



# Karabi Connected

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*Welcome to our combined Seven Hills, Wentworthville and Constitution Hill Social Support term 3 Newsletter.*

*As the COVID19 lockdown restrictions have started to be lifted in recent days, we are excited to advise that we will slowly resume our center based programs in Term 3.*

*In order for Karabi to work within the advice of the Health Authorities, there will be some changes and adjustments made as to how we are going to run the programs, and the Karabi management has placed some policies and procedures in place to keep us all safe and free from the virus when we start to reopen our doors.*

*For those who are registered with our center based programs, we will be contacting you individually in coming days to discuss the details so that you know what to expect when we welcome you back.*

*Unfortunately, all other services including outings, events, shopping bus or one-on-one shopping assistance will not resume until further notice but we will communicate with you as further developments are made.*

*Please note that we will continue assisting those who are in need or have no other help with shopping and delivery service.*

*Stay well and safe, and we look forward to welcoming you back to our centers in a few weeks!*

**Suzi & Kanako — Seven Hills Ph: 9688 1084**  
**Iriny & Souzan — Wentworthville Ph: 9631 6575**  
**Iriny & Souzan — Constitution Hill Ph: 9631 7055**

**JUSTICE OF THE  
PEACE**

**@ Karabi  
Wentworthville &  
Seven Hills**

*Please call to  
make an appointment*

## Seven Hills Weekly Cottage Programs—Term 3 2020

### TUESDAY

#### English Class

**Dates:** Weekly on a rotational basis (7 per class maximum)  
**Tues 28th July to 22nd Sep weekly**

**Gold Coin Donation**  
**NDIS charges apply**

LEARN  
ENGLISH

**Where:** Cottage

**Time:** 9.30am to 11.30am

**Refreshments provided**

### WEDNESDAY

#### Karabi Seniors Walking Program

**Dates:** Weekly (10 maximum)  
**Wed 29th July to 23rd Sep weekly**

**Gold Coin Donation**

**Where:** Grantham Reserve  
(please refer to flyer for more information)

**Time:** 10.00am to 11.30am



### THURSDAY

#### LEEP Digital Mentoring Program

**Dates:** TBA

WATCH THIS SPACE, AS WE PLAN FOR OUR DIGITAL MENTORING PROGRAM TO RESUME IN TERM 3.

**NDIS charges apply**



### THURSDAY

#### Knitting & Crochet Group



**Dates:** Weekly on a rotational basis (7 per class maximum)

**Thurs 30th July to 24th Sep**

**Gold Coin Donation**  
**NDIS charges apply**

**Where:** Cottage

**Time:** 9.30am to 11.30am

**Refreshments provided**

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

## Wentworthville Weekly Cottage Programs—Term 3 2020

### Tuesdays

#### **KNITTING**

**Weekly on a rotational basis**

**Tuesday of every month**

**Dates: Tuesday 21st July to 22nd Sep 2020**

**Cost: Gold Coin Donation**

**Where:**

Reg Byrne Hall  
Wentworthville

**Time:** 9.30am to  
11.30am



**Refreshments provided**

### Tuesday

#### **BINGO**

**Fourth Tuesday of  
every month (numbers  
are limited)**



**Dates: Tuesdays**

**28th July, 25th Aug, 22nd Sep 2020**

**Cost: Gold Coin Donation**

**Where:** Reg Byrne Hall  
Wentworthville

**Time:** 9.30am to 11.30am

**Prizes to be won and refreshments  
provided**

### Thursday

**Gentle Exercise weekly (numbers are limited)**

**Dates: 30th July 2020 weekly to 24th September 2020**

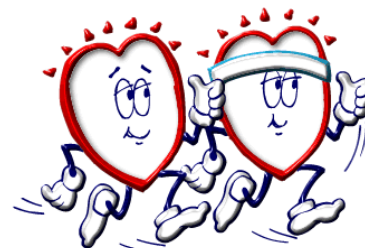
**Cost: \$7.00 per class for Karabi clients \$12.00 for community  
Members.**

**NDIS charges apply**

**Where:** Reg Byrne Hall Wentworthville

**Time:** 10:00am to 11:00am

**Refreshments provided**



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



## **WALK IN JULY FOR MSK**

ANY DISTANCE | ANYTIME | ANYWHERE

Overcoming the silence surrounding musculoskeletal conditions & raising funds & awareness for **Musculoskeletal Australia**.

### **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.**

**In wet weather conditions, this event will be cancelled.**

*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>



# Slow-Cooker Lamb Shanks

## INGREDIENTS

- 2 tablespoon olive oil
- 6 (1.5kg) trimmed lamb shanks
- 1/2 cup (75g) plain flour
- 2 medium (300g) brown onions, chopped
- 2 medium (240g) carrots, chopped
- 4 clove garlic, crushed
- 2 tablespoon tomato paste
- 1 cup (250ml) red wine
- 2 cup (500ml) salt-reduced beef stock
- 2 400g cans chopped tomatoes
- 2 tablespoon sugar
- 1 bouquet garni (see tips) Bouquet garni is a bundle of fresh herbs, usually a bay leaf, sprig of thyme and parsley stalks, tied together with kitchen string. The bundle is removed at the end of cooking and discarded.



## METHOD

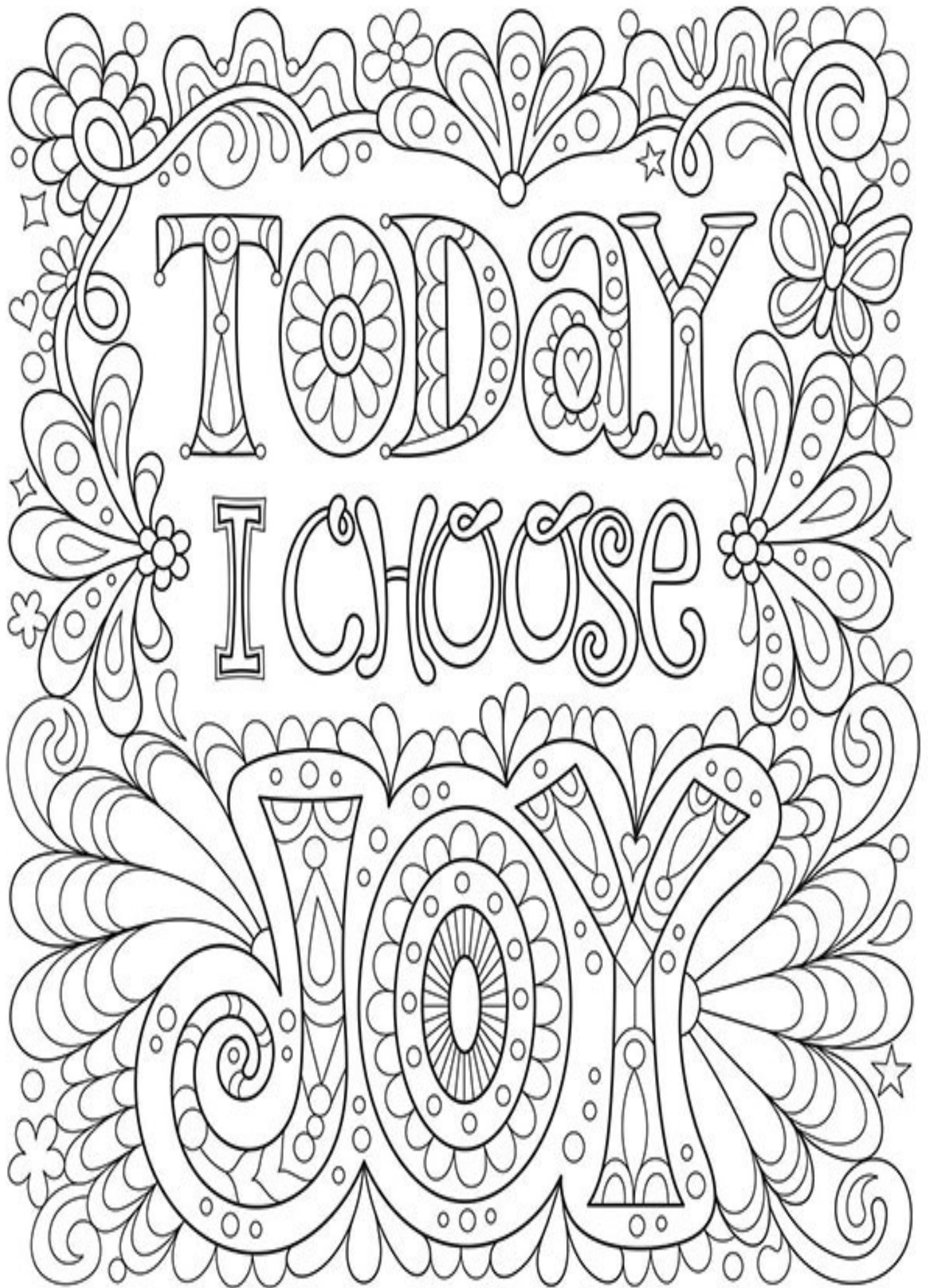
Heat half the oil in a large frying pan. Toss lamb in flour that has been seasoned with salt and pepper; shake away excess. Cook lamb over high heat until browned all over; transfer to the bowl of a slow cooker.

Add remaining oil to the same pan with onions, carrots and garlic; cook, stirring, over medium heat for about 2 minutes or until the onion is starting to soften. Add the tomato paste; cook, stirring, for a further minute.

Add the wine to the pan; bring to the boil. Stir in stock, undrained tomatoes, sugar and bouquet garni. Bring to the boil; pour over the lamb in the slow cooker, making sure the lamb is covered by the liquid. Cover; cook for 6-8 hours on the low setting or until lamb is soft and falling off the bone.

Remove the lamb from the slow cooker; cover to keep warm. Turn the cooker to the high setting; cook, uncovered, for about 30 minutes or until sauce thickens slightly. Remove any fat from the surface. Serve the lamb with the sauce, mashed potatoes and steamed green vegetables, if desired.









## **WENTWORTHVILLE CENTRE**

*(Head Office)*

Cnr. Fyall Av & Darcy Rd

Wentworthville 2145

**Phone: 02 9631 6575**

**E: [kss@karabi.org.au](mailto:kss@karabi.org.au) (Souzan)**

**E: [socialsupport@karabi.org.au](mailto:socialsupport@karabi.org.au) (Irliny)**

**OPEN: Mon-Fri, 9am - 4.30pm**

## **CONSTITUTION HILLS CENTRE**

Karabi Neighbourhood Cottage (KNC)

1 Lurgan St

Constitution Hill 2145

**Phone: 02 9631 7055**

**E: [kss@karabi.org.au](mailto:kss@karabi.org.au) (Souzan)**

**E: [socialsupport@karabi.org.au](mailto:socialsupport@karabi.org.au) (Irliny)**

**OPEN: Mon-Thurs, 9am - 4.30pm**

## **SEVEN HILLS CENTRE**

Karabi Neighbourhood Cottage

Seven Hills (TNC)

29 Aleta Way Seven Hills 2145

**Phone: 02 9688 1084**

**E: [ssw@karabi.org.au](mailto:ssw@karabi.org.au) (Suzi)**

**E: [tssw@karabi.org.au](mailto:tssw@karabi.org.au) (Kanakano)**

**OPEN: Mon-Fri, 9am - 4.30pm**

## **POSTAL ADDRESS**

P.O Box 181

Pendle Hill NSW 2145

[www.karabi.org.au](http://www.karabi.org.au)

### **KARABI COMMUNITY AND DEVELOPMENT SERVICES Inc.**

**Funded by the Australian Government Department of Health for our Social Support Team  
and is a NDIS registered provider of supports to people with Disabilities.**

**NDIA Registration Number: 89137483**

## **KARABI SOCIAL SUPPORT AND NDIS PROJECTS**

Our Social Support Team provide a range of services for the frail aged, people with a disability and carers under CHSP and NDIS Funding.

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.

Our Social Support Team provides outreach services 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 culturally sensitive, centre based and non-centre based programs, services and activities.

The **NDIS** commenced on 1 July 2016 with the aim 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:

- 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)