



Volume 1 | Issue 14

December 1st, 2021

*Community support
and healing resources*

Antiochian Welfare Association Newsletter

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Welcome to the latest edition of our Newsletter.

PHILOKALIC NOURISHMENT

A selection from the Philokalia
www.antiochian.org.au



“

Do not pray for the fulfillment of your wishes, for they may not accord with the will of God. But pray as you have been taught, saying: "Thy will be done in me" (Luke 22:42). Always entreat Him in this way - that His will be done. For He desires what is good and profitable for you, whereas you do not always ask for this.

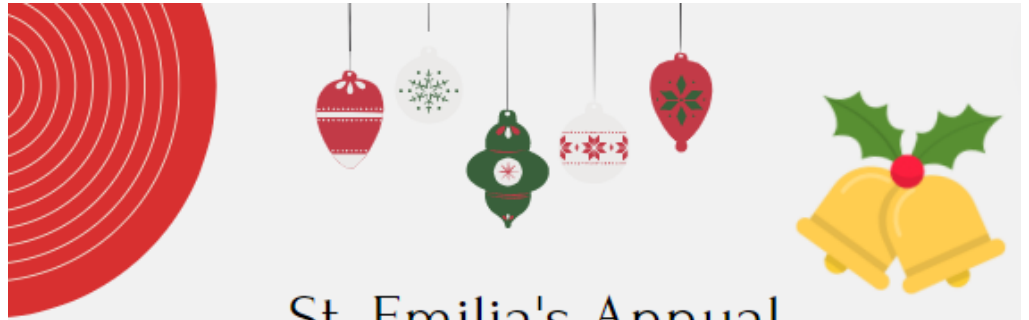
”

EVAGRIOS THE SOLITARY

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ST. EMILIA'S CHRISTMAS PARTY



St. Emilia's Annual Christmas Gathering!

Featuring a special visit from:

His Eminence
Metropolitan
Basilios

Santa Claus
for photos
& gifts

Physiotherapist
for a free
developmental
screening
assessment

Thurs, 2nd December 2021
10am
Antiochian Youth Centre



**Register your spot so Santa knows who he'll be meeting!
Contact Kh. Natalie on 0402 642 042 to register.**

LIVING WITH INSULIN – ARABIC WORKSHOP



Diabetes NSW & ACT is hosting a FREE face-to-face workshop in Arabic on Living with Insulin. The details for the workshop can be found in the flyers below. Registrations are essential. Register [here](#).

ndss

National Diabetes Services Scheme
An Australian Government Initiative

NDSS Helpline 1800 637 700
ndss.com.au

ndss

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You're invited to join us for FREE diabetes education in Bass Hill



LIVING WITH INSULIN ARABIC

Date: Thursday 2 December 2021
Time: 9:30am until 12:30pm
Cost: FREE for NDSS registrants
Location: Rydges Bankstown
874 Hume Highway, Bass Hill

For people living with: type 1 and insulin-requiring type 2 diabetes
This session will be delivered in Arabic.

If you are new to insulin or have been on insulin for a while and would like a refresher, this program is for you. The Living with Insulin program provides practical information presented by our Diabetes NSW & ACT health professionals.

You will learn about:

- Correct injection techniques
- Products and supplies
- Blood glucose monitoring and hypo/hyperglycaemia
- Sharps disposal
- Travelling with insulin and supplies
- Diet and insulin



Bookings are essential as spaces are very limited.
To register call the NDSS Helpline on 1800 637 700
or book online now at events.ndss.com.au
PLEASE HAVE YOUR NDSS CARD READY WHEN BOOKING.

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The NDSS Agent in NSW and ACT is Diabetes NSW & ACT

أنت مدعو للانضمام إلينا للتثقيف المجاني حول مرض السكري في باس هيل Bass Hill

العيش مع الإنسولين LIVING WITH INSULIN اللغة العربية

التاريخ: الخميس 2 ديسمبر/كانون الأول 2021
الوقت: من 9:30 صباحاً إلى 12:30 بعد الظهر
التكلفة: مجاناً للمسجلين في NDSS
المكان: Rydges Bankstown
874 Hume Highway, Bass Hill



للأشخاص المتعايشين مع مرض السكري النوع الأول والنوع الثاني الذي يتطلب الإنسولين
سندّم هذه الجلسة باللغة العربية.

إذا بدأت في استخدام الإنسولين حديثاً أو أنك تعيش على الإنسولين منذ فترة وترغب في تجديد معلوماتك، فهذا البرنامج لك. برنامج العيش مع الإنسولين Living with Insulin يوفر معلومات عملية مقدمة من مهنيين صحيين لدينا في منظمة Diabetes NSW & ACT.

سوف تتعلم عن:

- طرق الحقن الصحيحة
- المنتجات واللوازم
- مراقبة نسبة الجلوكوز في الدم وانخفاض / ارتفاع السكر في الدم
- التخلص من الأدوات الحادة
- السفر مع الإنسولين والمستلزمات
- النظام الغذائي والإنسولين



الحجوزات ضرورية حيث أن الأماكن محدودة للغاية.
للتسجيل اتصل على خط المساعدة لـ NDSS على الرقم 1800 637 700
أو احجز إلكترونياً الآن على الرابط events.ndss.com.au
يرجى تجهيز بطاقة NDSS عند الحجز.

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GOVERNMENT ASSISTANCE FOR FAMILIES



2021 has been a challenging year, placing financial stress on some families. The NSW Government is continuing to offer a range of vouchers for families to help ease the financial pressure and encourage access to various activities. Click on the links below for more information:

- [\\$100 Active Kids voucher](#) – for children 5-18 years
- [\\$100 Creative Kids voucher](#) - for children 5-18 years
- [First Lap Swim voucher](#) – for children 3-6 years
- [\\$50 x 2 Dine vouchers](#)
- [\\$50 x 2 Discover vouchers](#)
- [Energy Accounts Payment Assistance \(EAPA\) voucher](#)



TIPS FOR ORAL HEALTH



The **Australian Dental Association** (ADA) has developed a range of simple and helpful oral health videos. Click on the links below to learn more about how to care for your teeth.

- Pro tips for better brushing: <https://vimeo.com/575141130/fc7fe522a0>
- Pro tips for better flossing: <https://vimeo.com/575140834/41dc1dec6a>
- Explaining tooth decay: <https://vimeo.com/575140377>
- Explaining gum disease: <https://vimeo.com/575140479>
- Pregnancy & oral health: <https://vimeo.com/577009791>
- Explaining denture care: <https://vimeo.com/575141584/cb06b141a8>

For more information, visit the ADA [website](#).