

Autumn 2025

# Community Care

*Focusing on your good life*

**03** City of Parramatta  
Senior Citizen of the Year

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Recipe

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.



## Cllr Martin Zaiter

### Lord Mayor

**Welcome to the Autumn edition of City of Parramatta's Community Care Magazine.**

In this edition, find out more about how our community celebrates Easter with great recipes to try and stories about cultural traditions. Get involved with a wide range of Community Care activities on offer.

No matter where you are from or what stage of life you are in, we can all

contribute to our community and make a difference in the lives of others.

I encourage you to reach out and connect with your neighbours, colleagues, friends and family. Deep social connections are proven to have a positive impact on our physical and mental health.

City of Parramatta is a great place to live, work, raise a family and have fun, so make the most of our community and all it has to offer. See you around our City!

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## Gabby Summerhays

### Community Care Manager

**This magazine is a collection of our team's information sharing, both with service updates and how they celebrate some upcoming significant events. I hope that you enjoy these articles – including some recipes that you may want to try!**

We also acknowledge the ongoing conversations around funding changes with Aged Care Services and have put together a summary of key changes for you to learn about. Please be reassured that our services remain the same, and we look forward to continuing the services we offer.

If you have any questions about any of our services, please do not hesitate to contact one of our friendly staff members on **02 9806 5121**.



# City of Parramatta 2025 Senior Citizen - WINNER

**Congratulations to Philip Marsh, one of Community Care's highly committed members of the Volunteer Team who was awarded City of Parramatta's Senior Citizen of the Year - 2025.**

Over the past seven years, Phillip has distinguished himself as an outstanding volunteer in the role of Meals on Wheels driver, and a Recreation Support Volunteer with Social Inclusion. His friendly attitude and genuine compassion have gained the admiration of both staff and fellow volunteers.

His readiness to exceed expectations, coupled with his flexibility and respectful personality, leaves a lasting impact.

In a published Volunteer Newsletter, Phillip was asked what motivated and inspired him to continue to engage in volunteering. His response, "It is rewarding to know you helped people that can't get out and the appreciation they convey lifts you."



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## Parramatta Food Services - Meals on Wheels

**If you require assistance with meals, be it for a short-term or ongoing, we can assist you.**

City of Parramatta's Meals on Wheels Service is available for eligible people who are unable to shop or prepare meals for themselves.

Nutritious meals are delivered weekly by our friendly Volunteers – an opportunity to have someone say hello as well. We have a wide range of meals, soups and desserts on offer that support most dietary requirements and tastes.

Eligibility includes the following:

- Aged 65 years and over, or 50 years if Aboriginal, Torrens Strait Islander and registered with My Aged Care. You will require a referral code for Meals. To do this, please call My Aged Care on **1800 200 422** and ask to speak with an assessor.
- Aged 18-65 and receiving NDIS "Core Support" funding.

If you have any questions about the service, please call Community Care on **9806 5121** and ask to speak with Millnard, our Food Services Coordinator.

# Upcoming Aged Care Funding Changes

**Some of you may have heard of changes that the Federal Government Department of Health and Aged Care funded services are making.**

From 1 July 2025, a new Aged Care Act will take place for all aged care services. It is a new law to protect the rights of older people who use aged care services.

This will set out some rules for providers, such as us, to make sure we are providing services correctly, and people receiving them know their rights to services. Please be reassured that our services continue to support you throughout changes. In addition to the new Aged Care Act, we have a summary of some main changes for you below.

## Home Care Packages to become Support at Home

The new Support at Home program will replace Home Care Packages (HCP) from 1 July 2025. Home care recipients and people on the National Priority System waiting for a Home Care Package will automatically transition to Support at Home from 1 July 2025. They will not need to be re-assessed for Support at Home.

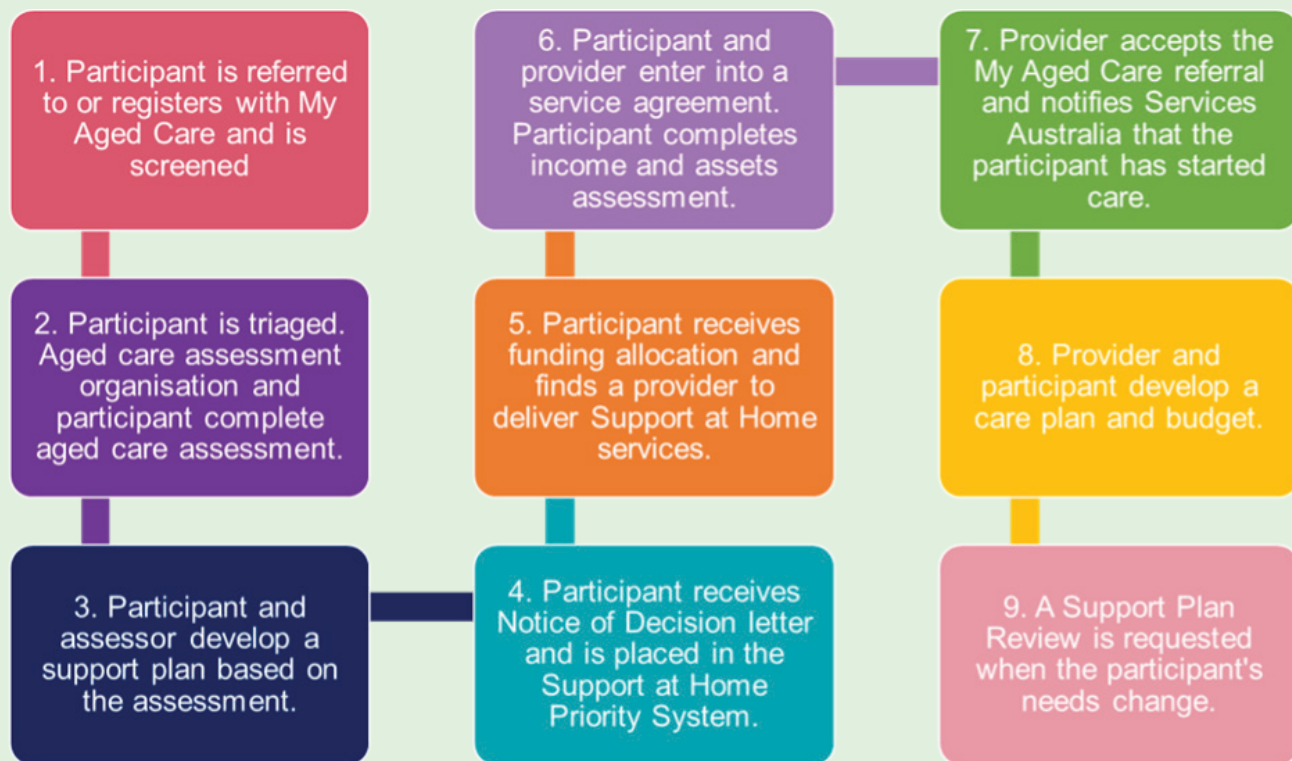
If you are on a Home Care Package, your funding will be the same on Support at Home. Those on the National Priority System will have Support at Home funding the same as the Home Care Package level they have been approved for, once Support at Home funding becomes available. Home care recipients can keep their current service provider and continue to access services and supports.

One major change to your funding is that it will move to a quarterly budget – this means the amount you receive in a year will be divided into 4 equal budgets that each cover 3 months of the year.

For more information about these changes visit <https://www.health.gov.au/sites/default/files/2025-02/support-at-home-program-frequently-asked-questions-february-2025.pdf>

In addition, the diagram on the right outlines the step-by-step process for a participant to begin receiving Support at Home services.





## Commonwealth Home Support Program (CHSP)

The Commonwealth Home Support Program (CHSP) will transition to Support at Home no earlier than 1 July 2027. This means that if you are receiving CHSP support from us, this will not change for now.

Under the current CHSP, people may be receiving what is called Social Support, Meals (Meals on Wheels or

Let's Dine Out) or Home Maintenance (CALM lawn mowing service).

You may notice a name change to these services. We have broken it down for you on the table below:

Current Service Name - Up to 30 June 2025	New Service Name - From 1 July 2025
Home Maintenance	Home maintenance and repairs
Meals	Meal delivery
Social Support - Individual	Individual social support

If you wish to keep up to date with these changes visit <https://www.health.gov.au/our-work/chsp/reforms#aged-care-reforms>.

If you have any questions please don't hesitate to speak with a Coordinator, Team Leader or Manager by calling **9806 5121** or sending an email to [communitycareadmin@cityofparramatta.nsw.gov.au](mailto:communitycareadmin@cityofparramatta.nsw.gov.au)

# Easter Traditions in Brazil: A Blend of Faith and Flavour

**My name is Luis, and I am the Administration Distribution Officer with Community Care. I grew up in Brazil, in the city of São José do Rio Preto, São Paulo, and I would like to share with you all my memories of Easter celebrations in Brazil.**

Easter in Brazil is a vibrant celebration filled with faith, family, and delicious traditions. As a mainly Catholic country, Holy Week (the week before Easter) is met with processions, church services, and reenactments of the Passion of Christ.

One of the most beloved Easter traditions is the exchange of large, beautifully wrapped chocolate eggs.

These eggs, often filled with treats or toys, are a symbol of love and friendship, making them a highlight of the season. Supermarkets and chocolatiers fill their shelves with endless varieties, turning Easter egg shopping into a festive event.

Food also plays a main role, with "bacalhau" (salted codfish) being a star dish. Families gather to share recipes like "Bacalhau à Brás" or baked cod with potatoes, onions, and olives. This tradition, brought by Portuguese settlers, remains a cherished part of the Easter feast.

In Brazil, Easter is more than a holiday — it's a time to celebrate life, togetherness, and the country's rich cultural heritage.







### Luis' Tip

Serve with white rice and a crisp green salad for a complete Easter feast!

## Luis' Bacalhoadada (Brazilian Baked Codfish)

### Ingredients:

- 800g salted codfish (desalted and flaked)
- 4 large potatoes, sliced and boiled
- 2 onions, thinly sliced
- 1 red bell pepper (capsicum), sliced
- 1 yellow bell pepper (capsicum), sliced
- 3 tomatoes, sliced
- 3 cloves garlic, minced
- 1/2 cup black olives (pitted)
- 3 boiled eggs, sliced
- Olive oil (plenty!)
- Fresh parsley, chopped (for garnish)
- Salt and black pepper (to taste)

### Instructions:

#### 1. Prepare the Codfish

Soak the salted cod in water for 24 hours, changing the water 2–3 times to remove excess salt. Drain, then boil for 10 minutes, drain again, and flake the fish into chunks.

#### 2. Assemble the Dish

In a large baking dish, layer the ingredients: start with potatoes, followed by codfish, onions, bell peppers, tomatoes, garlic, and olives. Repeat until all ingredients are used.

#### 3. Season and Bake

Drizzle a generous amount of olive oil over everything. Season with salt and pepper (taste carefully, as the cod may still be slightly salty). Cover with foil and bake at 180°C (350°F) for 30 minutes. Remove the foil and bake for another 10–15 minutes, until golden and fragrant.

#### 4. Finish and Serve:

Top with boiled eggs and sprinkle with fresh parsley before serving.



# Celebrating Easter in Mauritius

**My Name is Rosemay, and I am the Volunteer Coordinator for Community Care. I grew up in Mauritius, and I would like to share with you my experiences of Easter celebrations there.**

Like Australia, the long Easter weekend provides an opportune time for families to enjoy Easter.

Easter in Mauritius is celebrated with religious services, delicious family meals and special festivities. The island itself is beautified with decorations symbolising the joy of the resurrection. Colourful flowers, crosses and colourful eggs decorate churches and homes.

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During the final week before Easter Sunday, ceremonies are held in Churches that will finish on Easter night when fire and water are blessed as part of a ritual.

On Easter Sunday, following mass at church, children will go on an Easter egg hunt with great excitement while families cook special dishes such as lamb briani (spicy rice with lamb) duck Salmi,

Fish vindaloo and chilli cakes which are common menu items to "break the fast".

Following this food preparation, the families will drive or catch public transport to the closest beach to set up a picnic spot where they will spend all day eating their special food, storytelling, easter egg hunting and singing and laughing.

Mauritius has stunning coastlines and a tropical climate which favours beach picnics. On Easter Sunday, one can expect to hear lively music with the delicious smell of food and this can go on well into the evening.

Cultural Easter festivals are also organised throughout the island during the Easter weekend where local communities will hold parades, music concerts and dance performances with street food stalls for all to enjoy.

Easter in Mauritius is a joyful time of celebration and festivities for families and for Christian communities to renew their faith and connect with others.



# Discover your upside of ageing in NSW Seniors Month



**LiveUp is a free online healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay independent and socially connected as you get older.**

The LiveUp website has many valuable resources, helpful product suggestions, and a list of local activities and groups that can support you to age your way and continue doing the things you love.

Research shows that daily lifestyle choices can determine 75% of how you age. Using assistive products can help you maintain and even regain control over how you live your life by making everyday tasks around the home easier.

The assistive products guide, Making Choices, Finding Solutions, was created by occupational therapists to help you find and choose low-cost products and basic home modifications, or get advice and suggestions for when you are out and about.

You can find Making Choices, Finding Solutions at <https://www.liveup.org.au/assistive-products> The information is available in 15 languages.

For many older people, it is important that they stay independent and stay at home for as long as possible. In fact, as we age, losing our independence is what we fear the most. LiveUp will help you change the way you think about ageing, so you can live happier and healthier for longer.

If you would prefer to speak to someone over the phone, LiveUp offers a free and confidential Navigation service to help you understand and explore your healthy ageing options; just call **1800 951 971**.

Find out more and learn what you can do when you LiveUp at [www.liveup.org.au](http://www.liveup.org.au).

 [facebook.com/LiveUpAus](https://facebook.com/LiveUpAus)

 [instagram.com/liveupaus](https://instagram.com/liveupaus)



# If you're caring for a family member or friend, Carer Gateway can support you!

## What is Carer Gateway?

Carer Gateway is the Australian Government's national carer hub providing reliable services, supports and advice specifically for carers.

## What is a Carer?

Carers are people who care for a family member or friend with a disability, a medical condition, a long-term health condition, mental illness, a terminal illness, an alcohol or drug problem, dementia or who are frail due to age, and who need help with their day-to-day living. Carers can be any age.

## What services can Carers access online?

The following services are free:

- Digital counselling
- Online peer support community forum
- Online self-guided coaching
- Online carer skills course

**Carer Gateway website:**

**[www.carergateway.gov.au](http://www.carergateway.gov.au)**

## What services can carers access through the Carer Gateway Service Provider?

### Emergency Respite

If you experience an urgent, unplanned event, that temporarily restricts your ability to care for your loved one, we can organise emergency respite care at home, for the person you care for.

### Tailored Support Packages

You can have a greater say and more control over the type of support provided for you and for the person(s) you care for, through the Tailored Support Packages.

### In-Person and Face-to-Face Peer Support

You can connect with people in similar circumstances and decrease carer strain through connection and shared experiences.

### In-Person, Online and Telephone Counselling

If you are feeling stressed, anxious, or depressed, you can access free short-term counselling services with a qualified counsellor.

### In Person, Online or by Telephone Facilitated Coaching

You can improve your skills and resilience needed for your caring role or make positive changes to improve your own health and wellbeing, through this free psycho-educational Coaching service.

### Young Carers

The Carer Gateway Young Carer's Program aims to support Young Carers to develop new skills and strengths while continuing their education. We can do this by applying for practical supports, paying for tutoring or driving lessons, and more.

**For more information or to register contact**

# 1800 422 737

**Monday – Friday 8am – 6pm**





# National Disability Insurance Scheme (NDIS) – Quality Service Provision

The provision of quality service isn't only by the registration status of a provider, as both registered and unregistered providers can play an important role depending on a person's needs and plan type.

There are steps that can assist you in ensuring you are receiving quality supports that are safe, participant focused and aligned with the NDIS guidelines, these include the following.

## 1. Choose the Right Provider for You

- **Check Credentials:** Confirm if the provider is registered with the NDIS (especially if your plan is NDIA-managed) and review their certifications.
- **Research Reviews:** Look for recommendations and feedback of providers to understand their reliability and service quality.
- **Provider Can Support Your Goals:** Ensure the provider's approach and services match your NDIS plan goals.

## 2. Understand Your Rights and Responsibilities

- Familiarise yourself with the **NDIS Code of Conduct** for providers here: <https://www.ndiscommission.gov.au/rules-and-standards/ndis-code-conduct> This outlines the NDIA's rules for safe, ethical, and participant-centred support.
- Know that you have the right to speak up if something doesn't feel right or doesn't meet your needs.

## 3. Develop Clear Agreements

- Sign a **Service Agreement** with your provider, which should set out the services you'll receive, pricing, and cancellation policies.

- Clearly outline expectations, ensuring the services are tailored to your individual requirements.

## 4. Communicate Openly

- Regularly discuss your needs, preferences, and any adjustments required with your provider.
- Conversations also make sure that your support is focussing on your goals and needs.

## 5. Monitor and Evaluate

- Frequently think about the services you're receiving. Are they helping you achieve your goals? Are you satisfied with the quality and safety?
- Provide feedback to the provider about what's working well and what could improve.

## 6. Use NDIS Commission's Support

- The **NDIS Quality and Safeguards Commission** is there to regulate providers and uphold safety and quality standards. If you have concerns, you can lodge complaints with them.

*City of Parramatta is a registered National Disability Insurance Scheme Provider Number 4050004135.*

# | National NAIDOC week

**NAIDOC Week is an annual event in Australia and this year it will be celebrated from 6 – 13 July.**

The theme is "The Next Generation: Strength, Vision & Legacy" and marks a powerful milestone: 50 years of honouring and elevating Indigenous voices, culture, and resilience.

The NAIDOC acronym stands for the National Aborigines and Islanders Day Observance Committee and the origins trace back to the 1920s, during the struggle for improved living conditions and rights for Aboriginal and Torres Strait Islander communities. In 1955, the observance was extended to a week-long celebration in July. Throughout this week, various activities are organised across

Australia to honour and acknowledge the history, culture, and accomplishments of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week serves as a valuable opportunity for all Australians to engage with First Nations cultures and histories, as well as to partake in the celebration of the world's oldest, continuous living cultures.

In Parramatta, a celebration called Warami (pronounced Wuh-rah-mee) brings together events and activities celebrating traditional and contemporary First Nations culture in the City of Parramatta including National Sorry Day on 26 May and Burramatta NAIDOC on Saturday 12 July.

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## | Parramatta Active Van

**Looking for free community-based fitness programs in your local area? The Active Parramatta Van is a free mobile service provided by the City of Parramatta.**

We offer a range of Better Ageing Over 55's fitness classes over an 8-week term, available online and in person across the Parramatta LGA. Classes include **Mobility Flow, Gentle Exercise, Cardio Fit** and **Strength for Life**.

To view our term schedule, find the best class for you and register visit: <https://www.cityofparramatta.nsw.gov.au/recreation/active-parramatta/active-parramatta-van>

For more information or questions, please contact us at [apvan@cityofparramatta.nsw.gov.au](mailto:apvan@cityofparramatta.nsw.gov.au)



# Last Thursday Book Club

If you love to read and enjoy a good debate over the plot and characters, then this group is for you.

We welcomed the year discussing **The Bandit Queens**, by Parini Shroff. Nominated as Readers' Favorite Debut Novel in 2023 by Goodreads, the story focuses on Greeta, the self-made widow of the village. The town gossip is she murdered her cheating husband, and now she has the perfect life – she has the respect of all the women in town. When Greeta is approached to help others in ridding them of their own husbands, Greeta is caught .... the truth is, she is living a lie. This made for a riveting conversation about the plot!

Our next two books were more along the 'who done it' theme. **Darling Girls**, by Sally Hepworth, and **We Solve Murders** by Richard Osman. The group love a good murder mystery, and the conversations were very lively!



We meet on the last Thursday of each month at Parramatta PHIVE from 10.30am - 12.00pm. If you would like more information on joining this group, please call the office on **9806 5121**. Next few dates are **Thursday 24 April, Thursday 29 May** and **Thursday 26 June**.

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# Family Movie Nights

Join us at your local park in Parramatta from 11 – 27 April for a **FREE** and fun night out under the stars!

Get ready to watch your favourite blockbusters on a pop up cinema screen and enjoy family-friendly entertainment, kids workshops, live music, food stalls and so much more. For more information visit <https://atparramatta.com/family-movie-nights>



Silverwater  
Outdoor Cinema





# New Year Challenges

## *Wanting a little kickstart to start the year ?*

Try these simple challenges for 8 weeks and notice the improvement in your physical and mental health.

### Squat Challenge

Squats are a simple way to increase your fitness level, muscular endurance and lower body strength.

How to: Perform 2 sets of 10 squats a day (or sit to stands), at least 3 times a week.



### Push Up Challenge

Push ups increase your upper body strength and help you engage your core better, assisting you in performing many day-to-day tasks, such as playing with the kids.

How to: Perform 2 set of 10 push ups a day (on knees or against a table/wall), at least 3 times a week.



### Water Challenge

Our body needs water to maintain its basic functions and health. Hydrating throughout the day is going to help your brain, joints and muscles to function at their best.

How to: Drink 2L of water throughout the day, daily.



### Deep Breathing Challenge

Deep breathing is proven to decrease stress and anxiety and can also bring physical benefits like reducing chronic pain and lowering blood pressure.

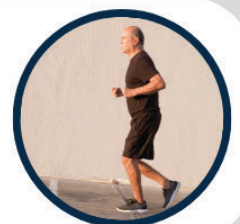
How to: Sit in a quiet room in a comfortable position and breathe deep into your belly through your nose and out through your mouth for 2 minutes daily.



### Steps Challenge

Walking is the easiest way to stay healthy and only requires a safe place to walk and some motivation to go out there! Walking 8,000 steps a day is proven to be beneficial for your heart health and can even improve your mood.

How to: Take 8,000 steps daily.





Experience fitness  
with a difference  
at the Parramatta  
Aquatic Centre  
(PAC).

# Join the PAC Seniors Program

**The PAC is proud to support local seniors to be more active and connected within their local community. See below for a range of offerings available to seniors living in the Parramatta LGA.**

Be a part of an inclusive and welcoming environment, where we believe that age is just a number! Staying physically active, mentally engaged, and socially connected with regular exercise. The PAC Seniors programs enable our community to stay healthy, independent, and empowered.

As we age, physical activity becomes increasingly vital, helping to maintain strength, flexibility, and balance while reducing the risk of chronic conditions such as heart disease, diabetes, and osteoporosis. Moreover, exercise is a fantastic way to stay socially connected, fostering friendships and a sense of community.

Our programs offer a variety of fitness options tailored to your needs and

preferences. All classes below are included in PAC memberships or available to try for a casual entry fee. Classes include:

- Aqua Aerobics (shallow and deep options available)
- Gentle Exercise
- Strength, Stretch and Balance

We encourage seniors to branch out and try out other classes outside of the seniors program, such as yoga, Pilates, Zumba and more. All classes cater to a variety of fitness and experience levels, so have a go! All PAC Senior Members are also invited to join our NEW PAC Seniors Club. This is a great way to expand your social network, meet other locals, share a coffee/tea and get the most out of your time with the PAC.

Visit the link to learn more!

**[www.cityofparramatta.nsw.gov.au/the-pac/pac-seniors](http://www.cityofparramatta.nsw.gov.au/the-pac/pac-seniors)**



# AUTUMN SCHOOL HOLIDAY FUN AT RIVERSIDE THEATRES



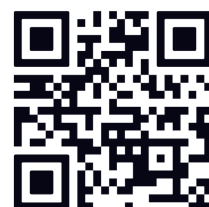
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SCIENCE EXPERIMENT

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RIVERSIDE





# What's On in The Library

## Retiree Meetup

Join us for our Retiree Meetup, where you can connect with others, share your experiences, and participate in engaging activities designed just for you.

**Location** PHIVE, 5 Parramatta Square  
IDEAS Lounge, Level 1

**Date** Thursdays 24 April and 22 May  
**Time** 10am – 12pm

## Introduction to Family History

This presentation will highlight the library's resources and research materials, providing participants with the chance to start tracing their ancestry and building a family tree. Attendees will explore a wealth of information, including birth records, census data, obituaries, and much more.

**Location** Dundas Library

**Date** Monday 28 April

**Time** 10:30am – 11:30am

**Bookings** <https://parra.city/familyhistorydundas>

## Unearthed: Stories Dug Out of Parramatta

Explore and share stories that have been unearthed in Parramatta's CBD. From digging up the ground to find archaeological remnants of the past, to laying new foundations and building new developments.

**Location** PHIVE, 5 Parramatta Square

**Date** Friday 21 May

**Time** 11:00am – 12:30pm

**Bookings** <https://parra.city/unearthedparramatta>

## Collection Conversation with Powerhouse Volunteers

Join us at Parramatta Library for our monthly sessions featuring volunteers from the Powerhouse Museum. We'll explore "Remembrance" on 24 April, and "Messages Through Time" on 22 May.

**Location** PHIVE, 5 Parramatta Square

**Dates** Thursdays 24 April & 22 May

**Time** 11:00am – 12:00pm

**Bookings** <https://parra.city/powerhouseconversations>

# Join us for ANZAC Day

Join us in honouring the courage and sacrifice of all Australian servicemen and women, past and present, this ANZAC Day.

Commemorate alongside your community at a Dawn Service hosted by our local Epping or City of Parramatta RSL sub-Branched on **Friday 25 April**. Head to [www.cityofparramatta.nsw.gov.au/anzacday](http://www.cityofparramatta.nsw.gov.au/anzacday) for more details.

Lest we forget.



**Did you know:** ANZAC is the acronym formed from the initial letters of the Australian and New Zealand Army Corps. This was the formation in which Australian and New Zealand soldiers in Egypt were grouped before the landing on Gallipoli in April 1915. The acronym was first written as "A & NZ Army Corps". However, clerks in the corps headquarters soon shortened it to ANZAC as a convenient telegraphic code name for addressing telegram messages.

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

Visit [donotcall.gov.au](http://donotcall.gov.au) or call 1300 792 958.



## Elder Abuse Hotline

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.





# Recipe: Ruth's Family ANZAC Biscuits

Ruth is the Finance Officer in Community Care and is sharing with you her favourite ANZAC Biscuit Recipe. Ruth shares that this recipe belonged to her grandma, her mother and grandmother before her, so has been around for a long time and is treasured by family and friends alike.



## Ruth's Family ANZAC Biscuits

This recipe below will make about 12 – 14 biscuits, and if you want more, you can double the recipe.

### Ingredients

- 1 cup Whole rolled oats
- 1 cup Plain flour
- 1 cup Desiccated coconut
- ½ cup Brown sugar
- 2 tbsp Golden syrup
- 150gm Salted butter
- 1 tsp Bicarb soda (carb soda)
- 2 tbsp Boiling water (just boiled)

### Method

1. Pre-heat oven to 160C degrees fan forced, or 180C degrees no fan.
2. In a large bowl put the oats, flour, sugar and coconut and mix well.
3. In a medium sized saucepan melt the butter and golden syrup together until the butter is slowly bubbling and transparent. Turn off the heat.
4. Quickly but carefully, dissolve the bicarb soda in the just boiled water then pour immediately into the butter and golden syrup mixture. The reaction with the bicarb will make the mixture bubble. Straight away pour the mixture (butter, golden syrup and bicarb) into the bowl with the dry ingredients (oats, flour, coconut and sugar) and mix well with a wooden spoon.
5. Roll into balls (golf ball size) and squeeze firmly so that they don't fall apart. Put them onto buttered baking tray. Space 10cm apart. You will need plenty of room because they will expand quite a lot. Now use a fork to squash them down.
6. Put the baking trays in the oven. They should take about 15 minutes depending on your oven. Make sure they start to go brown around the edges before you take them out as this gives them the lovely flavour.
7. Put them on to a cooling tray straight away and try to resist eating them until they are completely cooled down! Then enjoy!





**Gabby Summerhays**  
*Manager*

I love to cook and share meals with others, spend time with my family and enjoy the outdoors.



**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.



**Cara**

Give me a good coffee, anything Disney and some quality time laughing with my family and friends and I am one happy lady!



**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 three gorgeous granddaughters.



**Hong**

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



**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

**Email:** [communitycareadmin@cityofparramatta.nsw.gov.au](mailto:communitycareadmin@cityofparramatta.nsw.gov.au)

### City of Parramatta

9 Wentworth Street, Parramatta  
**Parramatta Food Services Office**

10 Hunter Street, Parramatta

**Phone:** 9806 5121

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

### Postal Address

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



City of Parramatta  
Where It's At Parramatta



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**Maree**

I love hiking and travelling. Combine the two and I am very happy!



**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!



**Rachel**

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



**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**

I love chilli! I love company – my passion is entertaining my family and friends.



**Viktor**

I enjoy going to the gym, listening to music and watching films in my spare time.



Australian Government  
Department of Health and Aged Care



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.