



APRIL - JUNE 2021

Australia Day Award for Peak Hill Hub

Rebecca Cohen and Torin Hando proudly received an Appreciation Award on behalf of Neighbourhood Central's Peak Hill Hub for their contribution to the Peak Hill community throughout last year.

Congratulations to all the Peak Hill staff!

Pictured right are Rebecca and Torin at the Australia Day celebrations held at the Memorial Park in Peak Hill.



Australia Day Award for Art of Resilience

Congratulations to the Art of Resilience project which was awarded the Community Event of the Year at the Australia Day ceremony in Parkes!

The project was initiated last year by former Drought Response Officer, Roger Kitson, and brought to fruition with the collaboration of Parkes Shire Council, Ub Ubbo Exchange and Neighbourhood Central as a way of supporting local youth and using art as an outlet for them to express their feelings at a time when our communities were being severely tested by drought, bushfires and COVID-19.



As a follow-up to that competition which had 130 entrants, two videos to document the project were also produced. One is a microdocumentary about the project and the other is a video chain of the winners, the highly commended and the special mention film clips. Graphic and sound techniques were used to create the videos which also serve as a platform for the young people to talk about their experience during the trying times, and the positive effects that the art project has had on them and their families.

Check out the videos on YouTube: *Parkes Shire Council The Art of Resilience*.



Community Transport



FAREWELL BILL AND JOHN

Community Transport (CT) would like to recognise the contribution made by retiring drivers Bill Dolle (above left) from Forbes and John Harris (above right) from Wyalong. Bill has been with the service since it commenced in Forbes over seven years ago. John has been a regular driver with the Wyalong service for a number of years. We thank Bill and John for their dedication to CT clients and wish them all the best.

Community Transport Coordinator, Lyn Townsend, travelled to Wyalong recently to present a Community Transport information session to members of the Probus Club. Administrators at the Wyalong office, Jackie Sibraa and Suzanne Smith, also attended. Deanne Alford and Gwen Downey of Probus presented the Transport staff with a lovely pen as a token of appreciation. L-R: Jackie Sibraa, Deanne Alford, Lyn Townsend, Gwen Downey and Suzanne Smith.

Coming Up: Wyalong Social Trips



April 20: Coolamon via Aria Park bus trip to see village life in the 1800s, Coolamon Cheese Factory, with lunch at Sport and Recreation Club.



May 2: Elvis Museum, then lunch at Parkes Services Club, followed by *WICKED* (stage musical) by Parkes M&D Society.

June 9: Southern Cotton Gin Tour (Whitton), then to Whitton Malt House for lunch.



August 15: McFeeters Motor Museum, Forbes. Lunch at the Museum cafe, then to Parkes for *Turning Tables* (stage musical) by Parkes M&D Society.

September 14: Altina Wildlife Park at Darlington Point.

October 15: Glendale Citrus and Hazelnut Orchard at Narrandera.

November 26: Cherry Farm trip to Young.

N.B. Registrations for all social trips open four weeks prior to date of the trip. Due to uncertainty around COVID-19, social trips may change without notice or be cancelled. Refunds will be given where cancellation is required. Request for refunds by clients will be accepted up to two working days prior to date of the trip, unless otherwise stated on the trip flyer.

Forbes Social Trip



Forbes social trip to the Little Theatre in Parkes to see the musical, *Wicked, The Untold Story of the Witches of Oz*, on 2nd May 2021. Bookings open 5th April. Register with Kelly at the Forbes office 02 68514550.

Volunteer Drivers Needed

Community Transport services across all localities are in need of more volunteer drivers. If you like helping people, have an unrestricted licence, and are willing to volunteer once a week, this position is for you. Contact Service Coordinator Lyn Townsend: 02 6862 2825 or 0407 463 533.



A New Role for Lyn



Community Transport Coordinator, Lyn Townsend, has recently taken on the role of Sector Support and Development Project Manager. In this role, Lyn works with Community Transport managers and coordinators in the Central West, Orana, Riverina and Murray areas. As part of the six month role,

Lyn provides remote and onsite training, support and mentoring to Community Transport services in these regions. Lyn reports that she is really enjoying this new role and the chance it gives her of seeing some of the wider countryside. While Lyn is away, Christie is looking after the Community Transport service at Parkes.

For **all Community Transport** needs contact your local office during office hours:

- Parkes/Peak Hill 6862 2825
- Forbes 02 6851 4550
- Condobolin 02 6895 4190
- Wyalong 02 6972 3106

For **emergencies** (when out of office hours) we can be contacted on 0403 463 533.

Please **DO NOT** contact drivers on their personal landline or mobiles! Drivers are **not** authorised to make or change bookings.

Wyalong Community Transport Social Bus Trip

We are excited about our social events starting up again since the closures due to COVID-19. Wyalong organised its first social bus trip on Friday, 12th March.

Eleven Wyalong clients enjoyed *Some Enchanted Evening* at the Griffith Regional Theatre, which featured the music of Rogers and Hammerstein followed by a lunch break downtown prior to returning home. Pictured above are L-R: Anne Fisher, Ray Scott (driver), Janene Worner, Peg Read, Elizabeth Fischer, Shirley Bland, Ellie Biggs, Joan Sibraa, Robyn Ambrose, Pat Feebrey and Denise Steele. Not in the photo: Wendy Mulder.



Pictured above are L-R: Anne Fisher, Ray Scott (driver), Janene Worner, Peg Read, Elizabeth Fischer, Shirley Bland, Ellie Biggs, Joan Sibraa, Robyn Ambrose, Pat Feebrey and Denise Steele. Not in the photo: Wendy Mulder.

Homework Centre Parkes

The Parkes homework centre is up and running at our premises in Currajong Street each Monday afternoon from 3-5pm. Afternoon tea is provided. Open for youth with a minimum of 12 years of age.

Services and Activities in Peak Hill

Services and activities at the Peak Hill Hub are operating regularly, with COVID-Safe practices in place.
 Tuesdays: Homework Centre from 3pm to 4.45pm.
 Wednesdays: Women and Bubs Group 11am to 12.30pm.
 Wednesdays: Girls Youth Group 3pm to 4.45pm.
 Thursdays: Boys Youth Group 3pm to 4.45pm.
 For all enquiries call Amanda on 02 6862 3757.



Walkabout Barber in Peak Hill

Youth Week 2021
with Walkabout Barber
Peak Hill, 7 April 9.30am

Brian Dowd, the founder of Walkabout Barber, is a qualified trauma counsellor who has lived in the Newcastle area for most of his life. Besides his Warners Bay barbershop, he also runs a mobile barbershop that he takes out into the communities, giving haircuts and providing trauma counselling.



The community is invited to attend this free workshop to be held at the Learning and Healing Centre in Euchie Street. Youth receive free hair cuts for their participation. COVID-safe measures apply. For further information call Amanda on 02 6862 3757.

Bunnings Donation for Peak Hill

Bunnings of Forbes recently donated supplies which were used by the Peak Hill girls and women's groups to make beautiful succulent arrangements. Pictured below is Bunnings employee George Barnes helping Neighbourhood Central staff member Rachel Brown load up the supplies. Right: some of the lovely terrarium creations.





Family Support - Paint the Town REaD



Rhonda Brain recently took *Paint The Town REaD* to Peak Hill Central School and joined in on their reading circle. The morning was thoroughly enjoyed by students and staff. Pictured above are Rhonda (wearing red), with Pam Kead and Lyndal Edge, and a group of pupils.

Parkes Bumps n' Bubs

Tullamore Play Group

The *Bumps n' Bubs* group for expecting and young mothers meet Thursday mornings at 10am. Note that these are now in the Family Support team's temporary premises at 30 Welcome Street* in Parkes. Morning tea is provided. Older children are welcome. For further information call Shonel on 0418 412 093.

(*Find us at the back of the old Currajong Disability building with access from Cecile Street.)



Pictured above are some children at the Tullamore play group, coordinated by Shonel Redfern of Neighbourhood Central in Parkes. The play group is held once a week on Tuesdays. For further information, contact Shonel on 0418 412 093.



Work Placement

Welcome to Lara Pritchard from Forbes. Lara is currently completing some of her work placement hours at our Parkes office. "I was born in Sydney and moved to Forbes when I was two. In Forbes, I completed my schooling up to Year 10 and then started TAFE digital. At TAFE, I am studying Certificate III in Community Services. For this course, I must complete four work placements of 20 hours each. Neighbourhood Central has been the perfect place for me to complete them. Everyone is so helpful and kind. With my free time, I like to listen to music, go for walks and spend time with my family."



Manildra Movies are Back

Parkes and Forbes Community Transport are excited to announce that the Manildra AMUSU Theatre movie trips have resumed. Movie trips will be scheduled for the first Thursday



of every second month. Reservations are necessary and will open the first Monday of the month prior to the date of the movie trip itself.

The first trip is on the 1st April where clients will enjoy the screening of "Judy", which is based on the life of Judy Garland. Movie trips to the AMUSU theatre include lunch.

The art deco AMUSU Theatre has been continuously operated since it was built in 1936, and is kept running thanks to the love, passion and hard work of a dedicated team of volunteers.



Manildra Movies 2021

Movie date	Booking date
Thursday 3 June	Monday 3 May
Thursday 5 Aug.	Monday 5 July
Thursday 7 Oct.	Monday 6 Sept.
Thursday 2 Dec.	Monday 1 Nov.

Cost: CHSP \$25 / CTP \$35

Bookings are open to any client eligible under CHSP or CTP funding guidelines. Call in to our offices at Parkes or Forbes to reserve a place. Payment is due the day of the reservation.

10 Years



Left: Amanda Corcoran receiving flowers and a certificate of appreciation for her ten years of service with Neighbourhood Central as the Aboriginal Project Officer. Amanda is pictured with Executive Officer Sharon Scott.

Bunnings Donation



Left: We are grateful to Bunnings of Forbes for their recent donation of hand sanitiser. Pictured is employee George Barnes with Neighbourhood Central staff, Val Mann (L) and Amanda Corcoran (R).



Healthy Lifestyle & Wellness

Parkes Shire Project Sprouts

Parkes, Forbes and Peak Hill

New sessions for our Healthy Lifestyle and Wellness Program (HLWP) at Parkes, Forbes and Peak Hill have recommenced for groups of a maximum of 10 people. New sessions are now being organised for classes of Yoga, Tai Chi, Stepping On, Hydrotherapy and Lifestyle Exercises.

All participants must be assessed by My Aged Care. Eligible clients will pay a contribution fee as determined by Neighbourhood Central. For enquiries and availability contact Louise Tosetti at Neighbourhood Central on 02 6862 3757.



The week of 22-26 March saw the Royal Far West in the Parkes Shire with a Speech

Pathologist and an Occupational Therapist (OT) visiting schools and pre-schools and spending time with teachers, educators and parents to provide advice and information.

For the Royal Far West, this type of visit was a novelty. Rather than their usual screening, it comprised of OT and Speech information sessions, with presentations on the role of an OT and on indicators for OT and Speech Pathology referrals. Classroom observation was also conducted on a prioritised list of K-2 pupils.

The purpose of this visit was to provide capacity building opportunities and help improve the health literacy of parents, teachers and educators, in particular with regards to developmental health of children in Parkes Shire.

The next screening will be 24-28 May, with screenings for Speech, Hearing, Occupational Therapy and Dental. For further information call Fiona on 0436 457 512.

Parkes Craft Group



The Parkes Craft Group are happy to meet again at their weekly social gathering here at our Parkes premises. Attendees bring along their current craft project and enjoy the company and a cuppa. Above L-R: Pat Bailey, Kath Grabham, Jann Corcoran, Margaret Stone, Carol Southwell, Margaret Nurse, and seated: Aileen Townsend and Frances Blanch.

Community Visitors Scheme



Community Visitor volunteer, Margaret Stone (right), is pictured above visiting Marie Huckle (left) and Jean Winner (centre) at Niola Aged Care facility in Parkes. The Community Visitors Scheme is currently looking for more volunteers. Forms for expressions of interest can be picked up at Neighbourhood Central in Parkes.



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 volunteers. A hot meal is always on the menu, however, during the cooler months Helen and Tanya will also be offering soups for you to choose from.

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

Hot lunch \$6.50. Also available: 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+Chips \$6.50.



For ALL orders please call Neighbourhood Central on 1300 810 771 or 02 6862 3757 by 11am two days prior.

FROZEN MEALS AVAILABLE EVERY DAY

We have a wide range of frozen meals, including Roasts, Rissoles, Sausages, Lamp Chops and more, including a Curry and a Sweet and Sour. There is a choice of two frozen sweets. The menu is available at Reception.

Cost for CHSP clients (My Aged Care subsidy): \$7.00

Full Cost (non My Aged Care subsidised clients): \$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



www.ncentral.org.au
admin@ncentral.org.au

