

NORTH WEST COMMUNITY SERVICES NEWSLETTER



SPRING EDITION 2025 (October – December)

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TRIPS AND SLIPS

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NDIS PROGRAM

END OF YEAR CHRISTMAS PARTY

OCTOBER CALENDAR

NOVEMBER CALENDAR

DECEMBER CALENDAR

STAFF FAVORITE RECEPIES

SUDOKU PUZZLES

DOLLARS FOR DIGNITY

VOLUNTEER SPOTLIGHT

VOLUNTEER BUS DRIVER CALL OUT



★ AGED CARE REFORMS – WHAT YOU NEED TO KNOW

Step-by-Step Guide to Getting Help Through My Aged Care

The Australian Government is improving aged care services to help older Australians live independently at home and stay connected in the community.

From 1 July 2025, a new Support at Home Program will replace the current system. You don't need to wait – you can register for help now!

✓ STEP 1: Call or Go Online

📞 1800 200 422



www.myagedcare.gov.au

Have your Medicare card ready. Tell them you're interested in home support or personal services.

✓ STEP 2: Register Your Details

The My Aged Care team will:

- Create a client record
- Ask about your health and support needs

✓ STEP 4: Receive a Referral Code

If you're eligible, you'll be given a referral code for social support, individual.



Keep this code safe – you'll give it to your service provider to start support.

✓ STEP 3: Get Assessed

You'll be booked in for a free assessment with a local Regional Assessment Service (RAS).

This may be over the phone or at home.

✓ STEP 5: Choose Your Provider

Bring your referral code to us at North West Community Services

We can help refer

Domestic help

Personal care

Transport

Meals

Social support and more



Need Help? We're Here for You!

Come see us at reception or call us on 9627 3622

We can guide you through the process step-by-step.

Let's make sure you get the support you deserve. 💙

Trips and Slips: Preventing Falls for Seniors

Falls are one of the most common causes of injury for older adults, but the good news is many can be prevented. With a few simple steps, you can stay steady, safe, and confident.

Why Falls Happen

- Uneven surfaces – rugs, loose mats, or uneven footpaths
- Poor lighting – hard-to-see stairs or clutter in dim areas
- Footwear – slippers or shoes without proper grip
- Balance changes – natural age-related changes or certain medications

On the Move

- Wear well-fitting shoes with non-slip soles
- Use a walking stick or frame if recommended
- Take your time – avoid rushing, especially on wet or uneven surfaces
- Stay active with gentle exercise like Tai Chi, walking, or swimming to improve strength and balance

Easy Ways to Stay Safe Around the Home

- Keep walkways clear of clutter, cords, and rugs
- Install grab rails in the bathroom and near stairs
- Ensure good lighting in hallways, entryways, and outside steps
- Use non-slip mats in the bathroom and kitchen

Health & Wellness

- Have your eyes and hearing checked regularly
- Ask your doctor to review your medications, as some can affect balance
- Stay hydrated and eat well to keep energy levels up

Quick Safety Checklist

✓ **Clear floors and pathways**

✓ **Sturdy, supportive shoes**

✓ **Good lighting inside and outside**

✓ **Regular vision and hearing checks**

✓ **Use support aids if needed**

Remember

Preventing falls isn't just about safety – it's about keeping your independence and confidence. A few small changes today can help you enjoy tomorrow with peace of mind.

WHATS HAPPENING IN THE SPRING SEASON ?

NORTH WEST COMMUNITY SERVICES

MEN'S SHED

WHEN: Every Tuesday & Wednesday- 10AM-2PM

WHERE: Riverstone Neighbourhood Centre: 9 Park Street, Riverstone- Men's shed

COST: \$5

65+

To register contact Dom at **9627 3622** or email dorlando@nwcs.org.au



THIS INITIATIVE IS FUNDED BY AUSTRALIAN GOVERNMENT



NORTH WEST COMMUNITY SERVICES
9 Park Street, Riverstone

AGEING, DISABILITY & WELLNESS CARD MAKING AND SCRAPBOOKING



2ND WEDNESDAY OF THE MONTH: 12:30 pm - 3:30 pm

- Spaces are limited as social distancing restrictions apply.
- Afternoon tea provided
- BYO basic craft kit. For further information on kit and/or actual classes please speak to Rizwana on 9627 3622.

\$5

Client contribution per class



CHSP FUNDED

This is a commonwealth home support care funded program (CHSP)



WORKING BEE GARDEN GROUP

North West Community Services & The Royal Botanical Gardens are hosting a community garden group and everyone is welcome!

**Come on down and meet Brenden Moore-
Aboriginal Education Officer from the Royal
Botanical Gardens
& join in on some gardening fun!!**

Time: 11AM-1PM

Location: Riverstone Community Garden
Market St, Riverstone

Register: dorlando@nwcs.org.au
Or call: 9627 3622



Communities & Justice



NORTH WEST COMMUNITY SERVICES
AGEING, DISABILITY & WELLNESS
9 Park Street, Riverstone

CRAFT GROUP



**EVERY 4TH WEDNESDAY OF THE
MONTH
12:30 pm - 3:30 pm**

\$5

Client contribution per class

This craft group is for beginners or advanced, bring your own project. Light refreshments and afternoon tea supplied. For further information please speak to Rizwana on 9627 3622 or rkhan@nwcs.org.au

This initiative a commonwealth home support care funded program (CHSP)

Senior fitness class

Exercise your mind and body!



65+



Please bring your own towel and water bottle

\$5

Limited spots!!

TO REGISTER PLEASE CONTACT :

Every Tuesday
11:30am - 12:30pm
And Friday
10:30am - 11:30am

Harry

hgale@nwcs.org.au

9627 3622

9 Park St, Riverstone

This initiative is funded by the Australian Government



HAND CRAFT WORKSHOP

THURSDAY FORTNIGHTLY

10:30AM - 12:30PM

Limited spots!



FREE ENTRY - ALL AGES

ART / CRAFT / BEAD MAKING/ PAPER MASCHÉ / EMBROIDERY / CLAY MAKING

9 Park St, Riverstone 2765



Funded by the Australian Government



To register

call 96273622.

FRIENDLY FRIENDSHIP BINGO

\$5

ANYONE OVER 65 YRS



2ND AND 4TH
WEDNESDAY OF THE
MONTH
10:00 AM - 12:00 PM

To register contact:

02 96273622 / rkhan@nwcs.org.au



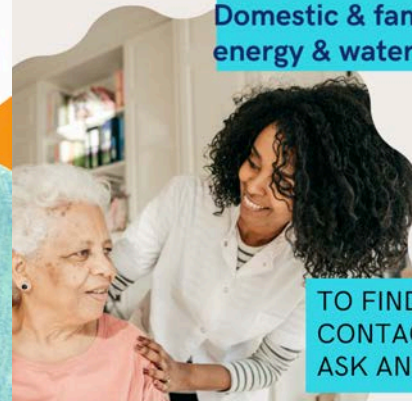
ARE YOU IN NEED OF ADDITIONAL SUPPORT ?



WHAT NWCS CAN HELP WITH:

- Bill assistance
- Community Pantry
- My Aged Care Navigation & support
- Centrelink support
- Case Management
- Transport
- FREE Counselling

Plus referrals to other services:
Domestic & family violence, legal aid, energy & water ombudsmen



TO FIND OUT IF YOU ARE ELIGIBLE CONTACT ZOYA ON 9627 3622 OR ASK AN A&W TEAM MEMBER.

Join our community garden!

BE PART OF OUR COMMUNITY GARDEN TO LEARN MORE
ABOUT AGRICULTURE AND HOW PLANTS GROW. IF YOU
ARE INTERESTED IN PARTICIPATING IN OUR GARDENING
PROGRAMS, PLEASE CALL RECEPTION ON 96273622
OR EMAIL HARRY AT [HARRY AT HGAIE@NWCS.ORG.AU](mailto:hgaie@nwcs.org.au)



SOCIAL GARDENING & LIFE SKILLS CLUB

Connect to
community

Have fun!



REGISTERED
NDIS
PROVIDER



Improve your
physical
wellbeing

increase your
life skills!



NDIS SERVICE TYPES INCLUDE:

- ✓ Group and center-based activities
- ✓ Development of daily living and life skills
- ✓ Participation in community, social and civic activities

CONTACT US



9627 3622



dorlando@nwcs.org.au



Christmas Party

**WEDNESDAY 3RD OF
DECEMBER 2025 AT 11:30 AM**

**AT NORTH WEST COMMUNITY
SERVICES**

\$5



**Lunch, and
entertainment**

**LIMITED SPACES: BOOKINGS
REQUIRED**

**FOR MORE INFORMATION PLEASE CONTACT RIZ ON
9627 3622 OR RKHAN@NWCS.ORG.AU**



October

SUN	MON	TUE	WED	THU	FRI	SAT
		31 st Sep Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	1 st Men's Shed 10:00 am - 1:00 pm	2 nd	3 rd Senior Fitness 10:30 am - 11:30 am	4 th
5 th	6 th	7 th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	8 th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 Am-12:00 Pm Card&craft group 12:30pm - 3:30pm	9 th	10 th Senior Fitness 10:30 am - 11:30 am	11 th
12 th	13 th	14 th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	15 th Men's Shed 10:00 am - 1:00 pm	16 th	17 th Senior Fitness 10:30 am - 11:30 am	18 th
19 th	20 th	21 st Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	22 nd Men's Shed 10:00 am - 1:00 pm Bingo 10:00 Am -12:00 Pm Card&Craft group 12:30 Am-3:30 Pm	23 rd	24 th Senior Fitness 10:30 am - 11:30 am	25 th
26 th	27 th	28 th Men's Shed 10:00 Am -1:00 Pm Senior Fitness 11:30 am - 12-30 Pm	29 th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	30 th	31 st	

November

SUN	MON	TUE	WED	THU	FRI	SAT
						1 st
2 nd	3 rd	4th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	5th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 AM-12:00 Pm Card&Craft Group 12:30 Pm - 3:30 Pm	6 th	7th Senior Fitness 10:30 am - 11:30 am	8 th
9 th	10th	11th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	12th Men's Shed 10:00 am - 1:00 pm	13th	14th Senior Fitness 10:30 am - 11:30 am	15th
16 th	17 th	18th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	19th Men's Shed 10:00 AM-1:00 PM Bingo 10:00 -12:00 Card&Craft group 12:30pm - 3:30pm Garden Working Bee 11:00am - 1:00pm	20 th	21st Senior Fitness 10:30 am - 11:30 am	22nd
23rd	24th	25th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	26th Men's Shed 10:00 am - 1:00 pm	27 th	28th	29th
30th						

Program times may be subject to change, please contact reception on: 96273622 to confirm

December

SUN	MON	TUE	WED	THU	FRI	SAT
	1st	2nd Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	3rd Men's Shed 10:00 am - 1:00 pm	4th	5th Senior Fitness 10:30 am - 11:30 am	6th
7th	8th	9th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	10th Men's Shed 10:00 am - 1:00 pm Bingo 10:00-12:00 Pm Card&Craft Group 12:30 Pm- 3:30 Pm	11th	12th	13th
14th	15th	16th	17th	18th	19th	20th
21st NWCS CLOSED	22nd NWCS CLOSED	23rd NWCS CLOSED	24th NWCS CLOSED	25th NWCS CLOSED	26th NWCS CLOSED	27th NWCS CLOSED
28th NWCS CLOSED	29th NWCS CLOSED	30th NWCS CLOSED	31st NWCS CLOSED			

Program times may be subject to change, please contact reception on: 96273622 to confirm

Staff's favorite recipes



Mango Smoothie

Ingredients:

1 ripe mango (peeled & chopped)
½ cup milk (or almond milk)
½ cup yogurt
Honey (optional)

Method:

Blend everything until smooth. Serve cold with ice cubes.



Veggie & Cheese Sandwich

Ingredients:

Bread slices (wholemeal or multigrain)
Sliced cucumber, tomato, lettuce
Cheese slice
Mayonnaise or hummus

Method:

Layer veggies and cheese between bread slices. Spread mayo or hummus for extra flavor.



Chicken Salad Sandwich

Ingredients:

- Cooked shredded chicken
- Mayonnaise or Greek yogurt
- Lettuce leaves
- Bread or baguette
-

Method:

Mix chicken with mayo/yogurt, spread on bread, add lettuce. Simple and filling.



Best Green Bean Casserole

Ingredients:

Canned green beans, condensed cream of mushroom soup, shredded Cheddar cheese, French-fried onions.

Method:

Preheat oven to 350°F (175°C).

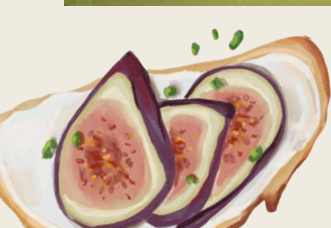
Mix green beans and soup, heat until warm.

Stir in half the cheese, heat again until melted.

Transfer to casserole dish, top with remaining cheese and onions.

Bake ~10 minutes until golden and bubbly.

Serves: 6 Prep + Cook: ~25 mins.



SUDOKU

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• STRATEGY •

Dollars FOR Dignity

**A local initiative
by the
North West
Business Chamber
& North West
Community
Services**

Now in its third year, Dollars for Dignity has become more than just a fundraiser — it's a message from the heart of Riverstone:
We've got your back.

Launched by the North West Business Chamber and North West Community Services, this initiative raises Emergency Relief funds for locals doing it tough. It's about coming together as a community and making sure no one faces hardship alone.

In addition to the wonderful community donations of food we receive throughout the year, we are asking for cash donations — big or small.



Why cash donations are desperately needed:

- ♥ Dignity of Choice — People can buy what they actually need — medical, transport, school items, clothes that fit, essentials that matter.
- 👉 Less Logistics, More Love — No storage or sorting required — your donation goes straight to work.
- 🚀 Fast and Flexible — Cash means we can respond immediately and tailor support to each situation.
- 🛒 Shop Local — Many recipients spend locally, helping boost our small businesses too.
- 💡 Real Support, Real Impact — It's not just about money. It's about showing people they're seen, valued, and supported.



Dollars for Dignity has offered over 5,000 occasions of support over the last three years, that is 5 households each day — not only by meeting practical needs but also linking to casework and specialist services. Dollars for Dignity is more than a food hamper, we are offering something deeper: the confidence that their community is behind them.

So if you can spare a few dollars — whether it's \$5 or \$50 — you'll be doing more than giving aid.

You'll be sending a clear message:

We're here. We care. We've got your back.

All donations over \$2 are tax deductible.

Every dollar donated goes to those in need.

Connect with us: 9627 3622

www.nwcs.org.au

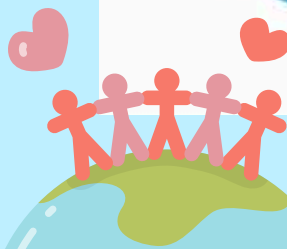
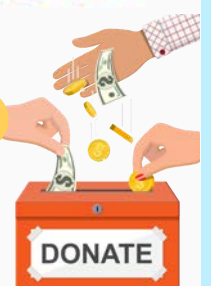


Dollars FOR Dignity

DONATE



**All donations
over \$2 are
tax
deductible!**



Volunteer Spotlight

Thank you for giving your time, energy, and heart to support our community.

Volunteering has given me a true purpose, knowing that my time and effort make a difference in people's lives. It has been one of the best things I've ever done in my life, creating real connections with the community and the joy of working alongside others. The greatest gift has been the friendships formed, turning volunteering into something deeply rewarding and meaningful.



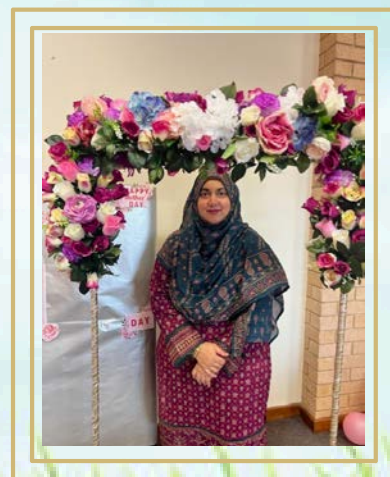
Joanne

I enjoy volunteering because it gives me a chance to contribute to the community. Helping others, even in small ways, feels Meaningful and rewarding. I enjoy doing the Bingo every fortnight and love to see the happy faces when they win. It's also a great reminder of how much of a difference kindness, teamwork and time can make in a community. Volunteering gives me a sense of purpose and shows me the value of empathy, patience and being present for others..



Silvia

I am working as a volunteer because I truly enjoy helping others and giving back to the community. Supporting seniors and being part of their journey brings me joy and a strong sense of achievement. I love connecting with people, making a positive difference, and building a stronger, caring community.

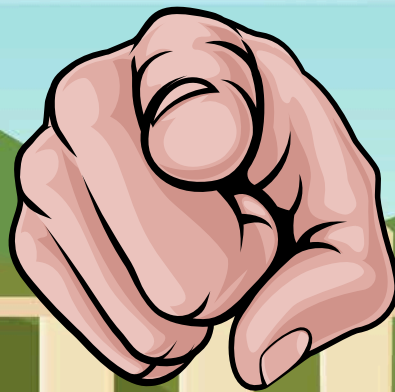


Kiran



WE WANT YOU!

NWCS IS
LOOKING FOR A
VOLUNTEER
BUS DRIVER



Programs that require transport via our bus will be suspended until a qualified driver is found, thank you for understanding.



If you are interested in bus driving for our community, please email dorlando@nwcs.org.au or call reception on 9627 3622