

Summer 2024

# Community Care

*Focusing on your good life*

**06** Heat Smart

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**20** Active Parramatta

**We're all for  
Accessibility  
& Inclusion**



**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.



## Cr Pierre Esber

### Lord Mayor

Welcome to the Summer edition of Community Care Magazine. As we move into the summer period, we have much to celebrate and reflect on. I am passionate about making sure the benefits of growth are shared by everyone in our community, so that everyone can live independent, fulfilling lives.

This Edition presents the latest news on the City of Parramatta's community programs over the new year summer period.

As the weather warms up, it's a great

time to visit our brand new \$88.6 million Parramatta Aquatic Centre, in the heart of our CBD. This world class swimming, wellness and fitness hub has proved hugely popular, welcoming over 100,000 visitors since it opened in September 2023! Make sure you visit the PAC website to view the range of programs and swim classes on offer over the summer, for all ages and abilities. I'll see you there!

*Cr Pierre Esber,  
Lord Mayor City of Parramatta*



## Ania

### Service Manager

Happy 2024! It is an absolute pleasure to welcome you to the Summer Edition of the Community Care Magazine.

A special welcome to Lord Mayor Councillor Pierre Esber and we thank Councillor Sameer Pandey for his services during his time as Lord Mayor.

I am excited to introduce you to our new team member Luke. Luke is our Activity Planner. You can find out more about Luke on page 17, where you will also be introduced to the Operations team of Community Care. The Community Care team also said its farewells to Evanessa, who committed herself to her role, working with the community and driving the Over 55s Leisure and Learning activities with professionalism and passion.

The end of 2023 marked a number of wonderful and joyous celebrations. The End of Year Volunteer celebration, where our dedicated volunteers who provide services to you were recognised and praised. And thank you to you, for coming together to celebrate Melbourne Cup and the Social Inclusion End of Year Celebration. We enjoyed celebrating with you all and it was a great opportunity to meet you.

In this edition, read about the remarkable achievements of the volunteers, discover tips on being safe during extreme heat and check out what activities are on in 2024.

I wish you all a wonderful year ahead. We are thankful for your continued active participation in our Community Care activities and services.





# Congratulations Dennis!

We are delighted to announce that Dennis Thorne was awarded the NSW Volunteering Senior Award for the Central Parramatta region. Dennis said it was a lovely surprise when his name was called as the overall winner in the Seniors' category. His expectation had been purely to receive a certificate of recognition for being nominated.

A very big thank you to Community Worker Sanoji for nominating Dennis and to all those who have supported and valued Dennis during his 16 years as a Community Care volunteer. Congratulations Dennis!

**Link to more photos can be found on the website:**  
[volunteering.com.au/awards/2023-regional-awards-ceremonies/2023-central-sydney-volunteer-award-ceremony/](https://volunteering.com.au/awards/2023-regional-awards-ceremonies/2023-central-sydney-volunteer-award-ceremony/)

# End of Year Volunteer Celebration

On Monday 27 November, our volunteers and staff gathered at Rydges Parramatta, to celebrate another wonderful year of commitment and support of the people and programs delivered by Community Care. With great food, live music, and wonderful reflections from our volunteers, it was a great day for all. "Thank you, Rosemay! It was a lovely well organised event; the buffet lunch was delicious and plentiful!!! It was wonderful to see and hear stories from some of the awards recipients, and very heartening to know that as a group of volunteers we all have made a difference, huge or small, in someone's life."

## 2023 Service Awards

Name	Service	Years of Service
Malathi Desakavalan	Meals on Wheels	5
Tony Gurd	Social inclusion	5
Elsa Kelly	Over 55's	5
Shant Ohanessian	Social inclusion	5
Jocelyn Dodd	Social inclusion	10
Priscilla Johnston	Social inclusion	10
Vijay Gokarn	Social Inclusion	20
Lalita Bilandzic	Social Inclusion	25





# Social Inclusion Celebration

On Thursday 30 November, the Social Inclusion Support participants came together and celebrated a wonderful end of year celebration. With delightful food, live music and dancing, everyone had the opportunity to catch up with friends and exchange Christmas presents.

The group joined in the sing-along with Brent and Michael, experienced beautiful dancing from the Chinese Dancing Group, and had lots of fun with Trivia presented by Ruth and Wayne. The whole event was full of joy, laughter and social connections.

One of the participants commented on the importance of this celebration for her, saying, "Most of us live alone and we usually do not see many people, this party provides a rare opportunity for me to mingle with other people, have nice conversations and a good time together. I'll hopefully make some new friends as well."



# Heat Smart

Be safe during extreme heat in Western Sydney

**Extreme heat is dangerous and can affect anyone, even fit and healthy people.**



**Those most at risk include people:**



**65 YEARS AND OVER**



**LIVING ALONE**



**LIVING WITH A DISABILITY**



**UNABLE TO CARE FOR THEMSELVES**



**WITH A MEDICAL CONDITION \***

\* e.g. diabetes, heart disease or a mental illness.

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## Start of summer

### AT YOUR HOME



Check fridges, air conditioners and fans work, and are set to cool.



Keep the heat out:

- ☐ Install curtains or blinds
- ☐ Put up shade cloth or awnings.



Find a cool place to visit if home gets too hot (for example a shopping centre).

### FOR YOUR HEALTH



Ask your doctor if heat increases your health risk. Follow their advice.



Wear a hat and sunscreen outside.

Know who you can call for help.  
Have light, loose clothes to wear (cotton or linen are best).

**Western Sydney has regular heatwaves during summer.**

Having a plan and being prepared is key to staying safe during extreme heat.



**Health**  
Western Sydney  
Local Health District

# Before a heatwave

## AT YOUR HOME



Check the weather regularly.



Plan cool meals.  
Cooking heats your home.



Buy enough food and medicine for the heatwave period.



Freeze ice and place wet towels in the fridge.



Create a 'cool room' at home:

- ☐ close doors to other rooms
- ☐ seal gaps under doors
- ☐ cover windows
- ☐ move fans and other items to this space.

Prepare an emergency kit in case of power outages.

## FOR YOUR HEALTH



- Plan to avoid the heat:
- ☐ be in a cool place
  - ☐ move activities to cooler times
  - ☐ cancel activities if necessary.



Plan to check on family, friends and neighbours.

Follow doctor's advice if you have medical conditions.

# During a heatwave

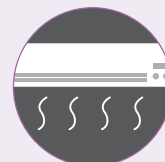
## AT YOUR HOME



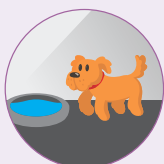
Close doors, windows and blinds early in the morning.



Keep your mobile phone charged.



Use fans and air-conditioning, or visit a cool place.



Ensure pets have water and shade.

Listen and act on emergency warnings.

Check on neighbours, relatives and friends.

Stay in the coolest room in your home.

In a power outage, move food and medicine to your cooler box.

## FOR YOUR HEALTH



- Cool down with:
- ☐ wet towels or washers
  - ☐ cool showers
  - ☐ wet the skin



Wear light, loose clothing.

Avoid layers such as cardigans, undershirts or stockings.

Stay inside and move less.



Drink plenty of water (even if you don't feel thirsty) or follow doctor's advice.

Avoid alcohol, coffee, tea and sweet drinks – they make dehydration worse.





If you feel unwell  
contact your doctor.  
In an emergency call 000.



## After a heatwave

### AT YOUR HOME



If cooler outside, open  
doors and windows.



If there was a black-out,  
check the fridge for  
bad food.

### FOR YOUR HEALTH



Many people become sick after heatwaves.  
If you feel unwell call your doctor.

Think about the past few  
days – What worked?  
What didn't?

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## Blackout emergency kit

Power outages are common during heatwaves.  
Prepare an emergency kit:



**TORCH AND  
BATTERIES**



**10 LITRES OF WATER  
PER PERSON**

Power outages can  
disrupt water supply.



**LIST OF KEY  
PHONE NUMBERS**



**BATTERY-POWERED  
AM/FM RADIO**



**COOLER BOX  
AND ICE**



**FIRST-AID KIT**



**POWERPACK TO  
CHARGE YOUR  
MOBILE PHONE**



### FURTHER INFORMATION

Health Direct 24 hour helpline: 1800 022 222

Emergency warnings: ABC Radio Sydney 702 AM

Advice on preparing for emergencies:  
[www.redcross.org.au/prepare](http://www.redcross.org.au/prepare)

Help paying energy bills:  
13 77 88 or [www.energysaver.nsw.gov.au](http://www.energysaver.nsw.gov.au)

Heat Smart Western Sydney has been funded under the  
State Government Natural Disaster Resilience Program.



# Advocacy

Professional advocates are individuals or organisations trained to support others in navigating complex systems, understanding their rights, and effectively expressing their needs and preferences. These advocates can provide information, guidance, and assistance to ensure that individuals are treated fairly and that their rights are upheld.

Overall, advocacy and self-advocacy contribute to fostering a more equitable and just society by giving individuals a voice and promoting awareness of their rights and needs.

## **Disability Advocacy**

Providers of advocacy and advice for those with disability.

Web: [da.org.au](http://da.org.au)

Toll Free: 1300 363 085 (NSW)

Email: [support@da.org.au](mailto:support@da.org.au)

## **Multicultural Disability Advocacy Association**

Providers of advocacy and advice for those with disability from culturally and linguistically diverse and non-English speaking backgrounds.

Web: [mdaa.org.au](http://mdaa.org.au)

Phone: (02) 891 6400

Toll Free: 1800 629 072 (NSW)

Email: [mdaa@mdaa.org.au](mailto:mdaa@mdaa.org.au)

## **Intellectual Disability Rights Service**

Providers of advocacy and advice for people with cognitive impairment across NSW

Web: [idrs.org.au](http://idrs.org.au)

Toll Free: 1300 665 908 (NSW)

Phone: (02) 9265 6300

Email: [info@idrs.org.au](mailto:info@idrs.org.au)

## **NSW Ombudsman**

This agency handles complaints about Community and Disability Service providers in NSW.

Web: [ombo.nsw.gov.au](http://ombo.nsw.gov.au)

Toll Free (outside Sydney metro):  
1800 451 524

## **Health Care Complaints Commission**

This agency handles complaints about Health Care Service providers

Web: [hccc.nsw.gov.au](http://hccc.nsw.gov.au)

Phone: (02) 9219 7444

Toll Free (NSW): 1800 043 159

Email: [hccc@hccc.nsw.gov.au](mailto:hccc@hccc.nsw.gov.au)

## **Aged Care Quality and Safety Commission**

This is a free service for anyone to raise concerns about the quality of care of services delivered to people receiving aged care services funded by the Australian Government.

Web: [agedcarequality.gov.au](http://agedcarequality.gov.au)

Phone: 1800 951 822

## **National Aged Care Advocacy – Older Persons Advocacy Network**

Providers of advocacy and advice for the elderly

Web: [opan.com.au](http://opan.com.au)

Toll Free: 1800 700 600

Phone: 131 450 (for interpreter)

Voice Relay: 1300 555 727

SMS relay number: 0423 677 767

# Be prepared for an Emergency

Now is the best time to prepare for an emergency.

## If you had to leave your home quickly.

If you must leave your home quickly due to a medical emergency, or a natural disaster such as fire or flood, or maybe a prolonged power outage, you need to be prepared.

Prepare the following and keep it all by the front door – together.

1. Have a light bag packed, with a change of clothes, and if you have a spare pair – reading glasses.
2. Have a list of contacts prepared. Names of family, friends, and your doctor/s and their best phone numbers.
3. Medication – bring it. Also, have a summary list of medications you are on, including the dosage taken daily.
4. Important Papers/documents. Keep copies of important identification and health documents on hand in an emergency folder for yourself and your care recipient. Bringing your driver's license or ID card and insurance cards is ideal, but copies are better than nothing. Other important papers to include in this file are copies of power of attorney (POA) documents, and advance directives. If you must evacuate, bringing copies of the deed or lease to one's home, insurance policies and similar papers may be a good idea as well.
5. List any allergens or medical conditions you have, including medical supports such as a cardiac pacemaker, hearing aid or diabetic monitor. This is vital information if you are not conscious.
6. List who else lives with you and their age. List a pet if they live with you and depend on you.
7. If English is not your preferred language, please list your language.
8. If you need a support person to help communicate, please list this down, with the person's name and number.
9. Include a complete first aid kit and manual in your emergency supplies bag.
10. Durable Medical Equipment. Most emergency shelters do not have durable medical equipment (DME) available on site, so you must bring your own. This includes therapeutic oxygen equipment, mobility aids, blood sugar monitors, CPAP devices, specialized cushions to prevent skin breakdown and any other portable DME you require to maintain your health.



Having these few items prepared and ready to go will reduce stress in a crisis, assist in getting you the quickest most effective support in a medical situation, or have you better prepared for a quick exit.

### **If you were in your home but cut off from regular supports**

The second type of emergency is when for whatever reason, such as a natural disaster like fire or flood, or maybe a prolonged power outage, you are isolated from your usual supports.

1. Have some extra meal options on hand. Make sure you have something that does not require power to heat up.
2. Always have your medicines replaced, so you are not at risk of running out. Speak to your doctor about this.
3. Extra batteries for hearing aids and other devices
4. Personal Care Products – make sure you have extra supplies on hand.
5. Visual Aids – if blind or visually impaired, keep an extra cane by the bed and attach a whistle to it. Remember to exercise caution when moving during or immediately after an emergency, as items in the home may have shifted and paths may have become obstructed. Be sure to include an extra pair of glasses or other necessary visual aids in your emergency kit.

6. If you depend on milk, have some long-life options in the pantry.
7. Have a torch with batteries on hand that is easy to reach.
8. Do you need to consider a pet, and have supplies for them?

*Source: 10 Things to Include in a Senior Emergency Kit - AgingCare.com*

### **Technology that can help**

**Emergency Plus** – free download from Apple and Google Play store. This lists all the emergency numbers you may need.

*Source: [apps.apple.com/au/app/emergency-plus/id691814685](https://apps.apple.com/au/app/emergency-plus/id691814685)*

### **Dialling 112 or 106**

It is important to remember, that even if mobile services are out, you can dial the following numbers from your mobile phone for emergency help.

112 will connect to the 000 emergency services. It does NOT give you priority over other 000 calls.

106 connects to a text-based service for hearing or speech impaired. Please remember, if you have been asked to evacuate, you should, as if you stay, you may be cut off from supports for a few days.

*Source: [triplezero.gov.au/triple-zero/other-emergency-numbers](https://triplezero.gov.au/triple-zero/other-emergency-numbers)*

# YOUR PET FIRST AID GUIDE

In an emergency, calling your vet is essential — but it's not the only thing you can do for your pet. By keeping this guide handy and recognising certain symptoms, you can take simple steps to help save your pet's life.



## 5 TIPS TO HELP SAVE YOUR PET IN AN EMERGENCY

- 1 Call the vet ASAP**  
If your pet is seriously ill or you're ever in any doubt, call the vet before giving first aid.
- 2 Prevent accidents**  
Look for potential hazards in your home and garden, and act to prevent accidents.
- 3 Save this guide onto your device**  
Make sure you have it accessible so you can respond in an emergency.
- 4 Stay safe**  
Check that you won't be putting yourself or others in danger before giving your pet first aid.
- 5 Don't panic**  
Staying calm will help you give your pet the best care in the quickest time.





# WHAT SHOULD YOU HAVE IN YOUR PET FIRST AID KIT?

It's important to have a well-kept first aid kit for your pets in your home, with all the medical necessities they may need in case of an emergency.

To help you prepare, we've created a checklist of supplies you should place in your first aid kit to offer emergency first aid to your pet.

Once your kit is ready, store it in a cool, dry place and ensure everyone in your home knows where it's located.

**Remember that some supplies have use-by dates and can expire after a certain amount of time, so make sure to replace them when needed.**

*This kit is to be used as a short-term measure, in emergency situations only. Animals with any illness or injury must be taken to a vet. Failure to provide necessary vet treatment is against the law.*



## QUICK HEALTH CHECKER

In case of an emergency, you should be able to recognise the important symptoms your pet is showing. Click on the conditions in the left-hand column to learn more.

**Here are eight signs you should look out for:**

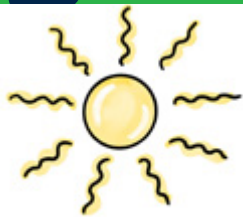


	Paralysis	Convulsions	Vomiting	Gagging	Excessive Salivation	Bleeding	Collapse	Skin Irritation & Excessive Licking
Heat Stroke		🐾	🐾				🐾	
Poisoning	🐾	🐾	🐾	🐾	🐾	🐾	🐾	
Venomous Bites	🐾	🐾	🐾				🐾	
Choking				🐾	🐾		🐾	
Ticks	🐾		🐾				🐾	
Trauma						🐾	🐾	
Seizures		🐾	🐾				🐾	
Grass Seed Wound								🐾

## HEAT STROKE

### What are the signs?

- 🐾 Increased respiration rate
- 🐾 Rapid heart rate
- 🐾 Very red gums
- 🐾 Excessive panting and drooling
- 🐾 Increased temperature
- 🐾 Collapse or weakness
- 🐾 Restlessness



## WHAT SHOULD YOU DO?

- 1 Bring your pet to a cool, shaded area out of the sun or on cool tiles near a fan. An air-conditioned room is ideal.
- 2 Use cool water or wet towels to gently cool their head, body and legs, and offer small amounts of water to drink to help your pet rehydrate. Ensure there's good air flow around your pet.
- 3 Remember to contact your vet immediately, even if the symptoms have subsided.



## VENOMOUS BITES

### What are the signs?



- 🐾 **Insect sting:** Pain at site, swelling around the mouth, face or eyes, lethargy or reluctance to walk, collapse.



- 🐾 **Snake:** Weakness, collapse, shaking, vomiting, blood in urine, dilated pupils and paralysis.



- 🐾 **Redback Spider:** Intense pain at site of bite and sensitivity to touch, muscular weakness, tremors. Cats will salivate excessively.

## WHAT SHOULD YOU DO?

- 1 Immobilise your pet and keep them as still and quiet as possible. You may need to wrap them in a towel, if well tolerated.
- 2 If your pet has been stung by an insect, a cool face cloth might help ease pain at the site of the sting.
- 3 Take your pet to the nearest vet immediately. Anti-venom may be available and can be lifesaving. Identifying what has bitten your pet is crucial.





# Melbourne Cup Day

Our Social Inclusion team, had the pleasure to share and enjoy Melbourne Cup, with the Social Inclusion Coffee & Lunch group and volunteers. It was lovely to see everyone dressed up with their fascinators and Melbourne Cup outfits. There were a few lucky punters on the day and the trivia was a lot of fun; "What a fabulous social outing."

Award for 'Best Male Dressed' wore his bright pink suit, red tie, and an amazing pink hat – showing us all up!

Our 'Best Fascinator Award' went to Pat. Agnes stated that, "Pat was nicely surprised to win best fascinator award. Pat enjoyed watching the race and spending quality time with her friends. Pat has been a Social Inclusion member since 2006 – for the last 17 years!"

2023 was a wonderful year and we welcome more of the same this year. Bring on 2024! To find out more about our upcoming Social Inclusion Services in 2024, please contact us on 9806 5121.



Best Male Dressed recipient with Community Workers Agnes and Jinashish.



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## Bushcare Community Volunteering Call for Extra Helping Hands



Do you have an interest in learning about plants? Want to be part of something that effects real change? Are you looking to make new friends in your local neighbourhood? No time commitment to attend every workday, and all training and equipment are provided.

**Find out how to get involved visit**  
[cityofparramatta.nsw.gov.au/environment/  
city-in-nature/bushland-and-biodiversity/  
bushcare-volunteer](https://cityofparramatta.nsw.gov.au/environment/city-in-nature/bushland-and-biodiversity/bushcare-volunteer)

**If you have any further questions call**  
**98068280**

# Book Club



Over the last two months, the Book Club have read two interesting books. 'The Life to Come' by author Michelle De Krester and 'Still Life' by author Sarah Winman. Incredibly different books, but both transported the readers into the personal lives of their characters. The Book Club members always have quite lively and interesting discussions, where all opinions are heard and celebrated, and a love of reading is shared by all.

Our next two meetings will be on Thursday 29 February 2024 and Thursday 28 March 2024 in Parramatta PHIVE building. We look forward to greeting our returning members and welcoming all newcomers! For more information, please call and ask for Gladys, Mei or Cathy on 9806 5121.

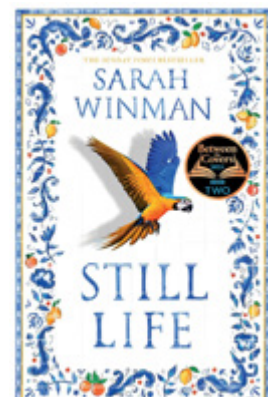
## **The Life to Come by Michelle De Krester**

Set in Australia, France, and Sri Lanka, The Life to Come is about the stories we tell and don't tell ourselves as individuals, as societies, and as nations. Driven by a vivid cast of characters, it explores necessary emigration, the art of fiction, and ethnic and class conflict.



## **Still Life by Sarah Winman**

Tuscany, 1944: As Allied troops advance and bombs fall around deserted villages, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall long-forgotten memories of her own youth. In each other, Ulysses and Evelyn find a kindred spirit amongst the rubble of war-torn Italy and set off on a course of events that will shape Ulysses' life for the next four decades.





# Introducing our Operations Team within Community Care

## Maree



Maree commenced at City of Parramatta in 2013. As the Business Coordinator, she has the privilege of leading the Operations Team, who have been appointed for their expertise, professionalism, and person-centred nature. Together, this

team supports management and Community Workers as they deliver Community Care services to you all.

## Steve



Steve commenced in December 2019. Three months into the role COVID struck and the Community Care team went into lockdown. With Steve on the A-Team, this team of five managed to stay healthy and work continuously on the front line throughout the

pandemic. In his spare time Steve plays guitar, is an avid member of his community and loves the zoo!

## Abood



Abood is our new Engagement Officer who commenced in October. His role is to assist all new participants to connect with Community Care services. He takes all new enquiries from the government portals, manages incoming calls and emails, helps to

complete the necessary paperwork to commence in the services. Abood has been a global resident, living in multiple different countries. He speaks Arabic and understands American television, which is lost on most of us!

## Nicole



Nicole has been with the team since June 2021, joining during the COVID period. Nicole has a knack of controlling chaos, whilst keeping a cool head. In her spare time Nicole loves to spend time with family fishing, including her beloved dog, Arthur.

## Luis



Luis has been with us since November 2022. Luis is also a global resident, growing up in Brazil, South America. Luis speaks Portuguese and in his spare time is a fabulous jazz, ballet, and contemporary dancer.

## Luke



Luke is our newest team member commencing in late November as our Activity Planner. Luke's role is to book all the venues required for our activities and to assist the team in planning the wonderful events Community Care celebrate. Luke's

family hails from Italy, emigrating to Australia in the 1960s/70s, so Luke speaks a little Italian. He is the sole male in a household of three ladies, the youngest under six months old!

## Jane



Jane started in January 2023. Jane was born in Guangdong, China (Canton) and speaks Cantonese and Mandarin, emigrating to Australia in 2003. Jane works Mondays and Fridays in the team. In her spare time Jane loves to dine out with her friends, and she can tell you where the best places to eat are.

## Administration Distribution Team 4 of them

This team looks after all administrative tasks from incoming phone calls, emails, mail outs, sending out invitations, data entry and of course the packing of meals on wheels meals, stocktake and working alongside our volunteers who deliver the meals to you.

# Over 55s Leisure and Learning Service Update

Welcome back and happy 2024 to our regular Over 55s participants, and we look forward to welcoming new participants to our amazing Leisure and Learning activities that we have on offer over the next year.

If your New Years Resolution is based on health and wellbeing or learning a new skill or activity, then please visit our website for a variety of leisure and learning activities. Whether you want to learn how to paint or draw, start yoga, line dance, have a hit of tennis, or even show off your vocal talents in our Choir group, we are certain that we have an activity that you will find interesting.

A New Year is the perfect time to reset and focus on the most important person, YOU, so what are you waiting for? Please check out our current timetable to register for Term 1.





## Friendly reminders for term 1 - 2024

Registrations open from 9am, 15 January 2024 with classes starting from Monday 5 February 2024. It is important to note that Monday and Friday classes in Term 1 are being impacted by Easter Public Holidays. To make up for this, the impacted classes will be extended by 15 minutes on some days – details will appear on the Booking Information and your confirmation email for effected classes.

Term bookings can be made online, over the phone by calling **9806 5050** (select option 2) or in person using the self-serve pods at PHIVE anytime.  
[cityofparramatta.nsw.gov.au/community-care/over-55s-leisure-and-learning](https://cityofparramatta.nsw.gov.au/community-care/over-55s-leisure-and-learning)

Fees for Term 1, as per 2023/2024 Fees and Charges Schedule can be found on the City of Parramatta Council website by searching Fees and Charges.

## Cancellation Policy

**Attendee Cancellations:** City of Parramatta Council cannot accept responsibility for changes to attendees' personal circumstances that prevent attendance. Fees are non-refundable and there are no transfers or refunds if you miss a class. Subject to approval, refunds may be provided for medical reasons or instances of severe hardship and unforeseen circumstance.

**Program Cancellations:** The Community Care Team make every effort to ensure advertised events and classes run. However, we reserve the right to alter the program either before or during the class/event and to cancel any program if insufficient enrolments are received. If the Community Care Over 55s Leisure and Learning Services Team cancels a course, you will be informed, and a refund or alternative solution will be provided.

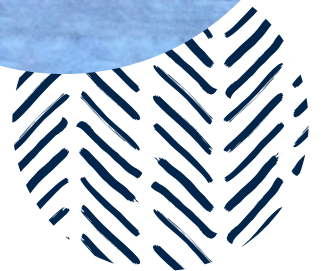


# Active Parramatta Van Programs – Term 1

The Active Parramatta Van is a FREE service operated by the City of Parramatta. Our aim is to make Parramatta a more active, healthy and connected city.

Check out our new suite of online and face to face classes available for Better Ageing (Over 55's) in Term 1 2024: [bit.ly/ActiveParramattaVan](https://bit.ly/ActiveParramattaVan)

**Registrations opened Friday, 2 February 9am 2024.  
With classes starting from Monday 12 February 2024.**



## Active Parramatta Fitness Program

In addition to the Active Parramatta Van's free Better Ageing activities, enjoy a wide range of affordable health and fitness programs delivered by experienced professionals. Enjoy Yoga & Relaxation, Pilates for Beginners, Zumba and much more. Term passes begin from only \$30 per person for online activities and \$60 for onsite offerings. View the full range of activities and register:

[cityofparramatta.co/fitness](https://cityofparramatta.co/fitness)



# | Spotlight - Art Classes

## **Painting for Fun and Advanced Art Class run by David El-Melky on Monday mornings and afternoons.**

Allow us to introduce two very talented participants, Sanny and Alicia.

### **What do you enjoy most about the Art Classes?**

Sanny: "I enjoy (the classes) because the teacher is very good and its very interesting."

### **What inspires you to paint?**

Sanny: "I can relax. After drawing I feel different, more relaxed, and I enjoy the paintings."



*Image: Orange Flowers by Sanny (a beautiful single multi petaled flower, coloured orange on a dark background)*

### **What was the inspiration behind the artwork – Orange Flowers?**

Sanny responded: "In my garden, my husband likes the flowers, and he asked if I could draw them for him, and I said no problem."

### **What can new participants expect when attending art classes?**

Sanny replied: "It's very good and I really enjoy coming here and making good friendships."



*Image: Bird of Paradise by Sanny (green stem, orange, and purple petals in the shape of a bird's head. Painted in watercolour)*

### **Alicia**

Normally Alicia paints and draws portraits. When she saw the beautiful colours available, she was inspired to try her hand at painting something new and different. Below is her painting, yet to be named, of beautiful flowers. Alicia stated that she liked the transparency of the colours."



*Image: White camellias with pink tinged under petals and yellow stamens, on a dark backdrop with green leaves.*



*Photo: Advanced Art Class Group Photo at PHIVE (left to right: Svetlana, Sanny, Monika, Alicia, Tony, David (Tutor), Shudian)*

# City of Parramatta Libraries

## Information and bookings

[cityofparramatta.nsw.gov.au/  
community/library](http://cityofparramatta.nsw.gov.au/community/library)

All events  
are free!



### Knitting & Crochet Club - Constitution Hill Library

Learn how to knit and crochet in a relaxed and friendly environment.

Date: First & third Thursdays- 18 January, 1, 15 February

Time: 10am -11am

**Bookings:** [parra.city/knitcrochet2024](http://parra.city/knitcrochet2024)

### Sewing Machine Workshop: Zipper Purse

Location: Ermington Library & Parramatta Library at PHIVE

Date: Thursday 1 February & Friday 16 February

Time: 10am-12pm

**Bookings required:** [parra.city/zipperpurse2024](http://parra.city/zipperpurse2024)

### Lunar New Year: Chinese Calligraphy at Parramatta Library PHIVE

Date: Saturday 3 February 2024

Time: 10am-1pm

**Bookings not required.**

### Introduction to the Internet (55+ years) at Epping Library

Location: Dundas Library & Epping Library

Date: Friday 9 February & Thursday 8 February

**Bookings:** Phone Dundas 9806 5960, Epping Library 9806 5843

### Meet & Sew Group Meet Up - Parramatta Library at PHIVE

Date: Thursday 8 February 2024

Time: 10am-12pm

**Bookings not required.**



# Home Library Service

The Home Library Service is free for residents of the City of Parramatta who are homebound and unable to visit the library. The service provides a range of library material such as large print books, DVDs, talking books, music CDs and magazines to meet our members' needs.

## Eligibility

### **This service is available to people who are:**

- Unable to visit the library due to poor health or disability
- Frail aged
- Resident in a care facility
- Full time carers
- Residents who require temporary service after serious illness or injury

This service also delivers to local nursing homes, retirement villages and aged care facilities.

Please note: Residents/carers require a doctor's certificate stating causes or reasons why they cannot access their library due to medical conditions or illness.

## **How to apply**

### **To join, there are 2 options**

1. Complete the Online Registration Form and our Home Library Service Officer will contact you, as there are certain criteria required to meet the eligibility.
2. Alternatively, please contact **9806 5150** to enquire further. Please leave a message if you are unable to talk to Home Library Service officer and our staff will return the call.

### **What happens after you apply for membership?**

We will develop a personal profile to help with selection of materials based on what you like to read, watch, and listen to and library staff will select your items and package them up ready to be delivered to your home.

Your library items will be delivered and exchanged on a regular basis, either fortnightly or monthly.



**Ania Moscarelli**  
*Manager*

I love travelling, being out in nature and spending time with friends and family.



**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.



**Abood**

I enjoy traveling, hiking, visiting new places & trying new food.



**Agnes**

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.



**Frances**

I love dancing, music, jogging, and cooking. My family & friends are everything; I value "health is wealth."



**Gladys**

I love walking, exploring new places and spoiling my beautiful grandchild.



**Hong**

I love bushwalking and I enjoy reading and play music with my family.



**Jane**

I enjoy going to concerts and photography. I love going on food adventures with my friends.



**Jinashish**

I love socializing, dining, cricket, walking, reading, and chatting with seniors. I'm passionate about creativity.



**Luis**

I am a book lover who also enjoys listening to people's fascinating stories and supporting them to achieve their best.



**Luke**

I love spending time with my wife and two beautiful daughters. I enjoy going to the gym, sightseeing and the occasional movie.

## CONTACT US

**Community Care Office Hours**  
8.30am – 4.30pm, Monday to Friday  
**Phone:** 9806 5121  
**Facsimile:** 9806 5925  
**Web:** [cityofparramatta.nsw.gov.au](http://cityofparramatta.nsw.gov.au)

### City of Parramatta

126 Church St, Parramatta

### Parramatta Food Services Office

10 Hunter Street, Parramatta

**Phone:** 9806 5121

### Postal Address

City of Parramatta Council,  
PO Box 32, Parramatta NSW 2124



@parracity  
@atparramatta



@cityofparramatta  
@atparramatta



@cityofparramatta  
@atparramatta



**Maree**

I love music, movies, reading and writing. I am the proud mother of two incredible human beings.



**Mei**

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



**Millnard**

I'm a family man and fitness fanatic who loves good food and having fun!



**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.



**Rachel**

I am easy going and fun loving. I love socialising, PC gaming and occasionally play dungeons and dragons.



**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**

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.