

The **FREE** Newsletter of South Eastern Community Connect



# South Eastern *Seniors* Connect

Feb '21

Reconnect  
with community  
in 2021

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**Connection, wellbeing and quality of life.**

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without waitlists

Web: [www.secc.sydney](http://www.secc.sydney)

Visit: Shop 84, Eastlakes  
Shopping Centre, Eastlakes  
&  
1007 Botany Road, Mascot

### Contact us

8338 8506 (Eastlakes)

7903 0607 (Mascot)

Mon-Fri

E: [secc@secc.sydney](mailto:secc@secc.sydney)



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# Welcome!

**S**ydney held its breath over summer. Would restrictions ease? *And should they?* We've become adept at scanning the news, navigating change and keeping our options open. Because if 2020 taught us anything, it's that there are no guarantees. We really do have to take life one day at a time.

Even though it's been hard, I feel like my resilience levels have increased through all the change and uncertainty. I had hoped to visit my family in Brisbane in January, but border closures and lockdowns meant it wasn't possible. I needed to find new ways of dealing with disappointing news and finding other ways to communicate with them.

I'm sure you can relate.

At SECC, community is central to all we do. For people who

haven't seen their family for a long time, we provide quality support and encouragement. For those who simply want to forge stronger connections with people in their local area, we are here, with plenty of amazing programs on offer.

Why not check one out in 2021?

Our bookings portal is online at [bit.ly/SECCprograms](http://bit.ly/SECCprograms)

Alison Leader, Editor.



## STAFF SPOT

Brooke Norrie

**S**ay hello to Brooke. She is our much-loved Home Care

Package Business Manager, helping seniors in south-east Sydney with their support needs. Give her a call Monday to Friday to discuss your Home Care Package on (02) 8338 8506.

# Mascot shares stories worth telling in annual art show

Creativity is very important to SECC, and it was wonderful to host an event which celebrated artists of all ages in south-east Sydney.

Congratulations to the SECC Community Hub team on making it a night to remember.

**On Friday 4th December, SECC hosted an evening showcasing the diverse creativity of south-east Sydney.**

We immersed ourselves in writing, artworks and video, and showed our appreciation through a prize-giving ceremony at The SECC Community Hub in Mascot.

Thank you to everyone who made *The Hub Creative Showcase: Stories of Place* so special.

Congratulations to the worthy winners, and to all who shared their creative journey with us.

Winners included **Lilliana Thoroughgood and Sathiyaa Vimal** (0-11yrs category); **Niranjana Ghosh and Ben Daly** (12-24yrs); **Marcela Guajardo and Eve Smith** (25yrs+); and **Coro Group and The SECC Mothers' Circle** (Group category).

***A big thank you to all involved.***

**Enquiries about our 2021 Showcase: 02 7903 0607**



# Life support

## Community supported as food fears grow in SE Sydney

Food insecurity continues to drive a need for organisations to step up and gather support in the form of food, everyday essentials and practical help.

**Charities such as South Eastern Community Connect (SECC) have seen an increased need for food support.**

Those left out of the government's JobSeeker and Jobkeeper relief programs are extremely vulnerable.

More and more people are becoming homeless and skipping regular meals.

Thank you to all those who have donated recently to our food relief program. Your generosity has made a big difference to those doing it tough.

We are so grateful for the ongoing support of Bayside Council, Clovelly Community Bank Branch, Laing+Simmons Rosebery, and a number of cafes and local residents who helped with The Big SECC Christmas Drive in 2020.

**Other supporters included:** Daceyville Public School, Goodstart Early Learning, Bondi Junction, Indonesian Community Group, Kiddie Cloud Early Learning Centre, Kuehne + Nagel, Montessori Academy Preschool, Mascot, Ray White, Rotary Maroubra, St Therese Catholic Primary School, Mascot (Cai Forster), Luxe Café, and Two Fives in Rosebery. A big thanks too to donors such as Amy, Helen, Ngaire, Jewels, Paola, Robert, Sabena, Samantha, Tania, Tessa and Tracy.

**We love you all and are so thankful for the ways you have reached out to those hardest hit by COVID-19 in the past year.**

**EVERY LITTLE**



**HELPS**

## Seniors to don their halos for health

**N**SW Health has developed an online lifestyle program aimed at people over 60.

Called Healthy and Active for Life Online (HALO), the 10-week program is supported by the Health Promotion Service, South Eastern Sydney Local Health District (SESLHD), and available to anyone with internet access.

There are two modules delivered each week on topics such as healthy eating and healthy weight and exercise programs.

Trained phone coaches support participants throughout the program on a weekly basis, and participants receive healthy lifestyle resources to keep.

**Call SESLHD on 1800 823 002 for more info about the online lifestyle program.**



## Need some support, or know someone who does?

We can help with:

- Shopping
- Banking
- Bill-paying, and
- Medical appointments.

We also have a team who can make regular home visits if you'd like them.

Our staff and volunteers offer individual assistance for the frail aged and their carers to support their independence and wellbeing. Call us now on (02) 8338 8506.



# Eight ways to make new friends when you're 60 or over

Our physical and mental wellbeing depends on a healthy social life. **Laura Bennett** unpacks eight ways you can up your game and get more social.

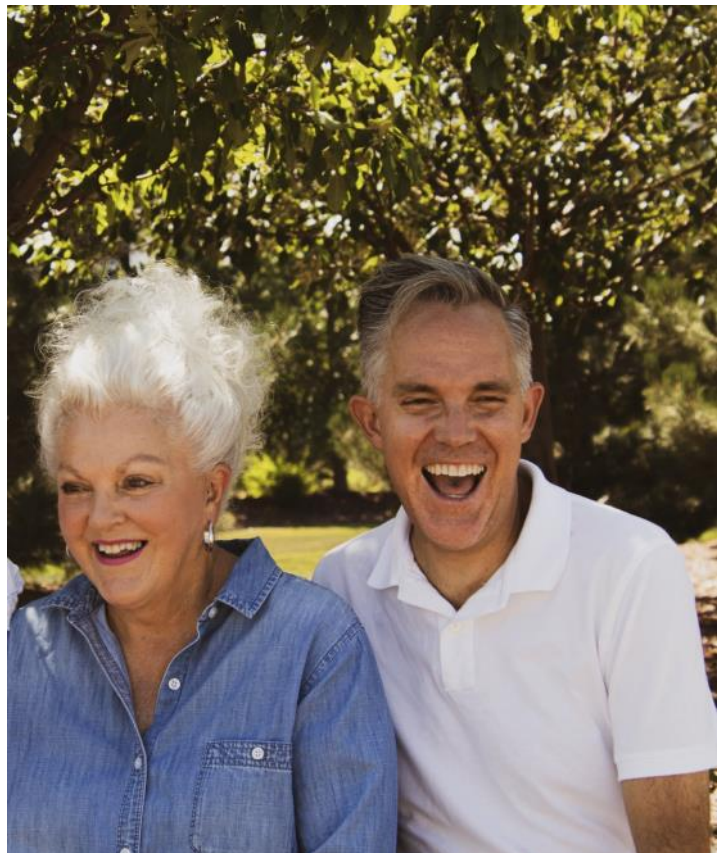
**A**ccording to the National Institute on Ageing, social isolation and loneliness are linked to "higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death."

Conversely, people who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a stronger sense of purpose. These activities seem to help maintain wellbeing and may improve a person's cognitive function, studies show.

Social interaction offers older adults many benefits. Connection with others not only allows us to survive but thrive. When we're younger, we have more natural social opportunities to meet, interact, and connect with people. We often develop relationships because of our surroundings. "Circumstantialships" can include schoolmates, work colleagues, and parents of our children's classmates. As we grow older, those contextual relationships that we had as a student, employee, and parent, can fade away as we prune those friendships that were not emotionally close or especially meaningful. Oftentimes, life just gets in

the way. People you were close with before get busy, you get busy, and the relationship dwindles.

Finding friends after 60 can be a challenge. Research shows that Baby Boomers have trouble making new friends in retirement. There's a social risk involved in relocating, retirement, health and mobility issues, and even poor finances. Death of a spouse or loved one can affect our friendships. Sometimes our social circles shrink as time passes, and we find we no



longer have the same interests as our old friends. We have grown apart. We need different things from our relationships because *we* are different. On top of that, fewer Australians are engaging in community organisations whereby they can access a close network of real friends to share their daily struggles.

COVID-19 has certainly created a whole new series of social obstacles as well.

With this in mind, I have some tips for adding people to your life that share your passions and dreams in midlife and beyond as restrictions ease.

## 1. Be a good friend.

Would you want to be friends with you? Tips from Dale Carnegie's book *How to Win Friends and Influence People* include encouraging others to talk about themselves and listening in earnest. When done sincerely, it makes the other person feel important. Smile and make an effort to remember people's names.

## 2. Take the initiative.

It can be hard (especially for those with social anxiety) to take responsibility for your feeling of loneliness and to make the first step of reaching out to others. It sounds obvious, but when you meet someone you like, invite them to meet again.

## 3. Meet your neighbours.

Start with your existing social network. Do you even know your neighbours? Are there any long-lost

friends you might want to reconnect with? Invite the friends you do have to dinner, and encourage them to bring guests that you've never met.

## 4. Get technical.

Although there may be less face-to-face interaction than before, these days we are more "connected" than ever. Phones, social media, email, and video chat platforms like Zoom help us communicate with distant friends, but they can also help us find values-based places to make new acquaintances. There is a Facebook group

for just about any interest you can dream up. Simply type a keyword into the search box, and request to join the group of your choice. If you're not sure, ask a younger

friend or grandchild to help.

Other online supports you can Google include: Telstra's Tech Savvy Seniors program, the Federal government's Be Connected Program which aims to ensure every Australian is online, with online learning modules. The GoDigi Program is also worth checking out. It is delivered through a partnership between Australia Post and Infolink. The Australian Seniors Computer Clubs Association is another organisation which provides access to a large number of computer clubs around Australia to support older Australians in using computer technology. South Eastern Community Connect also regularly runs in-person computer classes and social programs.

***“As we grow older, those contextual relationships that we had as a student, employee, and parent, can fade away...”***

## 5. Activities!

Your interests, hobbies, passions, and skills can lead to many friends. Not only can you meet people with similar interests when you pursue these activities, but you're also becoming a more interesting friend yourself. You could even try something new, like learning another language or taking a cooking class.

## 6. Join the club.

In addition to finding activities to participate in, you can also find clubs that line up with your interests. Community organisations you could join include South Eastern Community Connect ([www.secc.sydney](http://www.secc.sydney)), quilting circles, book clubs, church groups, exercise classes, singing groups, and Toastmasters. Perhaps there's a poker night you can join, a local Scrabble club, or even a weekly trivia night. Obviously, not everyone in these clubs is going to have the same views as you about everything, but that's part of the fun of trying out new friends.

## 7. Attend local events.

Check the local paper, Facebook, Meetup, Eventbrite, or Google for local event listings. Going to performances, fundraisers and festivals gets you out there, where the people are. If you're self-conscious about attending on your own, just think about how you can't be the only one who is there to meet other people. Don't be afraid of making new connections. Introduce yourself and strike up a conversation in a friendly way. Going to community events helps you cast a wide net for your new companionship options in 2021.

## 8. Volunteer.

Volunteering allows you to use your skills, give back to a cause that's important to you, and meet new people. Not only does volunteering have a positive effect on society, but doing good for others has a positive effect on you. Contribute to a worthy cause through not-for-profits and charities such as South Eastern Community Connect (SECC).

The Centre for Volunteering can help you hook up with opportunities in your area. Need some more inspiration? Try your local charity, RSPCA, or seniors centre. Work for social change with Rotary International. The American Red Cross and Habitat for Humanity also promote teamwork and are often looking for help.

Fellow volunteers are probably there for the same reason you are and might be more open to connecting with strangers. Just the fact that they're volunteering their precious time to help others shows that they're likely more empathetic and less self-focused. The best part? It's free!

*Story excerpt from [www.seniorsmatter.com](http://www.seniorsmatter.com)*

**Want to volunteer with SECC?**



**Call Sue on 02 8338 8506**





# *New Ideas* just for you

## **Cook with us in our community kitchen**

Looking for new, exciting and affordable recipes to try? Want to meet like-minded people in your local community? Then join our Community Cooking Club. We prepare, cook and share a healthy meal together every week.

**Wednesdays, 5.30pm to 7pm at 1007 Botany Rd, Mascot**



## **Serving up a round of community tennis**

Keen for a healthier year in 2021? SECC is offering Hit and Giggle Tennis sessions, and we'd love you to join us. Bookings essential via 02 7903 0607 or online at [bit.ly/SECCprograms](https://bit.ly/SECCprograms)

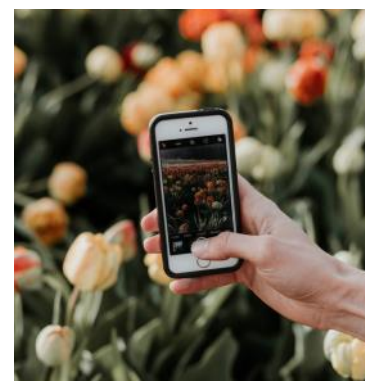
**When? Mondays at 2.30pm, Aloha St, Mascot**



## **Master your mobile phone in Mascot**

Learn how to add and use apps, use the phone camera, find your way around your phone, modify your phone security settings, and lots more. In these classes run by TAFE you'll become a smartphone expert in no time.

**When? Tuesdays from 12-2pm. Booking essential on 02 7903 0607 or email [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)**



## **NEW Connect with art in your own time**

Discover personal tools and grow awareness through creative art processes connected to natural settings. Join our Eco Art Journey and create art in your own time and space with assistance from Clio Doughty. Starting Monday 15th February.

**Contact 02 7903 0607 for more info.**



**For more information on Mascot classes call us on 02 7903 0607**

## **NEW Dance for Wellbeing**

Do you want to learn something new? Do you want to move more, and connect with others? Join our dance program for an hour filled with so much fun and laughter you won't even realise the workout you've squeezed in! Enquiries: 02 7903 0607.

**Where? 1007 Botany Rd, Mascot**



## **Free CPR and First Aid course for carers**

We are offering our two-hour CPR and First Aid course FREE via Zoom on Wednesday 24th February at 9.30am. SECC and Dr Deborah Perkins from the Sydney Children's Hospital will present the course. Perfect for grandparents or carers.

**Call (02) 7903 0607 or email [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)**



## **Move more for your health and wellbeing**

So many of us suffer from physical tension. Our yoga-inspired sessions will help you to stretch confidently and build your knowledge to continue doing the things you love without so much body stress.

**Register for 'Movement for Wellbeing' at [bit.ly/SECCprograms](https://bit.ly/SECCprograms)**



## **Use your green thumb to build community**

If you enjoy gardening, then join us each Monday from 2pm to 4pm in the SECC Community Hub garden. It's a great (free) way to socialise and have fun. Please bring a hat, gardening gloves and seeds to plant.

**1007 Botany Rd, Mascot**



## **Tai Chi classes offer a terrific time out**

Experience the many health benefits of Tai Chi with our experienced instructors. \* *Call Hector on 9052 5772 or 0412 865 063 for more info.*

**Advanced Classes:** Mondays, 12pm

**Beginners' Classes:** Wednesdays, 12pm (during school term)

**1007 Botany Road, Mascot**



**For more information on Mascot classes call us on 02 7903 0607**

# Support for you - without waitlists



## Social bus outings for you

There's a seat on the bus waiting for you! Head out for lunch, enjoy great company, and get out and about with our transport service.

Our outings are always interesting, with a lot of different destinations and a great crew on the bus for every trip. Call Kate to see if this is right for you on **8338 8506**.

## Home Care Package help

Did you know South Eastern Community Connect is an approved Home Care provider? We provide personal care, social support, domestic cleaning, nursing, Allied Health services and massage therapy, exercise classes, access to our Seniors' Day Centre, and food and transport services. Call Brooke on **8338 8506** for more info.



## Fruit and vegetable deliveries

We always have room on the truck for an extra box of fruit and vegetables to travel fresh from the markets to your doorstep. Fruit, vegetables or mixed boxes are \$12 and are delivered weekly or fortnightly. We offer volunteers to help you with your shopping, as well as the transport to get you there. Meal prep services are also on offer.

Call **Tania** on **8338 8506** to find out more.



# Support for you - without waitlists

## Flexible transport service

With this service you can book door-to-door transport in a car, with one of our drivers attending your appointments.

We give priority to your medical appointments, but if we have vacancies we can take you to the hairdresser as well.

Call us to find out more and make a booking. Call **Kate** on **8338 8506**.



## Social groups for everyone

We run a number of social groups for seniors in the community, all following the proper precautions in light of COVID-19. If you'd like to find out more about what we do, we'd love to hear from you.

**Give us a call on 02 8338 8506.**

## Flexible respite on offer

Caring for someone can be both rewarding and challenging at the same time. Our flexible respite service gives both the carer and the person receiving the care a break from their daily routine. The cost for this service is \$20 for up to five hours, once a week.

Call **Irene** to learn more on **8338 8506**.



**Please contact South Eastern Community Connect's friendly team to discuss your needs on 02 8338 8506.**



South Eastern  
Community  
Connect

Have you got your bus licence?

# WE'RE HIRING DRIVERS

Work with South Eastern Community  
Connect to keep locals moving.

Volunteer and paid casual positions available.

[www.secc.sydney](http://www.secc.sydney)

**Call Kate  
Skinner now:  
8338 8506**