

Hills Community Aid - HCA

Students Tackle Shut-in Syndrome

Hills Community Aid's Executive Officer, Des Milligan today praised the staff and students of William Clarke College for their support for HillsCarPal, set up to tackle Shut-in Syndrome.

"Shut-in Syndrome is a condition faced by an ever-increasing number of Seniors when they can no longer drive. Some "Shut-ins" lose contact with family, friends and community; with feelings of isolation, uncertainty and even hopelessness the result", Mr. Milligan said.

"In working with William Clarke College, we were assisted by some great community-minded young people from The Hills region, who gave the project its direction. We are grateful for William Clarke College's involvement in developing a PC Training Program for HillsCarPal clients. This will help us considerably in combating the problem, which affects around 1065 Sydney Hills Seniors." Mr Milligan added.

"It felt good to be able to contribute to our community and to help the elderly through this project. We had fun too creating training modules for HillsCarPal clients to use", said Year 8 student Nick Weiland.

And fellow student Cynthia Choy added, *"We wanted to help Hills Community Aid with its HillsCarPal project, as it will assist older people to get around Sydney easily and simply."*

With classmate Sarthak Kapoor saying, *"HillsCarPal helps elderly citizens get to places around Sydney. Buses can drop them up to a kilometre away and walking long distances, particularly at night, is not really an option; and a taxi costs a pensioner too much."*

The training modules developed by William Clarke College students covered Facebook, Paypal and email, which will be used by HillsCarPal clients to book trips around Sydney via

their (or a family member's) PC.

The aim of the College's Year 8 Service Learning is for students to identify and address a specific community need and then participate in creating a project to address this need.

History & Legal Studies Teacher Kate Dundas, who was responsible for leading the students through the Service Learning program, explained *"In HillsCarPal, we found that our students could contribute to solving the often unrecognised community problem of Shut-in Syndrome; crossing generational boundaries whilst applying their skills and enthusiasm. It also gave them the opportunity to hear from local community service providers about the broader context of their work in the community."*

Following an inspection tour, which included North West Disability Services, Hills Community Aid and other Hills community service facilities, College student, Annie Guo said, *"Shut-in Syndrome is more real for me now after hearing that some older clients are lonely and can't easily leave their homes".*

Call 02 9639 8620 or email hillsScarpal@gmail.com for more information on how HillsCarPal is tackling Shut-in Syndrome.



Monzurul Hoque explains NWDS operations to HillsCarPal's John McQuarrie and WCC students, who were impressed at the care and program offered by North West Disability Services



OPEN DAY Wednesday 18 July

Learning in the Hills

Term 3 enrolments | Tuesday 23 July

Painting all mediums • Soft Furnishing • Dressmaking
Tapestry and Cross Stitch • Crystal Jewellery Making

Low cost adult classes Call 9639 7918 for more information



Emergency Financial Crisis Program

Do you live in The Hills Shire Council area?

Are you in financial hardship or having difficulty paying your bills?

Hills Community Aid receives funding to assist people in crisis and has helped individuals and families since 1969.

We may be able to assist you. Please contact us to confidentially discuss your situation.

This program is only available to residents of the Hills Shire Council area through **The Hills Community Aid**. People requesting assistance will need to attend **Centrelink** for a referral. Please phone our office on **9639 8620** for further information.

A project of

The Hills Community Aid

Funding provided by Department of Families, Housing, Community Services and Indigenous Affairs.



www.hca.org.au

Your local service assisting families and individuals

t : 02 9639 8620 e : enq@hca.org.au



Financial Counselling now available at HCA

Financial Counselling - a new service at Hills Community Aid commencing mid July. This is a confidential free service for people experiencing financial difficulties or who are in need of information relating to credit and debt. The service respects and maintains the dignity of clients and encourages self reliance. Face-to-face interviews are confidential, supportive and non-judgemental.

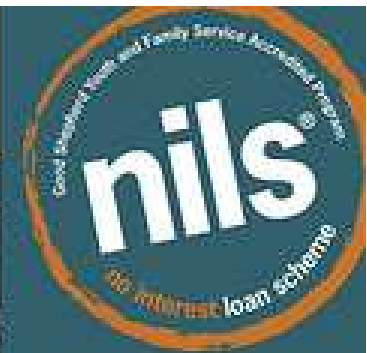
Financial Counselling assists with financial, business and paralegal matters as well as providing skills in money management. Financial Counsellors are caring, qualified staff and members of the Financial Counselling Association of NSW.

For further information phone :

Christian Community Aid
9858 1377 or



Hills Community Aid on
96398620



No Interest Loans

A non profit
Community Project
of Hills Community Aid - HCA

Phone 96398620
Email: nils@hca.org.au
www.hca.org.au



NSW Energy

Accounts Payment

Assistance –EAPA

Who is it for? How will it help?

How to apply?

Households struggling to pay their energy bills due to a crisis or emergency situation.

Who is it for?

EAPA vouchers provide part payment of electricity and natural gas bills.

How to apply?

Contact **Hills Community Aid** who will assess your situation for eligibility for EAPA vouchers.

Infoline 96398620



DONATION FROM BAULKHAM HILLS LIONS CLUB

Baulkham Hills Lions Club has generously provided a cheque for \$1,000 as a donation to the Community Foundation of North Western Sydney. A photo is included showing the President of the Lions Club Jean Claude Legrand presenting the cheque to Bill Dixon President of the Foundation at a meeting of the Lions Club held at the Baulkham Hills Sports Club on Monday, 25 June 2012.

The Foundation will utilize the funds to assist disadvantaged residents in the Hills through the multi-faceted “Bridging the Gap” program which covers Youth Sport and Recreation Assistance, Essential Equipment and Services and a No Interest Loan Scheme.

The Community Foundation of North Western Sydney

390 Windsor Rd Baulkham Hills NSW 2153

Phone (02) 9639 8620 **email:** mcom1@hca.org.au www.cfnws.org.au

Are you a Grandparent? Do you have custody or full-time care of your Grandchild/Children!!!

Would you like to meet other people who really understand your situation?

Hills Community Aid is a trusted local Community Service and we run a support group on the first and third Tuesday of the month between 10.00am and 12.00pm during the school term at **The Hills Club 2 Jenner Street, Baulkham Hills**

What to expect!

- A friendly non-judgmental environment
- Information on legal and support issues
- Occasional respite outings and workshops

For more information ring HCA 9639 8620



Baulkham Hills Lions Club

email:

baulhamhills@lionsclubssydney.org.au



HCA
Hills Community Aid

Providing Support Since 1969

The Afternoon Shift



Too busy chasing the kids to get things done?

Want some time to yourself?

Free!

What:

Hills Community Aid is providing **FREE** Fully supervised activities for **Primary School aged children**

When:

Every Tuesday during school term
3:00 pm to 5:00 pm



Where:

Torry Burn Reserve, Scouts Hall
92 Jasper Rd (corner of Eames
Avenue) Baulkham Hills

Contact:

For more information please
contact Hills Community Aid.
Ph: **9639 8620**