



Karabi Connected

Inside this issue:

Inside Story	1
Lunch Club	2
Friday Bus Trips	3
Social Outing	4
Weekly Cottage Activities—Term 3 2018	5
Volunteers	6
Cauliflower mac & cheese recipe	7
Calendar dates	8
Information	9

Hello everyone.

Welcome to our third edition for the year. Winter has arrived and along with it the crisp chilly air. As we fire up our heaters and bring out the winter blankets, please keep in mind your own safety, possible fire hazards that can occur during these months and check your smoke detectors are in working order.

Health

We've found that the key to healthy ageing, whether you're male or female, is not only adopting behaviours that keep us physically well, but also to nurture our mental and social well-being. In later life, we start to face a wide range of medical conditions from mild complaints to devastating illnesses. Thankfully, there are new medications and surgical techniques developed each year that allow us to better care for our conditions and lead an enjoyable life.

Understanding the impact that a balanced diet and physical activity can have to your health is also very important. A nutritious diet and at least thirty minutes of exercise a day can contribute to a higher quality of life through improved bone and muscle strength, increased mental alertness and improved resistance to illness and disease. Maintaining a healthy mind is also just as important as maintaining a healthy body. Many older Australians each year are affected by depression, anxiety or related disorders due to the loss of a loved one, a change in living arrangements or social isolation.

The key to healthy ageing is not only adapting behaviours that keep us physically well, but also to nurture our mental and social well-being.

Please don't forget to book in early for any trips you may like to attend. Remember the trips you are booking into. Refer to the Calendar Dates on page 8 and highlight the trips you are attending as we have people waiting on reserve lists who can take your spot. **Sickness on the day or day prior we do understand. All RSVP's need to be made by calling the office. They won't be taken whilst out on outings as we don't have the RSVP folder with us and this will ensure we do not forget anyone's RSVP.**

Suzi

LUNCH CLUB

Tuesday 14th August 2018

Windsor RSL Club

Transport CHSP \$10.00 Community Wheels (invoiced).

Leave Karabi at 11.00am, return approx. 4pm

Lunch: \$10.00 lunch specials

RSVP: Wednesday 08.08.18



Tuesday 11th September 2018

Berowra Waters Fish Cafe

Transport CHSP \$10.00 Community Wheels (invoiced).

Leave Karabi at 11.00am, return approx. 4pm

Lunch: Prices start at \$15.50 for fish n chips (at own cost).

RSVP: Wednesday 05.09.18



Tuesday 9th October 2018

Auburn Tennis Club

Transport CHSP \$10.00 Community Wheels (invoiced).

Leave Karabi at 11.00am, return approx. 4pm

Lunch: Authentic Chinese from \$12.00 to \$25.00 (at own cost).

RSVP: Wednesday 03.10.18



NDIS—To attend programs costs will be from individual NDIS funds as per NDIS Price Guide

FRIDAY BUS TRIPS—July 2018 to September 2018

Friday 27th July 2018

Movies and Lunch at Rouse Hill

\$10.00 CHSP transport (invoiced).

Catch the latest movie.

Meal: (at own cost)

Leave Karabi at 10:00am, return approx. 3:00pm

RSVP: Monday 23.07.18



Friday 24th August 2018

Baulkham Hills TAFE

\$10.00 CHSP transport (invoiced).

Experience the taste of chefs and students at work

Meal: approx. \$24.00 for entrée, main and dessert. Menu changes as per course requirements. (at own cost)

Leave Karabi at approximately 11:00am, return approx. 3:00pm

RSVP: Thurs 16.08.18



Friday 28th September 2018

Tutti Fruitti Café Bilpin

\$10.00 CHSP transport (invoiced).

Home cooking at it's finest

Meal: (at own cost)

Leave Karabi at 10:00am, return approx. 3:00pm

RSVP: Monday 24.09.18



NDIS—To attend programs costs will be from individual NDIS funds as per NDIS Price Guide

Social Support Term 3

Cordeaux Dam Picnic

Thursday 27th September 2018

Exploring Cordeaux Dam, morning tea and a BBQ lunch

When: Thursday 27th September 2018

Where: Remarkable for its Egyptian inspired architecture, a visit to Cordeaux Dam is like stepping back in time. Massive Egyptian style stone gateways guard the entrance to the dam wall, and the leafy picnic grounds feature stands of tall pine trees and other reminders of past times. Cordeaux is one of four dams that make up the Upper Nepean water supply scheme south of Sydney on the Illawarra Plateau.

Transport: please let staff know when booking if you require transport from home.

Time: 9.30am to approximately 4.30pm

Cost CHSP: \$25.00 for transport, morning tea and lunch—
invoiced. NDIS—To attend programs costs will be from individual NDIS funds as per NDIS Price Guide.

RSVP: Tues 18th September 2018



Weekly Cottage Activities—Term 3 2018

Tuesday

Seniors & NDIS Tai Chi

Dates: Tues 24th July to 25th Sep 18 weekly

Cost: \$6.00

Registered CHSP client



Cost: \$12.00 Non-registered client

NDIS charges apply

Where: Cottage

Time: 9.30am to 10.30am

Tuesday

English Class

Dates: Tues 24th July to 25th Sep 18 weekly

Gold Coin Donation

NDIS charges apply

Where: Cottage

Time: 10.45am to 12.45pm

Morning Tea provided

LEARN
ENGLISH

Thursday

Beginners Computers Level 1 and 2

Dates: Thurs 26th July to 20th Sept 18 weekly

Gold Coin Donation

NDIS charges apply

Where: Cottage

Time: 12.00pm to 2.00pm 2 hours

Combined Level 1 and Level 2 classes

Refreshments provided



No classes 27.09.18 due to Social Support outing

Thursday

Knitting & Crochet Group

Dates: Thurs 26th July to 20th Sept 18 weekly

Gold Coin

Donation

NDIS charges apply

Where: Cottage

Time: 9.30am to 11.30am

Morning Tea provided



No classes 27.09.18 due to Social Support outing

Please note: Transport cost to and from programs has increased to \$10.00 per trip and will come into effect 01st January 2018.

NDIS—To attend programs costs will be from individual NDIS funds as per NDIS Price Guide

VOLUNTEERS NEEDED

BENEFITS OF VOLUNTEERING

- Volunteering helps counteract the effects of stress, anger and anxiety
- Volunteering combats depression
- Volunteering makes you happy
- Volunteering increases self confidence
- Volunteering provides a sense of purpose
- Volunteering helps you stay physically healthy

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you the Volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

While it's true that the more you volunteer the more benefit's you'll experience, volunteering doesn't have to involve a long term commitment or take a huge amount of time out of your busy day.

Giving in simple ways can help others in need and improve your health and happiness.

Karabi has volunteers in all their programs, including Foodbank, cubby house, School holiday programs, youth programs, computer classes, English classes, assisting clients with shopping and home visiting.

You can be linked with clients with similar interests. Visit a client in their home to reduce social isolation. Take clients to medical appointments.

Assist with centre based activities and client transport.

An on-going commitment of 2 hours per fortnight.

Driver's license and full comprehensive insurance essential to assist clients with shopping.

For more information, please contact Suzi on 9688 1084 or email Suzi—ssw@karabi.org.au



Cauliflower mac and cheese

Ingredients

- 150g macaroni
- 1 small cauliflower, cut into small florets
- 2 cups (500ml) Devondale Full Cream Long Life Milk
- 2 teaspoons Devondale Dairy Soft spread
- 1/4 cup (35g) plain flour
- 1/4 teaspoon ground nutmeg
- 1 cup (120g) shredded Devondale Tasty Cheese
- 1 cup (100g) shredded Devondale Mozzarella Cheese
- 1/4 cup chives, chopped
- 150g ciabatta or Turkish bread, torn into small pieces
- 60g Devondale Dairy Soft Spread extra, melted
- 1 garlic clove, crushed



Method

- Step 1** Preheat oven to 200C. Grease 10 cup (2.5L) overproof dish. Cook the pasta in a large saucepan of boiling water for 3 mins. Add the cauliflower and cook for a further 8-10 mins or until pasta is al dente and cauliflower is tender. Drain. Return to pan.
- Step 2** Meanwhile, combine the milk, spread, flour and nutmeg in a medium saucepan over medium heat. Cook, whisking constantly, for 4-5mins or until the mixture boils and thickens. Season. Combine the tasty cheese and mozzarella in a large bowl.
- Step 3** Add the sauce, half the chives and half the cheese mixture. Stir gently to combine. Pour into prepared dish. Toss the bread, extra spread, garlic, and remaining chives and cheese mixture in a medium bowl. Sprinkle over the pasta. Bake for 15-20 mins or until golden.

KARABI Social Support Calendar Dates

Term 3 2018

July 2018

Friday 27th July 2018
Movies and Lunch at Rouse Hill
RSVP by 23rd July 2018

August 2018

Tuesday 14th Aug 2018
Windsor RSL Club
RSVP by 08th August 2018

Friday 24th August 2018
Baulkham Hills TAFE
RSVP by 16th August 2018

September 2018

Tuesday 11th Sept 2018
Berowra Waters Fish Café
RSVP by 5th September 2018

Thursday 27th Sept 2018
Social Outing—Cordeaux Dam
RSVP BY 18th September 2018

Friday 28th Sept 2018
Tutti Fruitti Café
RSVP by 24th September 2018

October 2018

Tuesday 9th Oct 2018
Auburn Tennis Club
RSVP by 03rd October 2018

Services Provided by Karabi Community & Development Services Inc.

Wentworthville Office **9631 6575**

Constitution Hill **9631 7055**

Seven Hills Office **9688 1084**

Social Support Services

Community Development Services

Youth & Family Support Services

General Information & Referral Services

Volunteer Support Services

Drop-in Services

Mini Bus Hire **9631 6575**

Contact details

For enquiries and info, please contact:

Suzi - Social Support Worker

Phone: 9688 1084

Email: ssw@karabi.org.au (Suzi)

Address: 29 Aleta Way Seven Hills

Opening Hours

OFFICE TRADING HOURS

Monday **9:00am - - 5:00pm**

Tuesday **9:00am - - 5:00pm**

Wednesday **9:00am - - 5:00pm**

Thursday **9:00am - - 5:00pm**

Friday **9:00am - - 5:00pm**

Karabi Community & Development Service Inc.

P.O. Box 181 Pendle Hill 2145

Pendle Hill NSW 2145

Karabi Social Support—funded by Australian Government of Health and is a NDIS registered provider of supports to people with Disabilities.

NDIA Registration Number: 89137483

Karabi Social Support Project provides a range of services for the frail aged, people with a disability and carers.

The NDIS commenced on July 1 2016 and aims to give people with a disability and their carers more choice and control over the support they receive.

Karabi Community & Development Services Inc is an NDIS registered provider for:
(provider registration no: 89137483)

- Participation in community, social and civic activities
- Development of daily living and life skills
- Assistance with daily personal activities
- Assistance with daily life tasks
- Domestic Assistance

Contact NDIS to access your eligibility on 1800 800 110 or visit their website www.ndis.gov.au or visit us at Karabi—29 Aleta Way Seven Hills for more information. We can help you through the process of determining your eligibility.

Karabi Social Support's primary aim is to sustain opportunities and services that allow people with disabilities, older people and their carers to participate in the wider community and to have a better quality of life.

Karabi Social Support provides outreach through home visiting and assessment to ensure that the right volunteer and client are matched as per identified needs. The project also provides Respite Care, Home Visiting, Transport, fortnightly shopping, social, recreational, educational, gender and cultural sensitive centre based and non-centre based programs, services and activities.