



## MANAGER'S UPDATE

Here we are a few weeks before Christmas – My!! Has this year rolled along faster than the one before? Is it the fact that we are ageing (speaking on a personal note of course) or is it just that we are constantly busy with work and our private life.

By now you would have all received our latest mail out regarding our introduction of contributions for all services provided together with a copy of our policy relating to these contributions. We have constantly mentioned the changes being imposed on all organisations relating to our source of funding in the nearby future. It is yet a new challenge for us, as it is for you, our clients. I just want to reassure you that no one will be disadvantaged due to financial hardship.

For clients under 65 You may be aware, that the National Disability Insurance Scheme (NDIS) started its roll out for participants living in Year 1 districts from 1 July 2016. In preparation for transition in Year 2 districts from 1 July 2017 (which includes the City of Sydney LGA) the State Government requested us to forward updated data on Year 2 transition clients which we have recently completed and submitted. We are attaching 2 IMPORTANT fact sheets provided for your information.

Best wishes for Christmas and the New Year – Therese.

## INSIDE THIS ISSUE

|                           |   |
|---------------------------|---|
| Manager's Update .....    | 1 |
| Coordinator Update .....  | 2 |
| Small group outings ..... | 3 |
| Young at Heart Group..... | 3 |
| Bus outings.....          | 3 |

### INVITATION DATES

Annual General Meeting  
7<sup>th</sup> December  
Christmas Lunch  
12<sup>th</sup> December  
(see enclosed invitations)

### MILESTONE

in our organisation history – this time 5 years ago is when we changed our name and launched our 20 year history booklet

### CHRISTMAS HOLIDAYS

**Neighbour Connections will close noon Friday 23 December and re-open 9<sup>th</sup> January 2017**



## VICKI – VOLUNTEER & ACTIVITIES CO-ORDINATOR

Hello everyone,

We have less than the month till the end of yet another year, and as always it is a busy time for Neighbour Connections because we are trying to complete all our tasks for 2016 and plan for the New Year.

We will continue with all our usual activities: Monday and Tuesday Bus Outings, Exercise groups, Birthday lunches, Wrap with Love group and our very popular Small group outings.

I would like to use this opportunity to thank all our volunteers for helping us throughout this whole year, without your help we wouldn't be able to make it. Thanks for making our service special!

We had an excellent Volunteer Support Meeting in October where we discussed important issues that our volunteers and our service face today. We have set the dates for our Volunteer Support Meetings for 2017 so that you can plan to attend. These meetings are an important requirement of your role as a volunteer. We look forward to seeing you there.

A special thanks goes to our Phone Service volunteers who come regularly to make their friendly calls. Your contribution is greatly appreciated by all clients and staff of NC.



**Thank You!**

2017  
VOLUNTEER  
SUPPORT MEETINGS  
5-7pm at Glebe

- 22<sup>nd</sup> February
- 24<sup>th</sup> May
- 29<sup>th</sup> August
- 22<sup>nd</sup> November



Volunteer Mary with  
the Wrap with Love  
group  
and a finished blanket  
knitted with love and  
care



## TUESDAY SMALL GROUPS NOV TO FEB 2017

| Date          | Morning group<br>10 – 12.30am                            | Afternoon group<br>1pm - 4pm  |
|---------------|--|-------------------------------|
| <b>Nov 22</b> | Botanic Gardens Walk                                     | Café 77 Glebe                 |
| <b>Nov 29</b> | Elizabeth Bay House<br>\$8/Conc\$4                       | All day outing 10.30am to 3pm |
| <b>Dec 6</b>  | Bunnings, Alexandria                                     | McDonalds Waterloo            |
| <b>Dec 20</b> | Centennial Park (Bird feeding – bring bird seed)         | Prince Alfred Park Cafe       |
| <b>Jan 17</b> | Bronte Beach Walk  | Redfern Park Cafe             |
| <b>Jan 24</b> | Botanic Gardens stroll                                   | Urban Bites Café Newtown      |
| <b>Jan 31</b> | Maritime Museum <b>all day</b> & lunch at Darling Harour |                               |
| <b>Feb 7</b>  | Museum of Contemporary Arts                              | Gardeners Lodge Cafe          |
| <b>Feb 21</b> | Sydney Park walk & cafe<br>Strickland House, Neilson     | Bitton Cafe                   |
| <b>Feb 28</b> | Park <b>all day</b> & Parsley Bay reserve                |                               |



## TUESDAY YOUNG AT HEART GROUP

| Date          | Group (10am – 3pm)                                  | Cost |
|---------------|---|------|
| <b>Nov 8</b>  | BBQ Redfern Park<br>( <i>St Helens if raining</i> ) | \$6  |
| <b>Dec 13</b> | BBQ Redfern Park                                    | \$6  |
| <b>Feb 14</b> | BBQ Redfern Park                                    | \$10 |

## MONDAY BUS OUTINGS NOV TO JAN 2017



|                | 1 <sup>st</sup> & 3 <sup>rd</sup> Monday                      | 2 <sup>nd</sup> & 4 <sup>th</sup> Monday                     |
|----------------|---|--|
| <b>NOV 21</b>  | St Joseph Banks Park<br>BBQ or St George 16ft<br>Sailing club | <b>NOV 28</b> Lane Cove<br>National Park or Ryde<br>RSL Club |
| <b>DEC 5th</b> | Taren Point Bowling Club                                      |  |
| <b>JAN 23</b>  | Bobbin Head or North<br>Ryde RSL                              | <b>JAN 30</b> Cabarita Park<br>BBQ or Five Dock RSL          |



## My View of Social Support and Why it's Important by Daniel

Sometimes we forget what is important in our lives, what actually give us joy, what gives us a sense of purpose and meaning. More often than not, it is a sense of belonging, being part of a group or a community that make us feel wanted, noticed and valued as a person . We are social beings and need one another. Without this we are prone to loneliness and isolation and sometimes even worse.

Our interactions with others create the inner wealth that we crave. Our wellbeing is dependent on it, and society's wellbeing depends on it.

Social support has been shown to reduce stress (both psychological and physiological) and can boost your immune system. It enhances quality of life and provides a buffer against adverse life events. In fact, Social support is now proven to be a literal life saver. People who are supported by close relationships with friends, family, neighbours, community groups and the like are less vulnerable to ill health and premature death.

I have been lucky to have met many wonderful people through this vocation, people I would have never have met otherwise and I have noticed that all our interactions are a two way street. We always go away with the sense we have helped make each other's day a little better.

By the way... how many social support workers does it take to change a lightbulb? answer..... sorry, we can't change lightbulbs, call maintenance ;) Daniel



### JOKE

Two friends meet after a few years, one asked "Are you living alone?" The other replied "No, I am living with my arthritis."

*from Bronia*