

NORTH WEST COMMUNITY SERVICES AGEING AND WELLNESS NEWSLETTER



WINTER EDITION 2026 (June - September)

IN THIS NEWSLETTER

VOLUNTEER FAVOURITE RECIPES

WINTER SAFETY



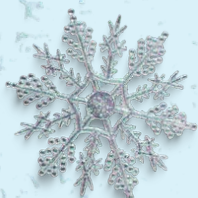
WHAT'S HAPPENING FLYERS

CHRISTMAS IN JULY EVENT

NDIS GARDENING CLUB

JUNE CALENDAR

JULY CALENDAR



AUGUST CALENDAR

SEPTEMBER CALENDAR

PUZZLE ACTIVITIES

VOLUNTEER CALL OUT



Favorite recipes from our volunteers



JEANETTE'S ANZAC BISCUIT RECIPE

Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup desiccated coconut
- 3/4 cup brown sugar
- 125 g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda (baking soda)
- 2 tbsp boiling water

Tips

- For extra chewiness, add 1 tbsp more golden syrup.
- For a thinner, crispier biscuit, flatten the dough more before baking.
- Store in an airtight container for up to a week. These go especially well with tea or coffee and are great warm straight from the oven.

Method

Preheat oven to 160°C fan (180°C conventional).

Line 2 baking trays with baking paper.

In a large bowl, mix: oats, flour, coconut, brown sugar

In a saucepan over low heat, melt the butter and golden syrup together.

Mix the bicarbonate of soda with the boiling water, then stir it into the butter mixture. It will foam up slightly.

Pour the wet mixture into the dry ingredients and stir until combined. Roll tablespoon-sized portions into balls and place on trays, leaving space for spreading.

Flatten slightly with your hand or a fork.

Bake for:

12–15 minutes for chewy biscuits

15–18 minutes for crunchier biscuits

Cool on the tray for 5 minutes before transferring to a wire rack.



JOANNE'S PUMPKIN SOUP

Ingredients

- 1 kg pumpkin
- 1 onion
- 3 cups stock
- Salt & pepper
- Cream (optional)

Method

1. Chop pumpkin and onion.
2. Boil in stock until soft.
3. Blend until smooth.
4. Season and serve warm.



DON'S EASY MICROWAVE POTATO AND SPINACH SIDE DISH

Ingredients

- 2 or 3 potatoes
- A few leaves of spinach
- Butter
- salt
- dash of water

Method

Cut your potatoes into small pieces and place in a microwave safe bowl with a dash of water, salt and butter

Microwave on high for 4 minutes then add finely cut spinach to bowl and continue to microwave for a minute or two until potatoes are soft and fluffy



hello WINTER



HEATERS



- Check your electric and gas heaters before you use them. If you suspect a fault have the item checked by a qualified repairer or replaced.
- Check all cords for fraying and damage. Plug heaters directly into wall sockets only.
- Do not overload powerboards. Ensure everything is kept a metre from the heater. Install any new heaters and use as per manufacturer's instructions.
- Check your portable outdoor heaters before use and have serviced or replaced if required.
 - Ensure that the area where you plan to use them is level, well ventilated and away from awnings and other combustible materials.
 - NEVER use any outdoor heating or cooking equipment inside your home including those that use 'heat beads' or LPG as a fuel source. This type of equipment is not suitable for indoor use and can lead to a build up of lethal gases which could be deadly.
- Check the manufacturer's recommendations before use.

ELECTRIC BLANKETS



- Test your electric blanket before use by laying it on top of your bed, feeling the internal wires for any abnormalities and inspecting cords/controls for damage.
- Turn it on for 5 minutes and then feel for any uneven hot spots.
- If you notice any of the above the electric blanket should be replaced.
- Ready to pack your electric blanket away? Roll it for storage, folding can cause damage.
- Electric blankets are not designed to be used while sleeping. Consider adding additional bedding to keep warm if needed.

WHEAT BAGS



- Check your wheat bags for signs of wear and tear or scorching. Replace if needed.
- Follow the manufacturer's instructions when heating, using and storing.
 - Wheat bags can easily ignite or burn if overheated and need to completely cool on a non-combustible surface before storing.
- They are only designed to be applied directly to the body and should never be used in bed or while sleeping.



WHATS HAPPENING IN THE WINTER SEASON ?

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

CRAFT GROUP



EVERY 4TH WEDNESDAY OF THE MONTH
1:00PM-3:00 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)
(Must be registered with both NWCS and CHSP to attend)

NORTH WEST COMMUNITY SERVICES
9 Park Street, Riverstone

AGEING, DISABILITY & WELLNESS CARD MAKING AND SCRAPBOOKING



2ND WEDNESDAY OF THE MONTH: 1:00PM TO 3:00 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

(Must be registered with both NWCS and CHSP to attend)



CHSP FUNDED

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

NORTH WEST COMMUNITY SERVICES MEN'S SHED

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

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

Contribution: \$5

CHSP (Must be registered with both NWCS and CHSP to attend)

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

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!!

Dates for 2026
TBA

Time: 11AM-1PM

Location: Riverstone Community Garden
Market St, Riverstone

Register: dorlando@nwcs.org.au



Communities & Justice



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

WHATS HAPPENING IN THE WINTER SEASON ?

Senior fitness class

65+

Please bring your own towel and water bottle

\$5 Client contribution per class

Limited spots!!

TO REGISTER PLEASE CONTACT:

Every Tuesday
In our Senior's Hall
11:30am - 12:30pm
& Friday 10:30am - 11:30am

hgale@nwcs.org.au

9627 3622 9 Park

St, Riverstone

CHSP FUNDED PROGRAM
This is a commonwealth home support care

(Must be registered with both NWCS and CHSP to attend)

NORTH WEST COMMUNITY SERVICES INC.



Multicultural Seniors Lunch

Wednesday, 30th
September 2026

11:00 AM

\$5

Location: North West Community Services
9 Park Street Riverstone 2765

REGISTER AT: 9627 3622 OR RKHAN@NWCS.ORG.AU
This is a commonwealth home support care funded program (CHSP)

(Must be registered with both NWCS and CHSP to attend)

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.

NORTH WEST COMMUNITY SERVICES INC.
Building a stronger community together

!

Fathers day BBQ

\$5

BBQ

FOOD & DRINKS
Tuesday 1st September at 11:30am - 1pm in the community garden

(Must be registered with both NWCS and CHSP to attend)

NWCS

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



Christmas in july

**WEDNESDAY 1ST OF JULY
2026 AT 11:00 AM**

LOCATED IN THE SENIOR HALL



**Lunch, and
entertainment
Provided**

**LIMITED SPACES: BOOKINGS
REQUIRED**

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



**Must be registered with both
CHSP and NWCS to attend
event.**

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)





As an NDIS provider, NWCS offers:

- Participation in Community
- Social and Civic Activities
- Maintaining Employment or Higher Education
- Development of Daily Living and Life Skills

CONTACT US



9627 3622



dorlando@nwcs.org.au

ABN: 56 840 049 683
Organisation NDIS: 405 001 5523

June

SUN	MON	TUE	WED	THU	FRI	SAT
	1st King's birthday public holiday	2nd Men's Shed 10:00 am - 1:00 pm Senior Fitness Lunch 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 Am-12:00 Pm Card&craft group 12:30pm - 3:30pm	11th	12th Senior Fitness 10:30 am - 11:30 am	13th
14th	15th	16th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm Men's health week BBQ 11:00 - 1pm	17th Men's Shed 10:00 am - 1:00 pm	18th	19th Senior Fitness 10:30 am - 11:30 am	20th
21st	22nd	23rd Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	24th 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	25th	26th Senior Fitness 10:30 am - 11:30 am	27th
28th	29th	30th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm				

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

July

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

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

August



SUN	MON	TUE	WED	THU	FRI	SAT
						1st
2nd	3rd	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	6th	7th Senior Fitness 10:30 am - 11:30 am	8th
9th	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 Bingo 10:00-12:00 Pm Card&Craft Group 12:30 Pm- 3:30 Pm	13 th	14th Senior Fitness 10:30 am - 11:30 am	15th
16th	17th	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 Multicultural Lunch 11:00 -1pm	20th	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 Bingo 10:00 -12:00 Card&Craft Group 12:30 pm- 3:30 pm	27 th	28th Senior Fitness 10:30 am - 11:30 am	29th
30st	31st					

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

September

SUN	MON	TUE	WED	THU	FRI	SAT
		1st Men's Shed fathers day 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	2nd Men's Shed 10:00 am - 1:00 pm	3rd	4th Senior Fitness 10:30 am - 11:30 am	5th
6th	7th	8th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	9th 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	10th	11th Senior Fitness 10:30 am - 11:30 am	12th
13th	14th	15th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	16th Men's Shed 10:00 am - 1:00 pm	17th Tea in the garden (TBA) 10:30 am - 12:00pm	18th Senior Fitness 10:30 am - 11:30 am	19th
20th	21st	22nd Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	23rd Men's Shed 10:00 am - 1:00 pm Bingo 10:00am-12:00 Pm Craft&Craft group 12:30 Pm-3:30 pm	24th	25th Senior Fitness 10:30 am - 11:30 am	26th
27th	28th	29th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	30th Men's Shed 10:00 am - 1:00 pm Multicultural lunch 11:00 am - 1pm			

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

Australian theme word search

N	L	V	K	Y	W	C	Y	P	E	A	Y	P	P	B
M	O	Y	R	W	Q	X	F	U	O	N	D	Q	U	E
K	A	B	N	S	E	B	O	X	O	X	L	N	S	E
I	S	W	M	U	S	P	A	A	P	M	P	X	U	S
W	S	D	W	N	Z	H	J	R	A	U	F	S	R	K
H	A	O	A	N	Y	U	A	E	B	R	U	L	F	Y
O	N	U	V	Y	E	B	R	D	D	E	T	Y	G	T
L	D	T	E	X	O	C	T	M	E	D	C	Z	E	Z
I	C	D	S	R	E	B	N	H	Y	V	D	U	O	P
D	A	O	M	C	E	E	C	H	O	V	U	U	E	I
A	S	O	I	F	S	A	W	F	R	N	L	T	O	C
Y	T	R	Q	T	W	C	W	H	Z	B	G	N	T	N
S	L	S	Y	K	X	H	B	I	E	M	Y	S	H	I
B	E	F	M	S	U	N	S	C	R	E	E	N	V	C
N	X	P	C	O	O	L	D	R	I	N	K	F	V	Y

Find these words:

BEACH, SUNSCREEN, SURF, BARBECUE, ESKY, SUNNY, SANDCASTLE, ICECREAM, THONGS, HOLIDAY, WAVES, COOLDRINK, PICNIC, OUTDOORS, SHADE

Brain Teasers

Riddle Me This:

I'm yellow on the outside, white inside, and make your mouth pucker — what am I?

Fruit Anagrams:

Unscramble these fruit names

- PAPLE → _____
- GOMAN → _____
- NAPAAB → _____
- RPEA → _____

- NRCGAE (6)
- NBNAAB (6)
- RTEASBWEYR (10)
- OLMNE (5)
- IWK I (4)
- HPECA (5)
- RYCRHE (6)
- OTRAPCI (7)

AUSTRALIAN BUSH & WILDLIFE

WINTER EDITION

Who Am I?

1. I sleep up to 20 hours a day and love eucalyptus leaves.
2. I carry my baby in a pouch and move with big hops.
3. I laugh loudly from the treetops.
4. I waddle, have a bill, and lay eggs.

Bush Trivia – True or False?

1. Some kangaroos have thick winter fur.
2. Koalas drink lots of water every day.
3. The platypus is one of the few mammals that lays eggs.
4. Wombats dig burrows to keep warm in winter.

Bush Word Scramble!

Unscramble these words:

1. TOWBMA
2. EMGUTRE
3. EULAYCPTUS
4. LIBLEABONG
5. OSSPUM

- Did you grow up near the bush or in the country?
- What native animals did you see most often?
- Have you ever heard a kookaburra at sunrise?





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. 

Call for Volunteers



looking to give back to your
local community?

Volunteering opportunities at NWCS!

Contact reception

9627 3622

