



Park Street, PO Box 418 Riverstone NSW 2765

Phone: (02) 9627 3622 Fax: (02) 9627 3225 www.riverstone.org.au

31st January 2021

To our valued clients,

RE: 2022 Activities update

Firstly, our team would like to wish you a happy new year and we trust you have enjoyed the Christmas break. We had hoped that our buildings would have re-opened by 2022, but unfortunately this has not been the case following a resurgence of covid infections, and a new variant, Omicron. Our team have undertaken a review of Work, Health & Safety procedures and the board have endorsed the following plan.

Social support activities

We can confirm that there will be no indoor, face to face activities to be held on site at Riverstone Neighbourhood Centre. Instead, the team have negotiated some socially-distanced outdoor activities to resume from February 2022 including, dance fitness, bootcamp, gardening and yoga. Please see flyers enclosed for further information.

Medical transport

Clients can be transported via taxi service for medical transport appointments only. Clients will not be charged for the taxi service and RNC staff will arrange booking of transport to and from the appointment.

Volunteering

RNC is excited to announce that we have a new Volunteer Coordinator. Her name is Asma and she works Wednesdays and Thursdays. She can be contacted at the office on 9627 3622 or via email aahmed@riverstone.org.au

We hope to resume volunteering in some capacity, although with decreased face to face activities, the volunteering roles may look different. We are looking for volunteers who can assist with gardening and the upkeep of the community garden. We are also looking for volunteers who can make regular phone calls to isolated residents in local nursing homes.

Ageing & Wellness staffing update

Our Men's Shed coordinator has resigned to pursue new career ventures. We wish him all the best! Recruitment for this position will occur in the near future.

As well as a new volunteer coordinator, we would also like to welcome Gemma who will be completing her student placement with us until mid-2022.

Melia, who had been working as Acting Team Leader will be on maternity leave from March onwards, however is working with Dom who will be replacing her until she returns. Dom can be contacted on 9627 3622 or 0473 598 932 or email at dorlando@riverstone.org.au

Other services available at RNC

Food assistance

Clients cannot be transported to shopping centres to run errands or to do grocery shopping. If clients are unable to access groceries then RNC staff can drop food hamper off to clients home address. Staff are not permitted into clients' homes though. If clients are requiring a larger grocery shop, RNC staff can coordinate an online delivery from either Woolworths or Coles at the clients' expense.

Financial hardship

We understand these have been financially stressful times, particularly as our wallets recover from the Christmas holidays. If you or someone you know is struggling, please call the office on 9627 3622. Depending on eligibility, clients may be entitled to receive a food voucher or vouchers towards pharmaceuticals, gas, electricity, or water bills. Eligibility will be assessed via a phone appointment only and wait times may exceed a week.

Booster Bus

FREE Pfizer booster shots available for community members on Thursday 10th February 1.30pm-4.30pm, no appointment necessary

You are eligible for a booster vaccination if you are:

- * Fully Vaccinated (have received 2 doses of a Covid-19 vaccine)
- * Aged 18 years and over, and
- * Received your second dose of a Covid-19 vaccine at least 3 months ago
- * You need to bring proof of vaccination 1 and 2 for your booster

We would like to thank you for your cooperation and patience during these challenging times. I am confident that we will continue to *'build a stronger community together'* despite facing current adversities.

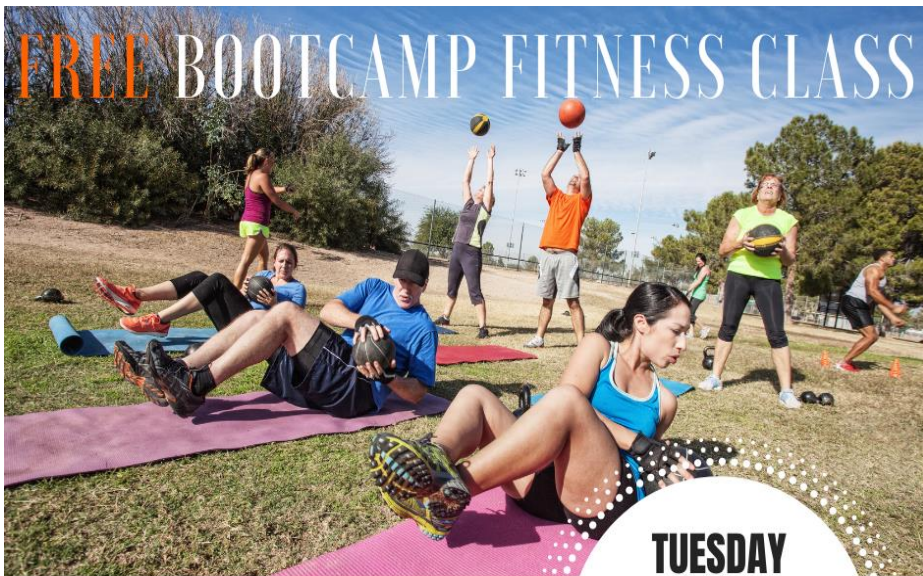
Kind Regards,
Melia Rozzoli

Acting Team Leader for Ageing & Wellness

RIVERSTONE NEIGHBOURHOOD CENTRE



What's On: Feb 2022



FREE BOOTCAMP FITNESS CLASS

**TUESDAY
MORNINGS
9.30AM-10.30AM**



FREE Bootcamp Fitness Class for all Fitness Levels

Where:
In the Paddock at Riverstone Neighbourhood Centre

Commencing: 8th February, 2022
8 week program

To register call Alex/Renee on
9627 3622.



FREE DANCE FITNESS CLASS



**FULLY FENCED
AREA SUITABLE FOR
MUMS WITH
BUBS/TODDLERS
ALL AGES
WELCOME**

**WEDNESDAY
MORNINGS
9.30AM - 10.30AM**



WHERE: Riverstone Neighbourhood Centre
9 Park Street, Riverstone

STARTING: 9th February 2022 Wednesday Mornings
8 week program

COST: FREE

To register please contact Alex at RNC on 9627 3622



FREE Outdoor Yoga Classes



**Restore Your
Body and Soul**

Where: Riverstone Neighbourhood Centre
9 Park Street, Riverstone
Youth Centre Paddock

When: Commencing Tuesday 8th
February 2022, 11am to 12noon
8 Weeks

Cost: FREE

To register please contact Alex at
RNC on 9627 3622

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WELCOME**

RIVERSTONE NEIGHBOURHOOD CENTRE

Weekly Gardening Group

Wednesdays 10am-11am

First group to be held on 9/2/22 weather permitting



Bring your gardening tools and your green thumbs!
While the men's shed remains closed, you are welcome to
come along and tinker in the community garden.

Morning tea will be provided

Places are limited as social distancing restrictions apply.

