



Better Support. Stronger Connections.

From the CEO: Connection Matters

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire.” – Edith Sitwell

As winter arrives, many of us naturally slow down. The days are shorter, the mornings colder and it can become easier to stay home and withdraw from the routines and connections that keep us well.

important health services, Healthdirect and 13SICK, which can provide reassurance and support when medical advice is needed, particularly during the busy winter season. We are also reminding clients and families to ensure emergency contact details are up to date. It is a simple step, but one that helps us respond quickly and effectively when needed.

June also brings several important awareness dates including Men’s Health Week, World Elder Abuse Awareness Day and International Widows Day. While each focuses on different experiences, they



Yet connection matters deeply at this time of year. A conversation, an outing, a shared meal or simply knowing someone is there to help can make an enormous difference to a person’s wellbeing and sense of belonging. At St George Community, supporting those everyday moments of connection remains at the heart of everything we do.

This month’s newsletter includes information on two

share a common thread - the importance of dignity, support and ensuring people feel seen, safe and connected within their community.

Connection continues to come to life across our social programs as well. This month we are trialling an evening social outing at St George Sailing Club following feedback from clients interested in alternatives to daytime activities. We are also

looking forward to visiting the beautiful Sydney Botanic Gardens and enjoying the scenic Hungry Point cliff top walk as whale season begins along our coastline.

For those ready for a longer escape, our overnight trips to Newcastle and Lake Macquarie will provide opportunities to relax, explore and enjoy time together during the winter months ahead.

As always, thank you to our clients, volunteers, staff and supporters for helping create a community where people continue to feel welcomed, supported and connected throughout every season.

Better Support. Stronger Connections.

Kindest regards
Natasha

Social Outings Recap



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

Social Outings Recap



Staying Safe, Supported & Connected This Winter

Helpful services and reminders for peace of mind

A helpful reminder from one of our clients

Sometimes it can be difficult to know what to do when a health concern arises after hours, especially if you live alone and are unsure whether something is serious.

St George Community friend and client Judy Kay, 90, recently experienced this herself after suffering severe pain from GORD late one evening.

Unsure what to do, Judy called an ambulance. Thankfully, paramedics reassured her it was not a medical emergency and suggested she contact Healthdirect, a free 24-hour health advice service staffed by registered nurses.

Judy said she had never heard of Healthdirect before, but found the service “wonderfully helpful and reassuring.” She wanted other people in the community, particularly those living alone, to know support is available after hours.



“

Sometimes you just don't know what to do. It was very reassuring to speak with someone who could help..

– Judy Kay

Here are two important numbers to keep handy - plus a timely reminder to ensure your emergency contacts are up to date.



Healthdirect

24-hour health advice
from registered nurses

Healthdirect is a free service that connects you with registered nurses 24 hours a day, 7 days a week.

If you are feeling unwell, unsure whether you should see a doctor, or need advice about what to do next, Healthdirect can help guide you.

The nurse may:

- provide advice over the phone
- recommend seeing a GP
- direct you to the nearest health service
- advise if urgent care is needed

It can be especially helpful overnight, on weekends or public holidays when your regular doctor may not be available.

You might call Healthdirect if you:



are unsure whether symptoms are urgent



need advice after hours



have questions about medications or illness



are caring for someone who is unwell



Call Healthdirect

1800 022 222

healthdirect.gov.au



13SICK

After-hours home doctor visits

13SICK is an after-hours medical service that may arrange a bulk-billed doctor home visit when your regular GP is closed.

Doctors can assist with non-emergency illnesses and medical concerns that cannot wait until the next day.

This service may be suitable for:



Cold and flu symptoms



Infections



Minor illnesses



Prescription issues



When travelling to a clinic is difficult



Call 13SICK

13 74 25

13sick.com.au

Are your **emergency contacts** up to date?

In another recent situation, the team at St George Community were trying to contact the emergency nominee of a client following a fall at home, only to discover the listed contact had sadly passed away some time ago.

It was a timely reminder for all of us how important it is to regularly review and update emergency contact details.

Please make sure:

- your emergency contacts are current
- phone numbers are correct
- your listed contact is aware they are your nominee
- medical information is up to date
- family or trusted friends know where important information is kept



Keep these numbers somewhere handy



Near your telephone



On the fridge



In your mobile phone



In your wallet or handbag



In an emergency always call 000

\$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**

June 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 5, 19 MON 22 <i>8th is Public Holiday</i> <i>Pickups from 10:00 am</i>	FRI 5, 19 MON 22 <i>8th is Public Holiday</i> <i>Pickups from 8:30 am</i>	MON 22 <i>8th is Public Holiday</i> <i>Pickups from 10:00 am</i>	MON 22 <i>8th is Public Holiday</i> <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 1, 15, 29 <i>Pickups from 10:00 am</i>	MON 1, 15, 29 <i>Pickups from 10:00 am</i>	MON 1, 15, 29 FRI 12, 26 <i>Pickups from 8:30 am</i>	MON 1, 15, 29 FRI 12, 26 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 2, 16, 30 WED 10, 24 <i>Pickups from 10:00 am</i>	TUE 2, 16, 30 WED 10, 24 <i>Pickups from 10:00 am</i>	TUE 9, 23 WED 3, 17 <i>Pickups from 10:00 am</i>	TUE 9, 23 WED 3, 17 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 4, 11, 18, 25 <i>Pickups from 10:00 am</i>	THUR 4, 11, 18, 25 <i>Pickups from 10:00 am</i>	THUR 4, 11, 18, 25 <i>Pickups from 10:00 am</i>	THUR 4, 11, 18, 25 <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



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.

Social Outing Key



Stairs involved



Wheelchair friendly



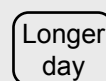
No walker access



Uneven ground or gravel paths



Own carer or Motorised required



Longer day



Some walking



No wheelchair access



Opal Card

Always bring money for food and drink.

If any of our outing venues cancel, an alternative will be organised.

June Social Outings Calendar

Monday 1 June

Simply Lunch: Country Club Gledswood Hills

Nestled amongst rolling green fairways, Country Club Gledswood Hills offers a stylish setting for a relaxed lunch with friends. Savour a delicious meal, take in the peaceful surrounds and enjoy a wonderful day of conversation and connection.

\$20 Bus



Tuesday 2 June

25th Biennale of Sydney: 'Rememory' – Campbelltown Arts Centre

Step into a world of contemporary art and creative expression at the 25th Biennale of Sydney: 'Rememory'. Featuring artists from Australia and across the globe, this inspiring exhibition explores memory, connection, identity and untold stories.

\$20 Bus



Wednesday 3 June

Warwick Farm Racecourse (Afternoon)

Freshly renovated and looking better than ever, Warwick Farm Racecourse is the perfect spot for a relaxed afternoon out. Take in the atmosphere, enjoy the racing action and spend time socialising with friends. First race begins at 1.25pm.

\$20 Bus



Thursday 4 June (Also on Fri 12/6)

Hyde Park Barracks Museum #1

Sydney's history comes to life at the Hyde Park Barracks Museum, one of Sydney's most significant heritage sites. Explore the stories of convicts, migrants and everyday Australians through real-life exhibits in this fascinating UNESCO World Heritage listed building.

\$20 Bus

Free entry



Social Outings

Friday 5 June

Hungry Point & Bass & Flinders Cliff Top Walk

Sweeping ocean views and a gentle coastal walk make this a lovely day out in Cronulla. Wander along the scenic Hungry Point cliff top pathway or sit back and enjoy the surroundings. Coffee and lunch are included for a relaxed outing by the water.

\$20 Bus



Tuesday 9 June

Orbison & Diamond – Bryan Brown Theatre, Bankstown

Classic hits and timeless music take centre stage in Orbison & Diamond at the Bryan Brown Theatre. Sit back and enjoy a wonderful live performance celebrating the songs of Roy Orbison and Neil Diamond in a welcoming theatre setting.

\$20 Bus



Wednesday 10 June (Also on Mon 15/6)

Ferry Ride Circular Quay to Cabarita #1

A leisurely day on the water awaits with this ferry trip from Circular Quay to Cabarita. Enjoy ever-changing harbour views, riverside scenery and the simple pleasure of watching Sydney glide by from the comfort of the ferry. Approx. 40mins on the ferry.

\$20 Bus Seniors Opal Card \$2.50



Thursday 11 June

Choir Singing Workshop, Bexley North

Raise your voice and enjoy the fun of singing together at the Sing Your Heart Out Choir Workshop. No experience is needed - just a willingness to join in and enjoy an uplifting musical experience.

\$20 Bus \$10 Workshop



Social Outings

Friday 12 June (Also on Thur 4/6)

Hyde Park Barracks Museum #2

Another opportunity to experience the remarkable Hyde Park Barracks Museum. This returning outing offers a deep look into Australia's colonial past through captivating exhibits, personal stories and the unique history of this UNESCO World Heritage listed site.

\$20 Bus

Free Entry



Monday 15 June (Also on Wed 10/6)

Ferry Ride Circular Quay to Cabarita #2

Another chance to enjoy one of Sydney's most scenic ferry journeys. Travelling from Circular Quay to Cabarita, we'll take in sparkling harbour views, riverside scenery and the relaxing atmosphere of a day spent on the water. Approx. 40mins on the ferry.

\$20 Bus

Seniors Opal Card \$2.50



Tuesday 16 June

Dollar World Warwick Farm

Bargain hunters, this one's for you! Dollar World Warwick Farm is packed floor-to-ceiling with everyday essentials, quirky finds and unbeatable bargains. Our last visit was such a hit the bus came home loaded with shopping bags. Plenty of time to browse, shop and enjoy lunch with friends.

Please check with the driver/carer before buying large or heavy items - space is limited. Thanks!

\$20 Bus



Wednesday 17 June (Also on Tue 23/6)

Wollongong Drive, Lighthouse & Lunch #1

Take a relaxing journey south as we enjoy a scenic drive to Wollongong. With stunning coastal scenery, a visit to the lighthouse and time to enjoy lunch together, this outing offers the perfect mix of sightseeing and social connection.

\$25 Bus



Longer day



Social Outings

Thursday 18 June

Elizabeth Farm History Tour, Parramatta

Step back in time with a visit to Elizabeth Farm, one of Australia's oldest homesteads. Wander through the beautifully preserved rooms and gardens and discover stories from early colonial life. A fascinating glimpse into Sydney's past in a relaxed and welcoming historic setting.

\$20 Bus \$16 Concession 1 hour tour



Friday 19 June

Toy Symphony – The Pavilion Performing Arts Centre

Humour, nostalgia and powerful storytelling combine in this award-winning Australian production set in the Sutherland Shire. Directed by playwright Michael Gow, the performance features a wonderful mix of emerging and established local actors. 11am show - 85 minutes (no interval)

\$20 Bus \$70 Ticket Prepay by Fri 5/6/26



Monday 22 June

Movie: Some Like it Hot (1959): Randwick Ritz

Classic Hollywood glamour and plenty of laughs await with this much-loved comedy starring Marilyn Monroe, Tony Curtis and Jack Lemmon. Follow two struggling musicians as they disguise themselves in an all-girl band, leading to hilarious misunderstandings and romantic chaos.

\$20 Bus \$19 ticket Seniors Card



Tuesday 23 June (Also on Wed 17/6)

Wollongong Drive, Lighthouse & Lunch #2

Another opportunity to enjoy the beautiful South Coast scenery awaits on this relaxing drive to Wollongong. Take in the sweeping coastal views, spend time at the lighthouse and enjoy lunch in great company.

\$25 Bus



Longer day

Social Outings

Wednesday 24 June

Banksy Limitless: The Rocks Sydney

Step into the bold and thought-provoking world of Banksy at Banksy Limitless. This immersive exhibition brings the iconic street artist's powerful works to life through large-scale visuals, dark humour and social commentary. A fascinating outing filled with art, conversation and creativity.

\$20 Bus \$40 Session - Prepay on booking



Thursday 25 June

Simply Dinner: St George Sailing Club

You asked and we listened - we've added a special evening dining outing to our calendar. Join us at St George Sailing Club for a relaxed dinner overlooking the water, with great food, lovely views and wonderful company to enjoy as the sun goes down. Leave your front door light on for when you get home!

\$25 Bus



Friday 26 June (Also on Mon 29/6)

Sydney Botanic Gardens Walk #1

Take in the beauty of the Sydney Botanic Gardens on this gentle and scenic walk. Surrounded by stunning plants, harbour views and open spaces, it's the perfect opportunity to enjoy nature, conversation and a relaxed day outdoors.

\$20 Bus



Monday 29 June (Also on Fri 26/6)

Sydney Botanic Gardens Walk #2

Another opportunity to enjoy the beauty of the Sydney Botanic Gardens. Wander through peaceful pathways, admire the changing seasonal scenery and spend a relaxing day outdoors surrounded by nature and harbour views..

\$20 Bus



Social Outings

Tuesday 30 June

ECQ Outlet - Eastern Creek Quarter

Fashion, homewares, gifts and great bargains await at ECQ Outlet, Eastern Creek Quarter. With a wide variety of outlet stores to explore, this relaxed shopping outing offers plenty of time to browse, pick up a bargain and enjoy lunch with friends.

Please check with the driver/carer before buying large or heavy items - space is limited. Thanks

\$20 Bus



Wednesday 22 & 29 July (Prebooking)

The Lion King: Capitol Theatre #1 (22 July)

The Lion King: Capitol Theatre #2 (29 July)

Matinee 1pm

Please call if you want accessible seating (at the back of the stalls & cheaper) or more expensive tickets with a closer seat. Subject to availability.

Book Now & Prepay by Mon 29/6/26

\$20 Bus

Call us for ticket prices



Throwback moment



Please contact the club directly for holiday closing & opening dates.

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.



Winter Coastal
Newcastle & Lake Macquarie

4 DAYS 3 NIGHTS TRIP

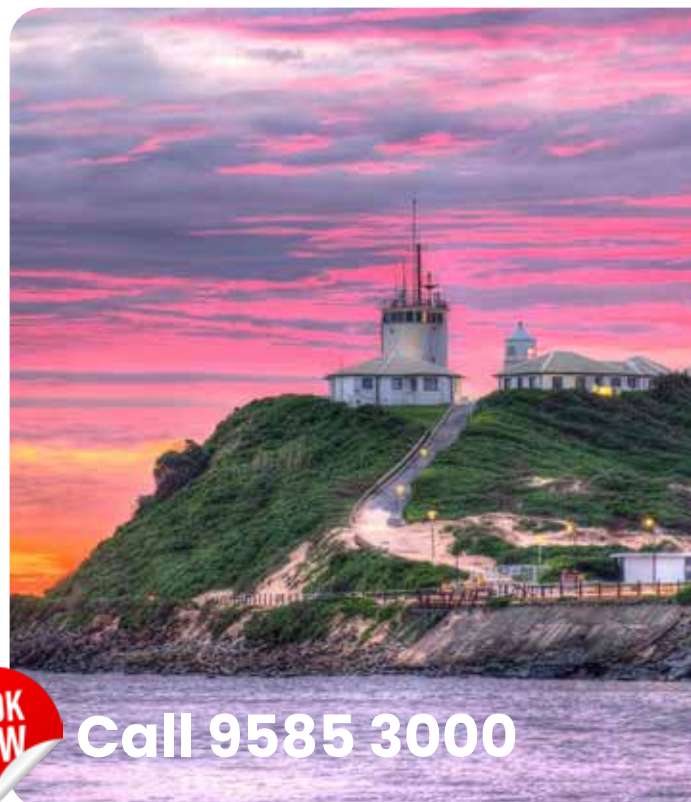
- ✓ Coastal charm, sparkling waterways and relaxed seaside towns await on our visit to Newcastle and Lake Macquarie. With its mix of ocean views, lakeside scenery and vibrant local spots, this region offers a refreshing change of pace and plenty to enjoy.
- ✓ Known for its beautiful coastline and welcoming atmosphere, Newcastle blends history, culture and coastal living, while Lake Macquarie invites us to slow down and take in its peaceful surrounds. We'll explore a selection of scenic highlights, enjoy leisurely outings and make the most of time by the water.

CHOOSE FROM TWO DATES:

TUESDAY 16 - FRIDAY 19 JUNE 2026

OR

TUESDAY 23 - FRIDAY 26 JUNE 2026



Discover
Cowra & Surrounds

4 DAYS 3 NIGHTS TRIP

CHOOSE FROM TWO DATES:

TUESDAY 21 - FRIDAY 24 JULY 2026

OR

TUESDAY 28 - FRIDAY 31 JULY 2026

Breathtaking
Blue Mountains

3 DAYS 2 NIGHTS TRIP

TWO DIFFERENT TRIPS IN AUGUST 2026

TUESDAY 18 - THURSDAY 20 AUGUST 2026

Picturesque
Port Macquarie

4 DAYS 3 NIGHTS TRIP

TUESDAY 25 - FRIDAY 28 AUGUST 2026

Fabulous Floriade
Canberra

4 DAYS 3 NIGHTS TRIP

CHOOSE FROM TWO DATES:

TUESDAY 15 - FRIDAY 18 SEPTEMBER 2026

OR

TUESDAY 22 - FRIDAY 25 SEPTEMBER 2026

Ulladulla Mollymook 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

