



News from Engadine Community Services (May 2022)

Message from Mel – ECS Manager

The reopening of the ECS community centre in March included a fresh new look for the entry foyer, complete with courtesy seats outside the front door and daily display of ECS brochures.

The **Community Library** which started with a few books for the volunteers to take to the clients during the lockdown has become a permanent feature of the centre, following several donations from local residents of an amazing selection of books and DVDs. Borrowing is easy, and based on an honour system. Like the toy library, it is about people sharing resources to help save money and the environment.

The toys are also enjoying new stardom in a changing display out the front on fine Monday afternoons and Saturday mornings when the **Sutherland Shire Toy Library** is open, thanks to the regular volunteers.

New Groups for People Aged 50+

We have three new activities for seniors, which we hope will provide fun and friendship to those who attend. Bookings on 9520 7022 or admin@ecs.org.au are essential by 4pm the preceding Wednesday:

- **CARDS FOR SENIORS on Fridays 12.30-3.30pm** is an expansion of the Men's Cards. There will be at least one table playing 500 plus tables with other games, such as Euchre & Hearts, as determined by attendance. [\$3 fee includes afternoon tea]
- **SENIORS' ART CLASS on Saturdays from May** will give budding artists the opportunity to explore their talents in a social environment, with experienced painter & teacher, Natacha, described below. [\$10 fee includes materials]
- **KOOKABURRAS BOOK CLUB on 1st & 3rd Thursday nights 7-9pm** is hosted by 50+ Club member, Kerrie, for people who may be still working, volunteering or have caring responsibilities during the day. [see ad]

New Groups for Pre-schoolers & Parents

We have two new supports for parents, including *breastfeeding* classes by a qualified lactation counsellor and birth doula, Grace Bartlett.

MORNING PLAYGROUPS AT ECS:

Grandparents Playgroup [Monday 9.30 -11.30]

General Playgroup & breastfeeding support
[Tuesday 9.30 -11.30]

Czech & Slovakian Playgroup [Friday 10-12]

Saturday Playgroup [2nd & 4th Sat. 9.30-11.30]

Members wanted for Czech & Slovakian Playgroup

We meet up every Friday (during school term) morning. This playgroup is a place for Czech or Slovakian parents to meet with their children, socialise, sing native songs, nursery rhymes and read books. We have an art and craft activity each week and actively use the outdoor space to make an obstacle course, kick a ball or ride bikes, scooters and toy cars. We encourage and celebrate Czech and Slovak traditions to preserve our culture for the next generation. You can contact us through ECS on 9520 7022 or email czskdetskyclub@gmail.com



THE KOOKABURRAS

BOOK CLUB

1st & 3rd Thursday of each month, 7 - 9 pm

Engadine Community Services
1034-1036 Old Princes Hwy, Engadine

Join a small group of locals to share your enjoyment of one book per month from the **Historical Fiction** genre. No fee to join; just email theclub@ecs.org.au to RSVP or phone 9520 7022. Tea & coffee provided.

This activity is part of the 50+ Club

Why we charge fees at ECS

It's true that we receive government funding, but this is to cover wages and some operating costs only. In fact, our Aged Care contract requires us to charge fees for services; also, we pay rent and for utilities and maintenance under our lease with Sutherland Shire Council. All the costs of running a community service [rent, phones, petrol, internet, bus hire etc] have increased in recent years and our core funding has not kept up. We try to keep fees low by not using eftpos.

When we hire an exercise instructor or book a bus, we have to pay them, whether ten people attend or two, and even if clients cancel at the last minute. We try to budget on realistic attendance; however, this is difficult, especially with the unpredictability of COVID.



Don't Forget Your Flu Shot

Remember that [influenza](#) is a very contagious infection of the airways. It affects people of all ages. Although it can be a mild disease, it can also cause very serious illness in otherwise healthy people. It can require hospitalisation & can cause death.

Vaccination is a safe & effective way to protect you from serious disease caused by influenza, & given as an injection, usually in the upper arm. Annual influenza vaccine should occur anytime from April to be protected for the peak flu season, which is generally June to September. The highest level of protection occurs in the first 3 to 4 months following vaccination.

However, it is never too late to vaccinate, since influenza can circulate in the community all year round. Pregnant women should receive the vaccine at any stage during pregnancy. **Influenza vaccines can be given on the same day with a COVID-19 vaccine.**

The following people are more at risk of complications from influenza & are eligible for annual vaccination free under the National Immunisation Program:

- Aboriginal people aged over 6 months
- Children aged 6 months to under 5 years
- Pregnant women at any stage of pregnancy
- People aged 65 years or over
- People aged 6 months or over who have medical conditions that mean they have a [higher risk of getting serious disease](#) [incl cardiac disease, diabetes & other metabolic disorders]

As the egg based influenza vaccines under the NIP only contains minute traces of egg protein, people with egg allergy, including a history of [anaphylaxis](#), can be safely vaccinated. People should not receive the influenza vaccine if they have experienced [anaphylaxis](#) after a previous dose of any influenza vaccine or [anaphylaxis](#) after any component of an influenza vaccine.

You may experience minor side effects following vaccination. Most reactions are mild & last no more than a couple of days & you will recover without any problems. Common side effects of influenza vaccines include:

- pain, redness, swelling or hardness where the needle went in
- fever, tiredness, body aches

Talk to your immunisation provider about possible side effects of the influenza vaccines, or if you or your child have side effects that worry you.

Meet our new Art Teacher - Natacha



We first met Natacha when her grand-daughter, Amalia, helped ECS with a social media campaign. Lucky for us, artistic ability runs in the family, and Natacha agreed to join the ECS Team too!

Natacha Ananguren was born in Caracas Venezuela. She has been drawing coloured portraits and painting with oil for over 40 years.

When she arrived in Australia in 2015, she enrolled in watercolour classes at Hazelhurst Regional Gallery, where she made lots of friends and had the opportunity to learn and practice English. She has also attended many tutorials and artist workshops to learn different water colour techniques.



Natacha's inspiration for her artwork over the years has come from her passion for trekking and bushwalking through the amazing

jungles and rainforests of Venezuela. Her recent migration to Australia with its beauty and diversity of its landscapes, fauna and flora inspires many of the artwork she does today [example right].

We are so excited to have Natacha share her joyful approach to life through social art classes with seniors. This is a new idea for ECS, and hopefully just the beginning...

SENIORS' BIG DAY OUT SOCIAL BUS

Going to Sunrise Nursery & Kiama RSL
on Wednesday 11th May 2022

Thanks to our sponsors, ENGADINE ROTARY