



**OCTOBER - DECEMBER 2020**



**Greetings of cheer to all our  
valued clients and volunteers!  
Wishing you all a happy  
Christmas and New Year!**

**CHRISTMAS  
CLOSURE  
Closing 5pm  
24th December  
Reopening 9am  
4th January 2021**

### **Mobile Tablets Enable Video Calls with the Elderly**

Val Mann, coordinator for the Community Visitors Scheme (CVS), has made good use of the recent Government initiative to procure mobile tablets for our CVS clients and their volunteer visitors. Val was assisted by our volunteer Liz Naveau (pictured below) to set up the Tablets with the appropriate software and mobile data, and then to train both the CVS clients and their volunteer visitors. Thanks to Tina Nash of Neighbourhood Central for her help, and to Ashley Ryan who was doing work placement with us at the time. The Tablets will allow video chatting, voice calls and text messaging at a time when visiting in person has been compromised by the COVID-19 restrictions.



***Our offices are open with COVID safe practices in place: sanitise, register, social distance.***



## Community Visitors Scheme



Pictured left: Val Mann, coordinator of the Community Visitors Scheme (CVS) showing client Voila how to use the Tablet.

A total of 35 Tablets were supplied for our CVS clients in Parkes, Forbes, Orange and Bathurst. Val gives ongoing instructions on how to use the devices to make and receive video calls with their volunteer visitors. Kudos to Val and Liz for a job well done!

## Palliative Care



Carly Fisher, a highly qualified Psychologist (BAppPsych; BSciPsych (Hons); MBA. Psychologist & Business Consultant), conducted a Self-Care Seminar, free of charge, at the October meeting at Neighbourhood Central in Parkes. The topic centred around areas of self-care for volunteers, especially in these times. The volunteers discussed their relevance during COVID-19. Many volunteers were feeling that they weren't really essential given that they couldn't make personal visits to clients or have meetings with clinical staff. Online access was a possibility, such as video conferencing, however, for some it was a poor substitute for face-to-face visits and sitting with someone who was dying. Other topics included keeping a work/life balance, being self-compassionate and regularly practising self-care. Carly was empathetic, compassionate, intuitive and practical. Volunteers commented that they all felt better after the Seminar. Thank you Carly!



## Drought Response Officer

### Farewell Roger Kitson

Roger's position with Neighbourhood Central as the Parkes Shire's Drought Response Officer has sadly come to an end. Roger brought farmers together, allowing them to share experiences and discuss each other's physical, mental and emotional journey through the drought. Farmers were enabled to feel a sense of community and they were (as we at Neighbourhood Central were) very appreciative of his humanity and true concern for the land and the landowner. We wish him well in his new role as the Bushfire Recovery and Resilience Officer at Esk in his home state of Queensland.



### Farming information packs

To provide future drought preparedness for Parkes Shire, the Drought Response Officer collaborated with *Carbon8* to provide sustainable and regenerative farming information packs. The packs, which are free for farmers, contain information on future drought preparedness, and on increasing productivity and profit margins by reducing input cost and carbon sequestration. The Parkes Shire libraries will also receive their own set of books to use as a community resource. Further information on the distribution of these book packs will be promoted soon.

**YOU ARE INVITED**  
TAKE HOPE, FOR THE EARTH'S ABILITY TO RESTORE AND REGENERATE HAS BEEN VASTLY UNDERESTIMATED.

**TO** CARBON8 ONLINE CAMPFIRE FILM FESTIVAL

**ON** FIRE KICKS OFF ON FRIDAY 2ND OCTOBER 2020 EVERY FRIDAY UNTIL WE RUN OUT OF REGENERATIVE FILMS

**AT** ONLINE - [HTTPS://CARBON8FILMFESTIVAL.EVENTBRITE.COM.AU](https://carbon8filmfestival.eventbrite.com.au)

**P.S.** ARE YOU A FARMER? YOU CAN PARTICIPATE ON OUR CARBON8 WEBSITE : [WWW.CARBON8.ORG.AU/FARMERS/](http://WWW.CARBON8.ORG.AU/FARMERS/)

CHECK OUT PARKES SHIRE COUNCIL FB PAGE FOR MORE INFO.  
WE WOULD LIKE TO THANK ALL OUR DONORS, SPONSOR AND PARTNERS FOR THEIR CONTINUED SUPPORT.

Australian Government  
Carbon eight  
PARKES SHIRE COUNCIL  
Neighbourhood CENTRAL

### Resilience in the face of drought, bush fires and Covid-19 art competition

Often, in times of crisis, the youth in our communities can be overlooked, so Roger recently facilitated an art competition for the youth of the Parkes Shire to express their emotional response and personal stories regarding hardship that not only focused on mental health concerns, but also provided a safe and constructive platform for them to be involved in this wider conversation.

Over 130 entries were received in a range of categories including songwriting, poetry, photography, drawing and painting. A micro documentary and an online showcase event, displaying the artists, their work and the inspiration behind their artwork will be held in November. Interviews have been conducted with the entrants and their parents to capture these incredible stories. The personal growth shown by the children by expressing themselves through art and experiencing a high level, almost Hollywood style of production was an experience they will never forget. The feedback from parents was extremely positive and their comments touched the hearts of the facilitators, Sean Cassidy and Kerrie Peden, and the Drought Response Officer.



# Resilience in the face of hardship

Good feedback was had from teachers about the importance of providing students with the opportunity to discuss and express the theme of hardship and resilience. "It was a worthwhile project, and so good to see the great effort put into it by all," Roger said. Right: Roger with Sean Cassidy. Below right Kerrie Peden with two entrants, and an example of the many and excellent submissions.

Photo credit The Parkes Phoenix

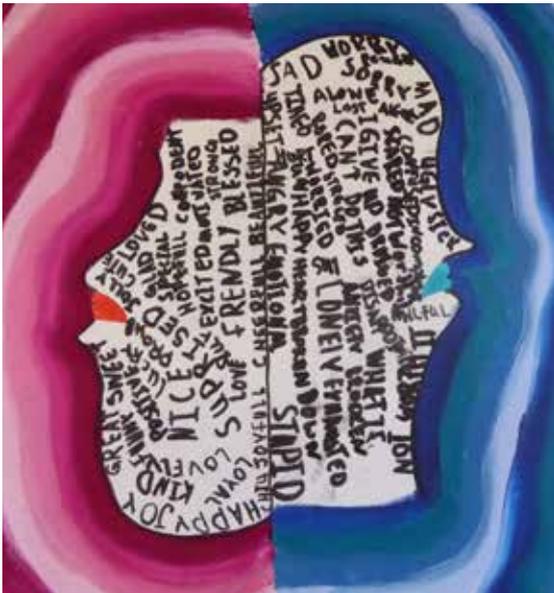


Photo credit The Parkes Phoenix





## Aboriginal Project Officer

For all enquiries contact 6869 1037

**Neighbourhood CENTRAL**  
People our Passion – Service our Strength

87 Caswell Street - Peak Hill

Covid-19 measures still remain in place. All persons entering the hub must sanitise their hands on arrival, sign in and obey the social distancing signage. Anyone sick is asked to stay at home until they are feeling well.

**We're Back!**

**TUESDAY**  
**HOMWORK CENTRE**  
Peak Hill Homework centre operates at the hub Every Tuesday during school term from 3pm - 4.30pm for students Year 6 - 12. Offering homework support, excursions, free internet access, and group activities. Light refreshments provided for afternoon tea. Returning 27th October

**WEDNESDAY**  
**WOMENS & BUB'S GROUP & GIRLS YOUTH GROUP**  
Womens and Bubs 11am - 1pm  
Girls youth group 3pm - 4.30pm  
Providing support and encouragement for women and girls whilst being involved in workshops, outings, activities arts and crafts, cooking and more. Womens group returns 14th October, Girls group returns 28th October

**THURSDAY**  
**BOYS YOUTH GROUP**  
3pm - 4.30pm  
A fun and safe place for boys to come together, play sports, get involved in workshops and activities. Developing a sense of community and participation, while making new friends.  
Returns 29th October

**FRIDAY**  
**PEAK HILL COMMUNITY LUNCHEON**  
Eligible clients receive a subsidised meal every Friday at the Peak Hill Ex Services Club and can enjoy a game of bingo. Transport to this event is available by calling Neighbourhood Central Community Transport. 0268 623757

**The Hub**

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Aboriginal Affairs NSW (AANSW) in Dubbo generously donated sixteen COVID Care packages to Elders in Peak Hill who receive homecare services from Neighbourhood Central. The packages contained essential items such as Glen 20 disinfectant spray, masks, gloves, Dettol handwash and hand sanitizer, tissues and a complimentary coffee mug. The packages were delivered to the Elders by Peak Hill staff. The Elders were delighted and very grateful. AANSW has supported the Aboriginal Project Officer's role over the past nine years by providing funding opportunities to hold cultural events such as NAIDOC week and other Aboriginal programs throughout the Parkes Shire.



### The Peak Hill Hub to resume its regular services

- Tuesday: Homework Centre, from 27 October
  - Wednesday: Women and Bubs Group, from 14 October
  - Wednesday: Girls Youth Group, from 28 October
  - Thursday: Boys Youth Group, from 29 October
  - Friday: Peak Hill Community Luncheon.
- COVID-19 measures in place. All enquiries 02 6869 1037

### Parkes Homework Centre is back

The homework centre at Neighbourhood Central premises in Currajong Street will re-open on 26th October, from 3-5 pm with afternoon tea provided. The homework centre is open for youth between 12 and 18 years old. Spaces are limited, so please call 02 6862 3757 to book in and secure a place.

### Outreach Eye Clinics

Neighbourhood Central's outreach eye clinics for Parkes and Peak Hill have recommenced. To book for your free eye health check contact Aboriginal Project Officer Amanda at Neighbourhood Central on 02 6862 3747 or 0491 477 207.

We are grateful to Eyewear Specs from Forbes for providing this valuable service.



## New Staff

Visitors to our Parkes office will now be greeted by Emily at the front desk. Emily is with us for twelve months to complete a traineeship. A new initiative called Project Sprouts is being coordinated by Fiona. And clients will also have noticed a few new support workers. These are Allana and Cheryl in Parkes, and Sjante in Forbes.



### **Emily Harper:**

I am originally from the Wollondilly Shire in NSW. I moved to Trundle when I was 12 and studied at Trundle Central School from 2014 to 2019. I recently started at Neighbourhood Central as a Receptionist for a 12-month traineeship whilst studying a certificate III Business Administration at TAFE. I enjoy reading, music, photography, art and travelling. I look forward to my time with Neighbourhood Central and getting to know the clients.



### **Fiona Francis:**

I first moved to Parkes in 2005 to take up a job as a road designer at Roads and Maritime Services. I am now excited to transfer my project management skills into Project Sprouts: a community-led initiative supported by Neighbourhood Central. We love living in Parkes and enjoy being part of the community. Our three daughters will all be at school next year. We enjoy getting out on adventures together as a family as much as we can.



### **Allana Matherson:**

My name is Allana. I grew up in Sydney and Cowra. I moved to Parkes about two years ago with my children and we ran a motel for 12 months, which was an adventure.

I now enjoy working at Neighbourhood Central with all my lovely clients and colleagues, and I look forward to seeing them each week.



### **Cheryl Tapsell:**

I grew up in the Trundle district, on a farm between Trundle and Tullamore at Kadungle. I completed my secondary schooling at Forbes before going to Sydney to start my training as a Registered Nurse. I lived in various cities here and overseas before coming back to Parkes 17 years ago. I now work at Neighbourhood Central and enjoy the interactions with clients and colleagues.



**Sjante Dippenaar:** My name is pronounced 'Shontay'. I'm originally from South Africa (hence the spelling of my name). I grew up in Kalgoorlie region in WA and recently moved to Forbes. I have joined a local basketball team, which I love. I like to take my two chihuahuas for a walk around the lake and I enjoy meeting new friendly faces around town. Working for Neighbourhood Central has been perfect for just that. I'm a huge Elvis fan so I was very excited to go to the Elvis festival last year, and I'm looking forward to the next one.



## Family Support

## NEW - Project Sprouts

### Bumps 'n'Bubs

Ten mums and their babies attended a two-hour session with Jack Barnes to discuss baby and infant first aid.

Bumps N Bubs COVID Safe Pram Walk: Group meeting at Lions Park on Thursdays at 9:30am. See our Facebook page for updates.

A Zoom meeting with Little ZZZ Sleep Consultant, Maryann Wild, was recently held for parents, giving them the opportunity to ask about their babies' sleep and feeding habits, and ways of helping babies to discard the dummy.

The Tullamore Playgroup meets every Tuesday at 10:30 am at the CWA Hall for fun activities, craft and a free morning tea.



**ALERT: My Aged Care scam.** Clients be wary of anyone calling affirming to be an assessor for My Aged Care and requesting money and/or bank details.

My Aged Care does not operate like this. There is no cost to register! Report any suspicious activity to us at Neighbourhood Central.

### *Every child deserves to start school ready to learn*

Project Sprouts, a community-led initiative supported by Neighbourhood Central, is celebrating its official launch on Wednesday 21 October at 5pm with a 30-minute meeting at Holy Family School Hall, Albert Street, Parkes.



As part of the launch, from Monday 19 to Friday 23 October, Royal Far West's Clinicians-in-Community program will be holding free health and developmental screenings for children aged 3-5 in the Parkes Shire.

The seeds for Project Sprouts were planted in 2018, when Royal Far West held a community meeting in Parkes to discuss the confronting findings from its 'The Invisible Children' report about the state of children's developmental health in rural and remote Australia, through the lens of the Parkes Shire.

The primary focus for local Coordinator, Fiona Francis, is to facilitate communication and coordination between families, paediatric health providers and education in the screening and follow-up therapy of children aged 4 and 5 to ensure their best start to formal schooling, as well as encouraging increased community capacity to improve childhood developmental outcomes via parent communication activities.

Fiona can be contacted on 0436 457 512

### Healthy Lifestyle & Wellness Program (HLWP): Parkes - Forbes - Peak Hill



Good news! Group sessions for our HLWP in the communities of Parkes, Forbes and Peak Hill will recommence on 9th November for groups of a maximum of ten people. The session will continue through to 18 December. These classes include Yoga, Tai Chi, Stepping On and Hydrotherapy.

Contact Louise Tosetti at Neighbourhood Central for details on 6862 3757.



## PARKES MEALS SERVICE

Helen and Tanya at Parkes are continuing to prepare fresh meals twice a week, delivered to your door by our staff. And now with the warmer months upon us, Helen and Tanya are also preparing cold dishes and salads for you to choose from.

### Tuesday and Thursday subsidised meals, delivered by Neighbourhood Central staff at Parkes:

Hot lunch \$6.50. Salad\* (Ham, Chicken or Red Salmon) \$6.50. Sandwich \$3.50. Soup (delivered frozen) and a bread roll \$3.50. Sweet \$2. \*The salads include egg.



### Monday, Wednesday and Friday subsidised meals (lunch or dinner) prepared and delivered by the Parkes Coffee Pot on behalf of Neighbourhood Central:

Fish, Chips, Salad \$6.50. Lasagne, Chips, Salad \$6.50. Hamburger and Chips \$6.50.



**For all orders** please call Neighbourhood Central on 1300 810 771 or 6862 3757 by 11am two days ahead.

### FROZEN MEALS AVAILABLE EVERY DAY

#### N.B. Frozen Meals PRICE INCREASE

Due to the increased cost of freight and food ingredients, the cost of our frozen meals will rise from 15 October 2020.

CHSP cost now \$7.00 - Full Cost now \$8.50



PARKES	80 Currajong Street	(02) 6862 3757
PEAK HILL	87 Caswell Street	(02) 6869 1037
FORBES	7 Harold Street	(02) 6851 4550
CONDOBOLIN	7 Melrose Street	(02) 6895 4190
WYALONG	255 Neeld Street	(02) 6972 3106

**Phone: 1300 810 771**



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