

**Quarterly Newsletter**  
Neighbourhood Central Ltd  
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PARKES NSW 2870  
Ph. 1300 810 771

Neighbourhood  
CENTRAL  
People our Passion - Service our Strength

**JANUARY - MARCH 2022**

**To all our valued clients, warm wishes for a new year of peace and prosperity!**



Neighbourhood Central is very grateful to Barbara Newton and Terry Job for their many years of service on the Board. We wish Barbara and Terry all the best for the future.

Pictured: Board directors Terry Job, Garry Bokeyar, Graeme Dean, Barbara Newton, Kay Craft, Peter Buckley (absent: Lynn Rogers).

## **Boori Christmas at Peak Hill**





# Peak Hill Boori Christmas

Shani's  
**BOORI**  
**CHRISTMAS**  
 18<sup>th</sup> DEC LINDNER OVAL, PEAK HILL  
 10:00AM - 2:00PM

**SPONSORED BY**



The annual Neighbourhood Central Boori Christmas event was held at Peak Hill's Lindner Oval in mid December. Gifts were distributed by Santa and his elves to the children, and there was food, drinks, prizes and more. Thanks to the many generous sponsors it was a great day and very much enjoyed by the children and families in attendance.





## Aboriginal Project Officer

### Caring through troubled times

The past few years have seen some extraordinary times, with drought, a mouse plague, and COVID lockdowns and restrictions.

The Rev. Bill Crews and the team at Exodus Foundation work to meet the needs of the disadvantaged. During the pandemic they have provided free meals to the homeless and the hungry.

This year, Peak Hill received 4,000 of their food hampers for distribution among Aboriginal Communities in the Central West of NSW.

Neighbourhood Central was grateful for the hampers received which were then distributed by the Aboriginal Project Officer, Amanda, to clients and to Aboriginal Families and Elders both in Parkes and Peak Hill. The hampers arrived just in time to spread some Christmas cheer.

Pictured above right is Aboriginal Project Officer, Amanda Corcoran, with Executive Officer, Dianne Scott.

Pictured below right are the contents of the hampers.



## Driver Simulator

The Rotary Club of Parkes was successful in securing a grant for \$20,000, which was added to funds held by the club in trust for Neighbourhood Central. The funds will be used to purchase a Driver Simulator with trailer. The simulator will be utilised in schools in the Parkes Shire and in Forbes for youth training and education with a focus on driving conditions such as “drinking under the influence” and “driving distractions”.



Above: A student at the wheel of the driver simulator. Photo credit Ken Engsmyr



## White Ribbon Day 2021



Last November's White Ribbon march, planned to take place along Clarinda Street with a subsequent stall in Cooke Park, was thwarted once again by COVID-19. The theme for 2021 was *How Men Can Make Change: Learn, Give, Take Action*. White Ribbon Australia is part of a global social movement working to eliminate gendered violence. The White Ribbon Australia movement works through a primary prevention approach in communities, schools and workplaces across the country.

Through our programs and campaigns, we engage with men to become active in the social change needed to stop men's violence against women and children. Most men share a belief that violence against women and children is never acceptable. Men speaking to other men about violence against women is a powerful catalyst for change.

Pictured holding the White Ribbon Day banner, in front of our Parkes office, are staff members: Paige Duncan; Tina Nash of Family Support; Executive Officer Di Scott; Samantha Leonard; Rowen Pearce; Zarna Gould; Ruth Barnes and Ashleigh Shields.

## In the Community



Pictured left is Neighbourhood Central's Ruth Barnes with Paul Hocking at the Forbes Bunnings Family Night.

Neighbourhood Central was invited to attend a family market night last December. The family markets were created to promote family time and to give local groups the opportunity to engage with the population and to provide service information.

About 100 people attended the Family Night, enjoying entertainment, craft activities and games.



## Community Transport

Like all services at Neighbourhood Central, Community Transport is committed to keeping the transport team and all passengers safe when travelling to appointments in regional centres.

As COVID-19 cases continue to rise, it's important for our staff, volunteers and passengers to be vigilant in maintaining safe travel practices. Our service policy is that all staff, volunteers and clients travelling in fleet vehicles be vaccinated against COVID-19 or hold a valid medical exemption. We endeavor to provide distance between passengers as much as possible in the vehicles, and masks must be worn correctly by drivers and passengers whilst travelling in the vehicle.

Everyone must sanitise on each occasion of transferring into the vehicle and observe our service hygiene protocols at all times. Our vehicles are sanitised regularly using Viroclean, a hospital grade disinfectant.

We request that if you are booked to travel with our service and have symptoms of infection, no matter how mild, please call us to reschedule. If you are deemed a 'close contact'\* you must not travel with our service. (\*Please call the Parkes office for information regarding 'close contacts').

We request that you only ask to go to essential places whilst on your trip to minimise contact as much as possible and only take a carer if absolutely necessary.

We thank you for your understanding and commitment to keeping everyone safe.

## Staff News

Welcome to Michelle Hunt! Michelle (right), replaces Kelly in Community Transport at the Forbes office.

Michelle moved from Dubbo to Forbes with her husband in December 2018 to work in Generocity Church in Forbes.

Michelle worked for Western NSW Local Health District for many years, finishing employment with them as a nurse manager and as a manager in Child Protection and Domestic and Family Violence in 2021. Michelle says she loves working, supporting, and helping people wherever she is. Neighbourhood Central's Forbes office will be manned by Michelle on Mondays, Wednesdays, Thursdays and Fridays from 9am to 3pm, for all Community Transport enquiries.

All calls to the Forbes office beyond those hours are redirected to the Parkes office.



## Georgie's Pantry

Staff at Neighbourhood Central's Parkes office organised a morning tea and surprise raffle to raise money for Anglicare's Christmas food and toy hampers. Pictured right are Kerri Fenwick, manager of Georgie's Pantry and coordinator of the hamper drive, with Beverley Drabsch from Neighbourhood Central. Anglicare distributed 100 food hampers for Christmas, and as many toy hampers for families with kiddies.





## Older Persons COVID-19 Support Line

The Older Persons COVID-19 Support Line recently launched to assist older Australians to access information and support over the phone.

A joint initiative between COTA, PICAC Alliance, Dementia Australia, Natural Seniors Australia and OPAN, with additional funding provided by the Australian Government, this service will help older Australians who are often less connected to the Internet and in need of ways to access information.



**Older Persons  
COVID-19 Support Line  
1800 171 866**

8:30am-6pm (AEST) Monday - Friday

Older Australians, their families, friends, and carers can call 1800 171 866 (free call) if they:

- Would like to talk with someone about COVID-19 restrictions and its impact on them.
- Are feeling lonely, or are worried about a loved one.
- Are caring for someone and need either some help or someone to talk to.
- Need help or advice about changing the aged care services they receive.
- Need help to access new care services or essential supplies (such as shopping).
- Are living with Dementia, or are concerned about a friend or family member living with Dementia.
- Would like to arrange a one-off or regular well-being check.

The Older Persons COVID-19 Support Line is open Monday to Friday 8:30 am – 6:00 pm.

## Social Activities



Both the Parkes and Forbes Craft ladies managed to get together after the lockdown for a few enjoyable mornings before the restrictions were reintroduced. The ladies enjoy card making, knitting, crochet or other crafts. The knit-as-you-go mitered square blanket is a favourite activity of the moment.

Pictured above left, from Parkes are: Aileen Townsend, Margaret Stone, Margaret Nurse, Carol Southwell and Jann Corcoran.

Above right, from Forbes, are: Lynne Hamston, Joan Day, Diane Nagle, Monika Smith, Judith Dickson, Nina Hapatz and Anne Crone.



## Social Activities / Healthy Lifestyle & Wellness - 2022

Neighbourhood Central plans to hold various social activities and exercise classes in Parkes and Forbes as part of our Social Support Group and Healthy Lifestyle & Wellness Program for the upcoming year.

COVID-safe measures allowing, we propose the following programmes:

### PARKES

**MORNING TEA:** second Wednesday of the month  
10am–12pm. Scoble Room at Neighbourhood Central.

**CRAFT GROUP** weekly on Wednesdays 10am–12pm.  
Diamond Room at Neighbourhood Central.

**CRAFT WORKSHOP** (NEW - to be delivered by Bunnings).  
First Friday of the month.

### HEALTHY LIFESTYLE AND WELLNESS

Stepping On - Yoga - Line Dancing  
Commencement planned for February.

*Eligible clients will be required to pay a contribution fee as determined by Neighbourhood Central for each term.*

### FORBES

**MORNING TEA** third Tuesday of the month. 10am–12pm.  
CWA Hall, 130 Lachlan Street, Forbes.

**CRAFT GROUP** each Wednesday, 9.30am–12pm.  
HACC Centre, 7 Harold Street, Forbes

### HEALTHY LIFESTYLE AND WELLNESS

Stepping On - Yoga  
Commencement planned for February.

*Eligible clients will pay a contribution fee as determined by Neighbourhood Central for each term.*

All participants must be assessed (if they are not already) and a “Social Support Group” referral received from My Aged Care. My Aged Care can be contacted on freecall 1800 200 422.

**Numbers are limited and bookings are essential!**

For all enquiries and availability contact:  
Louise Tosetti  
Neighbourhood Central Parkes office  
(02) 6862 3757



All group activities are subject to COVID safe measures as updated by the NSW Government. Venues and activities are subject to change.



# Advice from Neighbourhood Central's Registered Nurse, Karren

## Prevent a Fall at Home

- Make your home safer by removing clutter and checking for hazards
- Have bright lighting – use maximum recommended wattage in all lights
- Install a nightlight in your bedroom or hallway
- Have hand rails installed on your stairs
- Consider installation of hand rails and shower aids in your bathroom
- Wear well fitting shoes or slippers, with a non-slip sole
- Use the correct walking aid for your needs
- Review your medications with your Doctor & Pharmacist
- Have regular health checks eg. eyesight, hearing and feet
- Manage chronic health conditions to reduce risk of a fall
- Do regular exercise to maintain balance and muscle strength

Falls are a major health issue with around 30% of adults over 65 experiencing at least one fall per year. This is set to increase as Australia's population ages.

The most commonly self-reported injuries include superficial cuts and abrasions, bruises and sprains. The most common injuries that require hospitalisation include fractures of the hip, the limbs, the neck and the torso.

The most serious of these fall-related injuries is fracture of the hip. Elderly people recover slowly from hip fractures and are vulnerable to post-operative and bed rest complications. In around 25% of cases, hip fractures can result in death and of those who survive, around one third of them never regain complete mobility.

Falls can also result in restriction of activity and fear of falling, reduced quality of life and independence. Even falls that do not result in physical injuries can result in the 'post-fall syndrome', which is a loss of confidence and hesitancy with resultant loss of mobility and independence. It has been found that after falling, 48% of older people report a fear of falling and 25% report curtailing activities. Finally, falls can also lead to disability, decreased mobility which often results in increased dependency on others and hence an increased probability of being admitted to an institution.

A number of falls prevention strategies have been shown to reduce the incidence and risk of falls in the community. For example, regular exercise\* and training on correct use of mobility aids assist in minimising the risk of falls.

\* *Stepping-On* will be available for our Parkes and Forbes clients. It is a simple program of strength and balance exercises that help you learn ways of moving safely with more confidence, and reduce fall hazards in everyday life.

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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