

WINTER 2021

Community Care

Focusing on your good life

4 National Disability Insurance Scheme (NDIS) in the Spotlight

14 Jenny Young's Volunteer Journey

20 Men's Health Week

**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.

Welcome

A message from the City of Parramatta Lord Mayor



Lord Mayor
Bob Dwyer

On Thursday, 20 May 2021 I had the pleasure to attend the City of Parramatta's Annual National Volunteer Week event. This great event was held at Riverside Theatre and recognised and celebrated our wonderful volunteers. The City of Parramatta is fortunate with having approximately 800 volunteers across Parks, Library Services, Bushcare and Community Care.

The theme of this year's event was Recognise. Reconnect. Reimagine.

Out of the pandemic, COVID-19 has highlighted the significance and positive impact that volunteering brings to a community. I know the Meals on Wheels team, which increased in volume during this time needed their volunteers more than ever. Volunteers commented to me that the council is very supportive, and this recognition event is one way they feel valued.

One of your wonderful volunteers, Jenny Young, spoke passionately about her experience volunteering for Community Care over the last 20 years. What struck me was how she explained that volunteering has changed her, in her experience as a student, in her choice of career and in a growing understanding of the needs of older people in our community. She said she hopes the services still exist when she reaches that age.

It was an incredibly impactful speech, which left everyone in the room feeling proud to part of such a valued community. Thank you to all our amazing volunteers.

Welcome

A message from the Manager of Community Care



Beth
Collins

Welcome to the winter edition of the Community Care Magazine. There have been several changes in the team since the last magazine. Julie Williams, our Service Manager has moved on after eighteen years of service. We are going to miss Julie but we wish her all the very best. Until a permanent replacement can be secured, I will be the Acting Service Manager. Ruth Ranson has joined the team in the permanent Finance Officer role, and Nicole Pollock has also joined the team as a permanent Administration Distribution Officer. Finally, Renea Jones will be leaving us shortly to celebrate the arrival of her first child. In her absence, Steve Harrison has been successful in securing the secondment role.

We realise there are a lot of changes within Community Care however, as always, if ever you need to talk to a member of the team please call us on 9806 5121; we will continue to support you with the challenges you may be facing and to celebrate life with you, be that at an activity, with staff or with a volunteer support person.



Farewell Julie Williams!

After eighteen years at council, our Service Manager, Julie Williams has said good-bye and moved on. On Tuesday 1 June, 2021 at Fitzwilliam Street, some of our volunteers and staff gathered together to say farewell. Volunteers, Jocelyn, Im, Helen, and Fouad all gave lovely speeches, touching on how Julie had impacted their lives.

"In my darkest days, you stood beside me."

"After so long in the corporate world, I started to volunteer for City of Parramatta, and you (Julie) made me feel so valued. It is so lovely to see that everyone from the top down care about what we do."

"... with so many people leaving our lives, you were always there. We will miss you."

"You have made such a huge difference in our lives; you have influenced all of us."

In addition, staff members all contributed with shared sentiment that Julie had always supported them, with the learnings of Person Centred Approach and Social Role Valorisation, which are the methodologies that underpin everything Community Care do. These principles have become a tangible part of every aspect of their lives, from parenting, to day to day interactions with everyone around them. The team will continue to question 'why' and spend the time to find out, what each person truly needs to have 'The Good Things in Life'.

Thank you, Julie, and best wishes from all of us!

National Disability Insurance Scheme (NDIS) in the Spotlight

Bronwyn's Snapshot



What NDIS services are you receiving through Community Care?

Peer Support and Support Coordination, but I have been with Community Care since 2012 and before my NDIS funding.

What does it mean to you to know you have these services?

Peer Support: It means company and being able to get out or be connected. I know that I have someone to talk to.

Support Coordination: It means that my Support Coordinator will follow up things for me, and respond to anything that is required. I know that I have her to help me with all of my funding and services.

How has COVID-19 impacted your day to day life?

For my wellbeing and safety, I was not able to attend work since Covid-19 restrictions started. I was on the Job Keeper for one year as a result.

I also stopped catching public transport also, which meant I was not able to go as far out as I would have liked for outings or shopping.

When Covid-19 restrictions were worse, it stopped me doing the things I liked to do in the way that I could do them.

How have your NDIS services supported you during COVID-19?

Community Care have supported me during the pandemic through phone calls, emails and approved visits. My Support Coordinator assisted me with my plan review that was over the phone instead of in person.

My Support Coordinator introduced me to more Support Workers (external companies) for days that I would normally work. I was able to go for outings to new places that I had not been to, and my workers made sure that anywhere we went to was Covid-19 safe and in line with NSW Health advice.

All of my (external) Support Workers supported me in wearing my PPE and educated me in how to scan Service NSW Barcodes off my phone. I was always able to go shopping and attend all of my appointments through this support.

Community Care's Peer Support connection online during Covid-19 has been helpful and fun. I was able to see familiar faces that I would normally see in person. I was very fortunate to have Community Care's Community Worker Sanoji teach me how to access online Peer Support technology, and this meant that we could all communicate together.

What's something new you have learnt to do during COVID-19?

I learnt how to do QR Barcode scanning on my phone, and through my linked supports I have been going to places that I'd never before.

If you could describe what Community Care support means to you in one word, what would it be?

Connected.



Willem (Bill) Tibben has volunteered with Community Care as a Walking Group Leader for 13 years and is currently the Granville Men's Shed Coordinator. He has been writing poems and publishing for many years. It is our privilege to publish, with his permission, a poem penned by Bill.

mens shed

face intent
steady light stream
embalms his hands
head-struck
the driven nail

there's nothing
beyond his focus
sanding timber

smoko he sits down
chats with the others
wearing ex work shirts
(old stains and logos)

he eats the sandwich
she made as always
as he woke and readied

the lathe's spin blurs
a salvaged block of wood
his chisel wears at
burring tranquilly

he presses STOP
lathe paused
it is a bowl
becoming

© Willem Tibben
30 November 2020



Join a Bushcare Team

The City of Parramatta has 459 hectares of remnant bushland and 40 volunteer Bushcare groups across the Local Government Area which have contributed over 17,000 hours of bushland regeneration since 2013. We are always looking for new members to join our Bushcare teams in caring for these vital areas. No experience or commitment necessary! Training, equipment and

friendship is provided. Come along for a few hours a month and learn about your local environment whilst making a difference to your community.

For more information or to join a Bushcare group go to tinyurl.com/bwbjv5ek or contact our team on **9806 8280** or email bushcare@cityofparramatta.nsw.gov.au.



Community Spirit

Leading consumer goods company, Reckitt Benckiser (RB), together with Australia's largest retailer, Woolworths, are announcing they will donate 50,000 Hygiene Packs to Meals on Wheels, a not-for-profit organisation that provides essential health and wellbeing services to vulnerable, older Australians.

Woolworths and RB, the maker of Glen 20 and Pine O Clean, have provided support to Meals on Wheels throughout the pandemic. They are now working together in partnership with Meals on Wheels to ensure its customers around Australia continue to have access to high quality disinfectant products.

From 24 March until 4 May 2021, each purchase of Glen 20 or Pine O Clean products from Woolworths triggered a donation that

saw up to 50,000 Hygiene Packs given to Meals on Wheels customers.

Sharyn Broer, President of Meals on Wheels Australia said, "The roll-out of the COVID-19 vaccine may be underway but hygiene at home continues to be incredibly important, especially for vulnerable Australians".

The Distribution of the Hygiene Packs to City of Parramatta's Meals on Wheels customers have been packed and once collected, volunteers will then supply the Hygiene Packs to customers as part of their usual meal deliveries and social and wellbeing checks.

Source:

bandt.com.au/rb-woolworths-and-meals-on-wheels-partner-to-provide-50000-hygiene-packs-for-vulnerable-australians

Parramatta's rich First Nations cultures take centre stage for Warami



Live music, dance, talks and tours celebrating the City of Parramatta's rich First Nations histories and cultures will take centre stage as Council presents its annual Warami festival.

The festival kicked off with National Sorry Day commemorations on 26 May and will culminate in outdoor concerts and markets on 11 July for Burramatta NAIDOC Day, the unique cultural program offers free and affordable COVID-safe events for people of all ages.

Parramatta is named after the traditional owners, the Burramattagal clan of the Dharug people, and Warami is a Dharug word meaning 'good to see you'.

"Parramatta always was and always will be an important gathering place and the Warami festival, now in its third year, honours the cultures, arts, music, languages and powerful connections to Country of our local Aboriginal and Torres Strait Islander peoples," City of Parramatta Lord Mayor Cr Bob Dwyer said.

"This year we are proud to offer incredible experiences over six weeks, showcasing powerful stories of the Stolen Generations, talks by First Nations thought leaders **Bruce Pascoe** and **Karlie Noon**, and performances by two of the strongest First Nations hip-hop artists in the country **Barkaa** and **JK-47**.

"The Dharug have an ongoing connection to Country in Parramatta and Warami is a wonderful opportunity for the community to learn about the contributions First Nations people make to our global city."

The event program will centre around this year's themes: Reconciliation Week's 'More Than A Word. Reconciliation Takes Action' and NAIDOC Week's 'Heal Country!'

Burramatta NAIDOC Day Parramatta Park 11 July, 10am-4pm

On-the-rise First Nations hip-hop artists **Barkaa** and **JK-47**, the 2020 Triple J Unearthed Artist of the Year, will headline the live music and entertainment at this free all-day festival. There are also workshops for all ages, craft activities, markets, a Speak Out Tent (Yuin Byalla), community barbecue, and corroboree ground.

Workshops and tours Parramatta Heritage and Visitor Information Centre

A range of in-person and online activities will be available throughout the Warami festival including a Dharug culture camp, bush tucker walk, ochre painting, and weaving workshop. \$10 per person.

Visit: parramatta-programs.eventbrite.com

Council has also partnered with Reconciliation NSW to deliver the **Pathways to Reconciliation Program** at four City of Parramatta public primary schools in Northmead, Epping, Newington and Toongabbie East. The three-week workshops include art, writing, and reflections on First Nations cultures and histories.

"Council is proud to partner with Reconciliation NSW to teach the next generation of Australians about Parramatta's proud First Nations heritage," Cr Dwyer said.

Reconciliation NSW Co-Chair Annie Tennant said: "Reconciliation NSW is thrilled to be able to work with local Dharug Elder Uncle Chris Tobin in these schools on Dharug Country and are pleased that these students will be leaders in sharing new knowledge and understandings of First Nations Peoples' Countries, histories, technologies, languages, and culture through the Pathways to Reconciliation program. The program supports schools and communities to foster a higher level of knowledge and pride, build teacher confidence and capacity, and develop a deeper understanding of reconciliation."

More information about Council's Warami program is available at:
discoverparramatta.com/warami

Source: City of Parramatta-Media Release-19 May 2021

Social Inclusion

Community Care continues to operate its services in line with the NSW Health, Commonwealth Department of Health and NSW COVID-19 advice & compliances, to ensure the safety of its participants, staff and volunteers. All Social Inclusion staff and volunteers have completed the "Returning to Face to Face Activities Guidelines" briefing sessions prior to returning to their face-to-face supporting roles.

We are delighted to announce that most Social Inclusion activities have returned face to face support in a COVID-safe manner. These include individual social support from staff and volunteers as well as social groups such as Peer Support (NDIS), Book Club, Chinese TLC who currently meet on ZOOM but will commence meeting face to face from July, Spanish Seniors Group, Multinational Seniors Group and Day Lighters Group.

For participants of the Morning Melodies and Magic Melodies groups, thank you for your patience. As you may know, auditoriums are not yet re-opened due to COVID restrictions. However, we are looking into providing some alternative activities. This requires some risk assessment and planning. We will keep you informed of any changes in this area.

For participants receiving individual social support at home from a volunteer, please note that the volunteer will ring you the day prior to every face to face support to do a quick COVID-19 screening survey, in order to determine whether it is safe to visit you or not. They will answer the same set of questions as well. The face to face support will not happen if either of you are not well, have a COVID test result pending, or if either party has been near a COVID area of concern, or in contact with anyone that may have been.



This winter is predicted to be one of the coldest ones for decades. What do you plan to do to keep yourself warm and beat the winter blue? If you would like a friendly volunteer drop in at your comfortable home for a warm cuppa and friendly chat, or rug up and get out of the house by going to a local coffee shop or joining in one of our social group activities based on interest, please contact us on 9806 5121 and talk to a community worker, who will link you with a compatible volunteer.

Over 55s Leisure and Learning Service



City of Parramatta continues to be committed to the safety of its community, staff, volunteers and tutors. To do this, we continue to follow the advice of NSW Health and the Commonwealth Department of Health in the delivery of our activities and operation of facilities during COVID-19.

Term 3 registrations for our face-to-face and online programs will open from 9:00am, Monday 5 July, 2021, with classes commencing from 19 July to 17 September 2021.

For a full listing of activities and to register, visit cityofparramatta.co/term-activities



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 type of calls please register or re-register to ensure they stop. It will take a few weeks before they reduce. visit **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.

DependCare



Since Kimberly-Clark launched Australia's first adult disposable continence product in 1984, it has developed a variety of superior continence protection products that are easy to use.

Depend™ & Poise™ have been voted as most trusted and preferred Incontinence Product in Australia, as reported by Readers Digest.

So whatever type of absorbency you require, from light through to maximum – and whether a pad, pant or surface protection – we have a product to suit.

Please go to **dependcare.com.au** for:

- Samples of Continence Products
- Fact sheets on caring for someone with incontinence.
- Product information and Fitting instructions
- Helpful continence tips and Government Scheme Information like CAPS.

You also have the ability to request samples for use and information on where to purchase from.

If you are wanting further information, please call **1800 028 334** for support around Products and Sampling.





RSPCA NSW Home Ever After Program

Have you ever thought about what will happen to your pets when you pass away? This is an important thing to consider, especially for elderly or socially isolated people who may not have friends or family to take care of their beloved furry friends when they pass.

The RSPCA NSW Home Ever After program is designed to accommodate for the pets of those who have passed away, to make sure that they are loved and cared for while we find them a home.

How does the Home Ever After program work?

Your pet will need to be accepted into the Home Ever After Program before the event of your passing. To be eligible for the program, they will need to be desexed, microchipped and have up-to-date veterinary records.

Once your pet has been accepted into the program, you should let your family, friends and neighbours know that you would like

RSPCA NSW to take care of your pet in the event of your death.

We'll provide you with a notification magnet for your fridge and a little card that you can keep in your wallet. Both items have all the necessary contact information for the Home Ever After program.

After you pass away, your friend, family member, lawyer or relative will need to contact RSPCA NSW to provide us with some information. We'll then come to collect your pet and bring them safely to one of our shelters. After that, we'll take good care of them and try our hardest to make sure they have a new loving forever family as soon as possible.

There's no need to include a clause in your Will about the Home Ever After program. By signing a contractual agreement with RSPCA NSW, we'll make sure that your wishes are honoured.

Home Ever After – (02) 9782 4419



Jenny Young's Volunteer Journey

How I became a volunteer

I was a high school student on summer break who wanted to make a difference.

I still remember very clearly the day I came to the older council building and my mother signed for me to be a volunteer as I was not even of age to sign for myself. I had never imagined that almost 20 years later I would be here to share with you all my volunteer story.

It has been an amazing journey all the way. When I think of social inclusion or previously,

I knew it to be Neighbour Aid, I think of how it has been there through every stage of my life. Graduating from university, my first job as a graduate, getting my driver's license, finishing my master's degree and travelling the world, my role as a volunteer has always been there and I have shared with my clients and coordinators all these life milestones with great fondness. Being a volunteer has shaped who I am as an individual.

I would like to share with you three lessons that I have learned as a volunteer that have profoundly impacted on my life:

1. Invisibility

Firstly, invisibility. Over the years, many times I have shared conversations where my clients have said how invisible they felt. Feeling not being heard or being ignored whether by society, their family or by health professionals. Yet, when I have sat and listened, my clients have said how much better they felt as they were being heard. By listening, I am saying to my clients that I see you and I hear you. You are not invisible. This has made the world of difference for both of us. I carry this into my own life, and it's been a gift to never forget how important it is to be heard and not be invisible.

2. Social Connection

My second lesson was the importance of social connection. Time and time again, I saw the impact I made because of the time we took to connect socially. Because of this support, it meant my clients did not feel like they were alone or returning from hospital was not so hard because you know someone cares. This global pandemic reminds me what Neighbour Aid had long shown me, which is the importance social connection is for our well-being. Sharing our experiences, whether good or bad, only lessens our worries and expands our joy.

3. Taking care of the volunteer/caregiver

My last lesson learned was how to take care of myself as the volunteer. I used to often feel guilty if I could not contact or visit my clients more often. However, it was the wise words of one of my coordinators that reminded me the importance of taking care of myself first before trying to help others. This has been the hardest lesson to learn but one that has helped me to happily help others.

Thank you to Coordinators

I would like to take this opportunity to say thank you to the coordinators both past and present for the time you take to support me. Your support has made it possible for me to volunteer over a long time.

Thank you to Volunteers

Thank you for the opportunity to meet you and share with volunteers who really make a difference in our community. We are shaping the culture of what we would like our local community to look like. An inclusive community that values the older person, people with disabilities and social connection.

Thank you to Council

To members of council, thank you for supporting a wonderful program such as Social Inclusion. Recognising the community's need for this program and the difference it makes. I am thankful to know that after 20 years we are still here. I hope we will be here for many years to come. Maybe one day, I will also be the recipient of this wonderful program.

Meals on Wheels NEW online ordering portal



Dear Customer,

We have an exciting new online ordering portal coming soon where your meal orders can be made online. You are able to enter your food allergies and dislikes and then be able to view a menu tailored to you. You are able to make your own selections and place orders through the portal.

We are currently testing the portal and when it is readily available, we will notify you along with instructions of how to use the system along with staff and volunteer supports available to you to start using the system.

If you already have a live email address- you may have received some emails with placed orders that the team at Parramatta Food Services have already done for you through the testing phase. This will not affect your orders, regular delivery days or payments.

Below is some important information and new guidelines that are effective immediately in regards to placing orders, making any changes and cancellations.

If you have any questions, please don't hesitate to contact us on 9806 5121.

Q: Can I make changes to my meal order or cancel my meal?

A: YES. Any changes and cancellations must **ONLY** be done by calling 02 9806 5121, please refer to the table below.

(If you would like to learn how to place and change your own meals yourself, we can arrange for a volunteer to teach you)

*The only changes to your meal order that will be considered outside of the required 4 week's notice are for medical reasons and/ or you have an allergy/intolerance or you require a change to a texture modified diet e.g.- Standard to soft/cut-up or minced to puree meals.

Your Delivery Day	Tuesday	Wednesday	Thursday	Friday
To increase, decrease, cancel or hold deliveries	Latest by 9am Wednesday the week before	Latest by 9am Monday two days before	Latest by 9am Tuesday two days before	Latest by 9am Wednesday two days before
Changes to menu items	*Must provide 4 weeks' notice before any changes can be adopted.			
Emergency hospitalisation	As soon as possible, please get the hospital nurse to call if you are unable to do so.			

Q: What happens when meals are cancelled?

A: If you are within the cancellation time frame, you will not be charged. If you have not informed the team of a cancellation, you will be charged for the meals that are delivered to you.

Note: Orders are placed with our suppliers 4 weeks in advance. This is the reason we limit the changes that can be made as we will not have the correct meals in stock to supply you with. We have a new online ordering portal that allocates stock to placed orders which makes it difficult to change.

Q: What happens when meals are undeliverable?

A: You will be charged for all the undeliverable meals. We will make attempts to call you first to ensure you are not at home and call your emergency contact person to determine your location before taking the meals back to the depot and charging you for undeliverable wastage.



Riverside Theatres

Step back into the magic at Riverside theatres!

Next up at Riverside Theatres...

For music lovers

Carmen
17 June

For musical theatre and cabaret lovers

Spiegelesque
17 – 20 June

Wicked
23 July – 7 August

For dance and circus lovers

The Tap Affect
8 - 10 July

Chasing Smoke
14 – 17 July

For the kids

Sharp Short Theatre
7 - 18 June

Mr Snot Bottom's Horrible, Terrible, Really,
Really, Bad, Bad Show
28 - 29 June

Zoom
15 - 16 July

New Owner
28 - 29 July

Robot Song
24 - 25 August



Spiegelesque

A hilarious adventure into the hitherto majestic world of Vaudeville Burlesque and Cabaret, where song, dance and slapstick collide to create a theatrical Cabaret sensation.

Wicked

Five years after their hit original production, Packemin Productions and Riverside Theatres will be defying gravity again in their upcoming production of Wicked this July and August. Wicked tells the incredible untold story of the witches of Oz. Long before Dorothy dropped in, two other girls meet in the land of Oz and formed an unlikely but profound friendship.



Chasing Smoke

Tumbling through life while juggling an existence where Australia's First Nations culture, tradition and lands are under threat. Chasing Smoke stomp, dance, flip and weave their message showcasing a people not defeated by adversity, but instead, celebrating survival, modern-day Aboriginality and pride. 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.



New Owner

Bart is a boisterous puppy waiting to be chosen from the animal shelter. Mabel is a lonely widow, trying to fill the hole in her heart. The day they find each other is the beginning of Bart's next adventure. Combining puppetry, live action and animation, New Owner is a sensitive tale of friendship, loss and new beginnings, told through a dog's eyes.



Robot Song

Based on a true story, Robot Song illustrates the profound, transformative nature of creativity that when combined with unconditional love, becomes an unstoppable force.

For more information and to book, visit:
riversideparramatta.com.au



Men's Health Week

To celebrate Men's Health Week, Community Care and Active Parramatta will be delivering a free nutrition seminar for men in collaboration with the Men's Shed, North Parramatta on 21 June.

If you are interested in becoming a member, please contact the Men's Shed on 9683 5518 or email parramattadms@gmail.com to go on their waitlist.

Active Parramatta will also be delivering a free fitness class for men!

Join the mailing list to find out more details when it's released by contacting recreation@cityofparramatta.nsw.gov.au



Active Parramatta Van

The Active Parramatta Van will be delivering a range of FREE online and face-to-face programs in term 3! Activities include Mums N Bubs, a range of Better Ageing for seniors and general health and fitness programs.

Place yourself of the mailing list to receive latest announcements including dates, time and locations by contacting recreation@cityofparramatta.nsw.gov.au

Premium quality produce
sourced and packed at
Sydney Markets each morning

Specialising in locally grown
Delivered Fresh to your door
Free Delivery



How it works

You can choose to order either individual items, a mixed box, or a combination of both.

You can also choose to set up a subscription (the same order will be delivered on a weekly or fortnightly cycle)

Ordering and Delivery

1. Placing your order

Please click the 'Shop' tab and follow the checkout process. If you order a mixed box you can set the box weighting (eg 75% fruit) at the checkout. You can adjust your mixed box preferences by clicking on the 'account' tab, either at the point of ordering or at any time before 11pm on the day before the delivery. You need to be logged in as a member to be able to do this. Don't forget to click 'save' when updating your preferences and box weighting, otherwise they will not take effect.

2. We pick and pack your produce

We arrive at Flemington Markets around 2-3am each morning. A list of the items that are required for that is generated, and we search the market for the best quality and value. The orders are packed and loaded into our own delivery vans which hit the road around 9am.

3. It's delivered to your door

Your order should arrive within the time-window provided when you order. Depending on traffic conditions and the amount of orders we receive, your delivery may arrive a little earlier or later. If nobody is home the driver will leave the box in a shady spot out of view from the street.

For more information, visit
sydneyfresh.com.au/how-it-works

COVID-19



If you need information about COVID-19, COVID-19 vaccines or help with the COVIDSafe app, call 1800 020 080. If you need assistance with booking a COVID-19 vaccine appointment, please note the call centre is unable to book appointments on your behalf.

Multilingual Older Persons COVID-19 Support Line

1800549844 – Italian

1800549845 – Greek

1800549846 – Vietnamese

1800549847 – Mandarin

1800549848 – Cantonese

1800549849 – Arabic

Support Line hours:
FREE CALL 2pm-5pm
(Melbourne time) Monday
- Friday Excluding public
holidays

As of Monday, 7 June, there has been positive COVID-19 sewage detection in Castle Hill as testing clinics opens. If you have any symptoms, please get tested and remember your PPE (personal protective equipment) and stay COVID safe.

Easy Oven Baked Chicken & Mushroom Risotto Recipe by Evanessa

I wanted to share a recipe I found on a Campbell's Real Chicken Stock box which is a family favourite in my household. This is delicious, easy to make and a great meal for winter.

Ingredients

- 1 tbs olive oil
- 1 medium brown onion
- 400g sliced chicken thighs
- 200g bacon
- 1 cup sliced mushrooms
- 2 cups Arborio rice
- ½ cup grated parmesan cheese
- 1L (4 cups) Campbell's Real Stock Chicken
- 1 medium zucchini, trimmed, cut into matchsticks
- ½ cup frozen peas
- ½ cup fresh flat-leave parsley leaves, chopped (optional)



How to make

- Preheat oven to 180C/160C fan-forced.
- Heat oil in a large flameproof, ovenproof dish over medium heat (you can also use a pan and then transfer to an ovenproof dish, once all ingredients are combined).
- Cook onion and bacon for 2 minutes, stirring until softened and then add chicken and mushrooms until chicken is browned -approx 5 minutes
- Add rice, stirring for 1 minute.
- Add Campbell's Real Chicken Stock to rice. Stir well and combine.
- Cover and bake for 15 minutes.
- Fold zucchini and peas.
- Return to bake, covered for another 25 minutes or until rice is tender and liquid has almost absorbed.
- Stir in parsley and parmesan. Season with pepper.

Serve and enjoy!

2021 Volunteer Calendar

We look forward to our ongoing commitment to provide quality training and support to all our volunteers in 2021.

Should you have any questions in regards to Volunteering with us at Community Care, please speak with Rosemay Cangy 9806 5121 Monday to Wednesdays.

30 June	2pm-3pm	Focus Group Meeting
14 July	2pm-3pm	Volunteer Meeting
21 July	10am-12pm	Mandatory Training
4 August	2pm-3pm	Focus Group Meeting
15 September	10am-11am	Social & Learning Circle
13 October	2pm-3pm	Volunteer Meeting
27 October	TBC	Social & Learning Circle
3 November	2pm-3pm	Focus Group Meeting
25 November	TBC	End of Year Event
5 December*		International Volunteer Day

*Venues and training topics to be confirmed

Fees and Charges

In early May we posted to you a copy of the proposed Fees and Charges for Community Care for the 2021-2022 period, and instructions on how you could offer feedback during the consultation period. The consultation period ended 5pm, Tuesday 25 May 2021, and the recommendations are going to the Councillor Meeting on Monday 28 June, 2021 for approval. The finalised Fees and Charges will be posted on the council's website after this meeting. Should you have any difficulty finding them, please contact the office on 9806 5121 and we can discuss any changes that may impact you.

Watch Council Meetings Online or In-person

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

In line with NSW Government's easing of COVID-19 restrictions, the public can now 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 videos, 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

Meet the team!

It is all about what you need. You speak – we listen.



Beth Collins

Acting Manager

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.



Cathy

I enjoy reading books and going to the gym.



Evanessa

I am the proud mum of two children and a fur baby (pet) who enjoys shopping, fitness kickboxing and dancing



Gabby

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



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.



Julia

(Speaks Vietnamese)

When travelling I eat chilli with absolutely everything. I collect books about ancient history, science and spirituality.



Maree

I love music, movies, reading and writing. I am the proud mother of two teenagers who are just amazing.



Mei

(Speaks Mandarin)

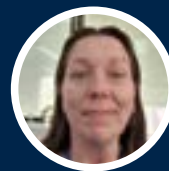
I love meeting new people, cooking simple meals and listening to audible while doing chores.



Michael

I am an avid cricket fan.

I enjoy binge watching Netflix and I love spending time with my family.



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.



Renea

I love spending time with family and friends and travelling.



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

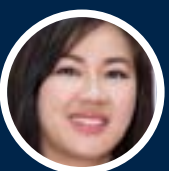
I enjoy playing guitar, cricket and science fiction. I have a real passion for helping people in our community.



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.



Yasmine

(Speaks Cantonese)

I enjoy travelling, watching K-dramas and catching up with family and friends. My two kids constantly keep me on my toes!

CONTACT US

Community Care Office Hours

8:30am – 4:30pm, Monday to Friday

Phone: 9806 5121 Fax: 9806 5925

Web: cityofparramatta.nsw.gov.au

City of Parramatta

126 Church Street, Parramatta

Parramatta Food Services Office

10 Hunter Street, Parramatta

Phone: 9806 5121

Postal Address

City of Parramatta Council

PO Box 32

Parramatta NSW 2124



If you have a hearing or speech impairment you can contact us through the National Relay Service. You will need to provide our phone number 9806 5121. For more information visit relayservice.gov.au or 133 677 for TTY/voice calls, for Speak and Listen 1300 555 727 and for SMS Relay 0423 677 767.



If you need an interpreter you can contact us through the Translating and Interpreting Service on 131 450. You will need to provide our phone number 9806 5121.



Australian Government
Department of Health