

MAY 2026

NEWS

# CONNECT YOU TOO



[www.connectu2.org.au](http://www.connectu2.org.au) | 6645 3200 | [bookings@connectu2.org.au](mailto:bookings@connectu2.org.au)

## Walking Together: How Connect You Too Supports National Reconciliation Week

Each year, National Reconciliation Week invites all Australians to reflect on our shared history, honor the resilience of First Nations peoples, and take meaningful steps towards a more just future. For Connect You Too, this week is not simply a date on the calendar—it is a powerful reminder of our responsibility as a community-focused organisation to listen, learn, and advocate with purpose.

At Connect You Too, reconciliation begins with relationships. The team recognises that genuine progress comes from valuing First Nations voices, perspectives, and experiences. This commitment is woven into our culture and guides how we support clients, collaborate with partners, and engage with community.

### Turning Understanding Into Action

Connect You Too recognises that reconciliation is not symbolic; it requires active, ongoing effort. We continue to embed this commitment through:

- **Prioritising cultural safety** in service delivery
- **Collaborating with First Nations-led organisations** to strengthen client outcomes
- **Providing regular cultural competency training** for all team members
- **Ensuring Indigenous perspectives** help shape decision making



While National Reconciliation Week shines a spotlight on the importance of unity and understanding, Connect You Too's commitment extends far beyond these seven days. By listening, learning continuously, and acting with purpose, Connect You Too strives to contribute to a more inclusive future built on respect, truth, and shared connection.

Our Reflect Reconciliation Action Plan was approved last year and we are pleased to say we have followed through on all the actions.



We liaise with many Aboriginal health workers, elders groups, AMS and Land Councils to provide transport services for Aboriginal and Torres Strait Islander peoples. Please feel free to contact us if you wish to discuss this or about needs in the community. Phone 02 6645 3200

Connect You Too partners with HART Services to provide locally managed Support at Home Packages in Iluka, Yamba and Maclean.



HART is now providing Social Support services in the Lower Clarence areas. Social Support is through the Commonwealth Home Support Program (CHSP), via assessment with My Aged Care. Social support can assist you with shopping, errands and appointments. Contact Kerrie Birch at the Connect You Too offices at Townsend or call 1300 874 278 if you have been approved for Social Support.



*We acknowledge the traditional owners of this land and pay our respects to elders past and present.*



# CONNECT YOU TOO

## WORD SEARCH

B M R L C S E T E G G D S A L  
L E E E T I L C V N E E N E S  
L U N C H T N R E E T L D N V  
L B N T A E H Z C C A I S J V  
S U I C R U O M O W L V U O O  
T R D A O R Y N C S P E O Y I  
A O L A F S V G T L E R I E S  
S C N A A E Y O H O H E T T W  
T Y U E N C H U U C N D I A I  
Y I B I E E I R E A S L R S N  
O U E T A T C M G L M M T E T  
E N S L S L E E H W T Z U I E  
T M T Z N E V T V H U S N C R  
N H I H Z L D E S S E R T S I  
Y E I T H E N B A L A N C E D

Source: [Easywordsearchmaker.com](http://Easywordsearchmaker.com)

LOCAL	HEALTHY	VEGAN	CLARENCE
HEAT	WARMTH	GOURMET	WHEELS
NUTRITIOUS	CONVENIENT	DELIVERED	COSY
LITE	FROZEN	LUNCH	DESSERTS
DINNER	TASTY	EASY	BALANCED
ENJOY	WINTER	MOW	PLATE



Pictured: In honor of Volunteers Week, a few of our incredible volunteer drivers—some faces you may recognise.



## Slow cooker pea and ham soup

### INGREDIENTS

- 1 smoked ham hock (800g)
- 3 large celery stalks, chopped
- 1 large carrot, chopped
- 1 large onion, chopped
- 3 large garlic cloves, chopped
- 3 1/2 cups frozen peas
- 3 cups chicken stock
- 2 small zucchini grated coarsely
- 1/4 cup finely chopped fresh flat leaf parsley

### METHOD

Place ham hock, celery, carrot, onion, garlic, 2 cups of the frozen peas, the stock and 1 1/2 cups of water in a 4.5 litre slow cooker. Cook covered on low for 8 hours or on high for 4 hours.

Remove ham hock from slow cooker, shred meat using two forks. Discard skin, fat and bone.

Using a stick blender, blend soup until almost smooth, leaving some chunks of carrot and a few peas unblended.

Return shredded ham to cooker with remaining peas and zucchini. Cook covered on high for 20 minutes. Season to taste.

To serve, divide soup among bowls, top with parsley.

Source: [womansweeklyfood.com.au](http://womansweeklyfood.com.au)

# *A big thank you to all of our amazing volunteers!*

18-24 May

At Connect You Too our services would not be possible without the incredible dedication of our volunteers. Every day these generous community members give their time, compassion and energy to support others.

Our volunteers are often the friendly face people look forward to seeing. Whether they are driving, delivering meals, or simply sharing a moment of conversation, they play an important role in supporting the wellbeing and independence of many people in our community.

For many customers a volunteer is more than just a driver or meals delivery person. They are someone who helps them get to important medical appointments, someone who ensures a meal arrives at the door, and sometimes simply someone who listens. That small act of kindness, a smile, a chat at the door, or a reassuring presence can lift someone's mood or brighten their entire day.

Through transport provided by Connect You Too, volunteers help people stay connected. What truly makes our volunteers special is the care they show. They take the time to check in, share stories and make genuine connections with the people they support.

To every volunteer who gives their time to support Connect You Too and Clarence Meals we say a heartfelt thank you. Your dedication truly makes our services possible, and our community is better because of you.

Volunteers Week morning tea is being held on :

**Friday 22 May, 10.30am at the Iluka Bowling Club**

RSVP to 6645 3200



## *Fun facts about the Clarence Valley*

1. The Grafton Jacaranda Festival is the oldest Floral Festival still celebrated in Australia. People from all over the world visit the City to enjoy the beautiful blooms and festival.
2. Maclean is known as the Scottish Town of Australia. The town celebrates with a Highland Gathering every Easter.
3. The village of Angourie is the first gazetted Surfing Reserve in NSW.
4. During the Gold Rush era those seeking fortune called Dalmortan home. In it's hey day there were 5,000 residents and 13 pubs!
5. The Clarence Valley is home to the rare and endangered Coastal Emu. With less than 50 individuals remaining. Some Iluka residents can remember when they would wander through the town.
6. The village of Chatsworth Island lies on the bank of the North Arm of the Clarence River. Early last century the village was a flourishing commercial centre boasting 5 hotels, 3 stores, 3 churches, 2 butcher shops, post office, school, refreshment rooms and fruit store, boarding house, blacksmith, community hall, creamery and the C.S.R Sugar Mill (the forerunner of the existing mill at Harwood). Chatsworth was a busy cargo and passenger centre. Some of the original buildings and homes still remain.

Like and follow us today and keep up to date with all the latest news and upcoming events.



## Volunteer Drivers NEEDED



### Do you want to:

- Use your skills and knowledge
- Improve your mental and physical health
- Help others
- Give back and make a difference
- Have fun with like-minded people

### Volunteers needed for meals and transport services

### Give us a call to find out more

6645 3200

## FREE HEALTH ADVICE WHEN YOU NEED IT MOST

Need free health advice but not sure where to start?

1800MEDICARE (1800 633 422) is a free national phone service, website and app offering expert health information and advice, 24 hours a day, 7 days a week.

A registered nurse will take your call and guide you to the right care— whether that's looking after yourself at home or getting help from a GP, Medicare Urgent Care Clinic, or emergency department in your area.

For emergencies, call triple zero (000).

Find out more at [www.medicare.gov.au/1800](http://www.medicare.gov.au/1800)

**ICOPE – Circle of Friends** is a welcoming community group focused on wellbeing, and social connection. We provide a friendly and supportive environment where people of all ages and abilities can stay active, learn new skills, and build meaningful friendships.

We meet **every Thursday at 10:00am** at the **Iluka Community Hall, Spenser Street**. Each session includes **gentle, guided exercises** designed to improve strength, balance, flexibility, and mobility, making them suitable for all fitness levels.

In addition to exercise, we host a variety of **workshops and activities**, such as emergency preparedness, guest speakers, Pilates, relaxation sessions, music, singing, and even dancing.

A delicious **morning tea and lunch are provided**, offering a wonderful opportunity to socialise and connect with others. Everyone is warmly welcome to join our supportive community.



Email: [secretary.icope2466@gmail.com](mailto:secretary.icope2466@gmail.com)

Phone: 0419 220 467

*Come along and be part of our Circle of Friends!*

## DO YOU NEED TO GO TO HOSPITAL?

Call **6645 3200** and advise us of your

- Date for booking
- Type of procedure
- Surgeon's name
- Hospital

**REMEMBER TO ADVISE THE HOSPITAL YOU WILL BE TRAVELLING WITH COMMUNITY TRANSPORT**

**DO YOU HAVE YOUR ADMISSION OR DAY SURGERY TIME?**

Call **6645 3200**

Your booking will be finalised and scheduled.

**DANCE FOR LIFE ILUKA**

**Dance for over 60's**

Certified by  
Gold Moves  
Australia

Classes for ALL  
ability levels,  
focusing on falls  
prevention and  
improved health  
and wellbeing

Supported  
by NSW  
Health

Classes commence February 10th at Iluka  
Community Hall  
Contact Lauren Moore to register-0431082667  
[danceforlifetiluka@outlook.com](mailto:danceforlifetiluka@outlook.com)

**Class Timetable**

Term 2  
28<sup>th</sup> April to 1<sup>st</sup> July 2026  
Iluka Community Hall

**Tuesdays**

- 10am - 11am: Dance for Life (Active and Agile)
- 11:30 - 12:30: Iluka Ladies Dance (Performance Group all ages)

**Wednesdays**

- 10am - 11am: Dance for Life (Active, less agile)
- 11:30 - 12:30: Dance for Life (Seated Chair Dance)

	S	T	A	B	S			F	A	K	E	D	
T	W	O	S	O	M	E		I	L	L	I	C	I
A	E	R	A	T	E	S		N	E	P	T	U	N
M	A	O		H	A	S	S	L	E	S		A	N
E	R	N	E		R	A	K	E	S		I	D	E
S	E	T		W		Y	E	T		Y	O	R	E
	D	O	W	E	L		L	S	E	E	R	S	
				R	E	I	T	E	R	A	T	E	
	E	G	Y	P	T		T	L	I	L	I	T	S
J	A	R		Y		R	O	D		S	E	L	F
U	R	E	A		T	O	N	E	D		W	E	E
I	R	E		E	R	I	S	T	I	C		N	E
C	I	T	A	D	E	L		E	M	A	N	A	T
E	N	E	M	I	E	S		R	E	N	E	G	E
	G	R	I	T	S			S	E	W	E	D	

March 2026 Solution