



**Term 1, 2019**  
January, February & March

**Social support Wentworthville**



Shopping



Lunch club



Gentle exercise



Bingo



Knitting



Senior Event

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

***Wishing all our clients and community members a  
Happy New Year.***

***Karabi Community & Development Services Inc.***



***Social Support Wentworthville Seniors Day***

***Event Celebrations "Dance it up"***

**When: Friday 15th February 2019**

**Where: Reg Byrne Hall, Wentworthville**

**Time: 10.30am to 2.00 pm - doors will not open before 10:15**

**Please inform staff if you need transport to and from the venue**

**RSVP: 8th February 2019**



# Shopping

## MONDAYS

Seven Hills Shopping Centre

Second and Fourth Monday of the Month  
9.30am to 12.30pm  
Transport cost CHSP \$10.00  
NDIS: Individual Plan funds

Pick up from your home

Clients are required to be registered with My Aged Care (CHSP) or NDIS for this activity.



January 2019

Monday 14<sup>th</sup>

Tuesday 29<sup>nd</sup>

February 2019

Monday 11<sup>th</sup>

Monday 25<sup>th</sup>

March 2019

Monday 11<sup>th</sup>

Monday 25<sup>th</sup>

## TUESDAYS

Winston Hills Shopping Centre

First and Third Tuesday of the Month  
9.30am to 12.30pm  
Transport cost CHSP \$10.00  
NDIS: Individual Plan funds

Pick up from your home

Clients are required to be registered with My Aged Care (CHSP) or NDIS for this activity.



January 2019

Tuesday 15<sup>th</sup>

February 2019

Tuesday 5<sup>th</sup>

Tuesday 19<sup>th</sup>

March 2019

Tuesday 5<sup>th</sup>

Tuesday 19<sup>th</sup>

# Lunch Club

Third Monday of the Month  
10:00am to 3:00pm  
Transport cost CHSP \$10.00  
NDIS: Individual Plan funds  
Pick up from your home or Karabi  
Or meet at the venue

Monday 21st January 2019

Please RSVP by Tuesday 15th January

**Fox Hills Golf Club**



Monday 18th February 2019

Please RSVP by Tuesday 12th February

**Berowra Waters Fish & Chips**



Monday 18th March 2019

Please RSVP by Tuesday 12th March

**Cabarita Park Kiosk**



**Clients are required to be registered with My Aged Care (CHSP) or NDIS for this activity.**

RSVP to Souzan or Iriny on 9631 6575 by Tuesday prior for booking and transport purposes.

# Gentle Exercise

Weekly on Thursdays  
Karabi Wentworthville  
10am to 11am

Cost \$7.00 for registered CHSP clients  
\$12.00 for unregistered clients  
NDIS: Individual Plan funds

Healthy Morning Tea Provided

Transport available, CHSP: \$10  
NDIS: Individual Plan funds

Run by a professional Trainer



A specially designed exercise program for seniors.

## January 2019

Thursday 17<sup>th</sup>

Thursday 24<sup>th</sup>

Thursday 31<sup>st</sup>

## February 2019

Thursday 7<sup>th</sup>

Thursday 14<sup>th</sup>

Thursday 21<sup>st</sup>

Thursday 28<sup>th</sup>

## March 2019

Thursday 7<sup>th</sup>

Thursday 14<sup>th</sup>

Thursday 21<sup>st</sup>

Thursday 28<sup>th</sup>

## Benefits of Gentle exercise.

- Helps maintain the ability to live independently and reduce risk of falling.
- Reduce the risk of heart disease, high blood pressure, colon cancer and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis

# Bingo

Fourth Tuesday of the month  
Karabi Wentworthville  
9:30 am to 11.30 pm  
Please RSVP by the Thursday prior to the  
activity  
Meet at Karabi or we can arrange transport  
Transport cost CHSP \$10.00  
NDIS: Individual Plan funds



Morning Tea Provided  
Gold coin donation

January 2019

Tuesday 22<sup>nd</sup>

February 2019

Tuesday 26<sup>th</sup>

March 2019

Tuesday 26<sup>th</sup>

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# Knitting

First and Third Tuesday of every month  
Karabi Wentworthville  
10.00am to 12.00pm

Transport available CHSP \$10.00  
NDIS: Individual Plan funds to attend  
group and transport

Gold coin donation



February 2019

Tuesday 5<sup>th</sup>

Tuesday 19<sup>th</sup>

March 2019

Tuesday 5<sup>th</sup>

Tuesday 19<sup>th</sup>

# “Volunteers Needed”

## Benefits of Volunteering

### Have you thought about becoming a volunteer?

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 benefits 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 even simple ways can help others those in need and improve your health and happiness.

- Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering has also been shown to improve mood and reduce stress and anxiety.
- Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.
- Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.
- Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.
- Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

For further information please contact

Souzan or Iriny on

9631 6575



## Services Provided by Karabi

### Community & Development Services Inc.

#### Community Development Services General Information & Referral Services

Seven Hills Office 9688 1084

#### Social Support Services

#### Community Development Services

#### Youth & Family Support Services

#### General Information & Referral Services

Constitution Hill 9631 7055

#### Community Development Services

#### Youth & Family Support Services

#### General Information & Referral Services

#### Drop-in Services

Mini-Bus Hire Services 9631 6575

## Contact details

For enquiries and info, please contact:

Souzan or Iriny – Social Support Workers

Phone: 9631 6575

Email: [kss@karabi.or.au](mailto:kss@karabi.or.au) (Souzan)

[socialsupport@karabi.org.au](mailto:socialsupport@karabi.org.au) (Iriny)

Address: Cnr Darcy Rd & Fyall Ave Wentworthville.

## Opening Hours

### OFFICE TRADING HOURS

Monday – 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](http://www.ndis.gov.au) or visit us at Karabi—Cnr Darcy Rd. & Fyall Ave., Wentworthville 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.

If you know anyone who could benefit from our Social Support services, please refer them to Karabi. They can talk to Suzi on 9688 1084.