



Karabi

Community & Development Services Inc



TERM 3 NEWSLETTER, July-Oct 2020

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WELCOME TO OUR TERM 3 NEWSLETTER!

Welcome Back to our Karabi Newsletter,

It has been quite some time since our last newsletter was distributed, and since we held face to face programs and outings with our participants and clients.

Karabi staff have not stopped working throughout these trying times,; while, our regular programs were put on hold our food safety program has continued to grow across all three centres. Currently, this program has increased to over 120% of our original client reach.

Safety during this period has been paramount for all; both for those we come into contact with through our centres, our shopping program for seniors and food safety programs, and as importantly for our staff so that they too can remain safe from covid-19 in able to provide services and for the safety of their own families.

The School Term 3, 2020 will see some of our programs return. Each program or outing has a COVID Safety Plan that follows the federal and state government recommendations regarding social distancing and safety.

All of our staff are looking forward to seeing you at Karabi when you feel ready to return. If you have any concerns or queries about our programs, safety or if you would like to know more about our safety plans please call one of our centres so that we can clarify.

Kind Regards, Vicki Wilde
Executive Officer, Karabi

JULY 2020 CALENDAR

KARABI WENTWORTHVILLE

MON	TUE	WED	THU	FRI
		1	2 Carer Support Group 11:30am—12:30am	3
6 School Holidays FOOD GIVEAWAY 11:30am—1:30pm	7 School Holidays	8 School Holidays FOODBANK 11:30am	9 School Holidays School Holidays	10 School Holidays
13 School Holidays FOOD GIVEAWAY 11:30am—1:30pm	14 School Holidays	15 School Holidays	16 School Holidays	17 School Holidays
20 FOOD GIVEAWAY 11:30am—1:30pm	21 KNITTING 9:30—11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	22	23 Gentle Exercise 10am—11am	24 PLAYGROUP at Karabi 9:30am—11:30am
27 FOOD GIVEAWAY 11:30am—1:30pm	28 BINGO 9:30—11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	29	30 Breakfast Club Pendle Hill Primary School 8am—9am Gentle Exercise 10am—11am	31 PLAYGROUP at Karabi 9:30am—11:30am

AUGUST 2020 CALENDAR

KARABI WENTWORTHVILLE

MON	TUE	WED	THU	FRI
3 FOOD GIVEAWAY 11:30am –1:30pm	4 WINSTON HILLS SHOPPING 9:30am—1:30pm KNITTING 9:30—11:30am WOMEN'S CIRCLE— Healthy Lunchbox 10:30am—11:30am	5 PLAYGROUP at Wentworthville Public School 9:30am—11:30am	6 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am Carer Support Group 11:30am—12:30am CUBBYHOUSE K-Yr6 3pm -4:30pm	7 PLAYGROUP at Karabi 9:30am—11:30am
10 SEVEN HILLS SHOPPING 9:30am—2:00pm FOOD GIVEAWAY 11:30am –1:30pm	11 WOMEN'S CIRCLE— Walking group 10:30am—11:30am	12 PLAYGROUP at Wentworthville Public School 9:30am—11:30am FOODBANK 11:30am	13 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	14 PLAYGROUP at Karabi 9:30am—11:30am
17 LUNCH CLUB 10:00am –3:00pm FOOD GIVEAWAY 11:30am –1:30pm	18 WINSTON HILLS SHOPPING 9:30am—1:30pm KNITTING 9:30—11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	19 PLAYGROUP at Wentworthville Public School 9:30am—11:30am	20 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am —11am CUBBYHOUSE K-Yr6 3pm -4:30pm	21 PLAYGROUP at Karabi 9:30am—11:30am
24 SEVEN HILLS SHOPPING 9:30am—2:00pm FOOD GIVEAWAY 11:30am –1:30pm	25 BINGO 9:30—11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	26 PLAYGROUP at Wentworthville Public School 9:30am—11:30am	27 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	28 PLAYGROUP at Karabi 9:30am—11:30am

SEPTEMBER 2020 CALENDAR

KARABI WENTWORTHVILLE

MON	TUE	WED	THU	FRI
	1 WINSTON HILLS SHOPPING 9:30am—1:30pm KNITTING 9:30—11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	2 PLAYGROUP at Wentworthville Public School 9:30am -11:30am	3 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am Carer Support Group 11:30am—12:30am CUBBYHOUSE K-Yr6 3pm -4:30pm	4 PLAYGROUP at Karabi 9:30am—11:30am
7 FOOD GIVEAWAY 11:30am –1:30pm	8 WOMEN'S CIRCLE— Walking group 10:30am—11:30am	9 PLAYGROUP at Wentworthville Public School 9:30am -11:30am FOODBANK 11:30am	10 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	11 PLAYGROUP at Karabi 9:30am—11:30am
14 SEVEN HILLS SHOPPING 9:30am—2:00pm FOOD GIVEAWAY 11:30am –1:30pm	15 WINSTON HILLS SHOPPING 9:30am—1:30pm KNITTING 9:30am -11:30am WOMEN'S CIRCLE— Healthy Lunchbox 10:30am—11:30am	16 PLAYGROUP at Wentworthville Public School 9:30am -11:30am	17 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	18 PLAYGROUP at Karabi 9:30am—11:30am
21 LUNCH CLUB 10:00am –3:00pm FOOD GIVEAWAY 11:30am –1:30pm	22 BINGO 9:30am -11:30am WOMEN'S CIRCLE— Walking group 10:30am—11:30am	23 PLAYGROUP at Wentworthville Public School 9:30am -11:30am	24 Breakfast Club Pendle Hill Public School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	25 PLAYGROUP at Karabi 9:30am—11:30am
28 School holidays SEVEN HILLS SHOPPING 9:30am—2:00pm FOOD GIVEAWAY 11:30am –1:30pm	29 School holidays	30 School holidays		

OCTOBER 2020 CALENDAR

KARABI WENTWORTHVILLE

MON	TUE	WED	THU	FRI
			1 School holidays	2 School holidays
5 School holidays FOOD GIVEAWAY 11:30am –1:30pm	6 School holidays KNITTING 9:30am—11:30am	7 School holidays	8 School holidays	9 School holidays
12 SEVEN HILLS SHOPPING 9:30am—2:00pm PLAYGROUP at Greystanes Public School 9:30am—11:00am FOOD GIVEAWAY 11:30am –1:30pm	13	14 FOODBANK 11:30am	15	16
19 LUNCH CLUB 10:00am –3:00pm PLAYGROUP at Greystanes Public School 9:30am—11:00am FOOD GIVEAWAY 11:30am –1:30pm	20 WINSTON HILLS SHOPPING 9:30am—1:30pm KNITTING 9:30am—11:30am	21 PLAYGROUP at Wentworthville Public School 9:30am -11:30am	22 Breakfast Club Pendle Hill Primary School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	23 PLAYGROUP at Karabi 9:30am—11:30am
26 SEVEN HILLS SHOPPING 9:30am—2:00pm PLAYGROUP at Greystanes Public School 9:30am—11:00am FOOD GIVEAWAY 11:30am –1:30pm	27 BINGO 9:30– 11:30am	28 PLAYGROUP at Wentworthville Public School 9:30am -11:30am	29 Breakfast Club Pendle Hill Primary School 8am—9am Gentle Exercise 10am—11am CUBBYHOUSE K-Yr6 3pm -4:30pm	30 PLAYGROUP at Karabi 9:30am—11:30am

Programs at Karabi Wentworthville

For more information contact 02 9631 6575

MONDAY	PLAYGROUP—<i>COMING SOON</i> Greystanes Public School 9:30am—11:30am Come along and join our fun, safe and supportive playgroup for Children 0 –6yrs, where both children, parents and carers have fun while learning through play and craft activities. A great opportunity to prepare children for School. All aged children and their parent or carers are welcome. COST: FREE Start Date: TBA
MONDAY	FOOD GIVEAWAY 11:30am –1:30pm , Registration prior to 10.45am Fresh fruit, vegetables along with bread are available on a weekly basis. Please bring along your own shopping bag. COST: Gold Coin
TUESDAY	KNITTING - Wenty Meeting Room 9:30am—11:30am A social group that supports each other in their own work or to create projects for charity. COST: Gold Coin
TUESDAY	WOMEN’S CIRCLE — WALKING GROUP Wenty Reg Byrne Hall 10:30am—11:30pm 4 week program—running twice. Learn about health and wellbeing for women, healthy eating, coping with changing lives, dealing with stress and where to go to seek answers from health professionals. COST: FREE
TUESDAY	BINGO the fourth Tuesday of the month, Wenty Meeting room 9:30am—11.30am A healthy morning tea is supplied along with prizes to be won. COST: Gold coin
WEDNESDAY	PLAYGROUP Wentworthville Public School community room 9:30am—11:30am Come along and join our fun, safe and supportive playgroup for Children 0 –6yrs, where both children, parents and carers have fun while learning through play and craft activities. A great opportunity to prepare children for School. All aged children and their parent or carers are welcome. COST: FREE

Programs at Karabi Wentworthville

For more information contact 02 9631 6575

WEDNESDAY 2nd Wednesday of the month	FOODBANK, Monthly 11:30am Come along and register to be part of our cost effective food program. Payment of \$25 is to be given to the centre's office, in an envelope with your name, at least ONE WEEK PRIOR to collection. Please bring your own bags when picking up your order. COST: \$25 per order/month
THURSDAY	CUBBYHOUSE after school program for children K-Yr6/7 3 -4:30pm, 3pm pickup at Darcy Road Public School Children attending are given a healthy afternoon tea before activities begin, such as craft, cooking, games and active play. COST: \$5 per child, per term Pick up at 4.30pm from Reg Byrne Hall, 41 Fyall Ave Wentworthville
THURSDAY	Breakfast Club Pendle Hill Primary School 8am—9am , start date TBA. A Healthy breakfast is supplied to every student that attends. COST: FREE
THURSDAY	Gentle Exercise Wenty Reg Byrne Hall 10am —11am A healthy morning tea is supplied COST: \$12 Community Members \$7 My Aged Care registered members * NDIS participants, cost of the class and transport from individual NDIS funds as per the NDIS Price Guide, contact Iriny or Souzan on 02 9631 6575
THURSDAY	Carer Support Group Wenty Meeting Room 11:00am—12:30am A social support group for parents and carers of children with a disability. Each session offers a new experience and information from services providers to help you care for yourself, your family and child. COST: FREE
FRIDAY	PLAYGROUP Karabi Wenty, Reg Byrne Hall 9:30am—11:30am Come along and join our fun, safe and supportive playgroup for Children 0 –6yrs, where both children, parents and carers have fun while learning through play and craft activities. A great opportunity to prepare children for School. COST: FREE

Are you the Parent or Carer of a Child with disability?



When:

2nd JULY

Thursday(First thursday of every Month)

11:30-12:30pm

Where:

Karabi Wentworthville
Reg Byrne Hall,
41 Fyall Avenue,
Wentworthville NSW 2145

For registration Contact:

Karishma Nayyar
Community Development
Worker

E:cdw@karabi.org.au

P: 02-9631 6575

Parents and Carers

SOCIAL SUPPORT GROUP

*Come along to the Karabi's Carer support group
for a cuppa and a chat!*

*Carer Support Groups encourage carers to
come together on a regular basis to discuss
their caring situation, socialise, share
information and offer each other support.*

*NDIS workshops, light exercise sessions, self-
care workshops and much more...*

morning tea provided.



Karabi

Community & Development Services Inc

What's happening at Karabi



Foodbank



Community BBQ (12/03/20)



Northcott donations



Walking Group



Biggest morning tea



Street Library



It is with a heavy heart that we acknowledge the passing of one of our dedicated and caring Volunteer. Jeff Smith passed away quietly in his sleep on the 25th May 2020. He was fare wellled in a private ceremony by his family, who will be holding an event after the restrictions lift for everyone to celebrate Jeff's life. Karabi will also hold a gathering, once restrictions are lifted, to remember all of his caring, dedication and commitment to our community. The staff and management of Karabi will miss Jeff and remember him as a kind, caring and at times funny member of our team. If you would like to send us a warm memory or story of your times with Jeff, please contact our centre on 02 9631 6575 or email: admin@karabi.org.au.

Recipe from Bridgette, Youth & Family Support



Vegan Chickpea Curry

Time: 30mins
Serves: 3
Level: Beginner

INGREDIENTS

- 2 tablespoons coconut oil
- 2 medium yellow onions, chopped
- 14 ounces canned tomatoes, drained
- Salt and pepper, to taste
- 16 ounces canned chickpeas, drained and rinsed
- 3 garlic cloves, minced
- 1 teaspoon curry powder
- 1/4 teaspoon cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper
- 1 package baby spinach
- 13.5 ounces canned coconut milk
- 1 tablespoon flour
- 1 lime

METHOD

1. Add coconut oil to a deep pan over medium-high heat.
2. Add onions, tomatoes, salt, and pepper to the pan, and stir. Reduce heat to medium and cook until tomatoes release juices and onions soften, about 10 minutes.
3. Stir in chickpeas, garlic, curry powder, cumin, cinnamon, nutmeg, and cayenne pepper until combined. Add spinach, coconut milk, and flour, and stir again. Bring the curry to a boil, then reduce to a simmer for 10-12 minutes.
4. Remove curry from heat, top with lime juice, and serve over rice.

NOTES:

Serve with boiled rice.

OPTIONAL:

You can add ½ cup sugar snap peas (or any green vegetable you like)

Recipe from Taste.com.au



Banana Muffins

with sticky pine nuts

Time: 1 hour

Makes: 12

Level: Beginner

INGREDIENTS

- 265g (1 3/4 cups) plain flour
- 155g (3/4 cup) caster sugar
- 1 teaspoon baking powder
- 1/4 teaspoon bicarbonate of soda
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground cinnamon, plus extra, to dust
- 1 vanilla bean
- 3 ripe large bananas, mashed well, plus extra, sliced, to serve
- 2 eggs, lightly whisked
- 125g unsalted butter, melted
- 2 tablespoons milk
- Double cream, to serve

STICKY PINE NUT TOPPING

- 70g pine nuts
- 70g dried coconut flakes
- 100g golden syrup
- Pinch of sea salt

METHOD

1. Preheat the oven to 180C/160C fan forced. Place an oven rack in the middle of the oven, to give the muffins plenty of air around them as they cook. Line twelve 125ml (1/2-cup) muffin pans with paper cases.
2. Combine flour, sugar, baking powder, bicarb, salt and cinnamon in a large bowl. Use a small sharp knife to split the vanilla bean in half and scrape the seeds into the flour mixture. Discard bean.
3. Combine the mashed banana, egg, butter and milk in a jug. Pour into the flour mixture, using a large metal spoon to gently fold together until just combined. Do not over-mix.
4. Spoon batter among the prepared pans. Bake for 20-25 minutes or until a skewer inserted into the centre comes out clean. Transfer the muffins to a wire rack to cool completely.
5. For the topping, line a baking tray with baking paper. Combine the pine nuts, coconut, syrup and sea salt in a bowl. Spread onto prepared tray. Bake for 15-20 minutes or until golden and crisp. Cool completely.
6. To serve, spoon a small dollop of double cream onto each muffin. Top cream with the sliced banana, sprinkle with sticky pine nut topping and dust with cinnamon.

NOTES

You will need about 1 1/2 cups of mashed banana for this recipe. Allow the muffins to cool completely before adding topping. It's important not to over-mix the muffin batter; otherwise, you'll get a dense crumb as opposed to a light and fluffy texture.

JULY 2020 CALENDAR

KARABI SEVEN HILLS

MON	TUE	WED	THU	FRI
		1 FOODBANK, Monthly 2-2.30pm	2	3
6 School Holidays	7 School Holidays	8 School Holidays	9 School Holidays	10 School Holidays
13 School Holidays	14 School Holidays	15 School Holidays	16 School Holidays	17 School Holidays
20 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am FOOD GIVEAWAY 11am—1pm	21 MSK WALK 9am—2:30pm HOMEWORK CLUB 3pm—4:30pm	22 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm	23	24
27 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Oldfield Public School 9am—11am KIDS CLUB at TNC 3pm-4:30pm	28 ENGLISH CLASS 9.30am-11.30am HOMEWORK CLUB 3pm—4:30pm	29 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am WALKING GROUP 10am-12pm NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm	30 Knitting & Crocheting 9.30am-11.30am	31 Kids & Parents Learning PLAYGROUP 9am—11:15am

AUGUST 2020 CALENDAR

KARABI SEVEN HILLS

MON	TUE	WED	THU	FRI
<p>3</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>PLAYGROUP at Bert Oldfield Public School 9am—11am</p> <p>FOOD GIVEAWAY 11am—12pm</p> <p>KIDS CLUB at TNC 3pm-4:30pm</p> <p>DROP IN BBQ at TNC 3pm-4:30pm</p>	<p>4</p> <p>ENGLISH CLASS 9.30am-11.30am</p> <p>HOMEWORK CLUB 3pm—4:30pm</p>	<p>5</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>WALKING GROUP 10am-12pm</p> <p>NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm</p> <p>FOODBANK, Monthly 2-2.30pm</p>	<p>6</p> <p>Knitting & Crocheting 9.30am-11.30am</p>	<p>7</p> <p>Kids & Parents Learning PLAYGROUP 9am—11:15am</p>
<p>10</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>PLAYGROUP at Bert Oldfield Public School 9am—11am</p> <p>FOOD GIVEAWAY 11am—12pm</p> <p>KIDS CLUB at TNC 3pm-4:30pm</p>	<p>11</p> <p>ENGLISH CLASS 9.30am-11.30am</p> <p>HOMEWORK CLUB 3pm—4:30pm</p>	<p>12</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>WALKING GROUP 10am-12pm</p> <p>NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm</p>	<p>13</p> <p>Knitting & Crocheting 9.30am-11.30am</p>	<p>14</p> <p>Kids & Parents Learning PLAYGROUP 9am—11:15am</p>
<p>17</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>PLAYGROUP at Bert Oldfield Public School 9am—11am</p> <p>FOOD GIVEAWAY 11am—12pm</p> <p>KIDS CLUB at TNC 3pm-4:30pm</p> <p>DROP IN BBQ at TNC 3pm-4:30pm</p>	<p>18</p> <p>ENGLISH CLASS 9.30am-11.30am</p> <p>HOMEWORK CLUB 3pm—4:30pm</p>	<p>19</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>WALKING GROUP 10am-12pm</p> <p>NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm</p>	<p>20</p> <p>Knitting & Crocheting 9.30am-11.30am</p>	<p>21</p> <p>Kids & Parents Learning PLAYGROUP 9am—11:15am</p>
<p>27</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>PLAYGROUP at Bert Oldfield Public School 9am—11am</p> <p>FOOD GIVEAWAY 11am—12pm</p> <p>KIDS CLUB at TNC 3pm-4:30pm</p>	<p>25</p> <p>ENGLISH CLASS 9.30am-11.30am</p> <p>HOMEWORK CLUB 3pm—4:30pm</p>	<p>26</p> <p>BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am</p> <p>WALKING GROUP 10am-12pm</p> <p>NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm</p>	<p>27</p> <p>Knitting & Crocheting 9.30am-11.30am</p>	<p>28</p> <p>Kids & Parents Learning PLAYGROUP 9am—11:15am</p>

SEPTEMBER 2020 CALENDAR

KARABI SEVEN HILLS

MON	TUE	WED	THU	FRI
	1 ENGLISH CLASS 9.30am-11.30am HOMEWORK CLUB 3pm—4:30pm	2 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am WALKING GROUP 10am-12pm NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm FOODBANK, Monthly 2-2.30pm	3 Knitting & Crocheting 9.30am-11.30am	4 Kids & Parents Learning PLAYGROUP 9am—11:15am
7 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Oldfield Public School 9am—11am FOOD GIVEAWAY 11am –12pm KIDS CLUB at TNC 3pm-4:30pm DROP IN BBQ at TNC 3pm-4:30pm	8 ENGLISH CLASS 9.30am-11.30am HOMEWORK CLUB 3pm—4:30pm	9 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am WALKING GROUP 10am-12pm NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm	10 Knitting & Crocheting 9.30am-11.30am	11 Kids & Parents Learning PLAYGROUP 9am—11:15am
14 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Oldfield Public School 9am—11am FOOD GIVEAWAY 11am –12pm KIDS CLUB at TNC 3pm-4:30pm	15 ENGLISH CLASS 9.30am-11.30am HOMEWORK CLUB 3pm—4:30pm	16 BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am WALKING GROUP 10am-12pm NILS, No Interest Loan Scheme & Emergency Relief 10am—3pm	17 Knitting & Crocheting 9.30am-11.30am	18 Kids & Parents Learning PLAYGROUP 9am—11:15am
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28 School Holidays FOOD GIVEAWAY 11am –12pm	29 School Holidays	30 School Holidays		

OCTOBER 2020 CALENDAR

KARABI SEVEN HILLS

MON	TUE	WED	THU	FRI
			1 School Holidays	2 School Holidays
5 School Holidays FOOD GIVEAWAY 11am –12pm	6 School Holidays	7 School Holidays FOODBANK, Monthly 2-2.30pm	8 School Holidays	9 School Holidays
12 TERM 4 Begins FOOD GIVEAWAY 11am –12pm BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Old- field Public School 9am—11am FOOD GIVEAWAY 11am –12pm KIDS CLUB at TNC 3pm-4:30pm	13	14	15	16
19 FOOD GIVEAWAY 11am –12pm BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Old- field Public School 9am—11am FOOD GIVEAWAY 11am –12pm KIDS CLUB at TNC 3pm-4:30pm	20	21 NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm	22	23
26 FOOD GIVEAWAY 11am –12pm BREAKFAST CLUB Bert Oldfield Public School 8.30am—9am PLAYGROUP at Bert Old- field Public School 9am—11am FOOD GIVEAWAY 11am –12pm KIDS CLUB at TNC 3pm-4:30pm	27	28 NILS, No Interest Loan Scheme & Emergency Relief 9.30am—4pm	29	30

Programs at Karabi Seven Hills

For more information contact 02 9688 1084

MONDAY to WEDNESDAY	BREAKFAST CLUB Bert Oldfield Public School, Oldfield Rd Seven Hills 8.30am—9am Enjoy a delicious healthy breakfast going into class with your friends. Contact the Schools Hub Leader, Nanthini, on 02 9633 2122 for more information. COST: FREE
MONDAY	PLAYGROUP Bert Oldfield Public School, Oldfield Rd Seven Hills 9am—11am Come along and join our fun, safe and supportive playgroup for Children 0 –5yrs, where both children, parents and carers have fun while learning through play and craft activities. A great opportunity to prepare children for School. Contact the Schools Hub Leader, Nanthini, on 02 9633 2122 for more information or to register. COST: FREE NOTE: Please bring along a piece of fresh for all the children to share.
MONDAY	KIDS CLUB, Karabi Hall 3pm—4:30pm Children attending are given a healthy afternoon tea before activities begin, such as craft, cooking, games and active play. COST: Gold coin donation.
MONDAY	FOOD GIVEAWAY, Karabi Hall 11am –12pm , Registration prior to 10.45am Fresh fruit, vegetables along with bread are available on a weekly basis. Please bring along your own shopping bag. COST: Gold Coin
TUESDAY	ENGLISH CLASS, Karabi Hall (TBC) 9:30am-11:30am This class is for those who like to improve their conversational abilities in English, there is the opportunity to expand your knowledge and have conversations with the two volunteers that attend. Activities include work sheets and word search games. NOTE: Morning tea provided COST: Gold Coin
TUESDAY	HOMEWORK CLUB for The Meadows Public School Students Karabi Hall 3pm—4:30pm In partnership with The Meadows Public School, for all those attending Yr 3– Yr 6. Children attending are given a healthy afternoon tea before homework activities begin, REGISTRATION: Referrals through your child's teacher at The Meadows Public COST: FREE

Programs at Karabi Seven Hills

For more information contact 02 9688 1084

WEDNESDAY	WALKING GROUP, GRANTHAM RESERVE 10am-12pm A one hour walking group followed by a healthy morning tea and access to healthy aging information and socialization on a weekly basis. COST: Gold coin donation
WEDNESDAY 1st Wednesday of the Month	FOODBANK, Monthly 2pm-2.30pm Come along and register to be part of our cost effective food program. Payment of \$25 is to be given to the centre's office, in an envelope with your name, at least ONE WEEK PRIOR to collection. Please bring your own bags when picking up your order. COST: \$25 per order/month
WEDNESDAY	NILS, No Interest Loan Scheme AND Emergency Relief Hawkesbury, The Hills and Blacktown LGA's 9.30am—4pm Appointments are Essential. Based upon individual assessments. NILS , A no interest loan scheme that allows low interest earners, health care card holders and those receiving Centrelink or Family Tax Benefits, and are unable to qualify for any other affordable finance or credit, to borrow up to \$1500 to help with essential goods and services. Subject to assessment approval. EMERGENCY RELIEF , offers support for those experiencing financial distress or hardship and have limited means or resources. Able to provide food/ petrol vouchers, help with electricity, gas, water and Telstra bills and medications. COST: Appointments are FREE. Based upon individual assessments. For more information or to book an appointment contact Nilgun 02 9688 1084
THURSDAY	KNITTING AND CROCHETING GROUP, Karabi Hall 9.30am-11.30am A social group that supports each other in their own work or to knit and crochet projects for charity. COST: Gold Coin
FRIDAY	KIDS & PARENTS LEARNING PLAYGROUP The Meadows Public School, Fuller St. Seven Hills—Block 1 9:am—11:15am Play based learning aimed at supporting& enhancing positive early childhood experiences and development before children start school, with helpful information about positive parenting for parents and carers during playgroup. Contact Nilgun on 02 9688 1084 or SaCCs Worker on 02 9896 7514 COST: FREE NOTE: Please bring along a piece of fresh for all the children to share.

Seven Hills Centre Kids Club



is coming to Karabi Seven Hills
Every Monday 3.00pm till 4.30pm
Starting Term 3

Pending Social Distancing Regulations

27/07/2020 Welcome to Kids Club.
Registration and rules and
expectations

3/08/2020 Scented Play dough

10/08/2020 Games day

17/08/2020 Messy play

24/08/2020 Stress Balls

31/08/2020 Lava Lamps

7/09/2020 Beading and Keyrings

14/09/2020 Rock Painting

21/09/2020 End of Term Party

Karabi
Community & Development Services Inc



For further information and enquiries please contact Emma on 96881084

What's happening at Karabi - Seven Hills Centre PLAYGROUP



The Kids And Parents Learning Playgroup



Offering high-quality, free fun, structured Learning & Play Space
for families with children from 0- 5 years

Play based learning aimed at supporting & enhancing positive early childhood
experiences & development before children start school;



Music



Painting



Stories



Craft

Information for Parents & Carers



Games, Outdoor play, Story time, Excursions and helpful Information for Parents & Carers
during program sessions to help support positive parenting & child development

Parents, Grandparents, Uncles, Aunties and Caregivers are all welcome

So Come along and join us.



- Where:** THE MEADOWS PUBLIC SCHOOL
Fuller Street Seven Hills NSW 2147
Block I, The Meadows School as Community Centre
- When:** Fridays 9:00 am - 11:15 am (During School Terms)

For more information & registration, please contact;
MADHUR 9896 7514 - EMMA 9688 1084

Or, simply turn up on the day



What's happening at Karabi - Seven Hills Centre MSK Walk Program



Karabi Community and Development Services Inc.

warmly invites you to join

“Walk in July for MSK with Friends of Karabi”

in our effort to raise vital funds and awareness of Musculoskeletal Australia.

WHERE: 29 Aleta Way, Seven Hills (off Best Road)

WHEN: Tuesday 21st July 2020

SESSION TIMES: 9:00am to 10:30, 11:00am to 12:30pm, 13:00pm to 14:30pm

(Three sessions available, so bookings are essential due to social distancing measures that we need to put in place).

The event is open to all community members so bring along your friends, neighbours and families!

RSVP: by Thursday 16th July 2020. Refreshments and information provided.

CONTACT: Kanako (tssw@karabi.org.au) or Suzi (ssw@karabi.org.au)

Phone: 9688 1084

ALL MONEY raised will be donated towards MSK Australia.

*During the month of July, you can also donate
through the below online platform to support the cause
<https://walkinJulyformsk.gofundraise.com.au/page/KarabiCommunityandDevelopmentSer>*

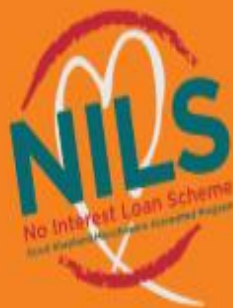


No Interest Loans

A partnership between Karabi Community Development Services and Hills Community Aid.

Loan amounts can be up to \$1500 for essential goods and services, subject to approval. A repayment plan is then set up for you to repay the loan in affordable fortnightly payments.

No interest, No fees, No charges.



For low income earners



A project of The Hills Community Aid and Information Service Inc. Accredited by the Good Shepherd Microfinance. Worker funded by NSW Office of Fair Trading. Capital funding provided by National Australia Bank.

What items do No Interest Loans cover?

- Essential household goods and services (eg. fridge, freezer, washing machine, TV or other electrical appliances, indoor and outdoor furniture, plumbing or house repairs)
- Some medical and dental expenses
- Educational essentials (eg. computer, text books)
- Sporting and recreational costs for school aged children
- CTP greenslips and car repairs
- Council rates, strata levies

What items are not covered by No Interest Loans?

- Food, travel, bond and rent, utility bills or any day to day living expenses
- Debt consolidation and cash loans

Who is eligible for No Interest Loans?

- Low income earners, health care card holders and those receiving Centrelink or family tax benefits who are unable to qualify for any other affordable finance or credit
- Currently not paying a No Interest Loan with any other NILS organisations.
- Are able to demonstrate an ability to repay the loan.

Interviews for loans are available at locations in Baulkham Hills, Blacktown, Granville and Seven Hills.



Karabi Community & Development Services Inc

Hills Community Aid

t: 02 9688 1084
e: cdwtnc@karabi.org.au
w: www.karabi.org.au
a: 29 Aleta Way,
Seven Hills,
NSW 2147

t: 02 9639 8620
e: nils@hca.org.au
w: www.hca.org.au
a: 390 Windsor Rd,
Baulkham Hills,
NSW 2153

FOOD GIVEAWAY 2020

CONSTITUTION HILL CENTRE

Every Monday

By appointment times

SEVEN HILLS CENTRE

Every Monday

By appointment times

WENTWORTHVILLE CENTRE

Every Monday

By appointment times



Gold Coin asked for each giveaway

For further information and enquiries please contact
Seven Hills on 02 9688 1084, Constitution Hills office on 02 9631 7055 or
Wentworthville on 02 96316575.

FOOD BANK - TERM 3, 2020

NEW PARTICIPANTS

COLLECT a registration form at the cottage.

ORDERING

ONE WEEK PRIOR to collection, a payment of \$25 is to be given in a sealed envelope to the centre with your name and amount.

Bring your own bags (green and fridge bags) on the delivery day.



CONSTITUTION HILL CENTRE 3rd Wednesday of the Month	SEVEN HILLS CENTRE 1st Wednesday of the month	WENTOWRTHVILLE CENTRE 2nd Wednesday of the month
<p>Date Order by 8 July 2020 Pickup on 15 July 2020</p> <p>Date Order by 12 August 2020 Pickup on 19 August 2020</p> <p>Date Order by 9 September 2020 Pickup on 16 September 2020</p> <p>Date Order by 14 October 2020 Pickup on 21 October 2020</p> <p>Pick up by appointment times</p> <p>Karabi Constitution Hill Centre 1 Lurgan St CONSTITUTION HILL</p> <p>Contact Nikki on 02 9631 7055</p>	<p>Date order by 29 July 2020 Pickup on 5 August 2020</p> <p>Date order by 26 August 2020 Pickup on 2 September 2020</p> <p>Date order by 30 September 2020 Pickup on 7 October 2020</p> <p>Pick up by appointment times</p> <p>Karabi Seven Hills Centre 29 Aleta Way SEVEN HILLS</p> <p>Contact Emma on 02 9688 1084</p>	<p>Date order by 5 August 2020 Pickup on 12 August 2020</p> <p>Date order by 2 September 2020 Pickup on 9 September 2020</p> <p>Date order by 7 October 2020 Pickup on 14 October 2020</p> <p>Pick up by appointment times</p> <p>Karabi Wentworthville Centre Corner of Fyall Avenue and Darcy Road Wentworthville</p> <p>Contact Karishma on 02 96316575</p>

JULY 2020 CALENDAR

KARABI CONSTITUTION HILL

MON	TUE	WED	THU	FRI
		1	2	3
6 School Holidays	7 School Holidays	8 School Holidays	9 School Holidays	10 School Holidays
13 School Holidays FOOD GIVEAWAY (by appointment times)	14 School Holidays	15 School Holidays FOODBANK, Monthly 2-3pm	16 School Holidays	17 School Holidays
20 CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm FOOD GIVEAWAY (by appointment times)	21	22	23	24
27 CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm FOOD GIVEAWAY (by appointment times)	28	29 KIDS CLUB K -Yr6 3pm –4:30pm	30 COMMUNITY BBQ at Richill Park 3pm -5pm	31

AUGUST 2020 CALENDAR

KARABI CONSTITUTION HILL

MON	TUE	WED	THU	FRI
<p>3</p> <p>SDN PLAYGROUP 10am—12pm</p> <p>FOOD GIVEAWAY (by appointment times)</p> <p>CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm</p>	<p>4</p> <p>PLAYGROUP at Constitution Hill Library 10am—11am</p> <p>YOUTH DROP IN 3pm—5pm</p>	<p>5</p>	<p>6</p> <p>PLAYGROUP at Richill Park 11am—12:30pm</p> <p>COMMUNITY BBQ at Richill Park 3pm -5pm</p>	<p>7</p>
<p>10</p> <p>SDN PLAYGROUP 10am—12pm</p> <p>FOOD GIVEAWAY (by appointment times)</p> <p>CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm</p>	<p>11</p> <p>PLAYGROUP at Constitution Hill Library 10am—11am</p> <p>YOUTH DROP IN 3pm—5pm</p>	<p>12</p> <p>SENIORS GROUP ACTIVITIES 9:30am—11:30am</p> <p>KIDS CLUB K -Yr6 3pm —4:30pm</p>	<p>13</p> <p>PLAYGROUP at Richill Park 11am—12:30pm</p> <p>COMMUNITY BBQ at Richill Park 3pm -5pm</p>	<p>14</p>
<p>17</p> <p>SDN PLAYGROUP 10am—12pm</p> <p>FOOD GIVEAWAY (by appointment times)</p> <p>CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm</p>	<p>18</p> <p>PLAYGROUP at Constitution Hill Library 10am—11am</p> <p>YOUTH DROP IN 3pm—5pm</p>	<p>19</p> <p>FOODBANK, Monthly 2-3pm</p>	<p>20</p> <p>PLAYGROUP at Richill Park 11am—12:30pm</p> <p>COMMUNITY BBQ at Richill Park 3pm -5pm</p>	<p>21</p>
<p>24</p> <p>SDN PLAYGROUP 10am—12pm</p> <p>FOOD GIVEAWAY (by appointment times)</p> <p>CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm</p>	<p>25</p> <p>PLAYGROUP at Constitution Hill Library 10am—11am</p> <p>YOUTH DROP IN 3pm—5pm</p>	<p>26</p> <p>SENIORS BUS TRIP 9:30am—3:30am</p> <p>KIDS CLUB K -Yr6 3pm —4:30pm</p>	<p>27</p> <p>PLAYGROUP at Richill Park 11am—12:30pm</p> <p>COMMUNITY BBQ at Richill Park 3pm -5pm</p>	<p>28</p>

SEPTEMBER 2020 CALENDAR

KARABI CONSTITUTION HILL

MON	TUE	WED	THU	FRI
	1 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	2	3 PLAYGROUP at Richill Park 11am—12:30pm COMMUNITY BBQ at Richill Park 3pm -5pm	4
7 SDN PLAYGROUP 10am—12pm FOOD GIVEAWAY (by appointment times) CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm	8 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	9 SENIORS GROUP ACTIVITIES 9:30am—11:30am KIDS CLUB K -Yr6 3pm—4:30pm	10 PLAYGROUP at Richill Park 11am—12:30pm COMMUNITY BBQ at Richill Park 3pm -5pm	11
14 SDN PLAYGROUP 10am—12pm FOOD GIVEAWAY (by appointment times) CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm	15 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	16 FOODBANK, Monthly 2-3pm	17 PLAYGROUP at Richill Park 11am—12:30pm COMMUNITY BBQ at Richill Park 3pm -5pm	18
21 SDN PLAYGROUP 10am—12pm FOOD GIVEAWAY (by appointment times) CERT III in Hospitality 10am-1pm & 1:30pm-3:30pm	22 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	23 SENIORS BUS TRIP 9:30am—3:30am	25 PLAYGROUP at Richill Park 11am—12:30pm COMMUNITY BBQ at Richill Park 3pm -5pm	26
28 School Holidays	29 School Holidays	30 School Holidays		

OCTOBER 2020 CALENDAR

KARABI CONSTITUTION HILL

MON	TUE	WED	THU	FRI
			1 School Holidays	2 School Holidays
5 School Holidays FOOD GIVEAWAY (by appointment times)	6 School Holidays	7 School Holidays	8 School Holidays	9 School Holidays
12 TERM 4 Begins FOOD GIVEAWAY (by appointment times)	13 SENIORS GROUP ACTIVITIES 9:30am—11:30am	14	15	16
19 SDN PLAYGROUP 10am—12pm FOOD GIVEAWAY (by appointment times)	20 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	21 FOODBANK, Monthly 2-3pm	22 PLAYGROUP at Richill Park 10am—12pm COMMUNITY BBQ at Richill Park 3pm -5pm	23
26 SDN PLAYGROUP 10am—12pm FOOD GIVEAWAY (by appointment times)	27 PLAYGROUP at Constitution Hill Library 10am—11am YOUTH DROP IN 3pm—5pm	28 SENIORS BUS TRIP 9:30am—3:30am	39 PLAYGROUP at Richill Park 10am—12pm COMMUNITY BBQ at Richill Park 3pm -5pm	30

Programs at Karabi Constitution Hill

For more information contact 02 9631 7055

MONDAY to FRIDAY	NILS, No Interest Loan Scheme AND Emergency Relief Hawkesbury, The Hills and Blacktown LGA's 10am—3pm, fortnightly Appointments are Essential. Appointments are currently by phone only. Low income earners can book an appointment for Emergency Relief or to apply for a low interest loan. Appointments are fortnightly on a Wednesday Hills Community Aid attend Constitution Hill. COST: Appointments are FREE. Based upon individual assessments. For more information or to book an appointment contact Nikki 02 9631 7055
MONDAY	SDN Playlinks PLAYGROUP—currently online (watch this space) Karabi Hall 10am—12pm Supported playgroup which is facilitated by a qualified early childhood educator, has social workers attend every week, as well as themed week activities such as Valentines card making and harmony day craft. HEALTHY MORNING TEA PROVIDED COST: FREE
MONDAY	Certificate III in Hospitality Karabi Hall 10am-1pm and 1:30pm—3.30pm This course is an accredited Certificate III in Hospitality. Participants will learn all about food handling, equipment cleaning, food storage practices and WH&S requirements. Participant will gain hands on knowledge as well as the qualification to commence employment in any Hospitality entry positions. COST: Free
MONDAY	FOOD GIVEAWAY Karabi Foyer 2.30pm –3.30pm Fresh fruit, vegetables along with bread are available on a weekly basis. COST: Gold Coin
TUESDAY	PLAYGROUP at Constitution Hill Library 10am—11am This playgroup is held at Constitution hill Library and has fun activities and guest speakers from organisations like Breastfeeding Australia and Maternal health nurses. PLAYGROUP IS FOLLOWED BY STORY TIME IN THE LIBRARY. COST: FREE

Programs at Karabi Constitution Hill

WEDNESDAY	KIDS CLUB K -Yr6 Karabi Hall 3pm –4:30pm Children attending are given a healthy afternoon tea before activities begin, such as craft, cooking, games and active play. COST: Gold Coin
WEDNESDAY 3rd Wednesday of the month	FOODBANK, Monthly 2pm-3pm Come along and register to be part of our cost effective food program. Payment of \$25 is to be given to the centre's office, in an envelope with your name, at least ONE WEEK PRIOR to collection. Please bring your own bags when picking up your order. COST: \$25 per order/month
THURSDAY	PLAYGROUP at Richill Park 1 Lurgan St Constitution Hill 11am—12:30pm A Supported playgroup that focuses themed week activities on sensory based and culturally diverse activities such as making play dough, rice and sand writing activities, Dreamtime Rainbow snake activities, First Nations People Symbol games and much more. COST: FREE
THURSDAY	COMMUNITY BBQ, TERM 1 @ Richill Park 1 Lurgan St Constitution Hill 3pm -5pm Join us for a FREE Community BBQ in the park. Have fun with the games, sport and other activities for primary and high school children. Local organisations will be present to provide information and support and to help with the BBQ and all of the great activities and food. COST: FREE
THURSDAY	WOMAN'S YARNING CIRCLE—Date & time: TBC Karabi Hall Calling all Koori women in the Parramatta/Cumberland LGA. Come join Karabi's Woman's Yarning Circle for a cuppa and a chat with good friends. There will be some cultural outing organised throughout the term, but more importantly, lots of good food and great stories! Please call to confirm attending for catering purposes.

What's happening at Karabi - Constitution Hill Centre
Community BBQ

JOIN US FOR A
**FREE
BBQ!!**

RICHILL PARK, LURGAN
STREET:

Restarting on 30th July 2020!

**ACTIVITIES!
THURSDAYS**

3:30-5:00PM

**RICHILL PARK,
LURGAN ST**

**EVERYBODY
IS
WELCOME!**

**All children &
teens MUST be
accompanied by
an adult**

What's happening at Karabi - Constitution Hill Centre Cert. III in Hospitality



CERTIFICATE III IN HOSPITALITY

**Free
Course**

—An Industry Accredited Qualification

MONDAY AT 10AM AND 3:30PM
STARTING BACK 13TH JULY

KARABI NEIGHBOURHOOD COTTAGE
1 LURGAN STREET, CONSTITUTION HILL
REGISTRATIONS ARE ESSENTIAL

For more information, call Nikki on 02 9631 7055
or email cdwknc@karabi.org.au



What's happening at Karabi - Constitution Hill Centre KIDS CLUB



Woman's Yarning Circle

Every
2nd
Thursday

**Starting
Soon!
For Catering
Contact
Nikki
To Book In
On
0428 615 988**

**Karabi Cottage, 1 Lurgan St,
Constitution Hill**

YOUTH PROGRAMS

AGES : 12 TO 17

- Information and referral assistance
- Outreach and home visiting
- High School development programs
Including:
 - RAGE
 - Love Bites
 - Stop Think Do
 - Social Skills
 - Drum Beats
- Court Support and Advocacy
- Youth Drop In services
- School Holiday Programs
- Community Events - BBQ's / Sport / Rec
- Case Management
- Education & Employment Support

VISIT WWW.KARABI.ORG.AU FOR MORE INFORMATION
OR PHONE: 9631 7055 OR 9688 1084
WWW.FACEBOOK.COM/KARABICOMMUNITY/



Karabi
Community & Development Services Inc.

YOUTH DROP IN

**EVERY TUESDAY
3:00PM TO 5:00PM**

**LOCATION: 1 LURGAN STREET,
CONSTITUTION HILL**

**AGES 12-17 ONLY!
FOOD/SNACKS PROVIDED**

**FOR MORE INFORMATION PLEASE CONTACT
CORALIE ON 96317055 OR BRIDGETTE ON 96881084**

[WWW.FACEBOOK.COM/KARABICOMMUNITY/](https://www.facebook.com/karabicomunity/)

**PLEASE NOTE THAT KARABI STAFF WILL CONTINUE TO FOLLOW THE SAFETY
GUIDELINES OF THE AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH**

Karabi Youth Services - Seven Hills



KARABI YOUTH & FAMILY SERVICES

DROP IN BBQ

Join us for a FREE barbeque
fortnightly

**MONDAY'S FORTNIGHTLY, EACH
SCHOOL TERM.**

3-4:30PM.

29 ALETA WAY, SEVEN HILLS.

For further information, please contact
Bridgette on 96881084 or
Coralie on 96317055

Find us on facebook!

[https://www.facebook.com
/KarabiCommunity/](https://www.facebook.com/KarabiCommunity/)

Karabi Youth Services– Constitution Hill



Karabi
Community & Development Services Inc.

snacks

playstation 4

YOUTH POOL COMP



prizes

TUESDAY'S 3:30 - 4:45PM

Join us at 1 Lurgan Street Constitution Hill for
a friendly game or competition !

visit www.karabi.org.au for more information

PHONE: 9631 7055 or 9688 1084

www.facebook.com/KarabiCommunity/





Getting to know our
Social Support worker at
KARABI
Wentworthville
.....
IRINY

WHY DID YOU BECOME A SOCIAL SUPPORT WORKER?

I became a social support worker because I want to support my community by helping the frail older people and people with disabilities to stay independent and socially active.

WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about meeting people and interacting with them.

WHAT ARE 3 WORDS TO DESCRIBE YOU?

3 words describe me: Peaceful, caring, smiling.

WHAT'S THE BEST ADVICE YOU'VE EVEN BEEN TOLD?

Practice makes the hardest jobs easier.

WHAT ARE 3 THINGS ON YOUR BUCKET LIST?

Add a new program for seniors, improve my existing programs and trip to America.

IF YOU WERE AN ANIMAL, WHAT WOULD YOU BE?

If was an animal I would be a cat

BEST SWEET OR SALTY SNACK?

Best snack chips :'(

FAVOURITE HOBBY?

Cooking in general, baking in particular ;)



Getting to know our
Social support worker at
KARABI
Wentworthville
.....
SOUZAN

WHY DID YOU BECOME A SOCIAL SUPPORT WORKER?

I chose to become a social support worker because I am a very social person and wanted to share this by helping elderly people who need social support to maintain quality life.

WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about making people feel happy and supported.

WHAT ARE 3 WORDS TO DESCRIBE YOU?

Helpful, honest and assertive .

WHAT'S THE BEST ADVICE YOU'VE EVEN BEEN TOLD?

Not to interfere in other people's business and keep to myself.

WHAT ARE 3 THINGS ON YOUR BUCKET LIST?

Go on Holiday, expand our services and meet our clients' needs at all times

IF YOU WERE AN ANIMAL, WHAT WOULD YOU BE?

If I was an animal, I would be a bird.

BEST SWEET OR SALTY SNACK?

Best snack is Mixed Nuts.

FAVOURITE HOBBY?

Swimming, crochet and knitting.

KARABI NDIS SUPPORT PROGRAM

Is a NDIS registered provider of supports to people with Disabilities and is funded by Australian Government Department of Health

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



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.

If you know anyone who could benefit from our Social Support services, please refer them to Karabi. They can talk to the Karabi Social Support Team.

**Contact NDIS to access your eligibility on
1800 800 110 or visit their website www.ndis.gov.au**

KARABI'S NDIS PROVIDER NUMBER IS 8913 7483

NDIS SOCIAL ACTIVITY SERVICES

Karabi Community & Development Services provide Social Support as a registered provider of NDIS and funded Commonwealth Home Support Program, our NDIS Provider no: 89137483

Our 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. Social Support services include one on one shopping assistance, assistance to medical appointments, home visiting, weekly social groups, respite, monthly Lunch Club, outings, educational, gender and cultural sensitive centre based and non-centre based programs, services and activities .

NDIS - NATIONAL DISABILITY INSURANCE SCHEME

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 can provide services for people of all ages with a disability including, but not limited to :

- ♦ Participation in community, social and civic activities
- ♦ Development of daily living and life skills
- ♦ Assistance with daily personal activities
- ♦ Assistance with daily life tasks
- ♦ Attending social activities for young people,
- ♦ Attending social activities for children, at Karabi or in other areas

WENTWORTHVILLE

Monday Shopping 2nd and 4th of the Month

TRANSPORT: NDIS participants, cost of the class and transport from individual NDIS funds as per the NDIS Price Guide

Bus will pick up from home or from Karabi Wentworthville and take client shopping with a volunteer support

SEVEN HILLS SHOPPING CENTRE

9:30am-2:00pm

WENTWORTHVILLE

Tuesday Shopping 1st and 3rd of the Month

TRANSPORT: NDIS participants, cost of the class and transport from individual NDIS funds as per the NDIS Price Guide

Bus will pick up from home or from Karabi Wentworthville and take client shopping with a volunteer support

WINSTON HILLS SHOPPING CENTRE

9:30am-1:30pm.

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 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.

For further Information contact 02 9631 6575



Benefits of Volunteering

Have you thought about becoming a volunteer?

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. For those who are looking to return to the workforce or are new to our country, volunteering is a great pathway to be able to become accustomed to our systems and allows you to gather references for your chosen career.

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.

TYPES of Volunteers at Karabi include administration assistances, program assistance, mini bus drivers, Food Bank assistants, kids groups assistance, handyman.

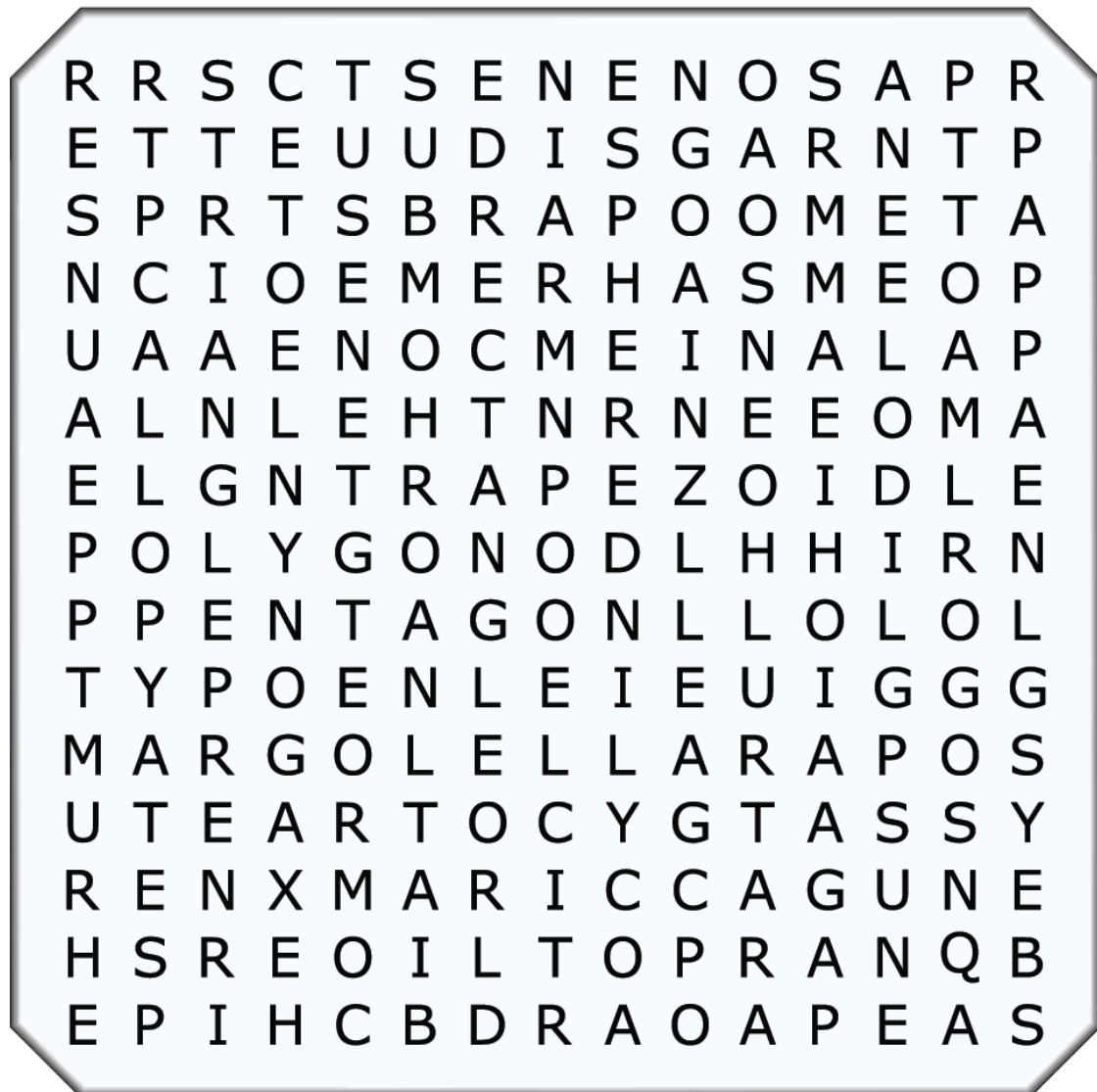
For further Information contact 02 9631 6575



Word Search

Can you find all the words?

Shapes and Solids Word Search



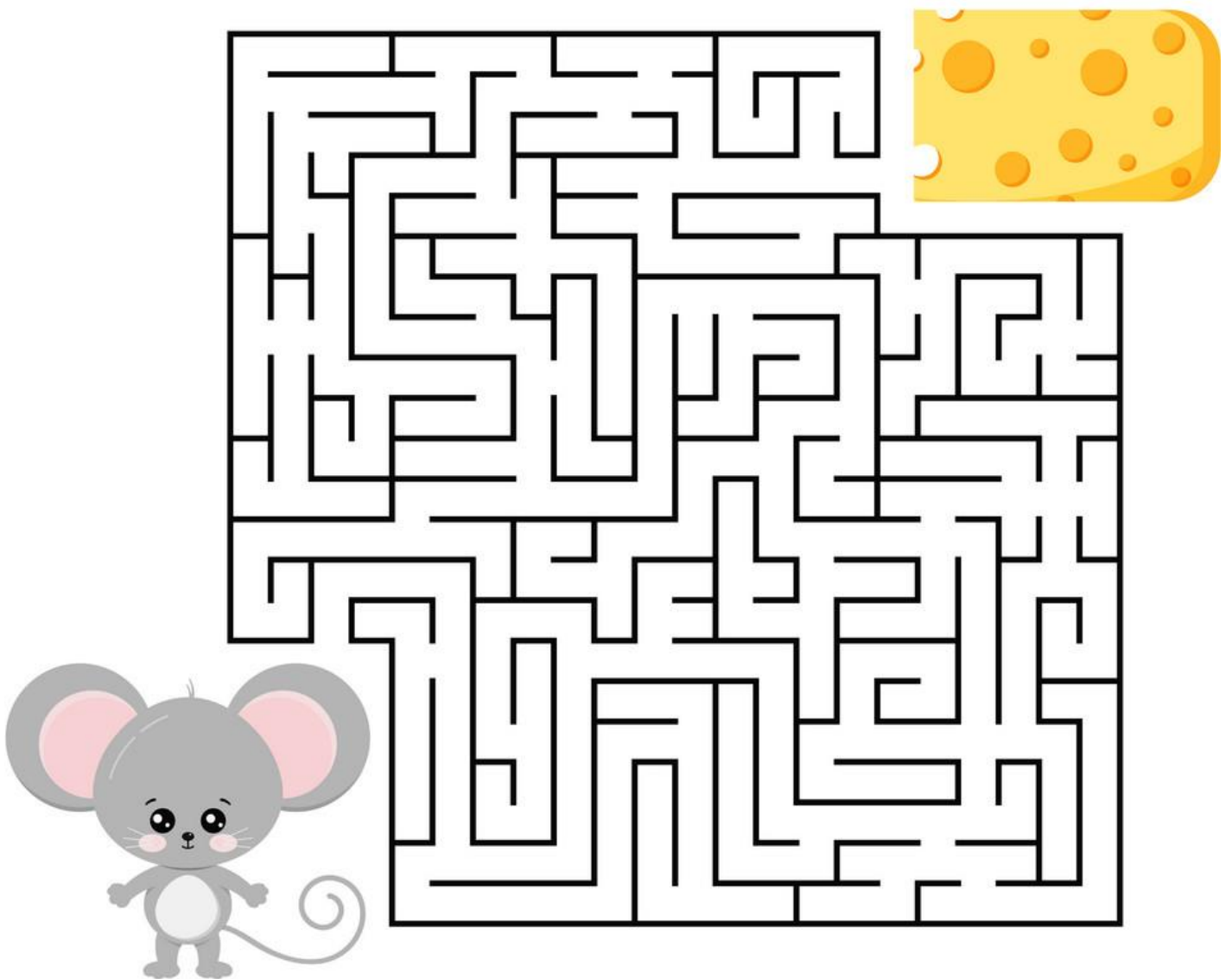
Circle
Cone
Cube
Cylinder
Ellipse
Hexagon

Octagon
Parallelogram
Pentagon
Polygon
Prism
Pyramid

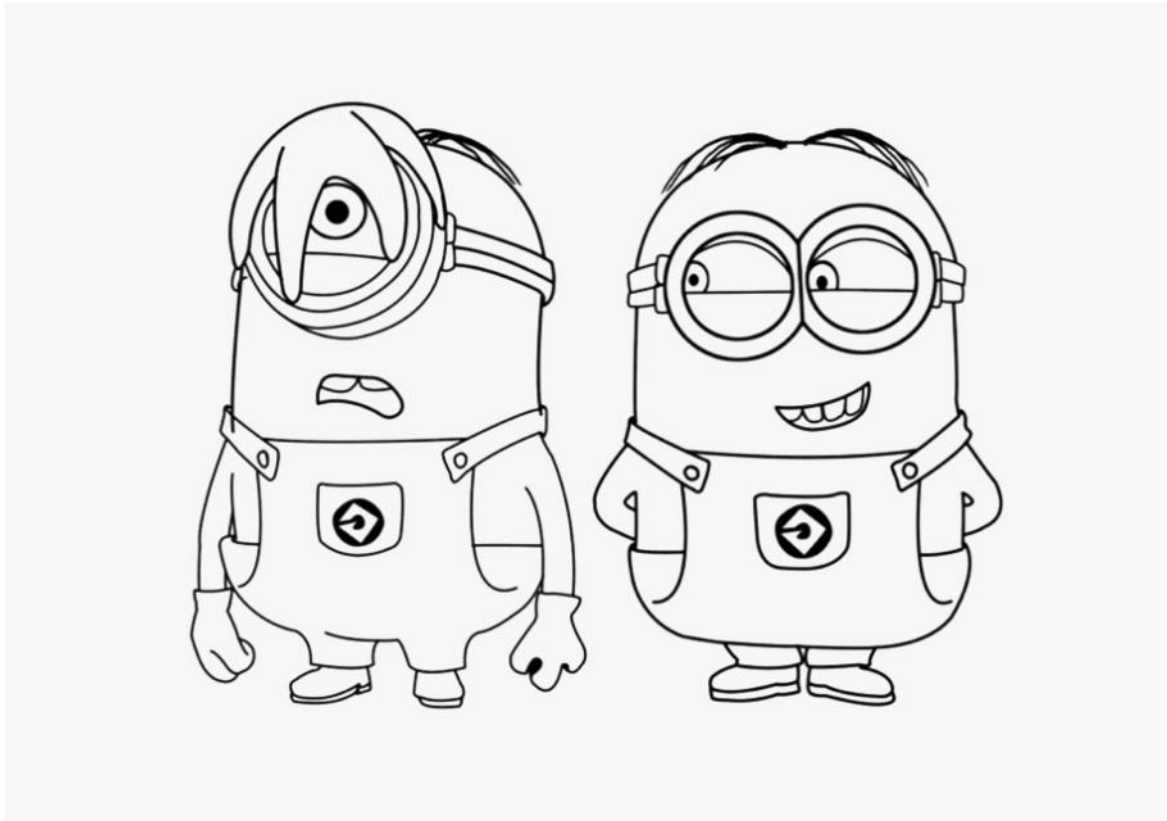
Rectangle
Rhombus
Sphere
Square
Trapezoid
Triangle

Maze game

Help the mouse find the cheese



Colour in the minions!



Brain Teaser - Spot the difference



Sudoku - How many can you do?

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

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

“That which we persist in doing becomes easier for us to do; not that the nature of the thing itself is changed, but that our power to do is increased.”

– *Ralph Waldo Emerson*

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

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

WENTWORTHVILLE CENTRE

(Head Office)

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Wentworthville 2145

Phone: 02 9631 6575

Fax : 02 9636 5428

POSTAL ADDRESS

P.O Box 181

Pendle Hill NSW 2145

www.karabi.org.au

CONSTITUTION HILLS CENTRE

Karabi Neighbourhood Cottage (KNC)

1 Lurgan St

Constitution Hill 2145

Phone: 02 9631 7055

SEVEN HILLS CENTRE

Karabi Neighbourhood Cottage

Seven Hills (TNC)

29 Aleta Way Seven Hills 2145

Phone: 02 9688 1084

EMERGENCY INFORMATION

Crime Stoppers	1800 33 000
Lifeline	131 114
Kids Help Line	1800 551 800
Domestic Violence Line	1800 656 463
NSW Rape Crisis Centre	1800 424 017
Child Abuse Protection Services	1800 688 009
Westmead Hospital	8890 5555
Westmead Children's Hospital	9845 0000
Poison Information	131 126

EMERGENCY INFORMATION

State Emergency Services	132 500
Seniors' Information Service	137 788
Salvo Crisis Line (suicide prevention)	9331 2000
Salvo Care Line	9891 4526
Immigrant Advice and Rights Centre	8234 0700
Department of Home Affairs	131 881
Electricity	131 003
Water	132 090
AGL	131 245



Communities
& Justice



Karabi
Community & Development Services Inc



Australian Government
Department of Health



REGISTERED
PROVIDER

JUSTICE OF THE PEACE

@ Karabi
Wentworthville &
Seven Hills

*Please call to
make an appointment*

