



WELCOME BACK

Welcome back to the Centre everyone! We have been working hard to make sure that everyone is safe and well, and had access to the services and support they have needed during the COVID restrictions.

Now that the restrictions are easing we are open again and working towards safely re-opening all of our programs and services. It will be a slow journey back and a new way of operating but our front counter is open to answer all your questions, point you in the right direction, and give you all the information you need about RCC and other local services.

We still have free bread for the community on Tuesdays; a free meal on Monday night (take away for the moment); and food hampers for those who are struggling. Our youth and family services are providing lots of support online and in person; and our community team continues to serve you at the front counter, keep the community garden open, and help out with form filling and phone calls. Aged Care services is making sure that local seniors get the support they need, stay connected, do some shopping, and get to their appointments. Our Long Day Care and Before and After School programs have not closed their doors at all - and are still providing much needed support for our children and families.

Keep your eye out on our website and facebook page for up to date news about our programs and services as they re-open or call us on 9533 0100 Monday to Friday 9am to 5pm.

A NOTE FROM THE CEO



I would like to add my personal thanks to the community for your understanding

and patience as many services and every-day amenities had be closed down or modified to ensure the safety of everyone. Over the coming months it will be great to see you all again as we slowly re-open our COVIDSafe services and programs. RCC is working closely with NSW government agencies, local community organisations, and Councils to make sure that we can continue working with our communities in a safe, supportive, and collaborative way.

I also want to particularly thank our wonderful partners who have donated food, supplies and their time to help us support you during COVID. Until next time...

Michelle Newman
Chief Executive Officer

PROGRAM HIGHLIGHTS



COMMUNITY

We were able to keep the Riverwood Community Garden open by working with the gardeners to implement COVIDSafe Protocols. Our welcome back activity will be a garden clean up and some morning tea! We'll let you know as soon as this can happen safely.

YOUTH

Young people have enthusiastically engaged with online activities provided by the Youth Team, such as yoga, mindfulness, live art, trivia and important COVID updates. It has provided an opportunity for young people to stay in touch and access continuing support such as case management, advice and referral, court support and food parcels.



LONG DAY CARE & OOSHC

Our Long Day Care and OOSHC service remained open during the COVID19 pandemic even when numbers were extremely low. Someone who never missed a day was Monica and her son Shiloh at OOSH and Vacation Care. Monica had to keep working through the lockdown so our service was vital for them.



FAMILY

The lockdown has not stopped our Family Services Team supporting the wellbeing of families and children. Our dedicated team members responded by providing food parcels, parenting tips, advocacy and support, and phone welfare checks during this stressful period.

AGED CARE & DISABILITY SUPPORT



We have continued to deliver essential services to our local seniors with regular telephone contact, in-home support, shopping services and transport to appointments.

The aim of our support is to help our clients remain independent and socially connected, particularly during this difficult time.

As restrictions begin to ease we look forward to reinstating full services ensuring all COVID Safe protocols are continued.

Our NDIS support co-ordinators have also worked with people with disabilities during COVID to ensure that everyone in the community is able to be connected to the support that they need.



OUR COMMUNITY - SENIORS ON THE MOVE

Twice a week Margaret and Chariklia visit their husbands in residential aged care with the help of our Aged Care transport service. After talking to their husbands through the window at the peak of the COVID crisis, they are really happy to be able to see them face to face again.

Chariklia loves to cook and makes healthy traditional Greek meals to take to her husband every week. They were always close, doing everything together, so it's hard not having him at home.

Margaret lives independently at home and also uses the Centre's shopping program - "I would be lost without it" she says. Margaret is very social, enjoying the company of the other regular shoppers. She gets to do all her jobs such as banking and gets a haircut at the same time. Margaret is nearly 90 and is very grateful for the transport program as she doesn't drive.

For information about our Aged Care Transport Service call 9533 0100.





COMING UP

- School Holiday Vacation Care – please CALL US to secure your place for the October school holidays.
- Long day care has some limited places available for 2-5 year olds - call to enquire.
- Riverwood Community Choir is on every Wednesday – call James on 0410 409 906 for information on how to get involved.
- Watch out for news on our website and facebook page about our programs and events re-opening as Covid regulations change:
 - Aged Care Social Groups and Outings
 - Active Social Group
 - Mother's Hub
 - Play Group & Parent Support Group
 - Riverwood Community Garden Clean Up
 - Youth Drop In

OVER TO YOU

We would love to hear from you! If you have something that you would love to share in our community story section, email us or drop in.

A very generous member of the Riverwood Community Choir has donated 2 x \$25 gift cards to give away – one for the first person to send in a story; and one for the story we select to publish in the Spring edition. So get writing!



WHERE TO FIND US

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