady at the post office."

Proof that small moments of generosity can find their way home—so if you've been waiting for a sign to give, this might just be it.

Thank you Charlie Morris.

Membership Fees 2026 / 2027

Another way to support Neighbour Aid is to become a paying member.

Inner West Neighbour Aid is a membership based organisation under the Incorporated Associations Act and governed by a Constitution. If you choose to become a member:

- The membership fees contribute to our services and enable us to provide more services to more people.
- You are entitled to vote at the Annual General Meeting.

Membership of \$25 covers the financial year from 1 July to 30 June.

Allison Yee-Brogan, General Manager

Scan the QR code below to save our office number and email address to your phone.



Organisational News

Health and Safety in Winter

At the height of COVID restrictions, we notified clients when we were aware that someone who had tested positive had attended a program, so people could take appropriate precautions.

We would like to clarify our current approach. We do not hold responsibility to inform other clients if someone is unwell or presents with a contagious illness after attending a program or outing.

We encourage everyone to take appropriate personal precautions and to stay home if they are feeling unwell, in line with public health guidance.



Fuel Update

In light of the current global climate, we acknowledge there are ongoing conflicts affecting communities around the world. We recognise some of you may be directly or indirectly impacted by these events and this can weigh heavily in many different ways.

We also recognise these global events can have flow-on effects closer to home, including rising fuel costs and increased day-to-day expenses.

What this means for Neighbour Aid

1. We are using our older buses which use unleaded fuel instead of diesel.
2. We are changing outings which are more than 40mins drive (25km) from Ashfield to a closer venue.

Services and supports for the fuel situation

You may wish to access support through:

- ◇ FuelCheck to find fuel prices and availability at nearby service stations
- ◇ [Service NSW Savings Finder](#) to explore cost-of-living support

Spotlight on our Intergenerational Programs—Meriden School

In March we were invited by students at Meriden School to discuss their service initiative for the year. The student leaders chose Inner West Neighbour Aid as their charity to support this year.

We attended an intergenerational panel at Meriden School with our brave clients, Patsy and Sarah. They did an excellent job dispelling the assumptions of ageing and shared some fun and unexpected facts about themselves. As they spoke, you could see the whole room was engaged in what they were saying. They had many people come to them at the end to thank them for speaking which was very special.

Student Volunteer Week will be held in August and we hope to celebrate with our intergenerational partners.

Maja Sorensen, Senior Coordinator



Organisational News

Help at Home



Our Help at Home team is growing! They're not CHSP funded, so they are available to support anyone in the community.

If your neighbour, friend or family member could use a hand with gardening, assembling flat packs, pressure cleaning footpaths or window cleaning, give us a call on 9799 5099 to enquire.

They can make your yard look brand new.



Maja Sorensen,
Senior Coordinator

Seniors Festival 2026

If you were a colour, what colour would you be? Bold and bright, soft and soothing or something entirely unexpected? This question set the tone for Neighbour Aids Seniors Festival celebration at the 5 Senses Garden- Kokoda Centre- where we embraced the theme **“Live**

Life in Colour” with heart, humour and a whole lot of connection, stories, laughter and intergenerational exchange.

From the moment guests arrived, the garden buzzed with warmth and curiosity. Our aim was simple: help everyone feel Connected and Celebrated. What unfolded was a vibrant reminder that colour isn't just something we see, it's something we create together.

A standout moment was our client panel, affectionately named the 'Story Booth'. Our seniors shared stories that were rich, funny, moving and deeply human. Students and staff alike, leaned in, captivated by tales of unexpected career paths, hard-earned wisdom and moments of triumph that shaped entire lifetimes. In return, our students and staff offered their own reflections at the 'Memory objects' 'station, proving that storytelling is a bridge that runs both ways. One of the most powerful outcomes of the day was how brightly our clients' experiences shone - illuminating life lessons that will last long after the festival.

The presence of our intergenerational partners added even more colour to the day. Concord West Rhodes Preschool brought joy, spontaneity and a beautiful piece of group art.



Organisational News

MLC School and Rivendell School students brought empathy, curiosity, genuine respect and thoughtful engagement. Together, they helped create a space where age was not a barrier but a beautiful point of connection.

To every client who attended and participated, thank you for sharing your light. You arrived with wisdom, humour and lived experience that lit up the space in ways no lantern ever could.

To our wonderful partners – Concord West Rhodes Preschool, MLC students and Rivendell students – THANKYOU. Your presence added vibrancy, warmth and heart. You arrived with open minds and hearts, ready to listen, learn, and share.

The Inner West Neighbour Aid team continues to outdo itself in making a difference, by creating opportunities where generations gather under one sky to celebrate our seniors and strengthen community bonds. Events like these remind us that when we share stories, we share colour and the world becomes brighter for it - "Intergenerational Connections Are Us."

Ruth Njogah, Social Support Coordinator



Christmas Party Update

We would like to share an update following feedback received after the Christmas Party. We value all feedback and appreciate those who raised concerns that the event being alcohol-free left some attendees feeling their personal choices were restricted. This feedback was shared with staff and discussed by the Board.

In response, the Board reviewed the matter and endorsed a revised approach, agreeing that clients should not be restricted in their personal choices at a celebratory event. Accordingly, clients may choose to purchase alcohol at future Christmas Parties, provided they can independently access the bar and carry their drinks, or request assistance from bar or wait staff if needed. This decision is not a judgement on any individual's choice to drink or not drink alcohol. We remain open to feedback and committed to listening and responding to concerns.

Maja Sorensen, Senior Coordinator

Vaccinations

Understanding the importance of staying current with vaccinations is essential for protecting our most vulnerable population. Most COVID-19 deaths occur in people aged over 80 years, highlighting the critical need for effective preventive measures in this age group. Adults aged 75 years and older face the highest risk of severe disease, hospitalisation and death from COVID-19.

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends COVID-19 vaccine doses every 6 months for adults aged 75 years and older, including aged care residents. For adults aged 65 to 74 years, vaccination is recommended every 12 months, with eligibility for 6-monthly doses based on individual assessment following discussion with a healthcare provider.

Influenza (flu) also poses a serious health risk for people aged 65 and over, so with flu season approaching, staff, volunteers and contractors are reminded about the availability of vaccination.

Vaccination concerns are acknowledged, so getting vaccinated is your choice.

Gardening and Nature

What have I learnt about gardening from a prior generation? What can we teach the future generation?

Working for Inner West Neighbour Aid, I've had the privilege of meeting many experienced gardeners. While some clients simply want their yards kept tidy, many in our community possess a lifetime of horticultural wisdom and just need a hand with the physical side of things. I've found that while everyone has something to teach, this group of wise gardeners has really expanded my knowledge.

Learning from experience might seem obvious, but many people today overlook the value of listening to older generations, opting instead to "just look it up on the internet." My clients often share techniques passed down from their parents or grandparents, giving me a second education in horticulture. TAFE provided the foundation but my clients provide the "insider secrets"—from growing juicy tomatoes in pots to training pumpkins on trellises. They've introduced me to plants and traditional uses from all over the world that no textbook could cover.

I'm particularly fascinated by many of the "exotic" plants our clients grow so successfully. Beyond gardening tips, they've taught me the importance of patience and persistence. Successful gardeners aren't discouraged by failure; they simply adjust the location, tweak the watering or seek advice from a friend. In a world of short attention spans and instant gratification, there is no substitute for the trial and error required to cultivate a beautiful garden.

Another vital lesson was learning to accept results even when they contradict my formal training. As someone who likes to know the "why" behind everything, it was a challenge to see vegetables thriving in ways my textbooks said they shouldn't.

I now realise that generational knowledge runs deep and formal education is only the first step toward becoming a truly wise gardener.



Future generations have so much to gain from those with a lifetime of experience. While I enjoy the convenience of a smartphone, true success still requires patience. Google may offer instant, often contradictory answers but it can never replace the down-to-earth knowledge of someone who has spent a lifetime in the garden.

Stuart Blundell, Garden Projects Coordinator

Gardening and Nature

A Seasonal Recipe - Mandarin & Almond Cake

Without a doubt, my favourite recipes are those that have been passed down from family or friends. There is something about the care that has been taken to curate and preserve a recipe over a long period of time, perhaps even through wars and language barriers. It also seems that when a recipe has been inherited, there is something special about it. Whether that be a method tested over generations or a secret ingredient that cannot be replicated. It makes the recipe unique.

One of our amazing volunteers, Vanessa, shares her beautiful home baked goods with us at our Working Bee sessions at the 5 Senses Garden and I always enjoy hearing about the Italian family origin of her recipes - as well as getting to eat them! For this edition, Vanessa has generously shared her family favourite, Mandarin & Almond Cake recipe, which is perfect timing with mandarin season about to kick in so it is also very economical to make.

Vanessa's Mandarin & Almond Cake (Torta mandarini e mandorle)

3 medium-sized mandarins

1 cup caster sugar

6 large eggs (at room temperature)

2 cups of almond meal

Optional Topping:

Citrus Zest

¼ cup sugar

¼ cup water

2 oranges

Nut topping

¼ cup chopped macadamia nuts

¼ cup slivered almonds

OR ½ cup of chopped macadamia nuts only

1. Boil mandarins in a saucepan of water for 2 hours. Keep them covered with water at all times.
2. Drain the mandarins and cool to room temperature. Once cooled, split the mandarins to remove the seeds.
3. Puree the mandarins (including the skins) in a food processor.
4. Preheat the oven to 160 degrees C.
5. Whisk the sugar and eggs together in a large bowl until fluffy.
6. Add the almond meal and mandarin puree, then stir thoroughly.
7. Pour the mixture into a greased 24 cm springform cake tin and bake for 1 hour and 10 minutes, or until the edges come away from the tin.
8. Remove from the oven and cool in the tin.

Optional Topping:

Lightly roast ¼ cup chopped macadamia nuts and ¼ cup slivered almonds.

Over a low heat, dissolve ¼ cup sugar in ¼ cup water, stirring slowly.

Add the zest of 2 oranges and boil the mixture until it begins to caramelize.

Cool, then pour the citrus zest over the entire cake.

Top with the nut mixture.

Melanie Athan, Garden Aid Team Leader



Gardening and Nature

New Help at Home Staff Members

Kevin Halbe

I'm pleased to introduce myself in my new role as a Junior Gardener (casual) with the Help at Home team. After a 30+ year career in industry, I made a career change in 2021 to explore more hands-on work, including time at the Annandale Garden Centre. It was there that I discovered a real passion for horticulture, enjoying both the practical side of the work and the opportunity to keep learning.

I always prefer to keep busy and love working with people. I do best in roles where I can interact with and help others. You might have seen me in your garden before, as I've also been involved as a Garden Aid volunteer.

I'm looking forward to continuing to support our community in this new role.



Josh Standen

Hello, my name is Josh. I recently started working as a Junior Gardener (casual) for the Help at Home team. I completed studies in Certificate II and III in Horticulture at Padstow TAFE and have continued to work professionally with a great passion for plants.

I was born in Australia however I have found my travels though South East Asia and my mother's French heritage to be greatly influential in how I try to shape landscapes both at home and in my work.

I'm interested in spaces that tap into all senses since places like parks and gardens, for me, hold some of my strongest childhood memories.

This is what I believe has most attracted me to working for Neighbour Aid. For me, it not only keeps alive the great old gardens of the Inner West but also reinforces the importance of these places as gardens of great memory, family and community. I find that every garden I have visited says something about a person and their life that you can't get anywhere else in a house. So, being able to maintain them is to me, a great honour.

I also love reading, history and all kinds of animals but I believe my primary joy will always be gardening. I hope I can share my passion with you.



Client Services

Assisted Online Shopping Program— A Client's Perspective



Why did you start Assisted Online Shopping (AOS) with Neighbour Aid?

Shopping assistance started with Neighbour Aid during the 2020 pandemic. Lois was unable to leave the house. Lois would call the office with a shopping list and staff would drop it at her door once completed. Eventually Lois signed up with My Aged Care and joined the fortnightly Assisted Online Shopping program.

What makes AOS helpful for you?

I have neuropathy in my hands, which is nerve damage that makes it very hard to use a computer or a smartphone. I can't easily press buttons or use a touchscreen. Even when I go to the shops in person, I find it difficult to reach items on the shelves.

How do you currently manage your shopping, what is becoming harder?

At the moment, I'm still driving. I'm not sure how long I will continue to drive and it depends on the fuel prices. Pulling my trolley through the supermarket gets heavy and hurts my hands. I have limited space in my fridge and pantry which means I need to do smaller, more frequent shops. In the future, when I stop driving, I'd like to move to online shopping every week.

What is the hardest part about shopping these days?

Lois said the stores change. They stop stocking brands I've used for years and replace them

with new products I don't recognise. It makes it very hard to find what I need.

Would you recommend the Assisted Online Shopping program to others and why?

Emma makes shopping easier by being able to look for things online rather than me having to walk through the store searching. It's nice that staff get to know individuals and their preferences with the regular shopping. This means they can remind me if I have forgotten to order some items. The fortnightly shopping ensures I can get the essentials if I can't get out. Living alone makes it difficult.

I look forward to the fortnightly phone call, to have someone that is willing to listen. It is nice to have a chat and hear a friendly voice on the phone. Some people might be shy to ask for help.



Lois and Cinder

Want to join the Assisted Online Shopping program?

If you are finding the supermarket a bit too much, or if technology is a struggle, give us a call.

Step 1: Call My Aged Care to get an Individual Social Support Referral Code.

Step 2: Call our office on 9799 5099 and ask for Emma.

Don't be shy—we're here to help!

Emma Torres, Client Services Coordinator

Outings Highlights

When: Every Thursday, some Wednesdays, some Fridays.

Pick up times range from 9.30am to 11.30am. Drop off between 2pm to 3.30pm

What: Excursions and lunch at a range of venues incl. cafes, clubs, long drives and galleries

Cost: Transport \$15 and cost of lunch

Please call 9799 5099 to book in.

Winter is upon us. Let's cast our minds back to the warmer months. What fun we had seeing shows at **Chester Hill RSL** and **Ingleburn RSL**. We soaked up the sun and amazing views at **Brighton Lakes Golf Club** and **George's River Sailing Club**. We got to visit some amazing cafes, **Matinee Coffee** and **Camperdown Common's** in our own backyard and enjoyed a three-course-meal at the **Polish Club**.

If you missed out on any of these outings, I must apologise because they were amazing.

But do not fear, here is the calendar for Winter outings:

Date	Venue	Location	Cost
Th 04/06/26	Artisaint Café	Burwood	\$
W 10/06/26	Canterbury Leagues Club	Canterbury	\$\$
Th 11/06/26	Chester Hill RSL	Chester Hill	\$
Th 18/06/26	The Grounds of Alexandria	Alexandria	\$\$
F 19/06/26	St George Sailing Club	San Souci	\$\$
Th 25/06/26	Oliveto	Rhodes	\$\$\$
F 26/06/26	Massey Park Golf Club	Concord	\$

Date	Venue	Location	Cost
Th 02/07/26	Concordia Club	Marrickville	\$
W 08/07/26	Rowers on Cooks River	Wolli Creek	\$
Th 09/07/26	West's Ashfield Leagues Club	Ashfield	\$\$
W 15/07/26	Gladesville RSL	Gladesville	\$\$
Th 16/07/26	Xmas in July	Mystery location	\$\$
F 17/07/26	Ashfield RSL Buffet	Ashfield	\$
W 22/07/26	Strathfield Golf Club	Strathfield	\$\$
Th 23/07/26	Thai Patong	Newtown	\$\$\$
F 24/07/26	Drummoyne Sailing Club	Drummoyne	\$\$
Th 30/07/26	Flower Power Café	Enfield	\$\$

Outings Highlights

Date	Venue	Location	Cost
Th 06/08/26	Macelleria Butcher and Restaurant	Newtown	\$\$
W 12/08/26	Canada Bay Club	Canada Bay	\$\$
Th 13/08/26	Paddy's Markets	Haymarket	\$
Th 20/08/26	Post Café	Marrickville	\$
F 21/08/26	The Cove Café	Abbotsford	\$
Th 27/08/26	Sydney Fish Markets	Pymont	\$\$
F 28/08/26	Bankstown Sports Club	Bankstown	\$\$

The Inner West Neighbour Aid team has refined our cancellation and extreme weather guidelines:

1. Outings will go ahead when there are two or more clients booked in. If there is only one person booked, the program will be cancelled. Where an outing has been cancelled, staff will call the affected client to inform them of the cancellation.
2. In the event of extreme weather, outings will be moved to a closer venue or cancelled. Extreme weather is defined as when the forecast is 33 degrees Celsius or more or if there is 80% chance of 10mm or more of rain. In both these conditions, staff will call to notify you of the change or cancellation.

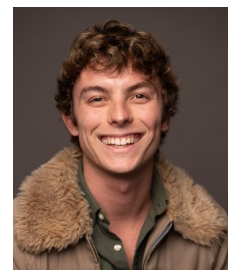
Ruben Hades, Social Support Worker

Message from Ruben

Hello Everyone,

I have the sad job of informing you all that my time working with Inner West Neighbour Aid has come to an end. It's been a wonderful 16 months and my last day of work will be at the end of May.

I have had so much fun working at Neighbour Aid and did not want to leave. However, as some of you know I am currently studying my Masters of Counselling and my study schedule is demanding and clashes with ordinary work hours. Hence, I had to make the difficult decision to resign, to focus on completing my studies. I write this with a heavy heart. I will miss you all so much and feel like you, the clients, have become my second family. I have enjoyed going out and eating lunch more than I can say. Furthermore, spending time with you all has taught me how valuable and rich the seniors community is, especially Inner West Neighbour Aid's community. Thank you for sharing your lives, stories and history with me. ~ Ruben



Trolley Talk

When: 1st and 3rd Wednesday of the month from 9.30am to 11.30am, during school term
 Where: Ashfield Mall
 Cost: Client transport \$15
 Please call 9799 5099 to book in.

Calling Inner West Residents

Our fantastic assisted shopping program is continuing. We have a new cohort of students who are excited to volunteer and partner with our seniors to make shopping a rewarding experience.

Trolley Talk is a fantastic way to get out and about and do some grocery shopping. Our Trolley Talk program transports clients to Ashfield Mall where you can go grocery shopping at Coles. Students from Ashfield Boys High School will be there to socialise, have a chat with you and assist you with your grocery shopping as well.

We go shopping on the 1st and 3rd Wednesday of every month and follow the school term which means we break for school holidays.

If you are interested or have some questions please don't hesitate to give us a call on 9799 5099.

"The boys are just fantastic and are so helpful, they really seem to enjoy it too."

- Ruth, Trolley Talk participant for the past 2 years

Ruben Hedges, Social Support Worker



Alive & Kicking

When: Every Tuesday from 11.15am to 1.30pm. Bring your own lunch..
 Where: Strathfield Community Centre
 Cost: \$7 Client transport if required: \$15
 Please call 9799 5099 to book in.

Two Generations, One Tuesday Lunchtime

As the days cool and winter approaches, stillness can start to feel tempting. With that in mind, Fleur — our Alive & Kicking exercise facilitator — will be shifting sessions to start on their feet. Getting the body warm and moving first, before anything else. A small but deliberate act of care and one that sets the tone for everything that follows.

Recently, that tone was put to a beautiful test when Rivendell School students joined us — a mix of familiar faces from last year and some brand new ones. To help break the ice, we used prompt cards, simple questions about school, pets, food, things you loved as a kid. The kind of questions that turn strangers into people with stories.

What unfolded was quietly moving. The students listened with a patience and respect that belied their age. The seniors leaned in, curious and warm. Conversations wandered into what school looked like decades ago, how much it has changed, and — always a favourite — pets and animals. There is something about a shared love of animals that dissolves every generation gap instantly.

The generosity on both sides, the willingness to reach toward someone different from yourself and genuinely connect — it's what Alive & Kicking does at its best. Movement and connection, in the same room, on a simple Tuesday.

Chantel Jurcevic, Social Support Worker

Stand Tall

When: Every Thursday from 11am to 12pm
 Where: CSP Gym Ashfield
 Cost: \$17 Client transport if required: \$15
 Non-Client: \$27
 Please call 9799 5099 to book in.

Embracing New Stages

Amongst their many life roles, our Stand Tall members are grandparents, aunts, uncles, babysitters, toddler wranglers, travellers and farmers. These roles involve lifting, squatting, getting up and down from floor play and keeping up with the random, speedy movements of tiny people and animals.

Group members Linda and Simon say their gym sessions help with the rigors of weekly grandparent duties with their 6 grand kids. Floor play, frequent lifting and the occasional sprint to catch a runaway are all part of the fun.

Their many years maintaining muscle strength and agility at Stand Tall allow them to enjoy full involvement with their grandchildren, sharing wisdom and joy while keeping up with their grandkids boundless energy.

Empowering our group members to continue to be essential members of multigenerational life with family and community is what Stand Tall is all about and seeing and hearing the fantastic outcomes in our clients lives pushes us to new heights.

Emel Jurd, Social Support Worker



DanceMoves

When: Every Friday from 11.30am to 1.00pm
 Where: Woodstock Community Centre, Burwood
 Cost: \$7 Client transport if required: \$15
 Non-Client: \$22
 Please call 9799 5099 to book in.

Mixing It Up at DanceMoves.

We have had some different teachers at DanceMoves recently. Karen our usual teacher, has been proving training across the state for Dance Health Alliance, so colleagues Emmanuel and Eloise have covered classes on a Friday.

Emmanuel brings a Latin feel to the dance, while Eloise is a lover of musical theatre. Think Salsa meets a Whimsical Waltz. Clients have requested classes include some ballroom moves and all teachers are keen.

As they say, variety is the spice of life.

Emel Jurd, Social Support Worker



Strong Together

When: Every Tuesday and Wednesday from 11am to 1.30pm

Where: Croydon Park Club

Cost: \$7 Client transport if required: \$15

Please call us on 9799 5099 to book in.

Sharing with MLC School Students

Strong Together met our new group of Year 8, MLC School students recently. The students participate in our intergenerational program attending two Strong Together groups each month. The students bring a vibrant energy of genuine enthusiasm to our meetups and our group members constantly say how much they enjoy the genuine warmth of the students.

Our icebreaker activity with the new group involved questions prompting reflections on school and career. Clients spoke about how impressed they were with the career goals students shared and students were fascinated by the employment stories from our Strong Together members.

The Strong Together intergenerational program highlights the similarities between all people regardless of age, culture or gender and the wonderful sense of belonging and connection that happens when we share who we are with each other.



Emel Jurd, Social Support Worker

5 Senses Garden Workshops



Same Garden, Brand New Faces

There is always a moment of uncertainty when a new cohort of pre-schoolers arrives at the garden for the first time. Will they be shy? Will the seniors and the children find each other? On the last Monday of March, we didn't have to wonder for long.

The autumn equinox felt like the right moment to give the garden beds a refresh, and with Mel from the Garden Aid team on hand — generously picking out just the right plants and flowers as she always does — our seniors and a brand new group of Concord West Preschool children got their hands in the soil together.

Most of these little faces were completely new to the garden. Within minutes, they were chatting away, sharing stories about themselves, getting deeply involved in the planting — and, of course, making a beeline for the watering can. Our seniors couldn't get over how confident and talkative the new little ones were, and left the session buzzing with excitement about what the year ahead might bring.

Seeds to Trees has been quietly growing for several years, nurtured long before it became a mainstream idea — a fun fact from Marnie, the preschool's passionate director: the program pre-dates the TV show *Old People's Home for Four Year Olds*.

Marnie and her colleague Jo have worked together since graduating university, and their care for this program is visible in every session.

This winter, we're reinvigorating Seeds to Trees with more frequent sessions and fresh activities. We'd love to hear from seniors about what they'd enjoy doing with the kids — every idea is welcome.

Chantel Jurcevic, Social Support Worker



5 Senses Garden Workshops



When: Every Monday 11am to 1pm. Light lunch is provided.

Where: 5 Senses Garden Rhodes Park, Concord West. Entrance via Killoola St.

Cost: \$7 Client transport if required: \$15 Non-Client: \$27

Please call us on 9799 5099 to book in.

1 June: Seeds to Trees — Shining the Light

Our young neighbours from the preschool join us to put the finishing touches on our artworks for the Shining the Light exhibition — then we celebrate with a cosy winter-themed tea party. Little hands, big hearts and plenty of warm drinks.

15 June: Community Greening with Paris

Paris from Community Greening returns with her encyclopaedic knowledge of plants. This session focuses on what you can grow in small spaces — balconies, windowsills, tiny courtyards. Hands-on and practical, just how we like it.

29 June: NAIDOC — Weaving Together

In honour of NAIDOC Week, Seeds to Trees joins forces with the 5 Senses Garden and Garden Aid teams for a very special session. We are delighted to welcome an Elder to join us for weaving, storytelling and exploring the bush tucker plants that have connected people to Country for generations

6 July: Community Cooking — Winter Feast

By popular request, the kitchen is open! We'll be rolling up our sleeves to prepare and cook a warming winter meal together — think hearty soup, crusty bread, good company. Have a favourite winter recipe? Get in touch with Chantel — we'd love your suggestions.

13 July: Outing — Café at the Kokoda

The café next door to the Kokoda Centre is finally open and we have a table! Let's give it a proper review over lunch — then walk off the meal with a gentle stroll through the garden or along the mangroves.

20 July: Art Therapy with Karen

Our beloved Karen returns. We never know exactly what she has planned — and that's part of the magic. What we do know is that you'll leave feeling connected, peaceful and quietly amazed at what you made.

27 July: Seeds to Trees — Winter Edition

The pre-schoolers are back for another intergenerational session. Activity details to come — and we're always keen to hear from seniors about what they'd love to do with the kids. Drop us a line if you have ideas.

3 August: Speaker — Adam from Canada Bay Library

Did you know the library offers resources designed specifically for seniors? Adam, Inclusion Programs Officer at City of Canada Bay Libraries, is joining us to share what's on offer — from social programs to community support and beyond. You might be pleasantly surprised.

5 Senses Garden Workshops



10 August: Community Cooking — Part Two

By overwhelming demand, the aprons are back on. Chantel will do her very best to fill the big shoes of our beloved chef Maja — no promises but plenty of enthusiasm. We're all in it together.

17 August: Team Trivia Championship

Requested by the people, delivered by the garden. We're forming teams for a proper trivia championship — every question a chance to show off a lifetime of knowledge. May the best team win.

24 August: Seeds to Trees — August Edition

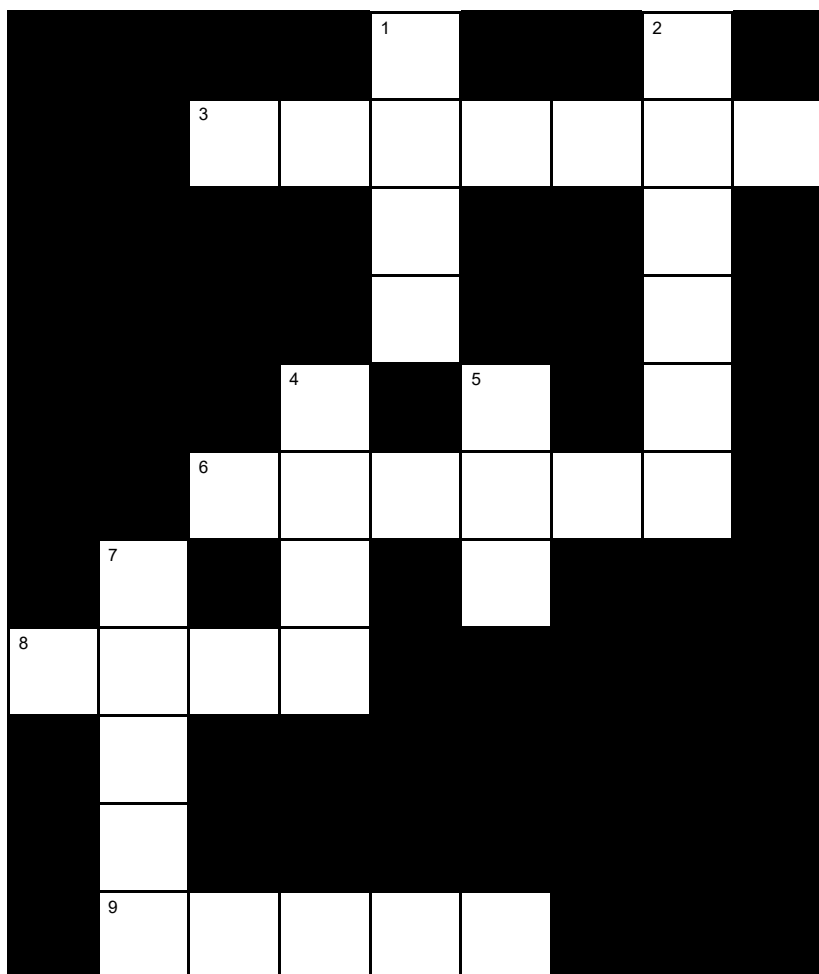
As part of our goal to deepen the Seeds to Trees program this winter, we're making space for at least one intergenerational session each month. New activities, fresh faces and the kind of connection that only happens between the very young and the very wise.

30 August: Art Therapy with Karen

Karen closes out winter with another session of her signature gentle, creative magic. Art therapy in a group setting does something quietly powerful — it loosens the thinking, eases the body and reminds us that making something beautiful is always worth the attempt.



Crossword – Keeping our minds active



Across

3. The tales families pass down (7)
6. People connected by love, care, and belonging (6)
8. What keeps generations connected (4)
9. What families do with meals, time, and stories (5)

Down

1. A place where family connection is often strongest (4)
2. Something shared and remembered across time (6)
4. Looking after one another (4)
5. Another word for relatives (3)
7. Where a family comes from (5)

Living Well with Dementia Workshops



For people living with Dementia and carers. All workshops are held at the 5 Senses Garden

On the 1st Thursday of the month, 11am - 1pm

Workshop Cost: \$22 for public participants, \$7 for Neighbour Aid clients with CHSP funding

Light lunch or morning tea provided

To book call 9799 5099 or email mikali@iwna.com.au

4 June: Upcycled Art

This month we're looking for the potential in objects that we might otherwise cast aside. We'll be using paint markers and our imaginations to create art in some unlikely places. Lunch to follow.



2 July: Air Dry Clay

In this hands-on workshop, we'll be making pinch pots using air dry clay and resources from the garden. Lunch to follow.



6 August: Outing to Auburn Botanic Gardens

A light walk around the Japanese gardens followed by lunch at Auburn Kitchen. Lunch not included in workshop fee (meals range from \$17-\$30). Transport in Neighbour Aid bus from Cintra Park Netball Courts (off Crane St, Concord). Pick up 10:30am. Estimated return 2pm.



Mikali Anagnostis, Social Support Worker



Living Well with Dementia Workshops

Revisiting wonder

In April, our Living Well with Dementia Workshop was joined by a new cohort of pre-schoolers for a creative and lively workshop. The children's company helps all of us to revisit parts of ourselves we often neglect, playfulness and a sense of wonder at simple things. The children remind us that these ways of connecting with the world remain open to us throughout our whole lives, if we allow ourselves to reclaim them.



In turn, the members of our Living Well with Dementia Workshop brought their own gifts to the interaction with the children; humour, calming presence, plant knowledge and the perfect height for cheekily stealing those green hats (which was met with squeals of delight). One person in the group, a school teacher, shared some songs and dances that got us all up, moving and singing. With the invitation to move and make some noise, we quickly became comfortable with our new friends. Later, we created sun catchers together using plants from the garden.

Once again, the children shared with us their infectious delight at the everyday beauty of the garden's offerings.



In March, Jane Massa from Sydney Local Health District led a workshop on strategies for emotional wellbeing as we age. In April, I was struck by how many of these practices were present in our time with the children; stopping to notice things that make us happy, learning new things, moving our bodies, joining social groups. There is an inherent wisdom in the way children seek out joy and connection. Intergenerational connections remind us to value these small but powerful moments woven through our lives and to look for ways to nurture wonder and relationship.

Mikali Anagnostis, Social Support Worker

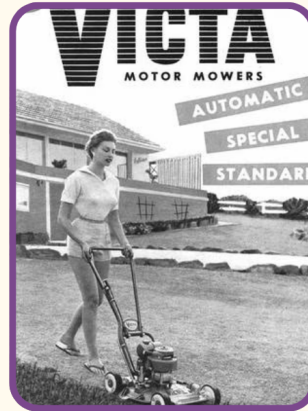


Did you know.....

Inner West Fun Fact

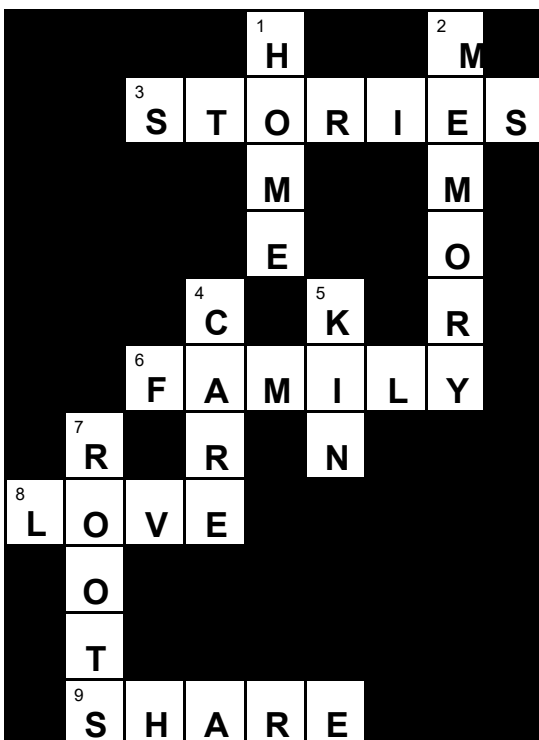
The iconic Aussie Victa mower traces its origins to Cabarita in the Inner West, where in 1948 marine engineer Lawrence Hall built a petrol-powered rotary mower to cut grass at his mother's home and the Cabarita Speedboat Club.

That early invention became the blueprint for modern lawn mowers



Melanie Athan, Garden Aid Team Leader

Crossword - Answers



David Wilson, Garden Aid Team Leader

Volunteers

Welcome to New Volunteers

We are very happy to welcome our new volunteers, Eloise Brett, Dani Hart, Jane Humphreys, Mark Bennett, Jenny Sargeant, Garry Stevens, Cathy Hong, Fitzroy Tan, Selina O'Young, Georgia Lee and Grace Farren-Price. We look forward to seeing you become part of the Neighbour Aid community.

Thank you to our Volunteers

Thank you to school students of Ashfield Boys High, MLC and Rivendell for their ongoing commitment to our programs.

A special thank you to two of our long time volunteers who are taking a break from volunteering with the Living Well With Dementia Program, Heidi and Jo. You will be missed and welcomed back with open arms when the time is right for you.

Karen Paige, Client and Volunteer Engagement Officer

Volunteer Survey

At the beginning of the year we surveyed our volunteers. Some of the findings were:

- Motivations for volunteering include community contribution, supporting people 65+, social contact and giving back in meaningful ways.
- Volunteers appreciate the culture, purpose and staff of Neighbour Aid and feel valued as a volunteer.
- 100% respondents read the newsletter and enjoy it.
- 60% of respondents would like to attend volunteer catch-ups either quarterly or twice a year.
- 90% respondents felt that they received adequate inductions.
- 100% respondents feel comfortable being themselves while volunteering and feel included as part of the wider team.

Thanks to everyone for providing feedback. I will use this to shape my focus moving forward.

If you didn't get a chance to provide feedback you can still have your say through the QR code below. Alternatively you can contact me at maja@iwna.com.au



Vaccination Reimbursement Offering

Neighbour Aid is offering reimbursement of **up to \$20 per person** for their flu vaccination.

How to Claim Your Reimbursement

Please email indah@iwna.com.au

- Evidence of your vaccination, including the **receipt** and your **vaccination certificate/appointment** that would be offered to you at the time of receiving your vaccination.
- Your bank details so we can process payment.

Maja Sorensen, Senior Coordinator

**CELEBRATE
NATIONAL
VOLUNTEER WEEK
WITH US!**

**BRUNCH IN
THE PARK**

FOOD, GAMES, ACTIVITIES

WEDNESDAY 27 MAY | 10AM-12PM

Darrell Jackson
Gardens
Summer Hill

BBQ Area
+1's welcome

RSVP: maja@iwna.com.au
by 15th May

Inner West
**Neighbour
Aid**

Our Programs

Our Programs

Health and Wellbeing:

Alive & Kicking,
DanceMoves, Stand Tall,
5 Senses Garden Workshops,
Living Well with Dementia
Workshops

Around the Home:

Garden Aid,
Pet Adoption,
Dog Walking,
Assisted Online Shopping

Out and About:

Outings, Trolley Talk,
Strong Together,
Intergenerational
Programs

Help at Home (private):

Non-subsidised service,
Lawn mowing, Gardening,
Mulch supply and laying,
Window cleaning, Pressure
cleaning

Visiting: Home Visiting

Inner West
**Neighbour
Aid** 

Program	Day	Times	Venue
5 Senses Garden Workshops	Mondays	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Living Well with Dementia Workshops	1 st Thursday of the month	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Alive & Kicking	Tuesdays	11.15am – 1.30pm	Strathfield Community Centre, Homebush West
DanceMoves	Fridays	11.30am – 1.30pm	Woodstock Community Centre, Burwood
Stand Tall	Thursdays	10.45am – 11.45am	CSP Gym, Wests Ashfield Leagues Club
Strong Together	Tuesdays and Wednesdays	11am – 1.30pm	Croydon Park Club
Trolley Talk	1 st and 3 rd Wednesday of the month during school term	9.30am – 10.30am	Ashfield Mall

JUNE 2026


Mon	Tue	Wed	Thu	Fri
1 5 Senses Garden Seeds to Trees	2 Alive & Kicking Speaker Strong Together Guest Speaker	3 Trolley Talk Strong Together Guest Speaker	4 Stand Tall Artisant Café Burwood Living Well with Dementia	5 Dance Moves
8 NO PROGRAMS - PUBLIC HOLIDAY	9 Alive & Kicking Rivendell Strong Together Canterbury Leagues	10 Canterbury Leagues Strong Together Canterbury Leagues	11 Stand Tall Chester Hill RSL	12 Dance Moves
15 5 Senses Garden Community Greening	16 Alive & Kicking Games Strong Together Hot Meal & MLC	17 Trolley Talk Strong Together Hot Meal & MLC	18 Stand Tall The Grounds of Alexandria	19 Dance Moves St George Sailing Club
22 NO PROGRAMS - STAFF PREPARATION FOR "SHINING THE LIGHT" CLIENT EXHIBITION	23 Alive & Kicking Art Strong Together Fridge Magnets	24 "SHINING THE LIGHT" CLIENT EXHIBITION OPENING	25 Stand Tall Oliveto's	26 Dance Moves Massey Park Golf Club
29 5 Senses Garden Seeds to Trees NAIDOC	30 Alive & Kicking Bingo Strong Together Games	= "Shining the Light" Client Exhibition		

Outings are extremely popular! Call us to book in on 9799 5099

JULY 2026

Inner West

NeighbourAid 

Mon	Tue	Wed	Thu	Fri
		1 Trolley Talk  Strong Together Bingo	2 Stand Tall Concordia Club Living Well with Dementia	3 DanceMoves
6 5 Senses Garden Community Cooking	7 Alive & Kicking Speaker Rowers Cooks Riv. Strong Together	8 Rowers Cooks River Rowers Cooks Riv. Strong Together	9 Stand Tall West's Ashfield Club	10 DanceMoves
13 5 Senses Garden Outing: Café, Kokoda Centre	14 Alive & Kicking Trivia Hot Meal & Trivia Strong Together	15 Gladesville RSL Hot Meal & Trivia Strong Together	16 Stand Tall Xmas in July, Mystery Location	17 DanceMoves Ashfield RSL Buffet
20 5 Senses Garden Art Therapy with Karen	21 Alive & Kicking Games Music Therapy Strong Together	22 Strathfield Golf Club Music Therapy Strong Together	23 Stand Tall Thai Patong Newtown	24 DanceMoves Drummoyne Sailing Club
27 5 Senses Garden Seeds to Trees	28 Alive & Kicking Bingo Strong Together	29 NO PROGRAMS— STAFF DEVELOPMENT DAY	30 Stand Tall Flower Power Enfield	31 DanceMoves

Outings are extremely popular! Call us to book in on 9799 5099

AUGUST 2026



Mon	Tue	Wed	Thu	Fri
3 5 Senses Garden Speaker: Adam from Canada Bal Library	4 Alive & Kicking Art Strong Together Art Activity	5 National Student Volunteer Week Event	6 Stand Tall Macelleria Restaurant Living Well with Dementia	7 DanceMoves
10 5 Senses Garden Community Cooking	11 Alive & Kicking Rivendell Strong Together Canada Bay Club	12 Canada Bay Club Strong Together Canada Bay Club	13 Stand Tall Paddy's Market Haymarket	14 DanceMoves
17 5 Senses Garden Team Trivia	18 Alive & Kicking Games Strong Together Hot Meal & MLC	19 Trolley Talk Strong Together Hot Meal & MLC	20 Stand Tall Post Café Marrickville	21 DanceMoves The Cove Cafe Abbotsford
24 5 Senses Garden Seeds to Trees	25 Alive & Kicking Bingo Strong Together Bingo	26 NO PROGRAMS— STAFF DEVELOPMENT DAY	27 Stand Tall Sydney Fish Markets	28 DanceMoves Bankstown Sports Club
30 5 Senses Garden Art Therapy with Karen				

Outings are extremely popular! Call us to book in on 9799 5099