

SPRING 2021

# Community Care

*Focusing on your good life*

**3** Celebrate  
Grandparents Day

**11** Spring into  
Bird Watching

**18** Healthy @  
Home

**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

Reflective is a good word to describe this time of year. 2021 has been filled with ups and downs around COVID restrictions and our own LGA being in lockdown. I am always very concerned about our residents and how they are coping. The articles and suggestions in this magazine I read and love and I find I am inspired to sit in my own backyard and challenge myself to identify my local birds. It is a wonderful reminder of just how lucky we are in Parramatta, that we can still witness hawks and bower birds in our own backyards.



Lord Mayor  
Bob Dwyer

On behalf of the Lady Mayoress and myself, we would like to wish you all a very safe and Merry Christmas. In some way over the holiday season we all celebrate with family and I truly hope we can all have the chance to spend this precious time with family, friends, and those we hold dear. Please stay safe and reach out to the team here at Community Care if you need support.



# Welcome

## A Message from the Manager of Community Care

Welcome to our Spring Edition of our Community Care Magazine. I am humbled to be greeting you as part of my 12-month secondment to the Community Care Manager role. I look forward to hearing meaningful outcomes of the wonderful support and services that we can continue to offer many of you.

Our Parramatta Food Services has operated as an essential service during these times to deliver Meals on Wheels to many people who require this. When possible, we continue to offer creative online and phone support for our Social Inclusion and NDIS services in lieu of face-to-face to comply with NSW Health advice and restrictions.

We have two additions to our Administration Distribution Officer Roles – we welcome Wayne Ranson, as well as welcome back Cathy Tate.



Gabby  
Summerhays

There is also some exciting baby news with our staff member Renea Jones welcoming her baby daughter in early September. A very heartfelt congratulations to Renea, and we hope that she continues to enjoy her maternity leave with their precious new family addition. Christmas is also fast approaching, and I wish to pass on our sincerest greetings to you and your loved ones for a wonderful and joyous Christmas period. Try and find some moments for self-care and enjoy both the little and big things that this Season can offer you.

We are only a call or email away, so please continue to reach out and ask for help or support if needed, and know that we cannot wait to return to face to face support when it is safe to do so. For now, stay safe and please take care.

# Celebrate Grandparents Day on the 31st October 2021

by Gladys

NSW Grandparents Day celebrates the role grandparents, grand-friends, kin, and those who take on the role of a grandparent people play in our society – both the things they have done, and the things they keep doing. It is also to show the bond between grandparents and grandchildren.

Grandparents Day it is usually celebrated at childcare centres and schools by organising special events to celebrate this day. They are invited to their classrooms to share songs, games, and activities the children prepare during the year to honour their grandparents. Some childcare centres/schools also invite grandparents to share their life experiences with the children or to read them books and join in with their singing.

### There are three purposes for National Grandparents Day:

1. To honour grandparents.
2. To give grandparents an opportunity to show love for their children's children.
3. To help children become aware of the strength, information and guidance older people can offer.





# Congratulations Robin Deaves!

## NSW Senior Volunteer of the Year – North West Region Community Care Volunteer talent recognised at the NSW Volunteer Award Ceremony for North West Region

The NSW Volunteer of the Year Awards have grown to become one of Australia's main celebrations of volunteering. It creates an opportunity to hear the stories firsthand from our volunteers and most importantly to say thank you (Centre for Volunteering).

We are thrilled to share the news that Robin Deaves received the Senior Volunteer of the Year Award for the North Western region at the virtual ceremony on the 24th August. Robin has volunteered in a Social Support role since she joined the Community Care Volunteer Team in 2005. Her role has evolved from an individual Social Support Volunteer to a Social Group Team Leader. As part of this role, she demonstrates outstanding leadership skills to go above her role and use her administrative skills to assist in organising, planning and facilitating social activities.

As a Volunteer Team Leader, Robin demonstrates outstanding leadership and administrative skills in going above and beyond her role to assist in organising, planning and facilitating social activities. This includes her liaison with local venues, contacting participants individually to invite them and remind them of the upcoming event, liaising with the Service Coordinator and facilitating the group activity on the day. Robin makes sure that everyone has a good time and feels comfortable.

In 2020, due to the COVID-19 pandemic, the Social Inclusion group activities were suspended. Robin took the initiative, with permission, to contact each participant on a regular basis to enquire about their wellbeing. Robin enjoys conversations with participants and is glad to have stories to brighten their day, particularly stories she recalls to them of some cruises she has been on.

Social Inclusion staff acknowledge the fact that Robin has been instrumental in assisting this group activity to grow and be maintained with her support. In a recent interview, a couple of participants praised Robin's genuine interest in them and her calls that made them feel less isolated. Through the last 16 years, Robin's distinctive performance in her Volunteer role is well deserving of this wonderful award in recognition of her incredible talent and ongoing commitment in making a difference in our participants' lives.







# Diwali Celebration

by Lolita & Pradip Chowdhury

My name is Lolita and my husband's name is Pradip, we are Hindu and came from Lucknow, India many years ago. Even being far from home, we still celebrate many different traditional holidays and practices. One of these holidays is Diwali, also known as Deepavali, which is the festival of lights, it is one of the major festivals celebrated by Hindus, Jains, Sikhs and some Buddhists.

The festival usually lasts five days and is celebrated during the Hindu lunisolar month Kartika which is usually between mid-October and mid-November. Diwali symbolises the

spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". The festival is widely associated with Lakshmi, goddess of prosperity, with many other regional traditions connected to the holiday. It is also known in some regions to be a celebration of the day Lord Rama returned to his kingdom Ayodhya with his wife Sita and his brother Lakshmana after defeating Ravana in Lanka and serving 14 years of exile.

To prepare for Diwali, celebrants will clean, renovate, and decorate our homes and workplaces with diyas (oil lamps) and



rangolis (colourful art patterns). During Diwali, people wear their finest traditional clothes, and illuminate the interior and exterior of their homes with diyas and rangoli. They will perform worship ceremonies (pujas) for Goddess Lakshmi whilst lighting fireworks and candles. They will also have large family feasts, where mithai (sweets) and gifts are shared.

Diwali is usually celebrated twenty days after the Vijayadashami festival, with the first day being Dhanteras, the celebration of wealth, this day is celebrated by cleaning and decorating of homes and creation of rangolis. The second day is Naraka Chaturdashi, when a special ritual is performed to rid the mind and body of negativity and evils and be purified. The third day is the day of Lakshmi Puja and the darkest night of the traditional month. In most parts of India the fourth day of Diwali is Govardhan Puja and/or Balipratipada (Padwa). Finally, the last day is Bhai Dooj, which is dedicated to the bond



between sister and brother while other Hindu and Sikh craftsmen communities mark this day as Vishwakarma Puja and observe it by performing maintenance in their work spaces and offering prayers.

Diwali is a special time for my family and my country, it reminds us to be grateful, pure and free from negativity. Hopefully after reading a bit about Diwali it has inspired you to learn more about our traditions.



## Watch Council Meetings Online

Council Meetings are typically held on the second and fourth Monday of each month at 6.30pm.

Due to impacts of COVID-19, members of the public are not able to attend Council Meetings in person at present, but can watch the 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](http://cityofparramatta.nsw.gov.au/council-meetings)



# COVID-19 Check-In Card



COVID-19 check-in cards are available for people to print and use as an alternative method of checking in to a venue via a smartphone and via the Service NSW platform, and is to assist people in following NSW Health requirements upon entering a venue.

The COVID-19 check-in card is a hard-copy (printed) card with a unique QR code that contains your registered contact details.

When you enter a COVID Safe business, a staff member scans your card and your visit to the premises is electronically recorded. If the business device is unable to read your QR code, the staff member will enter your details manually into the Service NSW business online webform.

Service NSW will hold the record of your attendance for a period of 28 days from the date it was collected. The record of your attendance will only be disclosed to NSW Health for contact tracing purposes.

Once you have created your card, you can have it posted to you or you can download a printable version immediately.

If you lose the card, or your contact details change, you simply create a new card.

Note: This check-in method is only available at businesses that have a QR compatible device. It is not mandatory for businesses to accept COVID-19 check-in cards.

Create a COVID-19 check-in card by visiting: [apply.service.nsw.gov.au/covid-checkin-card](https://apply.service.nsw.gov.au/covid-checkin-card)



Source: [www.service.nsw.gov.au/transaction/create-covid-19-check-card](https://www.service.nsw.gov.au/transaction/create-covid-19-check-card)



## National Disability Insurance Scheme in the Spotlight – Peer Support

COVID-19 has made us all adjust to how we live and communicate. We understand how important it is to maintain social connections, now more than ever. Our online Peer Support might look different, but we are sure you would agree, feels the same.

Our online Peer Support replaces our face to face activities, and you will see familiar faces like Agnes, Phil, Sanoji, Michael, Hong and Gladys.

Like you, we can't wait to get back to our nights of ten pin bowling, movies, karaoke and dinner! But for now, it's online nights filled with bingo, sing a longs, virtual travel and lots and lots of laughter.

Thursday nights from 7pm–9pm we encourage you to come along and participate. Our Peer Support online sessions are open to all NDIS participants who are funded under Social and Community Participation in their current plans.

If you would like some information on how to attend these sessions or need some extra support logging in, please call one of our team on 9806 5121.

### Wellbeing Support

The Older Persons COVID-19 Support Line – 1800 171 866

- Calls are free
- Helps older people, their loved ones and carers stay connected and continue receiving the services they need during the pandemic.
- Find out about COVID-19 restrictions and aged care support services.
- Talk to someone about mental health.
- If you have concerns about yourself, a friend or a family member living with dementia, you can speak with a trained Dementia Australia advisor.

If you prefer to speak in a language other than English, an interpreter can help. Call the Translating and Interpreting Service on 131 450 and ask for your language. Then you can ask the interpreter to connect you to the Older Persons COVID-19 Support Line.





# Spring into Bird Watching... at home!

By Wayne & Ruth

Have you ever seen a bird and said 'that's pretty; I wonder what kind it is?' Welcome to the wonderful world of bird watching! The best thing about bird watching is how easy it is to start. You don't even have to leave home!

For us, our journey started in our very own suburban backyard. We were watching a pair of superb fairy wrens darting in and out of a hedge bush, when an olive-green bird also flew out of the bush. Our curiosity led us to discover that there were, in fact, three different species of olive-green birds flying around our garden. Since then, we have discovered around 40 bird species in and around our house, from tiny silvereyes to the majestic brown goshawk. Just last week a female bowerbird came for a drink of water.

We found that adding a birdbath and native trees really helped attract birds and has the added benefit of providing them with food and shelter. The good news is you don't really need a garden of your own. A bird feeder on a balcony or windowsill will also attract some amazing birdlife.

Spring is a great time to watch birds. They are more active, the warm weather birds are arriving, and migratory birds are flying from as far away as Japan, New Guinea and Indonesia to nest right here in Sydney's west. It's truly amazing what can turn up.

Listening to and watching birds is great for your mental health, too. Whenever we feel stressed or anxious, watching and listening to nature through birds is very calming and brings immense joy to our day. All of the photos in this article were taken in our backyard.

There are plenty of books and online resources to help you identify birds in your space. If you want to get more involved, there is also a bird count done each year. The next one will be 18-24th October 2021.

Go to: **[aussiebirdcount.org.au](http://aussiebirdcount.org.au) for more information.**

City of Parramatta Council is a proud sponsor of the yearly bird count.



# Summer is coming! Are you ready?

- Summer is just around the corner, which brings celebrations and fun! However, heat-related illnesses cause more deaths in Australia than storms, floods and fires combined.

Once temperatures are higher than 27 degrees, our body needs to work much harder to keep us well. Our bodies need water and good rest to recover from heat stress. Having a cool home at night will be key to helping you stay well.

There are some simple steps that you can take to prepare to stay well during the upcoming Summer:

  - Book an appointment with your GP to understand how you and the people you care for might be affected by very hot weather – heat impacts people differently depending on their age, medical conditions and medications which can make it harder to stay cool and well.
- Put together an emergency kit that includes:
    - Torch and batteries
    - Battery-powered radio
    - First-aid kit
    - List of key phone numbers
    - 10 litres of water per person
    - Cooler box (don't forget to put ice in your freezer!)
    - Powerpack to charge mobile phone
  - Download the Australian Red Cross Get Prepared app
  - Get to know your neighbours and update your list of trusted people to contact if you need help.
  - Prepare your home so that you don't have to swelter through the heat.

Simple, inexpensive things you can do to prepare your home for Summer	<ul style="list-style-type: none"> <li>• Get your air conditioner serviced</li> <li>• Make your own, or buy some draught stoppers/door snakes for your internal and external doors</li> <li>• Block draughts around your windows</li> <li>• Prepare your garden with fertilizers and checking watering systems</li> </ul>
Medium cost things you can do to prepare your home for Summer	<ul style="list-style-type: none"> <li>• Install shade cloth to block the sun coming through windows</li> <li>• Install thick, pale coloured curtains to help reflect the heat</li> <li>• Plant new, or move potted, large, shading plants like trees or hedges near windows</li> </ul>
Big things you can do to prepare your home for Summer	<ul style="list-style-type: none"> <li>• Upgrade your insulation, especially in your roof cavity</li> <li>• Block the sun with external awnings and shutters</li> </ul>

# Beat the Heat

Stay safe this summer

## How to prepare for the heat



Health  
Western Sydney  
Local Health District



# Social Inclusion Update

Community Care continues to operate its services in line with NSW Health and Commonwealth advice to ensure the safety of its participants, staff and volunteers.

As we continue to comply with the Stay at Home Order with face to face services on hold, we still care about the safety and wellbeing of each and every one of you. Therefore, our phone and online supports are still available; for example, our friendly community workers and volunteers have been making regular check-in phone calls to have conversations. We also have some participants learning a new language and practising with our staff by phone on a regular basis.

These calls are very well received, with some people stating that they are uplifting and motivating during the current difficult times and that they feel genuinely cared for.

We have been pleased to offer alternative support to keep people connected and engaged. Our Peer Support Group (NDIS only), Book Club meetings (all inclusive) and Chinese TLC (Tell, Listen and Connect) meetings (CHSP) are running online through Teams or ZOOM. In particular, Book Club are introducing

e-books and audible books, which means that participants can borrow from their own devices using a Mobile App called "Borrow Box".

For those who attended Morning & Magic Melodies or Coffee and Lunch, regular check-in phone calls have occurred instead from our wonderful volunteer Robin since April 2020. Some recipients of Robin's calls have told us how much they appreciate them and guess what? Robin has recently won a NSW Volunteer Award of the Senior Volunteer of the Year category for North West Region! This was a well-deserved recognition for her in appreciation for her generosity with the support she provides many participants during these times.

Last but not least, please know that our staff and volunteers speak a series of languages other than English – from Cantonese, Mandarin, Hindi, Korean, French, Macedonian, Polish, Spanish, Sinhalese to Serbian. Whether you would like to learn and practice a new language or have a friendly chat in another language over the phone or a video chat with Social Inclusion support, or join in one of our Social Inclusion online activities, please contact us on 9806 5121.

# 2021 Volunteer Calendar

Wednesday 13 October	2pm–3pm	Volunteer Meeting
Tuesday 26 October	2pm–3pm	Volunteer Virtual Coffee Catch-Up
Thursday 25 November	Details TBC	Volunteer End of Year Event

## Active Parramatta Van

### Term 4 Fitness Program

Support your health and fitness journey by joining our wide range of affordable fitness programs!

Registrations open at 9am on Monday 13 September 2021.

The Term 4 schedule will be released soon!

Visit: <http://bit.ly/ActiveParraFitness>







## Over 55s Leisure and Learning Update

City of Parramatta's Over 55s Leisure and Learning Service provides an extensive range of exciting and enjoyable physical, recreational and social activities throughout the year.

We are excited to introduce three new face-to-face activities to our programming – Tennis, African Drumming and Zumba Gold. However, due to current COVID-19 restrictions they are yet to commence.

Online classes were available for Term 3, including Zumba Gold which people attending virtually have enjoyed. It has been great to see a good number of participants keeping active online!

Due to the uncertainties presented by NSW Public Health Orders, term 4 activities will continue to be online.

Registrations are now open, with classes starting from 5th October!

For a full listing of activities and to register, please visit:

**[cityofparramatta.co/term-activities](https://cityofparramatta.co/term-activities)**

Note:

Due to restrictions and the unpredictability of changes, it is advisable that you check our website **[cityofparramatta.nsw.gov.au](https://cityofparramatta.nsw.gov.au)** and your emails for the latest updates.

We will be in touch before the end of term 4 to communicate with you about term 1, 2022.

Should you have any further questions, please contact **9806 5121**.



## Join Healthy and Active for Life Online!

**[www.activeandhealthy.nsw.gov.au](https://www.activeandhealthy.nsw.gov.au)**



## Free Over 60s Online Health Program

With more people spending time at home at the moment due to COVID-19 restrictions, staying healthy and active can be challenging. 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 4 October so sign up today at

**[www.activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/](https://www.activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/)**

More information:

**[WSLHD-ActiveandHealthy@health.nsw.gov.au](mailto:WSLHD-ActiveandHealthy@health.nsw.gov.au)**

Cost: Free

Bookings required: bookings are essential



**Healthy@Home**

## Boost your mood!

- Video call with family & friends
- Get enough sleep
- Keep moving
- Find a routine
- Take some quiet time for yourself

NSW HEALTHYEATING ACTIVE LIVING

**Healthy@Home**

## Tips for a good night sleep

NSW HEALTHYEATING ACTIVE LIVING

**Healthy@Home**

## In isolation or quarantine at home?

Try these basic pantry essentials

NSW HEALTHYEATING ACTIVE LIVING

**Healthy@Home**

## Self-care Checklist

- Keep active
- Eat healthy
- Stay connected
- Stick to a routine
- Monitor how you are feeling
- Seek support if you need

NSW Health Western Sydney Local Health District

### Mental Health Wellbeing

Taking care of your physical and mental health is more important than ever during the pandemic.

Spending more time at home may mean we are not moving as much. Changes to usual routines can also impact the way we feel.

Here are some simple ideas to boost your mood during this time:

1. Phone a family member or a friend to say hello and check in.
2. Sleep is vital to good mental health. Try and keep regular bedtimes and take some time to wind down at the end of the day.
3. Get moving – sometimes the hardest part is to get started. Try and set yourself a small goal to begin with, maybe 10 minutes of light activity such as a walk each day and build it up from there.

Take some quiet time for yourself if you can. Do something you enjoy. It's important to rest and recharge too.

If you need someone to talk to during this time, reach out to your local mental health support services, some are listed here: [tinyurl.com/mentallyhealthy-WSLHD](https://tinyurl.com/mentallyhealthy-WSLHD)

### Not getting enough sleep?

There's a lot going on at the moment and getting a good night's sleep can be a challenge.

Keeping a sleep routine can help you feel less stressed, more energised and improve your concentration. Some basic tips for a good night's rest:

- stop using screens for at least an hour before bed
- listen to some calming music
- read a book
- keep a consistent sleep routine
- Keep the bed for sleeping

Even with a few basic ingredients you can pull together nutritious meals to help support your health during Stay at Home Public Health Orders. If you're not able to get these items, ask a neighbour, friend or family member for help to leave these staples at your door.

Some of the pantry essentials include:

- Canned beans and lentils
- Canned tomatoes
- Canned tuna
- Frozen vegetables
- Rice
- Pasta
- Beef mince
- Eggs
- Potatoes
- Broccoli

For 18 easy meal ideas to make with pantry essentials, check here: [livelighter.com.au/news/18-easy-meals-you-can-make-with-pantry-staples](https://livelighter.com.au/news/18-easy-meals-you-can-make-with-pantry-staples)

We've put together a few simple self-care ideas to help you keep your body and mind well:

- **Keep active** – try and go for a short walk with a household member at lunch, even for 10 minutes.
- **Eat healthy** – keep your pantry stocked with healthy "grab & go" snacks like bananas, wholemeal crackers and have a water bottle at easy reach.
- **Stay connected** – humans need humans, so call up a friend or check in on a work colleague at least once a day.
- **Stick to a routine** – create a plan each day, exercise at the same time so you can create a sense of structure.
- **Monitoring your mental health & wellbeing** – COVID-19 is a challenge for us all, reach out for support if you need it.

There are many local support services available to help: <https://tinyurl.com/mentallyhealthy-WSLHD>





## Riverside Theatres

See theatre your way – experience the buzz of Riverside Theatres from the comfort of home or live in person!

Exciting online programming and live in person theatre.  
Next up at Riverside Theatres...

### Sharp Short Dance 2021 returns to the stage live and digital! 17–30 October

Sydney's beloved youth dance festival unearths the finest young dancers from Sydney and beyond. The festival provides a rare opportunity for aspiring choreographers and dancers to display their talents in a supportive environment. Sharp Short Dance inspires young performers to strive for their own artistic excellence and encourages active youth participation in all genres and traditions of dance from tap to Bollywood, from Indigenous to hip hop, from classical to contemporary.

### Spiegelesque 20–24 October

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.

### Beep 16–17 November

A slightly sideways tale about unexpected friendship, finding where you fit and learning to mix it up a little. Through gentle storytelling, music and puppetry, Beep tells the story of what happens when someone new comes to town.

### The Tap Affect 4–5 December Tumbling through

The inaugural work of newly founded Australian Tap Dance Company that celebrates Australian tap dancers inspirations. To famous big band jazz tunes of the 20s, 40s and current times, each dancer will delve into their deeply personal bond to tap dancing, showcasing their unique style and story.

### Chasing Smoke 7 – 10 December

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.

For further information on our live or digital shows, visit the Riverside Theatres website:  
[riversideparramatta.com.au](http://riversideparramatta.com.au)

## Free 'Zoom' Health Education Sessions for Seniors

Health Promotion Service for Older People, Combined Pensioners and Superannuants Association of NSW Inc. provides weekly, one hour Free 'Zoom' Health Education Sessions for seniors throughout the year.

The following Zoom sessions will be in offer for the month of October 2021, with a new set of zoom sessions presented in the November to December 2021 period.

If you would like to attend a zoom session/s, please register by clicking on the "Register your Interest" button on the form on the CPSCA website. [cpsa.org.au/services-for-pensioners-superannuants-and-retirees-on-low-incomes/free-hpsop-education-sessions/](https://cpsa.org.au/services-for-pensioners-superannuants-and-retirees-on-low-incomes/free-hpsop-education-sessions/)

For more information on any of these free sessions please contact Health Promotion Service for Older People Coordinator, Habib, on **0404 548 063**.

Session	Date	Time
Diabetes Awareness	Tuesday, 5 October	10am–11am
Healthy Brain Healthy Life	Friday, 8 October	10am–11am
Medicine Management	Monday, 11 October	10am–11am
Fall Injury Prevention	Friday, 15 October	10am–11am
Oral Health Care	Monday, 18 October	10am–11am
Arthritis Management	Thursday, 21 October	10am–11am
Healthy Bone & Osteoporosis	Thursday, 26 October	10am–11am
Invest In Continence	Friday, 29 October	10am–11am



2022 虎  
HAPPY NEW YEAR



## Auspicious Greeting for Tiger Year

By Shaochang Hu (Social Inclusion participant)

According to the Chinese Zodiac, the year of 2022 is the year of Tiger. And yes, it is on the way! The Tiger ranks the third amongst the animals in Chinese Zodiac.

Do you know what are the 12 zodiac sign animals and why are there 12 animals in the Chinese Zodiac?

According to the ancient Chinese folktale, the Jade Emperor of Heaven called a race of animals on his birthday to create Chinese Zodiac. As a reward of turning up, the Emperor named a year in the Zodiac after each animal that arrived, there were animals such as the Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig.

The animals represent a year in each order. The method of calculating the year was originated in the pre-Qin dynasty and has a history of thousands of years old. If a baby is born in the year of the Chinese Zodiac, they would belong to one of the animal's Zodiac. For example, a baby born in the year of the Tiger shall belong to the year of Tiger.

Tigers are one of the largest felines with a body length of more than three meters and a weight more than 300 kilograms.

Humans have a close relationship with tigers and the tiger's personality affects people. Therefore, there is a saying in China that people born in the year of Tiger are courageous, capable, decisive and determined.

Around the globe, Chinese people are excited and are waiting for the coming year of the Tiger and even planning what to do in the new year of Tiger. At present, there are millions of Chinese people who have migrated to Australia and 16% of Parramatta's Population identify as Chinese. We live together in harmony and celebrate our Country's cultural and linguistic diversity. As we are all here in this beautiful country, we shall respect Australian values and obey the laws of Australia. Especially in the current situation of the pandemic, we should all follow the safety rules and control measurements set by the Government.

Let us unite with all Australians, hand in hand welcoming to the year of Tiger. I wish everyone a Happy New Year.

## How to get a record of your COVID-19 vaccination

Proof of your COVID-19 vaccination will be recorded on your **immunisation history statement** after you've had your vaccine.

You can get this through:

- your Medicare online account
- the Express Plus Medicare app
- the Australian Immunisation Register or;
- My Health Record

### Medicare online account

1. Sign in to your **myGov** account (my.gov.au) and choose **Medicare**
2. From the **Immunisation history** section, click on **View statement**
3. Choose your name
4. Click on **View history statement (PDF)**

### Express Plus Medicare app

1. Open the app and sign in
2. From the **Services** section, choose **Immunisation history**
3. Choose your name
4. Click on **View history statement (PDF)**

### Australian Immunisation Register

Call the **Australian Immunisation Register** on **1800 653 809** between 8am–5pm, Monday to Friday.

Ask them to send your **immunisation history statement** to you. It can take up to 14 days to arrive by mail.

If you need an interpreter, please call the **Telephone Interpreter Service (TIS)** on **131 450**.

### My Health Record

If you don't have a Medicare card, you can get your **immunisation history statement** from My Health Record.

1. Sign in to your **myGov** account (my.gov.au) and choose **My Health Record**
2. Choose your name
3. From the **Documents** section choose, **Immunisations**

For more information on how to access your immunisation history statement, go to [servicesaustralia.gov.au/ihs](https://servicesaustralia.gov.au/ihs)

To find out more about the COVID-19 Vaccination Program in NSW, go to [health.nsw.gov.au/covid-19](https://health.nsw.gov.au/covid-19)



Australian Government  
Department of Health

May 2021 | English





# Meet the team!

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



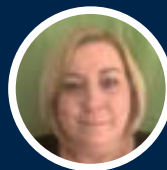
**Gabby Summerhays**  
Manager

I love family time, home-cooked 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.



**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. (currently on extended leave)



**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.



**Wayne**

I'm married and have three grown children. I love sport, music and getting away into nature with my wife in our 4WD.



**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](http://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](http://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