

OCTOBER - DECEMBER 2021

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

CHRISTMAS CLOSURE
Closing 5 pm
24th December
Reopening 9 am
3rd January 2022

Parkes' Lockdown REaDing Day

Paint The Town REaD coordinators from NSW and Victoria joined the Governor General and his wife Mrs Linda Hurley in a Zoom meeting during lockdown. Mrs Hurley, who is the Patron for Paint The Town REaD, wanted to see how everyone was, and how we were managing to share the Paint The Town REaD message during lockdown. Mrs Hurley - a former teacher - thanked everyone for the great work done to spread the importance of *reading, talking, singing and rhyming to children from birth*, especially in these challenging times. Mrs Hurley, who loves to sing, has been using her lockdown to write songs. She also shared one of her songs with us during the Zoom meeting.

Parkes' Reading Day was scheduled for September 10th, but with stay-at-home orders extended, Paint Parkes REaD encouraged children to participate and celebrate from home. To help with this, Paint Parkes REaD provided a link to its YouTube channel so that the children could watch the virtual reading day video from home. The children were also asked to send videos or photos of themselves reading whilst dressed up in red or as their favourite book character. These were shared or tagged on the Paint Parkes REaD Facebook page.

This year's virtual event also included a fun guessing competition. Children were asked to look at pictures of Baby Bug reading a book in different places around town, and to name those locations. The children who correctly named all the locations went into a draw to win book packs. The winners were Katie (Parkes Public School) pictured below with her mum, Nessys Nursery and the Guess children who attend Parkes Public School.



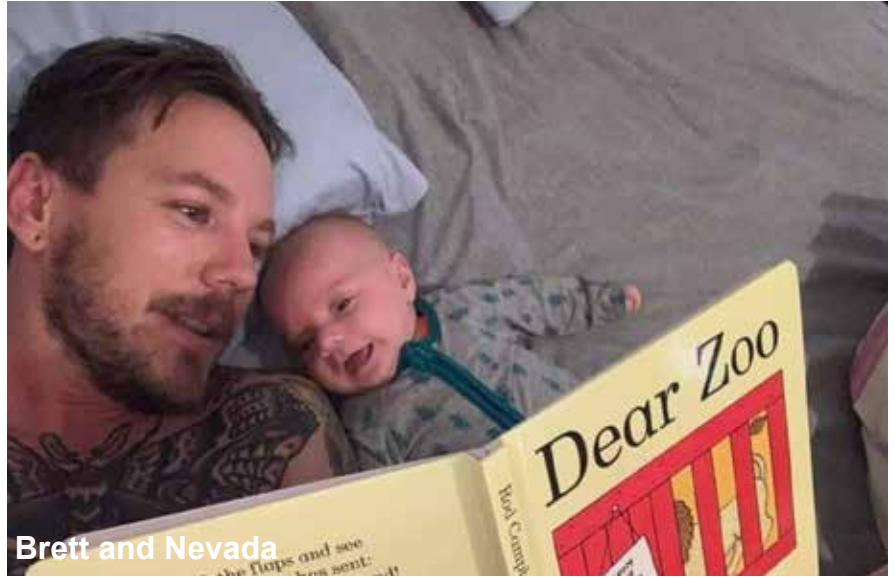
Pictured left: Paint The Town REaD patron Mrs Linda Hurley with her husband the Governor General David Hurley, on the ZOOM meeting.

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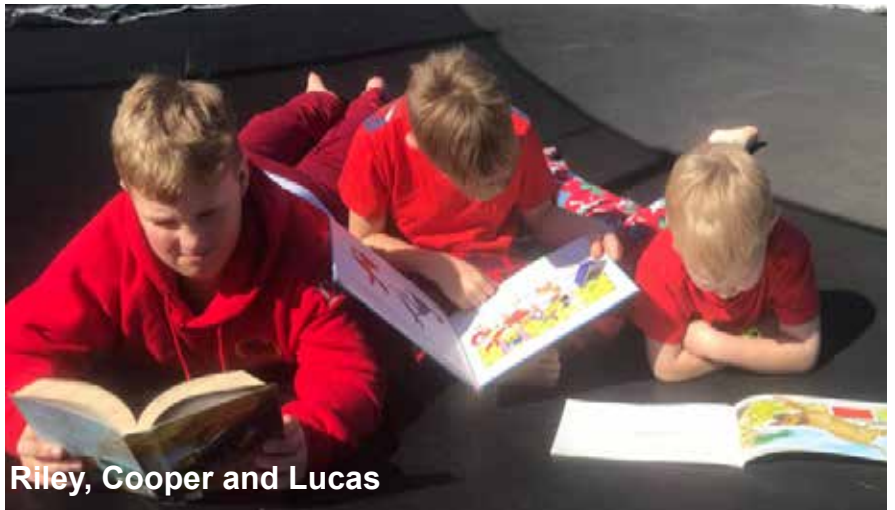
Our offices are open with COVID safe practices in place: check-in, sanitise, social distance.

Parkes' REaDing Day

Below is a selection of photos of local Parkes residents photographed reading at home who then shared their photos on the Facebook page of Paint Parkes REaD. Thanks to everyone for participating!



Read anywhere, read anytime,
read with whomever you desire.
Read alone, or with your pet.
Read with your buddies.
Read the alphabet.
Read like a dad, read like a gran.
Read as best you can!



NAIDOC WEEK PARKES 2021



Photo credits: Parkes Phoenix

The July NAIDOC Week celebrations in Parkes were held at the Indigenous Precinct on Bushman Hill. It was a lovely sunny Saturday and was well attended. Guest speaker, Irene Ridgeway presented this year's theme of "Healing Country". Irene was happy with the outcome: 'It was great to be able to be involved in NAIDOC week in Parkes 2021. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander People. The NAIDOC week celebrations are a great opportunity to participate in a range of activities and to show support for our local Aboriginal and Torres Strait Islander community. Overall, this year's outcome was well received and everyone enjoyed a day at Bushman's Hill.'

Irene is pictured above right. Also pictured is some of the day's entertainment and visitors at the Neighbourhood Central stand.

NAIDOC Week Parkes 2021



Congratulations to Torin Hando for taking out the Community Person of the Year 2021. Torin, above, is Neighbourhood Central's Aboriginal Youth Worker, and works with the youth of Parkes and Peak Hill.



The award presentation. L-R Matty Price, Deputy Mayor Barbara Newton, Aunty Karen Hawken, Torin Hando. Photo credit: Parkes Phoenix

Aboriginal Project



Like many other regions across the nation, the Central West is also suffering during this challenging time of COVID restrictions and lockdowns. Neighbourhood Central is grateful to Aboriginal Affairs NSW for arranging for the delivery of emergency hampers for Aboriginal Elders and families of Parkes and Peak Hill. Over 120 hampers were provided by Foodbank, and distributed locally by Neighbourhood Central staff.

The lockdown is proving to be a challenging time for many. If you or anyone you know might be struggling with mental health, we would encourage you to reach out to Beyond Blue on 1300 22 46 36 or Lifeline on 23 22 24.



Staff News

Congratulations Rebecca

Congratulations to Rebecca on achieving ten years of service with Neighbourhood Central. Rebecca is the Aboriginal Youth & Family Worker at the Peak Hill Hub and is involved in a variety of activities including the Homework Centre, the Women's group, the Girls Youth group and social outings and meal deliveries for the elderly.



Congratulations Emily

Emily successfully completed her TAFE studies and her twelve-month traineeship at Neighbourhood Central. She has accepted a promotion within Neighbourhood Central and now works as Administrative Assistant. Well done Emily!

The traineeship role at reception has been filled by Ashleigh Shields.

Pictured left is Executive Officer, Di Scott, with Emily Harper.

Welcome Ashleigh

Ashleigh Shields, right, is filling the trainee position at Parkes reception now that Emily has been promoted. Ashleigh was raised in Nyngan and moved to Dubbo when she started a career in Early Childhood Education. A recent move to Parkes to be with her partner and help him manage their woodworking business prompted Ashleigh to make a career change towards administration. Ashleigh likes to spend her free time gardening, reading and exploring the the local area. "I look forward to working with Neighbourhood Central and becoming part of the Parkes community," says Ashleigh.



Registered Nurse

Registered Nurse, Karren, will work with the home care team, including the support workers, to assist all our home care package clients with complex care needs. Karren has a wealth of experience in the community as well as in residential aged care settings. In Karren's words: "My name is Karren Kinsella. I am pleased to be commencing with Neighbourhood Central as their Registered Nurse. I have had many years of experience working in aged care, both in the community and in residential care. I have two children and three grandchildren. Sadly, they don't live locally, so I am grateful for today's technologies, such as Skype, to help us keep in contact. I enjoy gardening, even though it mostly involves weeding. I also enjoy road trips and I look forward to being able to travel again once our COVID restrictions ease."

Community Transport

Community Transport is in the process of changing over our fleet of vehicles. We recently took delivery of two new Kia Carnivals – one for Wyalong and one for Forbes. Drivers report the new vehicles are really nice to drive and clients are loving the comfortable, smooth ride. We also replaced the Toyota Aurion at Wyalong with a new Camry. Sourcing vehicles is difficult in the current climate with much fewer imports and high demand. It is expected the rest of our fleet will be replaced over the coming 12 months.

COVID-19 has continued to impact on our service, with only limited transport to essential appointments available.

The decision was made to only use fully vaccinated staff or drivers, to ensure the health and well-being of our driving team, and also to protect the vulnerable clients we transport. We ask that all clients understand, due to limited driver availability, we sometimes have to prioritise transport bookings. Some requests for transport, whilst they may fit NSW Health criteria as 'essential transport', may be declined due to a lack of driver and/or vehicle availability.

A huge thankyou to the drivers who have continued to provide transport services and also the drivers who are in the process of being vaccinated so we can continue the wonderful service we provide.

A few of our clients were lucky (or unlucky!) enough to have "The Boss" turn up to take them on a trip. Coordinator, Lyn Townsend was one of only a handful of Parkes staff/drivers who were fully vaccinated, and so was scheduled on some trips to Orange, Forbes and Dubbo. Lyn reports she has enjoyed the opportunity to get out and see the beautiful countryside with some lovely clients, whilst the rest of the town is in lockdown at home.

Below left: Volunteer driver, Rose from Forbes. Below right: Lyn Townsend, Community Transport Coordinator.



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

Parkes and Peak Hill 6862 2825
Condobolin 02 6895 4190

Forbes 02 6851 4550
Wyalong 02 6972 3106

For **emergencies** (out of office hours) we can be contacted on 0407 463 533. Please **DO NOT** contact drivers on their personal landline or mobiles! Drivers are **not** authorised to make or change bookings.

Recruitment Campaign for Community Visitors Volunteers

Neighbourhood Central's Community Visitors Scheme needs your help. Sadly, residents at aged care facilities across Australia have been isolated more than ever during COVID restrictions and lockdowns. Face-to-face visits will resume when facilities are allowed to open up, but in the meantime, you could share some kindness, laughter, love and friendship with a resident through phone calls or by mailing cards or notes. If you would like to give up some of your time to become a Visitor, email Val: cvs@ncentral.org.au; or phone Val on Tuesdays 9-5pm, Wednesdays or Thursdays 1-5pm on 02 6862 3757.



Laurel with volunteer Wendy

Healthy Lifestyle & Wellness Program Parkes Forbes and Peak Hill

Unfortunately, activities of the Healthy Lifestyle and Wellness Program remain suspended whilst we continue to move forward and live with COVID 19. At this stage a date is yet to be confirmed for the commencement of Term 4. I encourage those participants who received a DVD, CD and/or handbook last year as part of the Telehealth delivery to consider making use of these resources at this present time until our activities resume. New participants are welcome



Pictured, some of our clients enjoying the Line Dancing sessions.

to join the Healthy Lifestyle and Wellness program and if you know of a family member or friend who may be interested, please let them know. The program is focussed on increasing social connections, health and well-being, and maintaining independence and quality of life.

To be eligible for the program, you must be aged 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people) and be registered and assessed with My Aged Care*. A referral for *Social Support Group* is required from My Aged Care prior to commencement of the program. (*Phone 1800 200 422)

For enquiries and availability please contact Louise Tosetti at Neighbourhood Central, Parkes, on 02 6862 3757.

All group activities are subject to COVID safe measures as updated by the NSW Government

Wiradjuri Activities



Photo credit: Parkes Champion Post

Wiradjuri Language Packs

Left: Amanda Corcoran, Aboriginal Project Officer at Neighbourhood Central, displaying the Wiradjuri Language pack recently distributed to local schools, libraries and homework centres.

The pack was due out last year, but its distribution had been postponed because of COVID-19 restrictions.

The pack contains a Wiradjuri dictionary, a 15-minute DVD, a notebook and a pen.

Peak Hill Community Barbecue

The Peak Hill community enjoyed a get-together at the park in Lindner Oval in September after the COVID lockdown had been lifted.

Children with their families had a fun day and enjoyed a sausage sizzle offered by Neighbourhood Central Family Support.



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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