



# News from Engadine Community Services (November 2022)

## Message from Mel – ECS Manager

One of the important roles of Engadine Community Services is hosting the work placement of mature-age students from St George & Sutherland Shire Community College. Throughout the year, we have a series of overseas-born students work in the office for 120 or 200 hours each to gain work experience to complement their formal studies in welfare and practice their skills in community work. As well as providing additional people to the ECS Team, we find the students bring new and fresh ideas to ECS, they teach us as much as we teach them, and bring unexpected talents from their previous careers.

This edition features contributions by four students:

- Karrah from the Philippines wrote the articles
- Perla from Colombia produced the toy library ad
- Jana from the Czech Republic is supporting the Tuesday Playgroup and is organising the information session on 2<sup>nd</sup> December [see right]
- Farjana from Bangladesh is supporting the Monday Playgroup and helping Jana

Thank you to those who attended the Annual General Meeting on 31st October. It was short and very sweet, thanks to outgoing Secretary, Garry Keir, who chaired for our unwell Chairperson. The election of the ECS Management Committee for 2022-23 included two fabulous new members; Jill is the manager of a peak body formerly based in Engadine and one of our JPs, and Kim is a recently retired lawyer. We also would like to thank our outgoing Committee member Christina Mannyx for her many years' service on our committee.

The new committee is:

Chairperson - Suzanne Jenkins

Vice Chairperson - Garry Keir

Treasurer - Leanne Haynes | Secretary - Kim Potts

Member - Susan Ransom | Member - Jill Brookfield



In October, we were visited by new member for the seat of Hughes, Jenny Weir, MP, pictured with Garry, me and Lynette [ECS Aged Services].

In partnership with

**HEALTHY EATING ACTIVE LIVING**

**Engadine Community Services** invite you to join a morning full of healthy food information and a taste safe messy play for the little ones.

**Friday 2nd December 2022**  
**10am**

**\$2 attendance fee**

**Join us at Engadine Community Services Playgroups**  
**Toy Library membership to be won on the day!**

Linda Trotter and Nadine Cronan (Munch&Move) will explore nutrition for babies/children at Engadine Community Services Playgroups.

Session will include:

- Starting solid foods for babies
- What makes a healthy lunchbox
- Light refreshments for the adults
- Additional supervision for children

NB. Grandparents/parents are responsible for any allergies to food consumed in this session.

**ECS**

To register email: [linda.trotter@health.nsw.gov.au](mailto:linda.trotter@health.nsw.gov.au)  
The session is supported by the Health Promotion Service, South Eastern Sydney Local Health District.

## What I learnt during my student placement, by Karrah

I can say that my time in Engadine Community Services (ECS) was wonderful. I learned a lot during my placement day. I was able to develop my creativity, my communication skills each time I joined the playgroup, and my writing skills had improved by writing a short story for the monthly newsletter. ECS gave me the opportunity to explore and apply my knowledge to every task that I did.

I was lucky to get involved in ECS Inc and joined once in their monthly [management committee] meeting. I learned much about how they run the organisation and how the services work. Firstly, CHSP or the Commonwealth Home Support Programme, in which ECS receives funding for social support, both individual and group. ECS is also funded by the NSW TEI or Targeted Earlier Intervention Program that provides funding for a range of services to strengthen communities [for children].

**Read more student stories in the ECS Annual Report in the Resources section of <https://www.ecs.org.au>**



# News from Engadine Community Services (November 2022)

## What I learnt during my student placement, by Karrah [contd]

Also having the opportunity to listen each volunteer's story was truly amazing. I had the chance to know them better by hearing a little bit of their story and what they were before until becoming a volunteer at ECS.

I was fortunate to be at ECS surrounded by lovely people, and staff of course, who really helped me a lot during my placement. Everyone is very passionate, hardworking and dedicated to their job; hands up to each of the volunteers/staff who always gave their spare time to help people in need.

## Meet the Monday Toy Library Volunteers

Keryn and Helen are the lovely ladies you will meet if you visit Sutherland Shire Toy Library on Monday afternoons. Both of them are working together in providing quality educational toys ready for loan. They ensure the toys are clean and kept in good condition to offer every child a fun and safe play experience.

They said toy libraries are great ways to cut down costs to parents and grandparents, as we all know that toys are expensive and children tend to lose interest very quickly.

ECS Toy Library offers a wide variety of toys wherein a family or a group of organisation can borrow for 3 weeks, and they can choose from baby toys, musical instruments, construction sets, puzzles, games, ride on and outdoor play sets. It also provides an affordable way to broaden your child's learning experience.

Keryn and Helen are both enjoying their job as a toy librarian, which is part of their busy 'retirement'. Keryn also does crafts every second Wednesday with Probus and is enjoying her time with her friends having coffee and lunch. Helen said she has made a lot of good friends by being a toy librarian, she is also a member of the toy library. She said ECS has a good working environment.



### Senior Social Outings

Join us on the fun bus!  
Wednesdays are for sharing with friends

**SHOPPING OUTINGS**

- No parking hassles
- Door-to-door transport
- Support volunteers to help with your parcels
- ◊ **1st Wednesday each month:** Southgate
- ◊ **3rd Wednesday:** Menai Marketplace

**BIG DAYS OUT**

- Scenic trips out of the area
- Luncheons with friends
- Adventures with a small group of people
- ◊ **4th Wednesday each month:** see special flyer or ring 9520 7022 for details

This activity is a partnership project & receives funding from the Australian Government through the Commonwealth Home Support Programme as well as village residents.




Note: You may need a My Aged Care referral (1800 200 422) for Engadine Community Services [Social Support Group] to attend.

### SUTHERLAND SHIRE TOY LIBRARY

- ✓ 500+ toys that cater to every stage of a child's development
- ✓ Baby toys, musical instruments, construction sets, puzzles, games
- ✓ Ride on & outdoor play sets
- ✓ Great for grandparents & part-time carers
- ✓ Allows play that enriches language, numeracy, fine motor skills, imagination & creativity





**CLICK & COLLECT SYSTEM**  
View catalogue & pre-book toys prior to collection when open

**Located at 1034-1036 Old Princes Hwy, Engadine:**  
Monday 1-4pm | Thursday 1-4pm | 2nd & 4th Saturdays 9am-12

### SENIORS' SOCIAL BUS

#### XMAS SHOPPING



**Date:** Wednesday, 23rd November, 2022

**Times:** about 9 am: Pick up by the bus  
11.30 am: **Figtree Grove** for shopping or a wander  
12.30 pm: **Figtree Sports & Bowling Club** for lunch  
about 4 pm: Return home

**Cost:** \$25 per person [due 16/12] + you pay for your own lunch

This activity is supported by the Commonwealth Home Support Programme & St Vincent's Retirement Village, Heathcote

For membership fees & to join  
<https://www.ecs.org.au/fun-for-kids> **9520 7022**