



Better Support. Stronger Connections.

Staying Connected as the Seasons Shift

As we head into the cooler days of autumn, with the crisp air settling in and the daylight hours starting to shorten, it's a good time to pause and notice the changes – not just in the weather, but in ourselves and our communities too. It's easy to retreat indoors and hibernate a little as it gets colder, but these are often the moments when connection matters most.

International Nurses Day – Monday 12 May

We also acknowledge International Nurses Day – a chance to thank the nurses who work so hard, often behind the scenes, to care for us all. This year's theme, "Caring for nurses strengthens our economy," is a good reminder that when we look after those who look after us, everyone benefits. Nurses don't ask for much, but they deserve our ongoing support and gratitude.



Mother's Day – Sunday 11 May

May starts off with a celebration that's close to many hearts – Mother's Day. It's a time to recognise not just mums, but all the incredible women who have played a part in caring for, supporting and shaping our lives. Grandmothers, aunts, carers, friends – women whose strength and guidance leave a lasting legacy in families and communities.

National Volunteer Week – 19-25 May

Later in the month, we'll be celebrating National Volunteer Week – and we really mean celebrating. This year's theme is "Connecting communities," which couldn't be more fitting. Our volunteers are the heart of what we do – showing up with kindness, patience, and a willingness to help. We'll be sharing some of their stories and, of course, taking time to thank them properly at our

Volunteers' Day Lunch. If you've ever thought about volunteering, it's a great time to reach out.

National Sorry Day – Sunday 26 May
National Reconciliation Week – from Monday 27 May

Toward the end of the month, we also take time to reflect on National Sorry Day and the beginning of National Reconciliation Week. These are important moments for acknowledging the past, showing respect, and supporting a more inclusive future. As an organisation, we believe in listening, learning, and walking alongside others in the spirit of reconciliation.

So, while the temperature might be dropping, there are still plenty of reasons to stay connected – whether it's joining a group outing, having a chat with someone, or simply enjoying the company of others. Little moments of connection go a long way.

Thanks for being part of our community, and for all the ways you help bring warmth and light to those around you.

Take care,
Natasha



St George Community is MORE than transport!

We offer NDIS supports to help you, or your loved one maintain independence and stay connected within the community.



- Community Access
- Social Outings



- 1:1 Support
- Personal Assistance



- In-Home Assistance
- Out-of-Home Support



Visit Our Website
www.stgct.org.au



National Volunteer Week 2025

19 - 25 May

CELEBRATING THE VOLUNTEERS WHO KEEP OUR COMMUNITY CONNECTED



At St George Community, volunteers are at the heart of everything we do — and during National Volunteer Week 2025, we're proud to celebrate the dedicated individuals who bring people together, provide vital support, and help build a stronger, more inclusive community.

This year's theme, "Connecting Communities," reflects the very essence of our volunteers' work. Whether they're driving a client to a medical appointment, chatting with someone over the phone, or working behind the scenes to make things run smoothly, our volunteers are the threads that bind our community together.

Here are just a few of the incredible people who generously give their time to support others:

Nerine Cummins | Office Volunteer

After overcoming a series of very serious health challenges, Nerine Cummins knew she still had more to give.

"I wasn't able to take on paid work because of my medical issues - but I needed to do something. I needed to be around people," she said. ***"Volunteering gave me that connection. If I didn't have it, I don't know what I'd do."***

Nerine began volunteering in 2017 and joined St George Community in 2021, helping with office admin tasks one day a week. She also supports people with disability through a group called Adventure Out, taking part in outings to places like the movies, bowling, and even sailing on Sydney Harbour.

"I love it - I've made long-term friendships and done things I never imagined," she says. ***"If you're stuck at home, it's easy to spiral. Volunteering brings you out of your shell."***

Corinna Lam | Office Volunteer

At 68, retired accountant Corinna Lam isn't slowing down - she's commuting all the way from Wollongong each week to volunteer at St George Community, where she helps with client registrations, phone enquiries, and transport bookings.

"I just wanted to give back," she said. ***"It feels really good to be able to help people - and I'm grateful that I still can."***

Corinna began volunteering shortly after retiring from a long career in accounting. Fluent in both Mandarin and Cantonese, Corinna says she finds meaning in helping Chinese-speaking clients navigate the system. ***"There are so many people who struggle with English,"*** she said. ***"It's nice to be able to make things easier for them."***

For Corinna, the benefits of volunteering go both ways. "The people here are so kind - we connect, we go out together, they visit me.

Her advice for anyone considering volunteering?

"Start slow and don't push yourself. Just try your best - and ask for help when you need it. People will support you, because you're supporting them."



Mark Scheuer | Fleet Manager & SES Volunteer

Mark Scheuer has become something of a quiet powerhouse in the world of community connection - after 12 years with St George Community and 16 years volunteering with the SES, his commitment to helping others runs deep.

Mark joined St George Community in 2012, originally as a driver. Over time, his calm leadership and strong sense of responsibility saw him step into the role of Transport Coordinator, and more recently, Fleet Manager, where he now oversees logistics for more than 27 vehicles and thousands of trips a year.

“I just wanted to do something more meaningful,” he said of his career change from the private sector. ***“Working here, it’s about people - not profit.”***

Outside of work, Mark has spent more than a decade volunteering with the State Emergency Service, specialising in flood rescue and emergency response. As Deputy Unit Commander for Rescue, he’s trained dozens of volunteers, driven UniMogs through floodwaters, and even broken down doors - both in emergencies and, occasionally, to rescue clients from locked toilets.

“One of the scariest jobs I’ve done was a flood rescue on the Hawkesbury River - we were in a boat navigating fast-flowing water to reach a man who’d been trapped in a caravan for two days,” he recalled.

Despite the pressure, Mark said his training and experience help him stay calm and focused - skills that carry over into his day job.

“I’ve learned how to control situations, how to have difficult conversations, and how to think clearly under pressure. Those things help at St George Community too.”

For Mark, volunteering is not about recognition - it’s about genuine contribution.



“Do it for the right reasons. It’s not about glory. It’s about helping others, building trust, and staying committed. That’s what really connects a community.” Mark Scheuer on Volunteering

Adrian Ford | Volunteer Driver

After retiring from a career in customs broking and freight consultancy, Adrian Ford knew he wasn’t ready to sit still. ***“I had the time - and it gave the missus a break!”*** he joked.

He first volunteered with Little Wings, transporting critically ill children to hospitals around Sydney. Wanting something closer to home, he joined St George Community, where he now drives older people and people with disability to medical appointments and essential outings.



“As long as you can do it, do it. You’ll get something back, even if it’s just a laugh or a good story.” Adrian Ford, Volunteer Driver

While Adrian is modest about his impact, his work helps people stay independent and socially connected. ***“A lot of the people I drive remind me of my own parents,”*** he said. ***“It feels good to help.”***

He’s had some memorable moments - from caring for clients who’ve had a fall to simply offering a kind word or a friendly ear. ***“You get to know the regulars - and some of them are amazing,”*** he said. ***“They just want to get out, stay active, and feel like themselves again.”***

Evelyn Webster / Volunteer Carer

Evelyn brings a lifetime of compassion, connection, and community spirit to her role as a volunteer carer with St George Community - and she's showing no signs of slowing down.

Her journey with St George Community began not as a volunteer, but as a client. ***"I used to think the office staff made so many phone calls - so I offered to help,"*** she said. ***"I could see how much work went into making things run smoothly, and I wanted to give back."***

That offer quickly turned into regular volunteer work. She started by calling clients about upcoming trips, then moved into home visiting, playing games, painting nails, and bringing company to people who were feeling isolated. When COVID hit, Evelyn stepped up again - this time as a carer on the buses. Nearly five years later, she's done it all.

"I've seen all sides of it - as a client, in the office, on the buses," she said. ***"And I've seen how much of a difference it makes in people's lives."***

One of Evelyn's most treasured memories is from her time as a home visitor, when she met a woman named Beverly. ***"She brought out this big box with a game called Rummikub - I'd never played it before,"*** Evelyn recalled.



"She taught me, and we laughed so much. I ended up sharing it with people on cruise ships, in social groups - I even bought the game for others. Her joy spread far beyond her living room."

Though Beverly sadly passed away just after Christmas, Evelyn said her memory lives on.

For Evelyn, the magic of volunteering lies in those kinds of connections. ***"It's just lovely to see the friendships that form. Some people tell me they used to sit at home feeling down - now they're out with friends, laughing, living,"*** she said.

Her warmth hasn't gone unnoticed. She was nominated for a Senior Achievement Award by St George Community and is often recognised by clients when she's out and about. ***"People tell me I'm an angel, or their favourite carer - it's lovely, but I don't expect it. I just like helping,"*** she said.

Thank you to all our volunteers!

From the road to the office, from everyday errands to emergency rescues - our volunteers make the St George Community what it is.

You may be wondering why some familiar faces aren't featured in this story. For this edition, we spoke to just a few volunteers - but we are grateful to everyone who gives their time, energy, and care. We truly wish we could showcase you all.

Thank you for your commitment to keeping our community connected.

To anyone out there who may have thought about volunteering, now is the perfect time to get involved. You might just change someone's life - including your own.

Find more information about volunteering opportunities on our website stgct.org.au or contact Fiona on **9585 3000**.

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

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



2 HOURS SHOPPING TIME ALLOCATED

May 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"> Brighton-Le-Sands Carss Park Kogarah Monterey Ramsgate Rockdale Sandringham Sans Souci
Roselands Shopping Centre	FRI 9, 23 MON 12, 26 <i>Pickups from 10:00 am</i>	FRI 9, 23 MON 12, 26 <i>Pickups from 8:30 am</i>	MON 12, 26 <i>Pickups from 10:00 am</i>	MON 12, 26 <i>Pickups from 10:00 am</i>
Rockdale Plaza	MON 5, 19 <i>Pickups from 10:00 am</i>	MON 5, 19 <i>Pickups from 10:00 am</i>	FRI 2, 16, 30 MON 5, 19 <i>Pickups from 8:30 am</i>	FRI 2, 16, 30 MON 5, 19 <i>Pickups from 10:00 am</i>
Southgate Sylvania	TUE 6, 20 WED 14, 28 <i>Pickups from 10:00 am</i>	TUE 6, 20 WED 14, 28 <i>Pickups from 10:00 am</i>	TUE 13, 27 WED 7, 21 <i>Pickups from 10:00 am</i>	TUE 13, 27 WED 7, 21 <i>Pickups from 10:00 am</i>
Westfield Miranda	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>	THUR 1, 8, 15, 22, 29 <i>Pickups from 10:00 am</i>

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

BActive

Live Longer. Live Stronger

Remember to keep hydrated, eat well and exercise regularly.

Contact instructors directly to book in your class, then call Shannon or Tracey on 9585 3000 to book your \$10 transport with us

**\$10
TRANSPORT**

Please note for non-funded clients, transport costs will be calculated individually.

STEADY STABLE & ABLE



Oatley Uniting Church Hall
Wednesday 11.30am to 12.30pm

Bexley Congregational Church
Tuesday 9.30am to 10.30am

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

ZUMBA GOLD



Oatley Uniting Church Hall
Tuesday 12.00pm to 1.00pm
Wednesday 10.15am to 11.15am

School terms; call Kate to check dates. \$10 per Class

SEATED & STRONG



Bexley Congregational Church
Tuesday 10.30am to 11.30am

School terms; call Kate to check dates. \$10 per class

 Kate - 0421 902 520 / katedemayo@gmail.com

AQUA AEROBICS



IRT Peakhurst
Tuesday 10.30am (limited places)
\$15 per class or 10-class pass for \$130

 Cassie 0435 079 680 / cmaquafit@gmail.com

ACTIVE AGEING FITNESS GROUP



Oatley Community Hall
Monday 9.30am to 10.15am


PJ Ferry Reserve Community Hall, Allawah
Tuesday 10.00am to 10.45am
\$10 per class. 10-week term

TAI CHI QIGONG GROUP



Oatley Community Hall
Monday 10.20am to 11.00am


PJ Ferry Reserve Community Hall, Allawah
Tuesday 10.50am to 11.30am
\$15 per class or join 10-week term classes for \$100

 Coralie - 0415 065 800 / coralie@fitnessnow.com.au

SENIORS DANCE FITNESS CLASS



St George Maso's Club
Tuesday 12.00pm to 1.00pm
Classes run school terms
\$7 per class *1st class is free

 Tracie 0419 999 650 / tracie@dancefitsydney.com.au

SGC Social Outings



Still young enough for an adventure? Then come along with us! 😊

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 (pay via phone with VISA/ Mastercard or EFT).
- **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.
- If an outing is cancelled, we'll organise an alternative.

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.



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.

May Social Outings Calendar

Thursday 1 May (Also on Mon 19/5/25)

HARS Aviation Museum, Albion Park 1

Explore this vibrant museum where volunteer aviation experts - retired and active engineers and pilots - have restored historic aircraft from around the world. Discover the fascinating stories behind each plane and immerse yourself in the rich history of aviation brought to life with passion and precision. here. Many are still being used in annual airshows.

\$25 Bus

\$20 Entry & Tour



Friday 2 May

Simply Lunch: Karimbla Restaurant, Miranda

Unfortunately, this hidden gem is closing down. Enjoy a final wholesome, home-style meal at great value. You have a choice of three delicious mains and desserts. Tea and coffee are included. Book early - spaces are limited.

\$20 Bus



Monday 5 May

Casablanca 1942: Randwick Ritz

Set during WWII, Casablanca stars Humphrey Bogart as Rick, a nightclub owner whose life changes when former love Ilsa (Ingrid Bergman) reappears. See this timeless classic at Randwick Ritz - an iconic, heritage-listed Art Deco cinema that's the perfect setting for a golden-age film experience.

\$20 Bus

\$17.50 Ticket



Tuesday 6 May

Moran Gallery, Sylvania: Simon McGrath Streetscapes

What a lovely and relaxing day we will have today. Morning Tea, Art and Lunch. Simon McGrath explores the elements that make up the urban scenes that so keenly draw his attention. Many of the paintings feature buildings from around the Sutherland Shire and Marrickville area.

\$20 Bus

Free Entry



Social Outings

Wednesday 7 May

Lunchbreak Concert: Chamber Music, Sydney Conservatorium of Music

Each semester, talented students form their own ensembles for the Chamber Music program, guided by renowned tutors. You're invited to enjoy the culmination of their work at this special lunchtime concert - a relaxing and inspiring showcase of young talent.

\$20 Bus



Thursday 8 May (Also on Mon 12/5/25)

City Drive & The Little Snail, Pyrmont 1

Delicious, beautifully served meals and great service. The \$48 three-course menu has plenty of choice and is fantastic value giving us the ooh là là we are looking for. A la carte is also available. Includes 40 metres walk each way. Bon appétit!

\$20 Bus \$48 Three-course lunch



Friday 9 May

Symbio Wildlife Park, Helensburgh

This charming local zoo has been upgraded with improved paths and extended walkways, making it easier to explore. Set in native bushland, it offers close encounters with adorable and fascinating wildlife. It's still a walk-through zoo, but the layout is compact and manageable - a delightful day out awaits!

\$20 Bus \$35 Entry



Monday 12 May (Also on Thur 8/5/25)

City Drive & The Little Snail, Pyrmont 2

We're returning to The Little Snail for another unforgettable lunch in Sydney's CBD. Back by popular demand, this charming French-inspired restaurant offers a delicious three-course menu, warm hospitality, and a relaxed atmosphere—perfect for a midday treat. Don't miss this chance to revisit a crowd favourite!

\$20 Bus \$48 Three-course lunch



Social Outings

Tuesday 13 May

Diamond and Streisand: Bryan Brown Theatre Bankstown

Experience the magic of The Diamond & Streisand Show at the Bryan Brown Theatre, Bankstown. Featuring Bill Sarina and Leah Cassar, this dynamic duo brings to life the unforgettable hits of Neil Diamond and Barbra Streisand in a powerful, nostalgic morning of music, memories, and show-stopping vocals.

\$20 Bus **\$20 Show & Morning Tea**



Wednesday 14 May

Simply Lunch: Embark Restaurant Loftus TAFE

Embark Restaurant offers a modern Australian dining experience with a creative fusion of global flavours to delight your taste buds. Enjoy a carefully crafted three-course lunch menu, paired with your choice of tea or coffee - an inviting and flavourful way to spend your afternoon.

\$30 Three-course lunch

\$20 Bus **Prepay by Mon 5/5/25**



Thursday 15 May

Bundeena Ferry Ride and lunch

Enjoy a delightful ferry ride to Bundeena on the beautiful Hacking River, followed by lunch at Bundeena RSL. Return via a peaceful drive through the Royal National Park.

\$20 Bus **\$4.55 Ferry**



Friday 16 May

Fairground Follies, Bowral

Step into a world of nostalgia at Fairground Follies - a magical collection of restored fairground memorabilia, including antique organs, carnival rides, and musical machines. This whimsical experience is unlike any other, offering charm, music, and wonder in a vibrant, vintage setting that delights all ages.

\$40 Entry and Tour

\$25 Bus **Prepay by Mon 5/5/25**



Social Outings

Saturday 17 May

The Sound of Music, Rockdale Town Hall

Experience the magic of The Sound of Music live on stage. Presented by Rockdale Musical Society, this beloved Rodgers and Hammerstein classic comes to life with stunning vocals, heartfelt performances, and all your favourite songs. A joyful afternoon of theatre not to be missed!

\$35 Ticket

\$25 Bus

Prepay by Mon 5/5/25



Monday 19 May (Also on Thur 1/5/25)

HARS Aviation Museum, Albion Park 2

Visit this exciting museum and learn all about the historical planes. This place is buzzing with volunteer aviation professionals, active and retired aircraft engineers and pilots who have lovingly restored historical aircrafts flown in from all over the world and showcased here. Many are still being used in annual airshows.

\$25 Bus

\$20 Entry & Tour



Tuesday 20 May

Mortdale Shopping Walk & Lunch

Here is an opportunity to explore Mortdale Shopping centre which still has Banks and Post Office, plus an IGA and Chemist Warehouse. Everyone loves the little village and you can coffee, shop away until we meet for lunch. And you can pop into our office and say "hello".

\$20 Bus



Wednesday 21 May

Music in the Morning: Hurstville Entertainment Centre

Enjoy a fabulous morning of live entertainment at the Hurstville Entertainment Centre. Featuring award-winning vocalist Jo Elms and rising star Brian Lorenz, this dynamic show blends musical theatre, pop, and more - all backed by the acclaimed Joseph Macri Band. Complimentary tea/coffee.

\$20 Bus

\$20 Ticket on the day



Social Outings

Thursday 22 May (Also on Mon 26/5/25)

Woolly Bay Hotel & Wharf walk, Woolloomooloo 1

Historic Woolloomooloo. Enjoy a walk around the bay or just sit and look at the magnificent yachts while having a coffee. Then over to the Woolly Bay Hotel offering classic pub feasts.

\$20 Bus



Friday 23 May

Simply Lunch: Bankstown Sports Club

Enjoy a relaxed outing with Simply Lunch at Bankstown Sports Club. Choose from a variety of delicious, well-priced meals in a comfortable and welcoming setting. It's the perfect spot to catch up with friends, enjoy great food, and unwind over a leisurely lunch, but don't get lost in this large modern club.

\$20 Bus



Monday 26 May (Also on Thur 22/5/25)

Woolly Bay Hotel & Wharf walk, Woolloomooloo 2

Historic Woolloomooloo. Enjoy a walk around the bay or just sit and look at the magnificent yachts while having a coffee. Then over to the Woolly Bay Hotel offering classic pub feasts.

\$20 Bus



Tuesday 27 May

Our new Motorways: Come for a discovery drive

Back by popular demand. Have you heard all the fuss about Westconnex and all of Sydney's new tunnels? Come for a drive and see them yourself. It is an adventure and the new tunnels are much better than the M5!

\$20 Bus



Social Outings

Wednesday 28 May

Salvos Store Rockdale & Bunnings Rockdale

Tick off two to-dos in one trip with a visit to Bunnings Rockdale and the Salvos Store. Pick up your DIY essentials, drop off a bag of clothes, and browse for quality pre-loved bargains. And then get into Bunnings for all your garden and household job needs.

\$20 Bus



Thursday 29 May

Lunchbreak Concert: Saxophone Ensemble, Sydney Conservatorium of Music

Celebrate the Con's 110th birthday with a vibrant Lunchbreak Concert featuring the Saxophone Ensemble, directed by Michael Duke. Showcasing talented students from across the Conservatorium, the ensemble will perform a lively and diverse selection of works.

\$20 Bus



Friday 30 May

Shop and Eat: John Street, Cabramatta

Take a stroll down vibrant John Street in Cabramatta - a multicultural hub full of colour, flavour, and discovery. Start with morning tea, browse unique shops and market stalls, then we will meet again for lunch. A relaxed outing for those who love to shop and eat! Independent shopping and walking outing.

\$20 Bus



Social Outing Key



Stairs involved



Wheelchair friendly



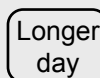
No walker access



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.



Marvellous
Mudgee

TUESDAY 27 - THURSDAY 29
MAY 2025

• **3 DAY 2 NIGHT TRIP**

- ✓ Stay at the Cudgegong Valley Motel
- ✓ Visit the historic town of Gulgong, renowned for its 19th-century Australian architecture and rich gold rush heritage
- ✓ Experience the night skies as they are meant to be viewed with a visit to Mudgee Observatory
- ✓ Stop off at The Mudgee Honey Haven to sample a wide range of honey and watch the bees hard at work through a special glass front working beehive



**SELLING
FAST!**

 9585 3000

Simply
Nelson Bay

TUESDAY 24 - THURSDAY 26
JUNE 2025

• **3 DAY 2 NIGHT TRIP**

Details coming soon!





**MUDGEES
MEMORIES**
25 - 27th March 2025



**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

