



Better Support. Stronger Connections.

From the CEO: *The Power of Friendship and Community*

“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one.’” – C.S. Lewis

As we move into the second half of the year, International Day of Friendship provides a timely reminder of the value of meaningful relationships and the positive impact they have on our wellbeing.

At St George Community, we see the value of connection every day. It can be found in conversations on the bus, over lunch during a social outing, while exploring a new destination on an overnight trip, or simply in the familiar faces that greet us each week. These moments help create a sense of belonging and remind us that we are part of a community that cares.

This edition of the newsletter includes information about recent changes to the NDIS. We understand



Friendship enriches our lives in countless ways. It provides companionship, encouragement and support through both the good times and the challenges. While social connection is important at every stage of life, it can become even more significant as circumstances change and opportunities to connect become less frequent.

that changes to systems and services can sometimes feel confusing or overwhelming. Please remember that you do not need to navigate them alone. Our team is here to answer questions, provide guidance and help you understand how these changes may affect your supports and services.

I am also pleased to share a feature on the recent Community Transport Organisation filming project.

The training resource being developed highlights the concept of enablement - supporting people to do as much as they can for themselves while providing assistance when needed.

Enablement is about recognising strengths, preserving independence and supporting choice. It is a simple principle, but one that can have a profound impact on confidence, wellbeing and quality of life. Every day, our staff put this philosophy into practice by encouraging people to maintain skills, remain active in their communities and continue doing the things that matter to them.

Across the organisation, there are many opportunities to remain active, connected and engaged in the months ahead. Our Cowra & Surrounds Overnight Trip will explore the beautiful Japanese Garden and Cultural Centre and the fascinating history of the WWII Cowra Breakout. We have also included details of our remaining overnight trips for the year, giving clients plenty of opportunities to plan their next adventure.

Closer to home, whale watching season is underway and our social calendar is packed with

opportunities to enjoy the community and connect with others. Upcoming outings include Gap Bluff, the Archibald Prize, the Sistine Chapel exhibition and our ever-popular Christmas in July celebrations.

As we move through the winter months, meaningful connections are often built through simple acts - a conversation, a shared experience, or time spent with others. These moments may seem small, but they play an important role in helping people feel valued, supported and included.

Thank you for being part of the St George Community family. Together, we continue to build a community where everyone feels connected, respected and able to participate in the things that bring purpose and enjoyment to their lives.

Better Support. Stronger Connections.

Kindest regards

Natasha
Chief Executive Officer
St George Community

IMPORTANT UPDATE FOR CHSP CLIENTS



Service Agreements



To meet updated requirements of the **Commonwealth Home Support Programme (CHSP)**, **St George Community** will be introducing new **Service Agreements** for all **CHSP** clients.

Many newer clients will already have these in place. Over the coming months we will begin updating agreements for our existing clients.

What is a Service Agreement?

A **Service Agreement** is a simple document that outlines the service you receive, **your rights** and **responsibilities** and **how we protect your personal information**.

Clients will receive their agreement directly from the team at St George Community and we will guide you through the process.



Questions? Call our friendly office team on 9585 3000

Understanding Recent Changes to the NDIS

What participants & families need to know

The National Disability Insurance Scheme (NDIS) continues to evolve, with updates designed to improve consistency, transparency and the participant experience.

As changes are introduced, participants and families may notice differences in some processes, including planning conversations, reviews and the information required to support requests. While these updates can sometimes feel confusing, staying informed and organised can help you feel more confident navigating the system.

Questions We're Hearing

- ? Will my current supports continue?
- ? Why am I being asked for more information?
- ? How can I prepare for my next plan review?
- ? Who can I talk to if I'm unsure about a decision?

If you've been asking these questions, you're not alone. Many participants and families are seeking guidance as the NDIS continues to evolve.

We're Here To Help

At St George Community, we understand that navigating the NDIS can sometimes feel overwhelming. Our team is committed to helping participants stay connected, active and engaged in their community.

Whether you would like information about our services, have questions about your supports, or simply need help understanding the next steps, we are here to assist.



Practical Tips for Participants & Families



Keep important documents together

Store reports, assessments, plans and invoices in one safe place.



Start preparing early

Begin gathering information before plan reviews and planning conversations.



Stay in regular contact

Keep in touch with your providers and support coordinators.



Gather supporting information

Have reports and documents ready before reviews where possible.



Ask questions

If you are unsure about a process, decision or support option, ask. We are here to help.



Reach out early

The sooner you seek support, the easier it can be to find solutions.



Let's Talk

For more information about our NDIS services contact our NDIS Team Leader Sandeep on **9585 3000**

Supporting Independence Every Step of the Way

What does supporting independence really look like in practice?

Sometimes it's offering a helping hand. Sometimes it's simply stepping back and allowing someone the time and confidence to do something for themselves.

That was the focus of a recent training resource being developed by the Community Transport Organisation (CTO), Australia's peak body for community transport providers, with St George Community invited to help bring a series of real-life scenarios to life.

Featuring St George Community driver Marco, long-term client Sharon and volunteer Bert, the filming explored a simple but important principle: sometimes the best support is knowing when to step in and when to step back.

Independence isn't measured by whether someone needs support. It's measured by whether they can continue making their own choices, participating in their community and living life on their own terms.

That principle was reflected throughout the filming, with scenarios demonstrating how drivers can provide support while still respecting a person's abilities, preferences and autonomy.

Whether waiting while someone enters a vehicle independently, offering assistance only when requested, or simply checking in when someone seems quieter than usual, the focus was on recognising what a person can do for themselves and supporting them to maintain confidence and control.

About the CTO



The Community Transport Organisation (CTO) is the peak body for community transport providers. Its work supports a sector that helps people maintain independence, confidence and social connection through accessible and affordable transport services.



Supporting independence is at the heart of what we do.

Sometimes the most valuable support we can provide is giving someone the opportunity to do things for themselves, while knowing we're there when they need us.

Natasha Stokes
CEO St George Community



Marco wired for sound





WHAT IS ENABLEMENT?

Enablement is about supporting people to do as much as they can for themselves while providing assistance when needed.

It focuses on maintaining confidence, independence and choice rather than automatically stepping in and taking over.

Driver Marco and client Sharon Martin during filming for a new Community Transport Organisation training resource focused on independence and enablement.

Supporting Independence in Practice

For many people, maintaining independence isn't about doing everything alone. It's about having the confidence, support and opportunities to continue participating in everyday life.

Whether waiting while someone enters a vehicle independently, offering assistance only when requested, or simply taking the time to ask rather than assume, enablement recognises that maintaining independence often comes down to small everyday interactions.

This philosophy is closely aligned with St George Community's mission of helping older people and vulnerable members of the community to remain active, connected and independent for as long as possible.

Thank You ♥

St George Community would like to thank driver Marco, client Sharon and volunteer Bert for generously giving their time to support this important project.

By helping bring these real-life scenarios to life, they have contributed to a training resource that will support community transport providers across the sector and help promote independence, choice and dignity for clients.



Bert & Marco



Pre-shoot briefing




\$10 per person
\$15 per couple
 Call our office for NDIS
 and Home Care Package
 fees.



2 HOURS SHOPPING TIME ALLOCATED

**Max 4 bags per person.
 Max 16kg in total**

July Shopping Bus

	Green Area	Yellow Area	Blue Area	Pink Area
Which area are you in?	<ul style="list-style-type: none"> Beverly Hills Kingsgrove Lugarno Mortdale Narwee Padstow Heights Peakhurst Riverwood 	<ul style="list-style-type: none"> Blakehurst Connells Point Hurstville Grove Kyle Bay Oatley Penshurst South Hurstville 	<ul style="list-style-type: none"> Allawah Arncliffe Banksia Bardwell Park Bardwell Valley Bexley Bexley North Carlton Hurstville Turrella 	<ul style="list-style-type: none"> Beverly Park Brighton-Le-Sands Carss Park Kogarah Monterey Ramsgate Rockdale Sandringham Sans Souci
Roselands Shopping Centre	FRI 3, 17, 31 MON 6, 20 <i>Pickups from 10:00 am</i>	FRI 3, 17, 31 MON 6, 20 <i>Pickups from 8:30 am</i>	MON 6, 20 <i>Pickups from 10:00 am</i>	MON 6, 20 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 13, 27 <i>Pickups from 10:00 am</i>	MON 13, 27 <i>Pickups from 10:00 am</i>	MON 13, 27 FRI 10, 24 <i>Pickups from 8:30 am</i>	MON 13, 27 FRI 10, 24 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 14, 28 WED 8, 22 <i>Pickups from 10:00 am</i>	TUE 14, 28 WED 8, 22 <i>Pickups from 10:00 am</i>	TUE 7, 21 WED 1, 15, 29 <i>Pickups from 10:00 am</i>	TUE 7, 21 WED 1, 15, 29 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>	THUR 2, 9, 16, 23, 30 <i>Pickups from 10:00 am</i>

Pickup time varies depending on passenger numbers. Thank you for your patience.

\$10
TRANSPORT

Transport costs will be calculated individually for non-funded clients

BActive

Live Longer. Live Stronger

HOW TO BOOK:

- 1 Contact instructors directly to book in your class
- 2 Call reception on 9585 3000 to arrange your \$10 transport with us



STEADY STABLE & ABLE

Tuesday 9.30am to 10.30am - Bexley Congregational Church

Wednesday 11.30am to 12.30pm - Oatley Uniting Church Hall

Friday 10.30am - 11.30am & 11.45am - 12.45pm - 3Bridges Youth Centre, Penshurst Park

School terms only.



Kate
0421 902 520
katedemayo@gmail.com



ZUMBA GOLD

Tuesday 12.00pm to 1.00pm - Oatley Uniting Church Hall

Wednesday 10.15am to 11.15am - Oatley Uniting Church Hall

\$10 per Class



Kate
0421 902 520
katedemayo@gmail.com



SEATED & STRONG

Tuesday 10.30am to 11.30am - Bexley Congregational Church

School terms only. \$10 per Class



Kate
0421 902 520
katedemayo@gmail.com



AQUA AEROBICS

Tuesday 10.30am (limited places) - IRT Peakhurst

\$15 per class or 10-class pass for \$130



Cassie
0435 079 680
cmaquafit@gmail.com



SENIORS DANCE FITNESS CLASS

Tuesday 12.00pm to 1.00pm - St George Maso's Club

*\$8 per class *first class is free*



Tracie
0419 999 650
tracie@dancefitsydney.com.au



ACTIVE AGEING FITNESS GROUP

Monday 10.00am to 10.45am - PJ Ferry Reserve Community Hall

Tuesday 10.00am to 10.45am - PJ Ferry Reserve Community Hall, Allawah

\$10 per class 10-week term (Seniors rates available)



Coralie
0415 065 800
coralie@fitnessnow.com.au



TAI CHI QIGONG GROUP

Monday 10.50am to 11.30am - PJ Ferry Reserve Community Hall

Tuesday 10.50am to 11.30am - PJ Ferry Reserve Community Hall, Allawah

\$15 per class or join 10-week term for \$100



Coralie
0415 065 800
coralie@fitnessnow.com.au



Play Bingo and have a bite to eat with your friends

WEDNESDAY	South Hurstville RSL	Drop-off 9.45 am
THURSDAY	St George Leagues Club	Drop-off 10.15 am
FRIDAY	Bexley RSL	Drop-off 10.45 am
FRIDAY	Oatley RSL	Drop-off 10.45 am

Return Pickup time is 1pm for ALL of the above

Pickup may start from 1 to 1.5 hour before drop-off time.

Transport: \$10 or \$15(couple) Return.
Call the office on 9585 3000 to book.

SGC Social Outings



Booking Options

- **Online:** Visit stgct.org.au, click 'BOOK A SERVICE', select 'Social Outings', and submit your details.
- **Phone:** Call 9585 3000 and press '2' for Social Outings.
- **Email:** Send your booking to harvey@stgct.org.au and await a response.

Payments

- **Bus fares:** Pay on the day via cash, EFTPOS, or monthly invoice.
- **Event fees:** Pay on the day unless prepayment is requested (via phone with VISA/Mastercard or EFT: St George Community Transport BSB 062 206 and A/C 1038 4093).
- **Food & Drink:** Bring money for meals.

Cancellations

- Call 9585 3000 by 10am the day before to cancel your booking. You can leave a message outside office hours.

Social Outings Reminder Calls

You'll get two automated calls:

- 1st call: Courtesy reminder 2 days before, around 10:30am.
- 2nd call: Your pickup time the day before, around 4:00pm.
 You can follow the prompts at the end of the message to confirm or cancel. For questions, call 9585 3000.

Prices may include booking fees and Carer tickets; cancelled venues will be replaced where possible.

July Social Outings Calendar

Wednesday 1 July (Also on Mon 13/7)

Whale Watching from Gap Bluff Watsons Bay #1

Enjoy a breathtaking coastal outing to Gap Bluff at Watsons Bay, one of Sydney's best whale-watching spots. Keep an eye out for migrating whales as you take in the sweeping ocean views. We'll finish the day with a relaxing lunch nearby.

\$20 Bus



Thursday 2 July

The Poems, Prayers & Promises of John Denver - Liverpool Powerhouse

Celebrate the music and story of John Denver in this heartfelt live performance by acclaimed entertainer Darren Coggan. Enjoy beloved classics, captivating storytelling and a nostalgic journey through the life and legacy of one of music's most enduring artists.

\$20 Bus \$30 Tickets Prepay Now



Friday 3 July

Whale Watching from Cape Solander

First one to spot a whale buys the coffees – just kidding! Join us for a scenic visit to Cape Solander, one of Sydney's best whale-watching spots. Whether we spot whales or not, the sweeping views of the Pacific Ocean are always a treat. Followed by lunch somewhere lovely.

\$20 Bus



Monday 6 July

Simply Lunch: Rowers On Cooks River

Enjoy a relaxed lunch by the water at Rowers on Cooks River. Take in the peaceful riverside views, savour a delicious meal and enjoy great conversation with friends. It's the perfect way to unwind and make the most of a leisurely day out.

\$20 Bus



Social Outings

Tuesday 7 July

Look Up to the Sky: Sydney Chamber Choir with Sutherland Shire Choral Society

Experience an inspiring afternoon of beautiful choral music performed by the Sydney Chamber Choir and Sutherland Shire Choral Society. Featuring sacred and contemporary works from Australia, the Baltic and Nordic regions, this uplifting concert is a wonderful celebration of harmony, culture and song.

\$20 Bus \$25 Prepay by Mon 22/6



Wednesday 8 July

Gledswood Homestead and Winery Christmas In July

Celebrate Christmas in winter with a festive day out at Gledswood Homestead & Winery. Enjoy a traditional roast lunch with all the trimmings, delicious Christmas pudding, live entertainment and plenty of festive cheer. A wonderful opportunity to share good food, laughter and Christmas spirit.

\$20 Bus \$60 Lunch Prepay by Wed 24/6



Thursday 9 July (Also on Mon 13/7)

Sistine Chapel Exhibition, St Mary's Cathedral #1

Step inside one of the world's greatest artistic masterpieces in this immersive exhibition inspired by the Sistine Chapel. Explore stunning large-scale reproductions of Michelangelo's iconic frescoes, discover remarkable details up close and enjoy a fascinating journey through art, history and culture.

\$20 Bus \$50 Prepay by Wed 24/6



Friday 10 July (Also on Thur 30/7)

Archibald Art Prize & the Art Gallery of NSW #1

Experience Australia's most celebrated art exhibition as we explore the Archibald, Wynne and Sulman Prize finalists. Admire outstanding portraits, landscapes and contemporary artworks, or simply enjoy the gallery's beautiful collections, peaceful surrounds and café at your leisure.

\$20 Bus \$27 Prepay by Wed 24/6



Social Outings

Monday 13 July (Also on Wed 1/7)

Whale Watching from Gap Bluff Watsons Bay #2

Take in the spectacular coastal scenery at Watsons Bay as we visit Gap Bluff, one of Sydney's best whale-watching locations. Watch for migrating whales, enjoy sweeping ocean views and breathe in the fresh sea air before relaxing over lunch nearby.

\$20 Bus



— OR —

Monday 13 July (Also on Wed 9/7)

Sistine Chapel Exhibition, St Mary's Cathedral #2

Discover the beauty and brilliance of Michelangelo's masterpieces in this immersive exhibition. Using stunning large-scale projections and imagery from the Vatican Museums, you'll experience the Sistine Chapel in a whole new way, revealing incredible details rarely seen up close.

\$20 Bus **\$50 Prepay by Wed 24/6**



Tuesday 14 July

Streisand & Humperdink: Bryan Brown Theatre, Bankstown

Enjoy an afternoon of timeless music celebrating two legendary performers, Barbra Streisand and Engelbert Humperdinck. Featuring beloved hits, beautiful vocals and plenty of nostalgia, this entertaining live show is sure to have you singing along to the classics.

\$20 Bus **\$20 Entry**



Wednesday 15 July

Justice & Police Museum, Sydney CBD

Step back in time at Sydney's fascinating Justice & Police Museum. Explore historic courtrooms, former police offices and intriguing stories of crime, law and order. Packed with history and hidden secrets, this unique outing offers a captivating glimpse into Sydney's past.

\$20 Bus **Free Entry**



Social Outings

Thursday 16 July

Simply Lunch: St George Motor Boat Club

Join us for a relaxed lunch at St George Motor Boat Club, overlooking the beautiful Georges River. Enjoy a delicious meal, friendly conversation and a leisurely afternoon in a picturesque waterfront setting. The perfect opportunity to catch up with friends and enjoy great company.

\$20 Bus



Friday 17 July

Craft & Quilt Fair, Darling Harbour

Be inspired at the Craft & Quilt Fair, Australia's premier event for craft lovers. Discover stunning quilts, creative displays, hands-on demonstrations and the latest crafting supplies. Whether you're an experienced maker or simply enjoy beautiful handmade creations, there's something to delight everyone.

\$20 Bus

Free Entry



Monday 20 July

Simply Lunch: Liverpool Catholic Club

Enjoy a relaxed lunch outing at Liverpool Catholic Club, with a variety of dining options to suit every taste. Whether you're in the mood for a hearty meal, a light bite or something sweet, it's the perfect opportunity to catch up with friends and enjoy a great day out.

\$20 Bus



Tuesday 21 July

Christmas in July, Club Rivers

Celebrate the magic of Christmas in the middle of winter at Club Rivers. Enjoy a festive lunch, great company and plenty of Christmas cheer in a warm and welcoming atmosphere. It's the perfect opportunity to embrace the season and share a fun day out with friends.

\$20 Bus

\$40 Lunch Prepay by Fri 10/7



Social Outings

Wednesday 22 July (Also on Wed 29/7)

The Lion King: Capitol Theatre #1

Matinee 1pm

Don't miss the theatrical event that has captivated audiences around the world. A truly unforgettable day at the theatre. **Booking Note: Accessible seating and premium seating subject to availability. Please call us for ticket prices and seating preferences.**

\$20 Bus

Call us for ticket prices



Thursday 23 July (Also on Fri 24/7)

Susannah Place: New Rocks Historical Site #1

Discover one of Sydney's hidden historical treasures as we visit Susannah Place in The Rocks. Recently opened in full after a major conservation project, these remarkable terraces share the stories of the working families who lived here over more than 150 years.

\$20 Bus

\$16 Prepay by Fri 10/7



Friday 24 July (Also on Thur 23/7)

Susannah Place: New Rocks Historical Site #2

Explore the rich history of The Rocks with a visit to Susannah Place, a unique terrace museum that offers a glimpse into Sydney life across generations. Recently reopened after extensive conservation works, this fascinating site brings the stories of ordinary families and early settlers to life.

\$20 Bus

\$16 Prepay by Fri 10/7



Monday 27 July (Also on Fri 31/7)

Muddy Creek Walk Rockdale to Kyeemagh #1

Enjoy a leisurely walk along the picturesque Muddy Creek pathway from Rockdale to Kyeemagh. Take in peaceful waterways, birdlife and beautiful bayside scenery as we stretch our legs, enjoy the fresh air and finish with lunch at a local venue.

\$20 Bus



Social Outings

Tuesday 28 July

Simply Lunch: East Phoenix Chinese Restaurant

Join us for a delicious lunch at East Phoenix Chinese Restaurant, renowned for its authentic Cantonese cuisine and welcoming atmosphere. Enjoy a wonderful selection of traditional favourites, great conversation and a relaxing afternoon shared with friends.

\$20 Bus



Wednesday 29 July (Also on Wed 22/7)

The Lion King: Capitol Theatre #2

Matinee 1pm

Don't miss the theatrical event that has captivated audiences around the world. A truly unforgettable day at the theatre. **Booking Note: Accessible seating and premium seating subject to availability. Please call us for ticket prices and seating preferences.**

\$20 Bus

Call us for ticket prices



Tuesday 30 July (Also on Fri 10/7)

Archibald Art Prize & the Art Gallery of NSW #2

Join us for a visit to the Art Gallery of NSW and explore the acclaimed Archibald, Wynne and Sulman Prize exhibitions. Discover remarkable portraits, landscapes and contemporary works, then enjoy time to wander the gallery's permanent collections or relax in the café.

\$20 Bus

\$27 Prepay by Mon 20/7



Tuesday 31 July

Muddy Creek Walk Rockdale to Kyeemagh #2

Get out and enjoy the fresh air on this scenic bayside walk from Rockdale to Kyeemagh. Follow the peaceful waters of Muddy Creek, spot local birdlife and take in the beautiful surroundings before we stop for lunch and a chance to relax together.

\$20 Bus





JULY
Featured Trip

Discover Cowra & Surrounds

4 DAYS . 3 NIGHTS

Discover the beauty and history of Cowra and surrounds, including the stunning Japanese Gardens and the fascinating story of the WWII Cowra Breakout. Enjoy peaceful country scenery, local treasures and a relaxing regional escape.

CHOOSE FROM TWO DATES



TUESDAY 21 - FRIDAY 24 JULY 2026

OR



TUESDAY 28 - FRIDAY 31 JULY 2026



Explore beautiful destinations across NSW with confidence



Safe overnight getaways supported by experienced staff



Designed for those who may not otherwise have the opportunity to travel overnight



Relax with planned itineraries and friendly companionship



Call

9585 3000

More amazing getaways to look forward to



AUGUST

2 NIGHTS

Blue Mountains

TUE 18 - THU 20 AUG 2026

Breathtaking scenery, charming villages and unforgettable lookouts

AUGUST

3 NIGHTS

Port Macquarie

TUE 25 - FRI 28 AUG 2026

Coastal beauty, relaxed atmosphere and time to enjoy seaside living

SEPTEMBER

3 NIGHTS

Canberra - Floriade

TUE 15 - FRI 18 SEPT 2026

OR

TUE 22 - FRI 25 SEP 2026

Celebrate Spring with stunning flowers and the other attractions

OCTOBER

2 NIGHTS

Hunter Valley

TUE 13 - THU 15 OCT 2026

Great food, fine wine and beautiful vineyard views

OCTOBER

3 NIGHTS

Port Macquarie

TUE 20 - FRI 23 OCT 2026

More time to explore this bustling coastal town.

NOVEMBER

2 NIGHTS

Blue Mountains

TUE 10 - THU 12 NOV 2026

Breathtaking scenery, charming villages and unforgettable lookouts

NOVEMBER

2 NIGHTS

Hunter Valley

TUE 17 - THU 19 NOV 2026

Another chance to enjoy the Hunter's finest food, wine and beautiful surroundings.

DECEMBER

2 NIGHTS

Jervis Bay / Huskisson

TUE 8 - THU 10 DEC 2026

Coastal beauty, relaxed atmosphere and time to enjoy seaside living



Travel with friends
Create memories and enjoy the journey together



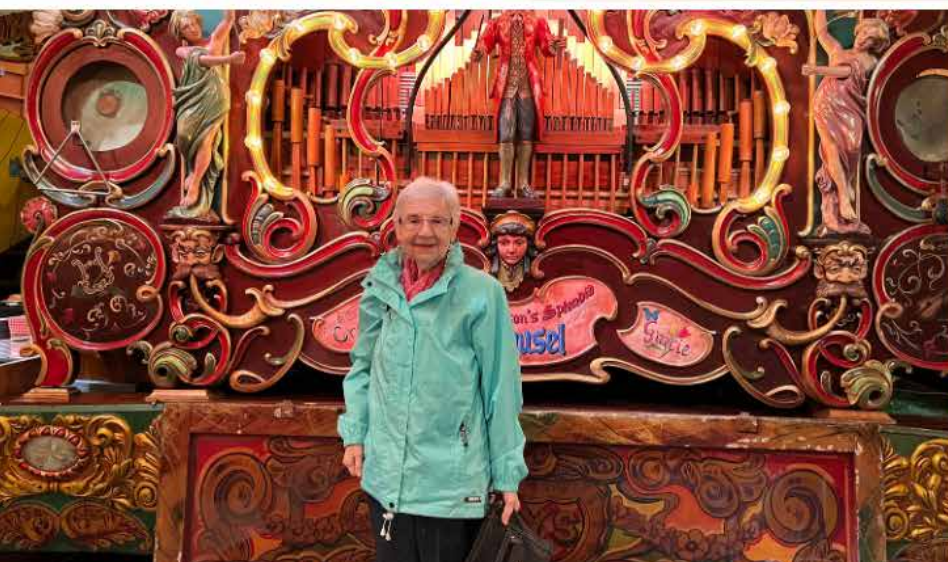
We're here to support you
Caring staff, comfortable travel and peace of mind



Book your next getaway!

9585 3000

Southern Highlands Overnight Trip Recap



Better Support.
Stronger Connections.

st george
community.

Phone
02 9585 3000

Address
1/29-33 Pitt Street
Mortdale NSW 2223

Website
www.stgct.org.au
Connect with us

