

## co-ordinating italian committee inc

### **HOW YOU CAN SUPPORT CIC**

To ensure CIC provides better and more adequate services to the frail, ageing and disadvantaged members of the Italian community, your assistance and support would be immensely appreciated.

You can help CIC by:

- Becoming a volunteer
- In-kind donations to assist with raffles and lotteries

Funded by the Australian Government Department of Health.  
Visit the Department of Health Website ([www.health.gov.au](http://www.health.gov.au)) for more information.

*Although funding for these CIC Programs has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*

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### **NOSTRA CASA**

**In Home Volunteer program for  
the Elderly Italian Community**



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**[www.communitywebs.org/cicinc/](http://www.communitywebs.org/cicinc/)**

## **NOSTRA CASA**

Nostra Casa is an in home social support program operating in the metropolitan area of Adelaide. It brings volunteers into the homes of Italian speaking elderly who might be frail and/or isolated and who require some companionship or visits from a group of trained and generous volunteers. The program is completely focused on the individual and their needs, so that the activities a volunteer can engage in will be very different from person to person. The service is available five days a week.

## **VOLUNTEERING**

CIC is supported by many volunteers who offer their time, expertise and skills in providing all welfare programs.

Volunteers are involved in many different areas e.g. assisting with day care or group activities, preparing meals, driving the bus, or through friendly visits and phone contact.

If you have some spare time and would like to be part of the team, CIC would love to hear from you to discuss how you can become involved.

For more information contact the CIC office on ph.: 8362 0233.

## **WELFARE SERVICES OFFERED BY CIC**

- ◆ INFORMATION
- ◆ GRIEF AND LOSS COUNCELLING
- ◆ SUPPORT AND ASSISTANCE IN ACCESSING COMMUNITY SERVICES & RESOURCES
- ◆ CARER SUPPORT GROUP
- ◆ NOSTRA CASA- IN HOME VOLUNTEER PROGRAM
- ◆ DAY CARE SERVICE FOR THE FRAIL AGED
- ◆ RESPITE SERVICES
- ◆ DONNE & BENESSERE (WOMENS HEALTH GROUP)
- ◆ SHOPPING PROGRAM

### **SOCIAL LUNCH PROGRAMS:**

MONDAY:	INCONTRIAMOCI
TUESDAY:	AMICIZIA
WEDNESDAY:	PRANZO DELLA SALUTE-MENSA
THURSDAY (F/N):	GIOIA
FRIDAY:	ALLEGRIA

### **RECREATIONAL ACTIVITIES INCLUDED IN PROGRAMS:**

ITALIAN MUSIC  
CARD GAMES  
BINGO/TOMBOLA  
CRAFT  
GENTLE EXERCISE SESSIONS  
RELAXATION  
TAI CHI  
SEWING GROUP  
DAY TRIPS

**Transport can be provided for some programs pending availability.**

**Please note that some programs are subject to fees.**