

AUTUMN 2022

Community Care

Focusing on your good life

06 Elder Abuse Awareness

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24 Walking Groups



**We're all for
Accessibility
& Inclusion**



**CITY OF
PARRAMATTA**

Community Care is funded by the Commonwealth Government and supported by the City of Parramatta Council. Approved provider for National Disability Insurance Scheme and Home Care.



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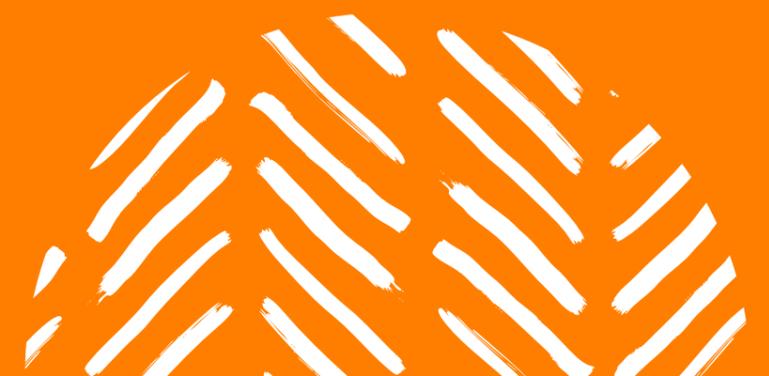
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Donna Davis Lord Mayor

Welcome to the Autumn edition of the Community Care Magazine. I hope everyone has had a great start to the New Year.

As the new Lord Mayor of our City I thank you for supporting our wonderful community, your commitment to others during the pandemic was extraordinary and has not gone unnoticed.

The past two years have been challenging for many of us. However, seeing the wonderful programming being offered here through Community Care, I am confident that we will all begin to recognise a good life again.

You are one of the most important assets our City has – you are at the heart of everything we do.



Gabby Summerhays Community Care Manager

As we ease into Autumn, we also ease into the re-opening of many of our face-to-face services that were paused again recently in response to various Health and City of Parramatta advice. I hope that for those of you who have been waiting to resume services or activities again, you have benefited from the interaction with our staff, volunteers, or other attendees.

Our staff have also started returning to our workplace, and we recently celebrated many events such as International Women's Day and Harmony Day as a team or within City of Parramatta. We have also welcomed Rashpal who was appointed as the Community Care Engagement Officer, and Jayson who is temporarily appointed as our administration/distribution officer.

This magazine edition touches on a range of important dates to remember such as World Elder Abuse Awareness Day and the upcoming celebration of Easter and the period of Ramadan. We also celebrate many wonderful moments shared by Community Care staff, volunteers and people who attend activities through Community Care. I truly hope that you enjoy this read.



Parramatta Food Services

In addition to our exciting 'Let's Dine Out' program which brings together several local restaurants for a wonderful dining out experience, and our 'Social Lunch Program' which offers support to those diagnosed with dementia, Parramatta Food Services still offer a Meals on Wheels service, to deliver meals to your home. All meals are nutritionally balanced by professionals, and we meet most dietary requirements including gluten free, dairy free, vegetarian, puree, minced and of course a standard roast, just to name a few.

Our point of difference? Our volunteers provide some cheerful social contact and the peace of mind that someone's checking in on you (or your loved ones). Commonwealth and NDIS Funding conditions apply.

For further information, please call 9806 5121 or visit: <https://www.cityofparramatta.nsw.gov.au/community-care/food-services>



TIPS SHEET

Eating for Good Health

Healthy eating is a key foundation of good health—it allows your body to function at its best, assists in preventing chronic disease and also helps with weight management. Tips for healthy eating:

For more information, visit: nutritionaustralia.org



Eat regular, balanced meals

Regular eating patterns assist with your overall health, weight management and energy levels

Aim for three main meals each day and a small nutritious snack in between meals

Skipping meals can lead to hunger and less nutritious food choices later in the day

Get organised

Put time aside at the beginning of each week to plan and prepare your meals and snacks

Write a shopping list and shop at a regular time each week

Prepare your meals in bulk and then freeze/refrigerate them in the recommended portions

Top up your fibre

Fibre helps you feel fuller for longer, can decrease your risk of many health issues and assists with weight management

Women should aim for 25g of fibre and men 30g per day

Include fruits, vegetables, legumes, nuts, seeds, wholegrain breads, cereals and grains at each meal or snack

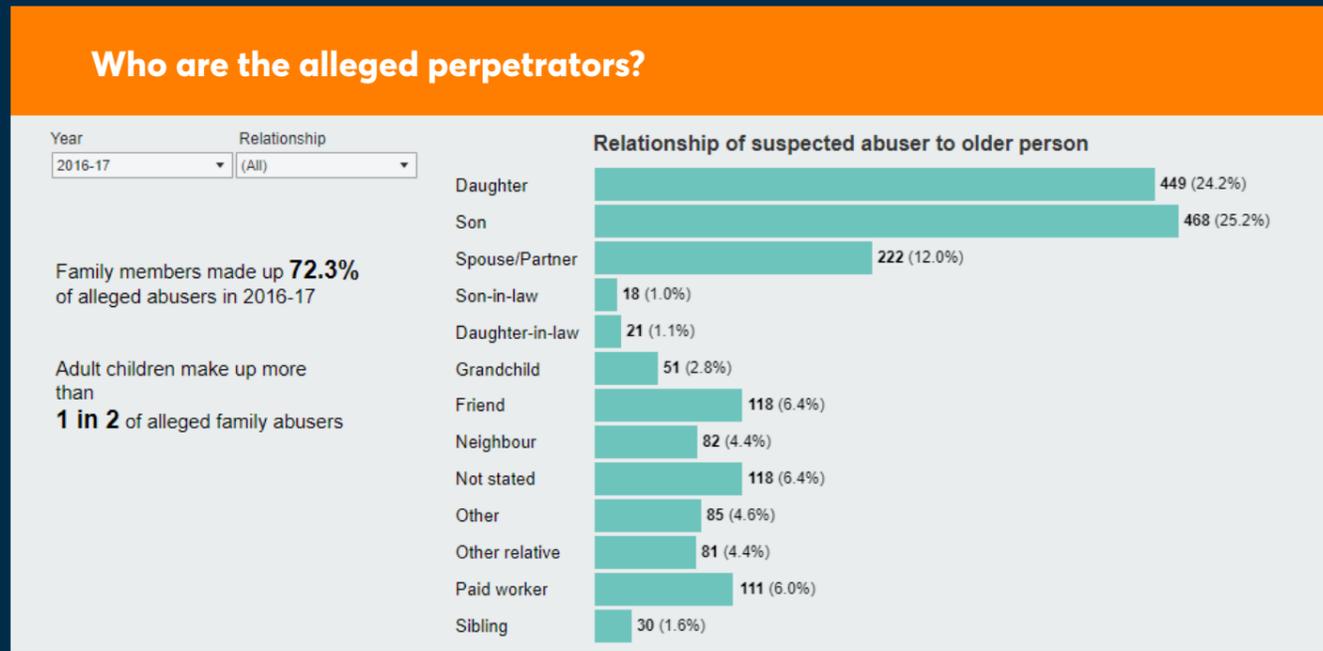
Reduce fat and sugar

Too much saturated fat and sugar increases our risk of heart issues, diabetes and weight gain

Small amounts of fat are okay, but where possible replace saturated fats with more unsaturated plant-based fats such as olive oil, avocado and nuts.

Incorporate healthy cooking methods such as using spray olive oil, non-stick cookware, steaming, poaching or grilling and trimming fat off meat and chicken.

- Reduce salt** Salt is hidden in many foods we eat and can have an impact on your blood pressure
High salt foods to watch out for include; processed, packaged and takeaway food
Check food labels, look for 'no added salt', 'low salt' or 'salt reduced' foods
Avoid adding salt during cooking, add a squeeze of lemon juice, garlic, herbs and spices to add flavour
- Choose water** Drink water as your main fluid and limit or avoid other fluids such as soft drinks, energy drinks and juices.
Keep a water bottle with you at all time or have a jug of water sitting on your desk
Add natural flavours to your water such as, a squeeze of lemon or lime, cucumber, frozen berries or fresh mint
- Limit alcohol** Consume alcohol in moderation, excess amounts may impact your overall health and weight
For men and women, it is recommended that you drink no more than two standard drinks per day.

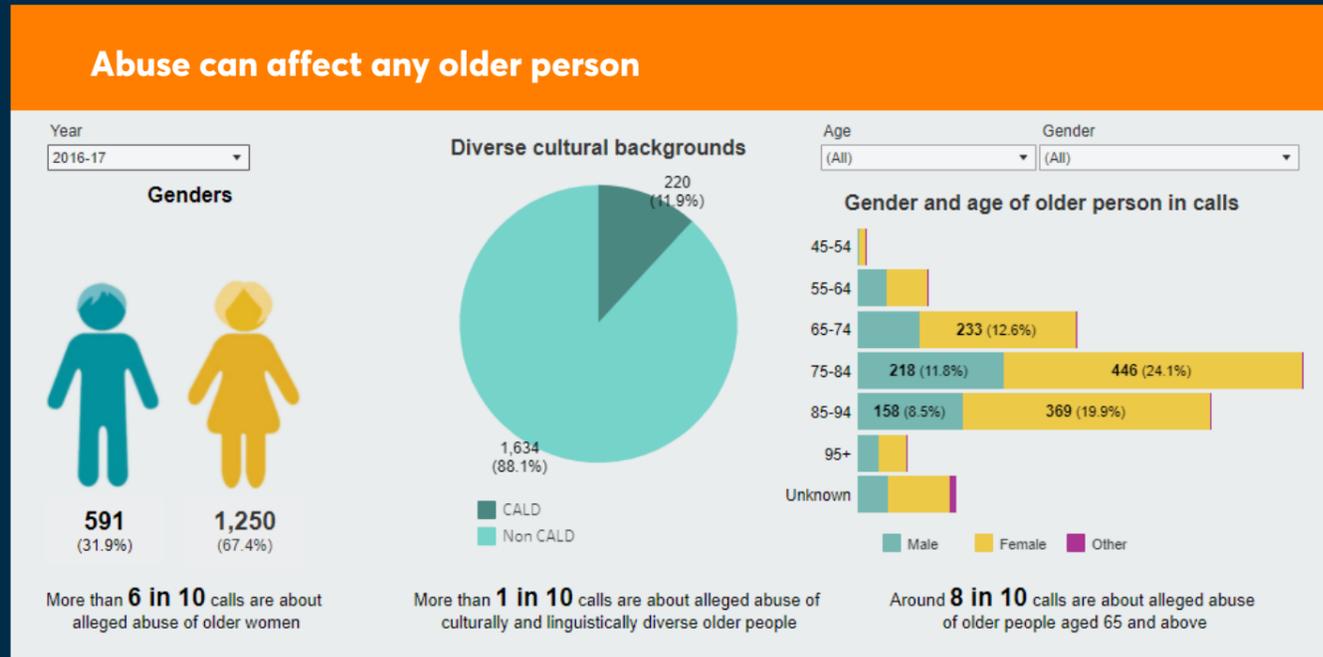


Source: Data collected by the Elder Abuse Helpline and Resource Unit

How common is elder abuse?

The extent and magnitude of elder abuse is a particularly unknown aspect of our society. The Australian Institute of Family Studies estimates

that between 2% to 14% of elderly Australians experience elder abuse each year using international studies as indicators.



Source: Data collected by the Elder Abuse Helpline and Resource Unit

Elder Abuse Awareness

We live in an age where people are more connected than any other point in time in human history. Ironically, some people are feeling more isolated and alone, partially because of COVID-19, and partially because we lack the knowledge or confidence to use the internet or other digital means, leading to a life of social isolation and possible risk of abuse. It is important we acknowledge that feeling alone does not have an age limit and that help can be just a phone call away.

What is elder abuse?

Elder abuse is defined as any action that causes harm to an elderly person.

What are the different types of elder abuse?

There are seven different forms of elder abuse that may co-occur or occur separately. Often times, and very sadly, elder abuse is perpetrated by a family member or trusted friend and may include; emotional/psychological abuse, financial abuse, physical abuse, neglect, sexual abuse, abandonment and self-neglect.

Where to seek help nationally:

Ageing & Disability Commission – Abuse Helpline

📞 1800 628 221

Domestic Violence Line

📞 1800 656 463

Community Care team

Supported by Commonwealth funding, our Community Care team can help connect you to activities, social groups and assist in helping you to learn new skills around technology which can open your world and increase your networks. In addition, our Food Services team can provide nutritionally balanced meals delivered to your home that are delivered by our friendly volunteers, vouchers at local restaurants to encourage outings and for those who need more support with early stages of dementia and eating, we have a Social Lunch Program. Our team can help connect you to services you may need. We are here to support our local community to continue to live well in their own homes, capacity build, staying connected and healthy. Give us a call if you are interested, even if you are unsure about exactly what you may need or want; we are happy to have a chat - **9806 5121**.

How can we reduce elder abuse?

Staying in good physical health assists you to remain independent at home for longer. First steps may include receiving nutritionally balanced meals and having community workers provide regular check-ins. Additional steps may include reaching out to old friends, current contacts or signing up for local community run activities. Staying active and socially engaged within the community can improve your overall health and increase the variety of people you have in your life, ultimately, reducing your risk of being taken advantage of by increasing your networks. Additionally, families or support people should perform their due diligence when seeking caregiver services, employing caregivers who are appropriately qualified and preferably with background checks through a provider.

What is World Elder Abuse Awareness Day?

World Elder Abuse Awareness Day (WEAAD) is commemorated nationally on June 15th to raise awareness for a global issue affecting the well-being and livelihood of people being taken advantage of as they age. Like most sensitive topics, this awareness day is a step towards people speaking up about abuse. There is help out there, you just need to ask for it. We all have rights as we age.

National Disability Insurance Scheme (NDIS)

The City of Parramatta is a registered National Disability Insurance Scheme (NDIS) provider offering supports to NDIS funded participants for:

- ✔ Support Coordination
- ✔ The Preparation and Delivery of Meals (Parramatta Food Service)
- ✔ Peer Support Group Outings, and
- ✔ Individual Support for Social, Community and Recreational Activities

We believe that the key to our tailored service is taking the time to get to know the people we support and exploring how best to assist and empower them in meeting their goals and needs. Our Community Care team advocate strongly for social connection and inclusion.

OUR NDIS SUPPORT COORDINATION TEAM HAVE WELCOMED MICHAEL BAYLIE TO HIS NEW ROLE.

Michael has been part of the Community Care team for two years and has worked in the disability sector for the last eight years. Michael has held roles previously as a Disability Support Practitioner and Community Worker.

When asked about the best part of providing Support Coordination at Council, Michael is quick to answer, "our focus on making sure our participants are connected with meaningful supports to achieve the good things in life."





SOCIAL INCLUSION

Community Care staff continue to maintain meaningful connections with participants, whether that be facilitating online events with our Peer Support Group or providing direct, yet socially distanced 1:1 supports. With front facing supports returning from March, we are all excited by what our future holds.

Contact us on

02 9806 5121

to explore your options and make your NDIS goals an achievable reality!

Registered provider National Disability Insurance Scheme Provider Number

4050004135

Polish Easter Tradition of Food Blessing

Every year on Easter Saturday Poles carry baskets full of food to church for blessing. The tradition has a long history in Christianity, possibly originating from a pagan ritual. The tradition is said to date from the 7th century in its basic form, the more modern form containing bread and eggs (symbols of resurrection and Christ) are said to date from the 12th century.

Easter baskets containing a sampling of Easter foods are consumed over Easter. The basket is traditionally lined with a white linen or lace napkin and decorated with sprigs of boxwood, the typical Easter evergreen.

My countrymen take special pride in preparing a decorative and tasteful basket with crisp linens, occasionally embroidered for the occasion, and boxwood and ribbon woven through the handle. The three-part blessing prayers specifically address the various contents of the baskets, with special prayers for the meats, eggs, and breads. The priest or deacon then sprinkles the individual baskets with holy water.



EGGS

symbolises new life, hope and Christ's resurrection

BREAD

symbolises Jesus

SALT

represents purification, prosperity, and justice

HORSERADISH

symbolic of the bitter sacrifice of Christ

HAM

symbolic of great joy and abundance.



The food blessed in the church remains untouched according to the traditions until either Saturday afternoon or Sunday morning.

On Holy Saturday, before the food blessing - Poles paint hard boiled eggs called "pisanki". Some use store-bought kits for colouring and decorating. At my family home (and many others) we continue to dye eggs in very traditional way with boiled onion skin which give eggs a distinctive dark brownish, reddish colour. There is no Polish Easter basket without pisanki.

Egg painting is encountered in several other cultures and countries like: Bulgaria, Ukraine, Romania, Hungary and Lebanon. The tradition is thought to date back to talismanic pagan rituals that are over 5000 years old.



Ramadan

Ramadan was introduced in the Holy Book of Quran and is compulsory for Muslims all around the World from the age of 14 with exception for pregnant, breast-feeding mothers and people on medication.

Ramadan falls on the ninth month of the Islamic Lunar calendar, this year 2022, will commence Saturday 2 April and conclude Sunday 1 May. During this Holy month Muslims refrain from eating or drinking from sunrise to sunset and attempt to avoid thoughts and behaviour that are considered impure under the beliefs of Islam. Muslims believe that the spiritual rewards for this good behaviour are increased during Ramadan.

Families wake up early, before the sun rises, and eat a meal called sohour. After the sun sets, the fast is broken with a meal called iftar. Iftar often begins with eating dates and sweet drinks to give fasting Muslims a quick energy boost, and it is a rich meal.



This isn't just a time for abstract reflection—Ramadan has a real, practical purpose

that creates real changes within those who observe it. Ramadan is all about growing nearer to God. Physically carrying out tasks solely for God, helps Muslims to feel that God is a real and, in their lives, and gives a sense of purpose and direction. It is also about developing and strengthening powers of self-control so that, throughout the rest of the year, sinful desires and thoughts can be better resisted.

Finally, Ramadan is a great time to learn and practice charity, kindness, and generosity. Deprivation and fasting helps Muslims to remember the plight of those less fortunate, as well as those blessings that may normally be taken for granted.

Above all, those who observe Ramadan find themselves with a chance to truly contemplate their faith and rid themselves of those bad habits they have accumulated over the previous year. It is a time unlike any other in the Islamic calendar, a sort of "reset button" for the soul.



Art Classes Testimonial by Cecilia Rais

The painting art lessons at Parramatta Council are fantastic. This is a wonderful initiative for people over 55's that has given me the opportunity to learn a wonderful skill.

I never expected to have a teacher with such talent. Thanks to David, I have been able to do things that I never thought possible. He is a wonderful teacher who shares his knowledge and skills with the class.

I didn't know a thing about painting, but in the time I have participated in this program I have improved so much, that I can't believe what I am able to paint. My family and friends are pleasantly surprised.

Attending the classes has helped my well-being by concentrating on the present moment, connecting with people my age, and making friendships. I am so thankful for this program. I sincerely hope that it can run for many years to come.

If you would like more information about art classes please call us on 9806 5121 or go our website <https://www.cityofparramatta.nsw.gov.au/community-care/over-55s-leisure-and-learning>



Autonomous emergency braking systems can reduce rear-end crashes by up to 57% and fatal crashes by 27%. Meanwhile, head-on crashes can be reduced by up to 30% in cars with lane support systems.

But, a lot of research looking at these safety technologies have only been focused on young and middle-aged drivers. In Australia there is little information on what older drivers know and understand about these technologies and whether such things are liked or disliked. We do not know if these technologies improve safety for all drivers or if these claims have excluded the experiences of older drivers. And this is a major problem. Each year more and more older adults are looking for new cars which are filled to the brim with these new safety technologies. It is worrying that opinions from older adults are not yet recognised and discussed when talking about these technologies.

Researchers from the University of New South Wales are investigating this unknown area. We are seeking volunteer participants to complete a short interview on vehicle choice and safety technologies. Please feel free to contact the research personnel listed below if you would like to participate or learn more about the study.

NAME	Helen Nguyen
POSITION	Phd Student
TELEPHONE	(02) 9348 0161
EMAIL	Helen.nguyen1@Unsw.edu.au



Investigating what older Australian drivers are looking for in the cars they drive

Driving is an important part of our lives. It gets us from A to B and keeps us connected with our friends and family. Despite giving us independence and convenience, there is risk of either serious injury, long hospital stays, or death in the rare event of a car crash.

One of the ways to prevent crashes that result in serious injuries or death is to create safer vehicles that are better at protecting both the driver and the passengers. This can be done in two ways. On one hand, the design of a car impacts how well it can protect the driver and passengers in a crash. On the other hand, adding new safety features into a car can minimise or avoid crashes. These safety features, also known as advanced vehicle technologies (AVTs), are growing quickly and include things like blind-spot warnings and systems that can help control braking and steering. According to the Australasian New Car Assessment Program (ANCAP), these technologies can help promote and assist safe driving.



Council Meetings

Council Meetings will normally be held on the second and fourth Mondays of each month commencing at 6.30pm.

Members of the public are able to attend Council Meetings in person. If unable to attend in person, the public can watch current and past meetings through a live-streamed video link.

Visit Council's website to access: Live Council Meeting streaming; the Council Meeting schedule; Council Meeting agendas; proceedings from previous Council Meetings; and more. Learn more and watch here: cityofparramatta.nsw.gov.au/council-meetings

Welcoming 2022 as a time to re-engage!

Mark Pearce is the Chief Executive Officer of Volunteering Australia, national peak body for volunteering.

This is an excerpt of his address to volunteering organisations at the start of 2022.

"There have been many challenges over the last two years and through all the changes and disruption we have continued to support others even while being apart. We have learned so much about the importance of social connection and the significant role volunteering can play in supporting well-being and reducing loneliness.

While there are still difficult and uncertain times ahead, there is a lot to look forward to as we again begin to make plans and reengage in our communities. There will be new opportunities to make a difference in our own lives and with those around us. We have the power, individually and collectively, to grasp these opportunities and bring about change.

Volunteering brings people together; it builds communities and creates a better society for everyone. Now is the time for us all to come together and enable volunteering across Australia to be effective, inclusive, and sustainable for future generations."

The Community Care volunteering service commenced the year with a great time of celebration at the Rosehill Gardens Australia Day Citizen of the Year Ceremony on the 26th of January 2022. Being nominated for a Citizen of the Year Award is a great honour and it is an opportunity for the community to pay tribute to neighbours, friends or colleagues who make them proud to be an Australian. We are proud to share that five of the Community Care volunteers were nominees.

Bev Grace	Meals on Wheels
Mona Mohamed	Meals on Wheels (in absentia)
Jenny Young	Social Inclusion
Najma Siddiqi	Social Inclusion
Shant OHanessian	Social Inclusion

The article below is based on Mei Gao's, Community Care Coordinator, reported information as she attended the ceremony.

Bev Grace, received the Highly Commended Award for Senior Citizen of the Year. Two of Bev's daughters were there to witness the sensational moment of Bev receiving the award from the Lord Mayor. They were very proud of their mum.

Also proud were Shant's parents for their son's achievement and his contribution was acknowledged publicly in such a formal and lovely way - they had a great time together!

Last but not least, Jenny and her two guests thoroughly enjoyed the event, both the formal ceremony and informal networking afterwards. They not only expressed their pride of Jenny's volunteer achievement, but also appreciated Council's efforts in supporting and recognising Jenny's contribution.

Here are some photos capturing the event. We congratulate Bev Grace for the special recognition of her many years of volunteering to ensure the wellbeing of participants in the community. We applaud and are grateful for the nominees, Mona Mohammed, Jenny Young, Najma Siddiqi and Shant OHanessian for their continued support, commitment and devotion in their diverse roles.

Let's make 2022 a year of reconnection and re-engagement as we collectively continue to focus on our mission to improve the lives of the participants.



Bushcare Community Volunteering

Call for Extra Helping Hands

Do you have an interest in learning about plants? Want to be part of something that effects real change? Are you looking to make new friends in your local neighbourhood?

The City of Parramatta's Bushcare Volunteer Program provides an opportunity for all this and more.

It is a great opportunity to be involved in a community program, where there is no time commitment to attend every workday, and all training and equipment are provided.

To find out how to get involved check out Council's website here.

<https://www.cityofparramatta.nsw.gov.au/environment/city-in-nature/bushland-and-biodiversity/bushcare-volunteer>

Or watch this video.

<https://youtu.be/0QJKvNvckcQ>



Social Inclusion Update

With much appreciation of your patience and understanding, we would like to warmly welcome you back to your favourite program in Social Inclusion! Whether it is individual support from a friendly Community Worker or Volunteer, or a social group activity such as Coffee and Lunch, Morning/Magic Melodies, Book Club, Chinese TLC or Peer Support, we are thrilled to have you return and to see you!

We know how important it is to be able to get out and about, have social connection and enjoy the good things in life. We also know that while restrictions are being lifted, COVID-19 is still around and that we must continue to protect ourselves and each other.

Therefore, Community Care has completed planning to take reasonable and precautionary measures in preparation to the return of our face-to-face activities that commenced from the 1st of March 2022. These measures are reviewed, updated and guided by NSW Public Health Advice. Please know that we will continue to have your safety at heart and support you in person in a COVID-safe manner.

As always, please be reminded that our staff and volunteers collectively speak many languages other than English - Cantonese, Macedonian, Mandarin, Hindi, Korean, French, Polish, Serbian, Spanish, Sinhalese, Bahasa Malaysia, Punjabi ... just name a few.

You are welcome to request a friendly chat in your own language or a language you would like to practice on.

Please contact us on **9806 5121**.

If you are interested in any of these groups, please contact the Social Inclusion Service on **9086 5121**

Group Name Date & Times

Coffee and Lunch	Please contact us for further details
Morning Melodies	Please contact us for further details
Magic Melodies	Please contact us for further details
Chinese TLC	The fourth Tuesday of each month 10 am - 12 pm
Book Club	The last Thursday of each month 10:30am -12pm
Peer Support	Every Thursday of each month 5:30pm -10:30pm

Do Not Call Register

Want to stop those unwanted telemarketing calls? This register can be very useful however it does need to be updated every couple of years, so if you are experiencing these types of calls please register or re-register to ensure they stop. It will take a few weeks before they reduce.

Visit [donotcall.gov.au](https://www.donotcall.gov.au) or call 1300 792 958.



Elder Abuse Helpline

This is a free confidential service for information, advice and referrals. If you experience, witness or suspect elder abuse happening, call **1800 628 221**.

NSW Elder Abuse can be Financial, Physical, Verbal, Sexual, Psychological and Neglect.





Last Thursday Book Club

This is an opportunity for people who share a passion for reading books to meet and discuss the chosen book of the month whilst socialising over a cup of tea at the same time.

The book club, which is a joint program delivered by the Community Care Team and City of Parramatta Libraries, has been running for over twelve years – imagine all of the books discussed over this period of time, and what wonderful books will be discussed in the future!

Much like the name, the group meets on the last Thursday of the month at Parramatta Library, Level 1, Fitzwilliam Street from 10.30am-12pm. The group excitedly returned to a face-to-face meeting on 31 March after two years of online meetings.

If you are a passionate reader and would like to join the group, please ring **02 9806 5121** for more information and ask for Gladys Maier.



Book Review: The Chocolate Tin

Community Care's Community Worker Cathy has recently read Fiona McIntosh's Book The Chocolate Tin.

In an extract from Penguin Books Australia, we know that the subject of the book, Alexandra Frobisher, is a modern-thinking woman with hopes of a career in England's famous chocolate-making town of York. She has received several proposals of marriage, although none of them promises that elusive extra – love.

Matthew Britten-Jones is a man of charm and strong social standing. He impresses Alex and her parents with his wit and intelligence, but would an amicable union be enough for a fulfilling life together?

At the end of the war, Captain Harry Blakeney discovers a dead soldier in a trench in France. In the man's possession is a secret love note, tucked inside a tin of chocolate that had been sent to the soldiers as a gift from the people back home.

In pursuit of the author of this mysterious message, Harry travels to Rowntree's chocolate factory in England's north, where his life becomes inextricably bound with Alexandra and Matthew's. Only together will they be able to unlock secrets of the past and offer each other the greatest gift for the future.

Cathy shares with us her take on the book, with Alexandra's matching of Matthew (set in 1915) highlighting the storyline of Matthew's queer sexual orientation leading to him being labelled mentally ill and being treated for this in an institution.

Harry, who Alexandra falls in love with, ends up being instrumental in moving Matthew to a retreat which is much more relaxing and with no medical treatment.

Cathy loved this book as it was historical fiction, and with enough romance in it to make it flow. Cathy scores this book:

8/10

Term 2 Fitness Programs

Active Parramatta's Term 2 Fitness Program will feature a wide and exciting range of affordable online and face-to-face activities to suit many wellbeing goals. Free Better Ageing programs will also be running by the Active Parramatta Van team.

Registrations open on Monday, 4th April 2022 at 9am.

For further information, please visit: <http://cityofparramatta.co/fitness>



Free over 60s Online Health Program

Stay active and healthy in any weather! Healthy and Active for Life Online could be the perfect way to keep exercising, plus gain some healthy lifestyle tips for members who are 60 years and over.

This is a FREE 10-week online program developed by NSW Health for people over 60 (and Aboriginal people over 45 years) which you can do in the comfort of your own home. All you need is internet access, a computer or tablet and some space to exercise.

The program includes:

- Exercise videos to do at home each week
- Online healthy eating and lifestyle sessions
- Support from a trained Phone Coach
- Programs are run every term

The next program starts 18 April so sign up today at <https://www.activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/>

"The program has been great for my mental health too. I came away from each session feeling happy and energised".

Dianne, Grandmother

More information: WSLHD-ActiveandHealthy@health.nsw.gov.au

Bookings required: Bookings are essential.

Cost: FREE



Over 55s Leisure and Learning Service Update

Over 55s Leisure and Learning activities are open to everyone over the age of 55 and Aboriginal & Torres Strait Islanders over the age of 50 years.

If you are interested in joining our activities, please contact Community Care on 9806 5121. If you are new to the Over 55s Leisure and Learning Service you will need to complete a registration form prior to booking in for an activity. We have both free and paid activities available every term, and as such fees may apply.

Term 1 welcomed the anticipated return to face-to-face activities in conjunction with our ongoing online classes.

It has been great to see the happy faces in our classes again and we thank you for your understanding and patience during this COVID-19 roller coaster. We know and understand how important it is to get out of the house, have social interaction and to keep active in a safe manner.

We have all made sacrifices over the past few months to keep our families and community safe. This collective effort has made a huge difference, so we wish to thank you.

While restrictions are being lifted, COVID-19 is still around, and we must continue to protect ourselves and each other.

We are planning to continue close to our current schedule for Term 2 and registrations for our activities will open from **9.00am Monday, 4 April**, with classes starting from Tuesday, 26 April (Monday, 25 April is the Anzac Day Public Holiday).

Once details have been finalised, this will be communicated by email and text, or you can keep up to date by visiting:

<http://www.cityofparramatta.nsw.gov.au/community/over-55s-activities-ageing-wellness/over-55s-leisure-and-learning/term-based-activities>

Important note: New Online Booking System-Bookable

City of Parramatta Council has endorsed a new ticketing system called Bookable.

This means that registrations for Term 2 activities will be done through Bookable and not Eventbrite.

You will still have the options of calling or visiting Customer Contact Centre to register.

We will provide you with further details and instructions before registrations open.

Council are currently working on an online tutorial on how to book in for an activity/event in Bookable, which we will share once this has been finalised.



Ermington Walking Group

The Ermington Walking Group is now in its 14th year providing an excellent opportunity for local residents to exercise in Ermington Park, whilst also being a channel for social connection. The members of this group, "the Ermo Walkers" as they call themselves, commenced on 25th June 2008 and they are approaching their 500th walk in 2022!

We know that this achievement would be impossible without our two truly instrumental and dedicated volunteer walking group leaders – Bill and Anne. Both Bill and Anne demonstrate a strong commitment and passion in facilitating the social wellbeing of this group; thank you!

We also know how much you are appreciated by the members of the group for everything you do, from organising, leading the walks, preparing for the morning tea, to coordinating special birthday celebrations to make sure each person is acknowledged and celebrated. Through the hands of our creative and talented volunteer Anne, all the photos of special events, members' stories and shared experiences over the years were captured and made into a beautiful collection of four scrapbooking volumes. This creative activity is a valued gift to this group and to the City of Parramatta archives and it truly demonstrates the generous heart of our caring and dedicated volunteers.

Wisteria Walkers

The Wisteria Walkers Explorers group commenced in 2003 and have continued to offer fortnightly opportunities to explore new areas of our beautiful city and to build social networks with people of similar interest.

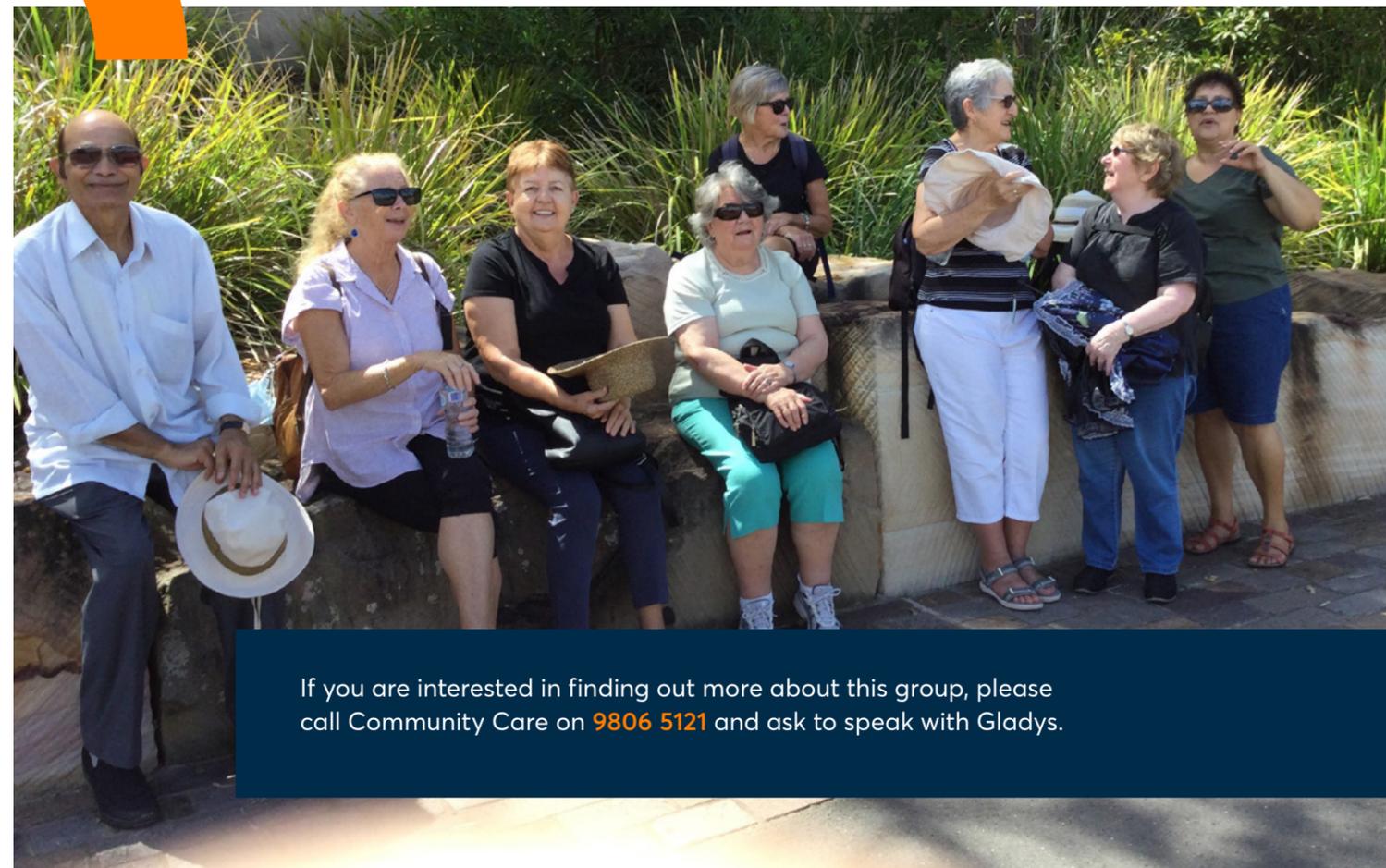
In addition to the walks, the group meets once a year, supported by a volunteer and staff from the Community Care team, to decide on the places they want to explore for the year ahead.

If you were to join the Wisteria Walkers your day out would commence from Parramatta. Generally starting at 9am and finishing at 3pm, you could be travelling by public transport, including ferries, to any number of destinations in the schedule. Your day will be filled with socialising, walking and exploring sites.

Walks can be up to 6 kilometres, and easy to moderate grading. Some of the walks planned for this year including Barangaroo, Olympic Park, Milsons Point and Dangar Island to name a few.

One of the members of the group first became involved in walking at the Leichhardt Women's Centre, which promoted walking to her; let's hear what Lea has to say in her own words.

"I did it! I joined the Wisteria Walkers at the City of Parramatta who provide whole days out walking in local and new areas. It has been a fantastic experience for me. I have gone to many different areas, walking in safe environments with many different walkers. When I was contacted by a member of Council to provide feedback about the activity, I was enjoying a coffee in the beautiful park/forest leading up to the Georges Sailing Club. I only knew of this club and the beautiful walk leading up to it through one of our outings. Since then, I have alerted other family members and friends to it. Why wouldn't you walk? Health, nature, connection with the local environment, company, group feedback, nothing to lose...lots to gain. Cheers to the Council for facilitation the walks and bringing awareness of the benefits of a walking group. Visionary? Now more than ever, this outside activity costs so little, yet the enjoyment is huge!! Care and knowledge built in!"



If you are interested in finding out more about this group, please call Community Care on **9806 5121** and ask to speak with Gladys.

Riverside Theatres

Our Riverside Theatres April to July program is full of toasty delights to warm your heart and help and keep your winter blues at bay.

And don't forget to check your Service NSW app for the latest Dine and Discover vouchers on offer which can be redeemed for tickets.

Hope to see you in the Riverside foyer very soon!



Breaking the Castle

7 – 9 April

Visceral, fierce, funny and uplifting Breaking The Castle features a gripping performance from creator Peter Cook of a man yearning for connection. This is an exquisitely rendered story of hope, belonging, and finding a way to be in this world.

Don't miss the chance to meet and speak with the creator, in a Q&A on Saturday 9 April at 4pm.

Girls with Altitude

13 – 14 April

"Family circus at its best!" – Sydney Morning Herald.

From the environment to equality, the young acrobats of the Flying Fruit Fly Circus propose new perspectives on the future using their famously exuberant mix of youthful energy and high-level circus skills. Suitable for ages 6+

Chasing Smoke

13 – 14 May

The world's oldest living civilisation is the life force that empowers the stories within Chasing Smoke told through the lens of Australia's only all First Nations circus ensemble.

Become the One

19 – 21 May

An award-winning romantic comedy featuring two vibrant, lovable characters at its heart, Become The One explores why a footballer would choose to remain closeted, and why their openly gay partner would choose to accept it.

ZOOM

25 May

The dark is a magical place. Using original music, lasers and projections, your imagination will build this dreamlike story of a child alone in her bedroom with a lost star. Suitable for ages 3 – 10

Ulster American

8 – 11 June

The 'brazen, savage and brilliantly hilarious' (Limelight) satire that wowed critics and audiences in 2021 comes to Riverside! Gleefully skewering the powerful and privileged in post- #MeToo showbiz, this ferocious comedy will have you laughing and gasping in equal measure.

Dubbo Championship Wrestling

16 – 25 June

Dubbo Championship Wrestling, the hilarious Aussie rock musical that will change everything you thought you knew about professional wrestling, regional Australia, and musical theatre itself.

For further information on our shows, visit the Riverside Theatres website: <https://riversideparramatta.com.au/>

Apricot and Coconut Slice

This delicious sweet treat is a family favourite of ours, which is simple and no baking is required.

Ingredients:

- ✓ 250 gram plain sweet biscuits
- ✓ 100 gram butter, chopped
- ✓ 1/2 cup (125ml) sweetened condensed milk
- ✓ 1/2 cup (40g) toasted shredded coconut
- ✓ 1/2 cup (80g) finely chopped dried apricots

White Chocolate topping

- ✓ 200 gram white eating chocolate, chopped coarsely

Method:

- 01 Grease 19cm x 29cm slice pan; line with baking paper, extending paper 5cm over long sides.
- 02 Process 200g of the biscuits until fine. Chop remaining biscuits coarsely.
- 03 Stir butter and condensed milk in small saucepan over low heat until smooth.
- 04 Combine processed and chopped biscuits with coconut and apricots in medium bowl; stir in butter mixture. Press mixture firmly into pan; refrigerate, covered, about 20 minutes or until set.
- 05 Meanwhile, make white chocolate topping: stir ingredients in small heatproof bowl over small saucepan of simmering water until smooth. Spread over slice.
- 06 Refrigerate slice until firm
- 07 Cut into squares
- 08 Serve and enjoy!

Source:

<https://www.womensweeklyfood.com.au/recipes/apricot-and-coconut-slice-15073>



We support the
ndis



Gabby Summerhays
Manager

I love family time, homecooked meals, laughter and creating both little and big new memories every day.



Beth Collins
Team leader

I love the outdoors and enjoy flyball with my dogs. It is a great sport which I share with my daughter.



Agnes
(Speaks Polish)

I am a mum of two little boys. I love swimming, baking and mushroom picking.



Catherine

I'm a proud mother of 3 and a very proud nan of 2 special boys and this keeps me on my toes at all times.



Cathy

I enjoy reading books and going to the gym.



Evanessa

I am the proud mum of two children and fur baby (pet), who loves fashion and keeping active.



Gladys
(Speaks Spanish)

I love walking, exploring new places and spoiling my beautiful grandchild.



Hong
(Speaks Mandarin & Cantonese)

I love bushwalking and I enjoy reading and play music with my family.



Maree

I love music, movies, reading and writing. I am the proud mother of two incredible human beings.



Mei
(Speaks Mandarin)

I love meeting new people, cooking simple meals and listening to audible while doing chores.



Michael

I am an avid cricket fan. I enjoy binge watching Netflix and I love spending time with my family.

CONTACT US

Community Care Office Hours
8:30am – 4:30pm, Monday to Friday

Phone: 9806 5121

Facsimile: 9806 5925

Web: cityofparramatta.nsw.gov.au

City of Parramatta

126 Church St, Parramatta

Parramatta Food Services Office

10 Hunter Street, Parramatta

Phone: 9806 5121

Postal Address

City of Parramatta Council,

PO Box 32, Parramatta NSW 2124

@parracity
@atparramatta

@cityofparramatta
@atparramatta

@cityofparramatta
@atparramatta



Nicole

I love spending time with my family who inspire me to be the best I can be. Relaxing at home with a good movie and cake is always a favourite.



Rashpal

I love to travel and spend quality time with my kids.



Rosemay

Family times are a priority for me and I get a buzz seeing animals in their natural habitat.



Ruth

The great loves in my life are my beloved family, precious fur babies, photographing nature and creating cooking delicacies.



Samantha

I love spending time with my friends, and enjoying an active lifestyle filled with adventure.



Sanoji
(Speaks Sinhalese)

I love chilli! I love company – my passion is entertaining my family and friends.



Steve

I enjoy playing guitar, cricket and science fiction. I have a real passion for helping people in our community.



Susan
(Speaks Serbian & Macedonian)

My passion is to travel the world, meet new people and learn about their unique culture, language and way of life.