



October - December 2023

Christmas Cheer to all of our valued clients and volunteers. Wishing one and all a safe and wonderful Christmas and New Year.

Neighbourhood Central will be closed from 4pm on Friday 22nd of December and will reopen at 9am on Tuesday 2nd of January 2024.



Pictured above: Mel Evans, Tina Nash, Shonel Redfern, Ashleigh Shields, Emily Harper, Michelle Hedges, Brooke Taylor, Rowen Pearce, Zarna Gould, Rowena Jennings, Helen Cusack, Samantha Leonard and Tanya Job.

The staff at Neighbourhood Central had the pleasure of getting involved in Pink Up Parkes during October to support the McGrath Foundation who provide invaluable support to the community by funding Breast Care Nurses. Our staff brightened up our administrative area with a pink balloon arch and filled our windows with pink bows and ribbons. We also hosted a pink themed morning tea with staff dressing up in their best pink attire and donating a variety of pink themed treats. Together we donated \$140 to the McGrath Foundation and were delighted to get involved with the community and show our support to this worthy cause.

IVY ROOKE TRIBUTE



It is with great sadness that we acknowledge the passing of our very first coordinator of Parkes Neighbourhood Centre, Ivy Rooke.

After its formation in 1977, Ivy was employed in April 1978 after the Centre received a grant of \$7000.

One of her achievements was initiating the Housebound Library service and in retirement, Ivy continued to support the centre by volunteering as the coordinator of Housebound Library.

Ivy was nominated as a patron of Parkes Neighbourhood Centre in 2014.

Ivy will be sorely missed.

Neighbourhood Central Ltd
80 Currajong Street
PARKES NSW 2870
Ph: 1300 810 771



Community Transport



Pictured: Betty Breese, Joanne Cairns and Carol Roberts



Pictured: John Orr

On Monday the 25th of September Lake Cargelligo Community Transport travelled to Lake Brewster for a social trip. A delicious morning tea and lunch were cooked by John Orr and Pat Little, and the Men's Shed kindly supplied the sausages. It was a great social get together for many of our locals and we hope to do another trip soon.

If you would like to attend social events or become a volunteer driver, please contact our office on 02 6898 2078.

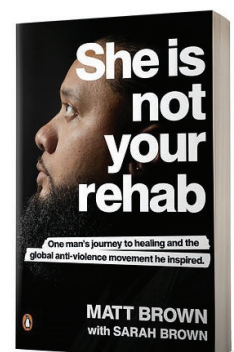
Family Support



On the 23rd October 2023, the Neighbourhood Central Family Support team attended and supported the Forbes community event 'Saying No Way To Domestic Violence' hosted by CatholicCare and Wilcannia-Forbes.

Guest speaker for the day was Matt Brown, co-founder of She Is Not Your Rehab. She Is Not Your Rehab is a global anti-domestic violence movement that began from a barbershop in New Zealand. Matt Brown has also written his own book which explores his journey to healing and the movement he inspired.

She Is Not Your Rehab movement demonstrates the power of vulnerability and honesty in addressing pain and shame, and shows how anyone can empower themselves by taking responsibility for their own healing.



Pictured: Tina Nash, Matt Brown and Mel Evans



NAIDOC



The Parkes NAIDOC Family Fun Day was held on the 16th of September at the Wiradjuri Amphitheatre on Bushman Hill. This event honours the local Aboriginal and Torres Strait Islander culture and acknowledges the contributions, achievements and history of Australia's First Nations people. This year's theme, "For Our Elders," was a beautiful way to acknowledge and show gratitude for the wisdom, guidance and resilience of the older generation in preserving and passing on the cultural heritage to future generations. The day consisted of local performances, an award ceremony, information stalls, Wiradjuri artifacts, a free BBQ and children's activities including a jumping castle and facepainting. Overall, the Parkes NAIDOC Family Fun Day was an enriching and enjoyable experience for all attendees. These events help to foster unity, celebrate diversity, and promote cultural appreciation.

2023 Parkes Local NAIDOC Award Winners

Innovation Award: MLAHMC

Education Award: Jodie Sutton

Caring for Country and Culture Award:
Parkes High Guwals

Creative Talent Award: Ronda Sharpe

Junior (aged 5- 15 years) Award: Alyra Willams

Male Youth Award: Charlee Orah

Female Youth Award: Makayla Sloane

Sportsperson Award: Blake Price

Male Elder Award: Robb Clegg

Female Elder Award: Pat Oliver

Lifetime Achievement Award: Cheryl Gaidzionis

Person of the Year Award: Geoff Anderson

Congratulations to the 2023 Parkes Local NAIDOC Award winners pictured with NSW State Member for Orange, Phil Donato and Parkes Shire Mayor, Neil Westcott.





Paint the Town REaD / 25th Anniversary Dinner

Paint Parkes REaD in partnership with Neighbourhood Central hosted the 9th National Early Literacy Conference alongside our 25-year celebration and annual Reading Day where delegates from the conference stayed and celebrated with us and got to see why we are known to have one of the best reading days. What started off as a local campaign in Parkes has now turned into a national movement with over 100 communities across six states. The two day conference was a success with our Patron of Paint the Town REaD Linda Hurley, and her husband Governor General David Hurley, visiting Parkes, the “Birthplace of Paint the Town REaD”.

Over 100 guests attended the Parkes Services Club where they recognised the original Birth to Kindergarten/Paint Parkes REaD organising team and the present organisers who work alongside Neighbourhood Central.

Once again, the community got behind reading day and decorated the CBD red with entertainment, storytellers, singing and music. The CBD was filled with children and their carers and the Reading Bug even made a special visit, jumping out of a cake.



Images taken by Trilbie Cole from Frankie & Mae Photography



West Wyalong 2024 Social Trips

WYALONG Social Trips 2024

24th February

'Priscilla, Queen of the Desert'

Wagga Civic Theatre.

COST: \$95.00

Please note, this production has frequent very coarse language and Transphobia

21st April

'Annie'

The Little Theatre, Parkes.

COST: \$50.00

June/July

Mystery trip
to be confirmed.

1st July

Piaf & Aznavour - Back in time

Wagga Civic Theatre.

COST: \$50.00

8th August

Amusu Theatre

classic movie from yesteryear and a
lovely high tea.

COST: \$50.00

18th September

'007 - Shaken, not Stirred'

Wagga Civic Theatre COST:

\$40.00

24th September

A day at Coolamon.

Take a look around this historic
town including the Fire
Museum, up-to-date shop and
Cheese Factory.

COST: \$20.00

27th October

'Cinderella & the Crystal Slipper' The
Little Theatre Parkes.

COST: \$50.00

29th November

Young Cherry Trip

COST: \$20.00

Please contact our office on 6972 3106 for more information on social trips. Booking registrations must be made at our office at 255 Neeld Street.

Please note, some trips have early ticketing. Once tickets are purchased, the cost of the ticket cannot be refunded.

Social bus trips can only be booked by clients registered with Neighbourhood Central. Please contact our office to enquire about registration.



Advice from our Registered Nurse Karren

Sometimes we get bogged down in our worries about our health, money issues and/or family concerns. Recently I had some family visit who reside in a large capital city. Their comments made me appreciate our wonderful country life and the bodies we have been given to help us use each sense to enjoy our environment.

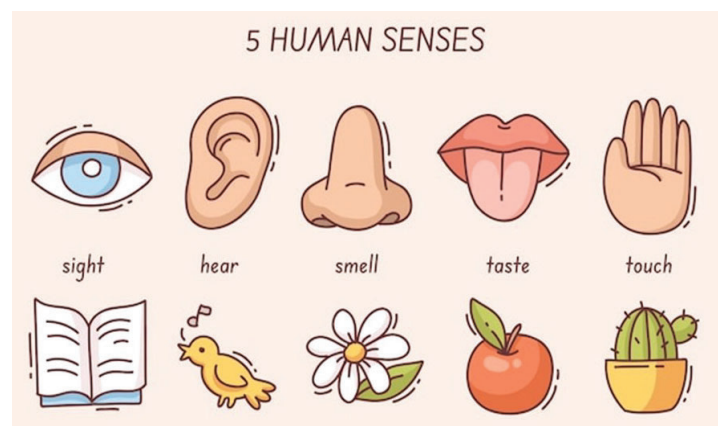
Sight – 11 year old observations: Wow I never knew there were so many stars in the sky at night.

Hearing – I can't believe how quiet it is. I can hear birds singing in the day and crickets chirping at night.

Smell – The air is so fresh here in the country. I can smell the flowers.

Touch – I always must wear shoes when in the city but here in the country I can run on the grass barefoot. It feels wonderful.

Taste – We always buy our food from the shop. Picking the fruit and vegetables straight from the garden fresh and eating them was delicious.



Even on days when we might not feel at our best, we can always find something to be grateful for.

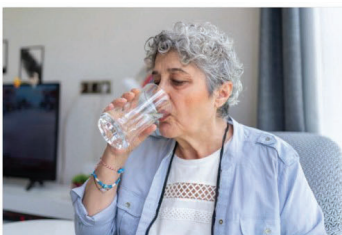
Beat the heat and stay well during hot weather

Extreme heat or heatwaves are periods of unusually hot weather.

In Australia, extreme heat events are responsible for more deaths than all other natural hazard events combined. Hot weather can affect everyone, however those at greater risk include older people, people with existing medical conditions, babies and young children, outdoor workers, socially isolated people, people who are homeless and pregnant women.

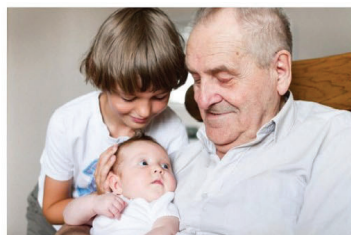
Climate change is resulting in more hot days and more intense heatwaves. Now more than ever, it is important to know the risks of heat, who is at risk, how to prepare and how to protect ourselves and others.

For helpful resources on how to stay safe this summer, please visit www.health.nsw.gov.au/beattheheat



Keep cool and stay hydrated

It is important to know how to stay healthy during hot weather.



Who is at greater risk of heat-related health problems

Older people, people with existing medical conditions, babies and young children are people more at risk of heat-related health problems.



Plan ahead to beat the heat

Preparing early can help protect you and the people you care for from the impacts of extreme heat.



Learn the signs, symptoms and first-aid for heat-related illness

Everyone can be impacted by heat-related illness during hot weather



Staff Updates

Neighbourhood Central would like to welcome Brooke Taylor and Chelsea Jones to the team at Parkes. We welcome Chelsea Jones to the position of Administration Assistant to provide support to the Healthy Lifestyle and Wellness Program / Meals team while Ashleigh Shields is on maternity leave. Brooke Taylor joins Neighbourhood Central as the Coordinator for the Aged Care Volunteer Visitors Scheme (ACVVS) and will also provide administrative support to reception. Both ladies bring a wealth of knowledge and we wish them the best in their new roles. We are also excited to welcome Jackie Sibraa back to the Wyalong Community Transport Team.



Pictured: Chelsea Jones



Pictured: Brooke Taylor



Pictured: Jackie Sibraa

Social Activities / Healthy Lifestyle and Wellness



The ladies from our Forbes Craft group recently enjoyed decorating their tree for the Christmas tree decorating competition that is being held at the Town Hall in Forbes. We wish them luck in the competition.



Pictured above: Lynne Harmston, Bev Parsons, June Dick, Daph Prior, Di Nagle, Ann Crone, Joan Day, Lorraine Rue, Lyn Henley, Heather Mann and Helen Spry.



2024 Parkes/Forbes Upcoming Social Trips



Orange Shopping Trips

Manildra Movies

Orange Regional Museum and Gallery

Narromine Aviation Museum

Forbes McFeeters Museum

Condobolin Utes in the Paddock

Henry Parkes Museum

The Dish

Parkes Little Theatre Productions

Parkes Little Theatre Movies

Cowra Japanese Gardens

Duntryleague

Mount Canobolas

landra Castle and Maze

Historical Home Tours

Dubbo Zoo

Dubbo Cultural Centre, Royal Flying
Doctor Exhibition

Social trips are open to CHSP clients. To check your eligibility and referrals or to register your expression of interest, please call Ashleigh or Chris at Neighbourhood Central on 6862 3757.

Manildra Movies

Dates:

Thursday 8th February

Thursday 9th May

Thursday 8th August

Thursday 14th November

Bookings open:

Monday 22nd January

Monday 22nd April

Monday 22nd July

Monday 28th October

Cost:

CHSP: \$30.00 or CTP: \$40.00

Bookings are open to any client eligible under CHSP or CTP funding guidelines.





BECOME A VOLUNTEER

Why become a volunteer?

Volunteers provide a valuable community service and allow you to learn a number of skills and gain knowledge. Volunteering gives you a sense of fulfillment, knowing you are helping people to achieve their goals. Volunteers assist in uniting people from a diverse range of backgrounds to enjoy a variety of social activities, enriching the lives of the people they help. Volunteers are an investment in our community and the people who live in it.

Volunteers play an important role at Neighbourhood Central and there are many different areas that you may volunteer in:

Community Transport

Community Transport utilises the assistance of volunteers to drive clients to appointments in regional centres using Neighbourhood Central vehicles. Areas include Parkes, Forbes, Condobolin, Wyalong and Lake Cargelligo.

Meals

A hot meal delivery service operates from Parkes on Tuesdays and Thursdays to assist older people to maintain their independence and remain living in their own homes where they are happiest.

Social Support

Neighbourhood Central volunteers provide support for a wide range of social activities including:

- Supervision on social trips.
- Assistance in one of our many regular activity groups.
- Companion visiting.

Housebound Library

Volunteers select and deliver appropriate reading material (written and electronic) on a monthly basis from the local library to borrowers who are unable to personally visit the library due to lack of mobility, illness or disability. This service operates in Parkes and Forbes and provides a wonderful opportunity for volunteers to connect with new people. The housebound library is currently looking for volunteers to join this wonderful service.

Aged Care Volunteer Visitors Scheme (ACVVS)

ACVVS is a program that supports volunteer visits to help develop social connections and provide friendship and companionship to older people. Volunteer visiting is a free service available to anyone who is socially isolated and living in a residential aged care facility, or to a person that receives a Home Care Package and lives in the community. Older people can refer themselves and the scheme also accepts referrals from aged care service providers, family members and friends.

Being an Aged Care Volunteer Visitor can be incredibly rewarding; by having meaningful conversations you can drastically improve the quality of life for an older person. We encourage volunteers from all social and cultural backgrounds from Forbes, Parkes and Condobolin to join the program. If you are interested in becoming a volunteer visitor, please contact Brooke at Neighbourhood Central on 1300 810 771.



Pictured: Doris Field and
Linda McGlynn



MOVEMBER



Pictured: Paul Hocking, Micheal Anderson, Michelle Hedges, Rowena Jennings, Helen Cusack, Zarna Gould, Tina Nash, Tanya Job, Karren Kinsella, Christie Green, Shonel Redfern, Ashleigh Shields and Brooke Taylor.

Neighbourhood Central staff at Parkes also participated in Movember during November to raise money for men's mental health and suicide prevention and prostate and testicular cancer. Our staff donated a variety of delicious baked goods and wore paper moustaches to show our support. Together Neighbourhood Central donated \$378 towards the Movember Foundation.

PARKES
PEAK HILL
FORBES
CONDOBOLIN
WYALONG
LAKE CARGELLIGO

80 Currajong Street
108 Caswell Street
7 Harold Street
7 Melrose Street
255 Neeld Street
28 Uabba Street

(02) 6862 3757
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