

at home with  
WILLOUGHBY



# CLIENT NEWSLETTER

WELCOME TO THE 2024 AUTUMN EDITION

## 2024 Seniors Festival

This year's Seniors Festival runs 1 – 28 March 2024, and Willoughby City Council have created an exciting program with more than 35 free or discounted events for you to enjoy.

Our annual variety concert will take place at the Zenith Theatre on 19 March, featuring the Noteable Theatre Company alongside a local community choir and community dance groups.

Other events include a Sydney Harbour Cruise, information talks, webinars, bush walks, exercise classes, arts and crafts, and intergenerational events to enjoy with family and friends.

The full program of events can be found on Willoughby City Council's website ([www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)), or in brochures distributed to local community centres, libraries, and medical centres. If you would like further information about the program, please call the Dougherty Community Centre on 9777 7800 or the At Home with Willoughby Team on 9777 7824.

We hope you enjoy the 2024 Seniors Festival!



*Eminent geriatrician Professor Susan Kurrle AO will be discussing healthy ageing at our webinar on 5 March – see p11 of newsletter for booking details.*



# SOCIAL BUS OUTINGS



## Join us for an outing around Sydney

At Home with Willoughby's Social Outing Program aims to provide the community with a range of varied and interesting experiences as well as opportunities for social engagement and education. Come along and meet new friends, travel to interesting locations around Greater Sydney and enjoy lunch within an inclusive and supportive environment.

## What you need to know

The basic cost for each bus trip is \$18.50, which is invoiced at the end of the month. At cafés and restaurants, clients order and pay from the menu at the venue.

Trips operate on the first, third and fourth Wednesdays of the month. The trip on the fourth Wednesday of the month is shorter and is suitable for clients with mobility difficulties or who may be unable to spend longer periods of time on the bus.

March 6th 2024	Ferry around Pittwater & lunch at Club Palm Beach \$30. Bring ID
<b>Thursday</b> March 7 <sup>th</sup> 2024	<b>Seniors Festival Special!</b> Captain Cook Cruise with Top Deck Lunch. \$68 including lunch and transport.
March 20 <sup>th</sup> 2024	Sydney Tramway Museum \$15pp + lunch at Gympsea Club. <b>NB:</b> Meeting at Dougherty Centre at 9am, we will drop you home.
March 27th 2024	<b>Short Trip</b> - The Bavarian Manly Wharf.
April 3rd 2024	Scenic coastal drive and lunch at Bondi RSL. Bring ID
April 17 <sup>th</sup> 2024	Chocolate Factory Gosford. Tour + Gourmet lunch \$30pp
April 24 <sup>th</sup> 2024	<b>Short Trip</b> - Carisbrook Historical House tour \$10pp & lunch at The Alcott
May 1st 2024	Iris Lodge Alpaca Farm morning tea, meet & greet with the Alpacas \$37.50pp + picnic lunch provided for \$7.70pp
May 15 <sup>th</sup> 2024	Ferry to Manly and lunch at The Ivanhoe Hotel + Gelato on the Corso – bring your OPAL card
May 22nd 2024	<b>Short Trip</b> – Long Reef Golf Club for lunch. Bring ID

# SOCIAL ACTIVITIES GROUP



## Wednesday Social Activities Group (WSAG)

We have been doing a lot of **funfilled activities** this quarter, including **arts and craft, scrap collage, paper toys, playing board games, bingo** & lots more.

We have also been making craftwork as a group where clients create theme based individual pieces and collectively put it together to display at Social lunch events. The Christmas trees in the photo below were all made individually by clients and used as part of decoration during Christmas Lunch. Clients loved spending their time creatively making Christmas wreath, Paper lanterns, Abstract painting & much more.



**Sample Timetable for March 2024. Subject to change; morning tea and lunch provided every week**

<b>6 March</b>	<b>Seated Yoga</b>	<b>St Patricks Day craft</b>	<b>Bingo</b>
<b>13 March</b>	<b>Gentle Exercise</b>	<b>Paper clover leaf craft</b>	<b>Dice Games</b>
<b>20 March</b>	<b>Gentle Stretches</b>	<b>Paper basket craft</b>	<b>Board Games</b>
<b>27 March</b>	<b>Chair Yoga</b>	<b>Easter bunny craft</b>	<b>Bingo</b>

Our Wednesday Social Activities Group meets every week on Wednesday 10am - 3pm for social activities and friendship. WSAG is open to people who are over 65 from all backgrounds (over 50 for Aboriginal and Torres Strait Islanders) and who are registered, or willing to register, with My Aged Care: 1800 200 422 or [www.myagedcare.gov.au](http://www.myagedcare.gov.au). For more information about how to join this program, please call 9777 7526, or email [gauri.borkar@willoughby.nsw.gov.au](mailto:gauri.borkar@willoughby.nsw.gov.au)



# SOCIAL CIRCLE



## Social Circle (including Monthly High Tea at the Dougherty Centre)

Social Circle is a weekly get-together on Thursday afternoons from 1.00 pm to 3.00 pm at the Dougherty Community Centre. Light refreshments will be served on all dates except the High Tea events, where of course, high tea will be served. Payments for High Tea and Arts and Crafts to be paid on the day, by card only. All other events are free of charge.

- |          |   |
|----------|---|
| March 7  | Movie – Dog Gone (2023) -- Starring Rob Lowe. <b>No booking required</b>  |
| March 14 | Seniors' Festival High Tea – enjoy delicious devonshire tea, cakes, finger sandwiches, fresh fruit, orange juice, tea and coffee, prepared by our chef Jason. A short movie will also be screened. <b>Booking required</b> call 9777 7824. <u>Special \$12.00</u> to celebrate Seniors' Festival 2024.                |
| March 21 | “Ask Google” – come prepared with questions for Google! We'll be asking Google any questions you may have, including questions you may have to improve your knowledge on a particular subject. The question/answer will be displayed on our large screen to encourage group participation. <b>No booking required</b> |
| March 28 | Arts and Crafts (\$5) – use your creativity or perhaps try something new. All supplies will be provided. <b>Booking required</b> call 9777 7824   |
| April 4  | High Tea (\$17) - enjoy delicious devonshire tea, cakes, finger sandwiches, fresh fruit, orange juice, tea and coffee, prepared by our chef Jason. A short movie will also be screened. <b>Booking required</b> call 9777 7824  |
| April 11 | Movie Classic – Miss Congeniality (2000) - Sandra Bullock- <b>No booking required</b>   |
| April 18 | Arts and Crafts (\$5) – use your creativity or perhaps try something new. All supplies will be provided. <b>Booking required</b> call 9777 7824   |
| May 2    | High Tea (\$17) - enjoy delicious devonshire tea, cakes, finger sandwiches, fresh fruit, orange juice, tea and coffee, prepared by our chef Jason. A short movie will also be screened. <b>Booking required</b> call 9777 7824  |
| May 9    | Movie -- Rescued by Ruby (2022) – Starring Grant Gustin - <b>No booking required</b>  |
| May 16   | “Ask Google” – come prepared with questions for Google! We'll be asking Google any questions you may have, including questions you may have to improve knowledge on a particular subject. The question/answer will be displayed on our large screen to encourage group participation. <b>No booking required</b>      |
| May 23   | Arts and Crafts (\$5) – use your creativity or perhaps try something new. All supplies will be provided. <b>Booking required</b> call 9777 7824   |
| May 30   | Movie -- The Proposal (2009) - Starring Sandra Bullock & Ryan Reynolds<br><b>No booking required</b>  |

# SOCIAL LUNCH CLUB



## Social Lunch Club

Staying socially active and regularly connected with friends is important for keeping healthy and happy, so why not come along to our Social Lunches?

Social Lunches are held on the second and fourth Wednesdays of the month at the Dougherty Community Centre. The lunch on the second Wednesday has a more traditional menu, and is often themed to celebrate cultural events. The Social Lunch on the fourth Wednesday of the month has a multicultural focus, with an Asian themed menu.

Lunches are \$17.50 payable by card on the day, and include two courses, tea / coffee & small glass of wine. Cash is not accepted for payment.

There is limited transport available for residents in the Willoughby local government area to the traditional social lunch on the second Wednesday of the month if required.

**Bookings are essential.** Please call Minmin Zhu 9777 7830 to book the traditional themed social lunch, and call Rufina Lee 9777 7847 to book your place at the CALD Social Lunch.

### Upcoming Social Lunch Dates

**13 March 2024 – Seniors Festival Lunch**

**27 March 2024 – CALD Social Lunch**

**10 April 2024 – Easter Themed Social Lunch**

**24 April 2022 – CALD Social Lunch**

### Wednesday 27 March Menu

Hokkien noodles with satay chicken and mixed seasonal vegetables

Lychees and mango with ice cream

Please call 9777 7847 to book

### Wednesday 13 March Menu

Chicken Parmigiana with American Style Mac & Cheese and Garden Salad

Apple & Rhubarb Strudel with Vanilla Ice Cream

Please call 9777 7830 to book



# MEALS ON WHEELS



## Meals on Wheels

We offer a range of hot, frozen or chilled main meals, desserts and sandwiches all delivered to your door by our team of friendly volunteers.

All main meals are made locally using fresh ingredients without preservatives, and provide excellent value for money. Main meals are \$8.20 for CHSP clients.

We are also offering summer salads, which are a lovely lighter alternative for hot days. These are priced at \$10.25, and are freshly made by the Blend Café team at the Dougherty Centre.

Our Meals on Wheels menu changes regularly – please call 9777 7830 if you would like to try one of our meals or if you would like further information.

## More than just a meal!

MOW isn't just about receiving delicious meals to your door. They are delivered by friendly volunteers who are happy to chat whilst they deliver your meal. Many MOW clients get to know the regular volunteers well, and the volunteers are looking forward to meeting you!

## 65 Years of History

Meals on Wheels has been operating in Australia for over 65 years – it is a trusted institution. Whilst a lot has changed in 65 years, Meals on Wheels continue to provide nutritionally balanced meals delivered by a team of friendly volunteers.

We are more than a meal delivery service – all of our meals meet national nutritional guidelines and are designed to support the needs of older people.



# DEMENTIA AWARENESS & SUPPORT



## Dementia Risk Reduction

**This information is taken from the Dementia Australia website – [www.dementia.org.au](http://www.dementia.org.au).**

Further information can be found online at [www.dementia.org.au](http://www.dementia.org.au) or by calling Dementia Australia on 1800 100 500.

### Physical Exercise

Physical exercise is an important part of a healthy lifestyle and is essential for maintaining adequate blood flow to the brain.

Several studies have found that physical activity in early, mid and late life is associated with a lower risk of cognitive decline and dementia.

Regular exercise also reduces the risk of high blood pressure, obesity and type 2 diabetes, which are all risk factors for dementia.

Please consult your GP before commencing a new exercise routine.



### Mental Exercise

Keeping the brain active is important in maintain a healthy brain as it is thought to build reserves of healthy brain cells and build connections between them. You could try reading, learning a language, visiting museums, sudoku, crosswords, board games, attending U3A groups, playing a musical instrument, arts & crafts, or jigsaw puzzles.

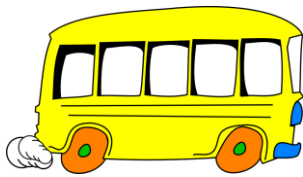
Research shows that activities combining social interaction, physical exercise and mental stimulation have the greatest benefit in terms of reducing dementia risk.



# SHOPPING SERVICES



## All Aboard! The Tuesday Shopping Bus



The SHOPPING BUS will pick you up from your home and drop you off at the Spring Street entrance of Westfield Shopping Centre at 12 noon. You will have approximately 2 hours for shopping before the bus returns at 2pm to take you home. Cost \$8.30 for the return trip or \$5.70 one-way.

If you require additional assistance with shopping, please contact the At Home With Willoughby Team on 9777 7824.

## Companion Shopping

Individually assisted Companion Shopping services can be arranged for residents living in the Willoughby area who have low vision or a mobility issue that prevents them from using public transport or the shopping bus. This service can be utilised fortnightly, monthly or on an ad-hoc basis. Cost is \$21.00 for a 2 hour service.

## Home Delivered Groceries

At Home with Willoughby can organise a home delivery of groceries through Coles or Woolworths Online Shopping. You will need to have a debit or credit card.

Our friendly volunteers will contact you by phone on Mondays and take your order. It will be processed through the internet and Coles or Woolworths will deliver your groceries to your door later in the week, generally on a Thursday. There is no cost from At Home with Willoughby for this service but Coles and Woolworths do charge a delivery fee dependant on the timeframe you choose for delivery.

**For further information on any of the above shopping services, please phone the office on 9777 7824.**



# COMPANION SERVICES



## Out and About

The **At Home with Willoughby Out and About** is a service to help you get out and about!

Do you need a lift to the hospital, doctor, health professional or to visit the shops?

Bookings available Tuesday to Friday 10.00am - 2.30pm within the Willoughby area

**Cost:** \$7.25 each way

My Aged Care eligibility required.

For help with My Aged Care call **Debi on 9777 7824**

For bookings call **Karyn on 9777 7802** Monday - Friday.

## Companion in the Community

At Home with Willoughby arranges a home visiting service for residents living in the Willoughby local government area. The service introduces you to a friendly volunteer who will visit you once a fortnight. Our volunteers are outgoing, friendly people who enjoy a chat over a cup of tea, play a game of cards or perhaps read articles from magazines. Visits take place between Monday and Friday for approximately one hour. There is no cost for this service. For further enquiries please call **9777 7824**.

## Volunteering with At Home with Willoughby

Volunteers are the life blood of the At Home with Willoughby services. Without volunteers, we would not be able to reach as many residents. Volunteering is beneficial for you and for the community. By giving back to your community, you can develop and experience:

- Feelings of fulfilment
- New friendships
- New memories
- New skills
- Mental stimulation
- Feelings of happiness

If you, or someone you know, are interested in volunteering, please call 9777 7826 for further information.

# LINEN SERVICE



## At Home with Willoughby Linen Service

The Linen Service provides freshly laundered sheets, pillowcases and towels to eligible clients living in the Willoughby local government area.

A team of caring volunteers visits your home each fortnight on a Tuesday morning to deliver the fresh linen and towels and to remake your bed. Used linen is collected and sent out to a commercial laundry for cleaning.

The cost of the service is \$14 per bed. Clients receive an invoice at the end of each month and direct debit can be set up for ease of payment.

For further information please contact Linda on 9777 7828.



At Home with Willoughby services and programs require a My Aged Care Referral Code. If you have not been assessed by My Aged Care you should call and ask for an assessment for service. Phone **1800 200 422**. If you are unsure or need assistance when calling My Aged Care, you can call our office on 9777 7824 and we are happy to support you with this process.

My Aged Care is the central hub for accessing all aged services. It is important that you call and get your Aged Care number early and before you are in need of help at home.

You may be able to access services that will support you to be able to remain living at home independently and with confidence for as long as you wish.

# LOCAL NEWS AND EVENTS



## Seniors Festival Highlights

### Seniors Gala Concert

**Tuesday 19 March, 12 - 2:30pm, Zenith Theatre \$7 per person.**

Enjoy entertainment provided by the Notable Theatre Company performing highlights from various stage shows. A complimentary lunch box is provided to be enjoyed upon arrival whilst enjoying performances from a local community choir and dance groups.

**Booking is essential.** Tickets are released at on 19 February. Call 9777 7555 or visit [www.zeniththeatre.com.au](http://www.zeniththeatre.com.au) to book.

Wheelchair bookings must call Zenith Theatre on 9777 7555.

### Healthy Ageing Webinar by Prof. Susan Kurrle

**Tuesday 5 March, 12.00 – 1.00 online**

Prof. Susan Kurrle is an eminent geriatrician and she will be leading a webinar discussing how to age successfully and outlining the options available if you can no longer stay at home.

Bookings can be made on the Willoughby City Council website [www.willoughby.nsw.gov.au/Healthy-Ageing-Webinar](http://www.willoughby.nsw.gov.au/Healthy-Ageing-Webinar) to register.



### Captain Cook Sydney Harbour Cruise with Top Deck Lunch

**Thursday 7 March 2024, 10:30am – 2:30pm, meeting at Dougherty Community Centre. \$68 per person.**

Come and enjoy a delicious two course lunch served on the top deck of a Captain Cook cruise on the Sydney Harbour.

Bookings can be made through Debi Rose or Ita Flynn on 9777 7824  
[Debi.Rose@willoughby.nsw.gov.au](mailto:Debi.Rose@willoughby.nsw.gov.au) or [Ita.Flynn@willoughby.nsw.gov.au](mailto:Ita.Flynn@willoughby.nsw.gov.au)

Payment is to be made in person at the Dougherty Community Centre and is by card only, **no cash**. Payments are **not refundable** on cancellation.

# CLIENT FEEDBACK



## YOUR SUGGESTIONS AND FEEDBACK ARE IMPORTANT TO US.

You are important to us; we would like to tailor our services to meet your needs. Please take this opportunity to provide us with suggestions and feedback and return it to the At Home with Willoughby Coordinator. Feedback forms may also be posted to:  
**Dougherty Community Centre, 7 Victor Street Chatswood, 2067**

Name (optional):

Date:

Feedback:

How would you rate your overall satisfaction with the services you receive?

**Lowest**

**1 2 3 4 5 6 7 8 9 10**

**Highest**

*(Please circle)*

The information in this newsletter is for the clients of "At Home with Willoughby" as part of The Commonwealth Home Support Program in conjunction with Willoughby City Council. If you are not currently a client and would like to join any of our activities or programs, please phone: At Home with Willoughby on 9777 7824 or 9777 7830.