

INSIEME



Quarterly Newsletter
Edition 3 - 2025



OUR VISION

To be a leader in the provision of quality, accessible and affordable community care services for the general and CALD (Culturally and Linguistically Diverse) communities.

OUR VISION

To be the focal point in Queensland for the promotion and study of the Italian language and culture.

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A *Message* FROM OUR CEO

In August we were honoured to accept The Most Outstanding Team in the Community Services Sector in Australia in 2025 Award.



While the days are warmer and brighter there's a sense that the end of the year is getting closer - yet there is still so much to do!

In this issue of Insieme we showcase how our programs, support services and social activities are changing the lives of the people we support for the better.

In August we were honoured to accept The Most Outstanding Team in the Community Services Sector in Australia in 2025 Award at the 2025 Enablement Awards in Brisbane, on behalf of Co.As.It. and in particular our NDIS team.

This prestigious award acknowledges and celebrates our team's dedication to offering NDIS clients consistently high quality services based on choice, flexibility and inclusiveness.

By uniting together we are accomplishing great achievements as a team with the real beneficiaries being the clients we diligently support.

Our springtime social engagement activities were also sensational for everyone, from our superb 'Beat Goes On' Seniors Month events to our affirming Father's Day celebrations at our Social Activity Centres.

ILC has enjoyed a full schedule of educational activities promoting the Italian language and culture at ILC Lutwyche and in school classrooms across Queensland.

As I achieve my first year as CEO, I feel gratitude as I reflect on the past year and the positive impacts we are having through our daily schedule of support services and programs.

Whether our teams are directly caring for clients or working together to prepare for the Support at Home program {effective 1 November to replace our Home Care Package (HCP) and Short Term Restorative Care (STRC) programs}, their dedication is inspirational.

I am excited about what lies ahead. Together, we continue to deliver services grounded in the values that have always defined Co.As.It. and its commitment to responding positively to aged care reforms.

Tanina Softa

HIGH SATISFACTION WITH CLINICAL CARE

Through delivering consistently high quality clinical care and addressing the individual needs of clients, our clinical care services continue to achieve high satisfaction levels and support people even during the darkest of times.

This reflects the timeliness of our care services, the competence of our nursing staff and the strong partnerships with healthcare providers.



FROM CANCER TO RECOVERY

How our Clinical Care team changes lives

After months in hospital recovering from a broken leg, Denis hoped the worst was behind him. But when sudden pain sent him back to his local Gold Coast hospital, he received a devastating diagnosis: Cancer.

With courage, hope and a desire to survive uppermost in his mind, Denis accepted a course of intensive cancer treatment. Living alone and still regaining his mobility, Denis faced daily chemotherapy without the support many take for granted.

The treatments brought hope—but also exhausting side effects and mounting financial pressures, especially with the cost of transport to appointments. Many times he cancelled critical health appointments because he just couldn't afford them.

As his health care needs grew, Co.As.It's Clinical Services team developed a personalised nursing care plan, offering wound care, health monitoring, physiotherapy and most of all moral support.

The team stepped in strongly, during this challenging time. Our nurses focused on building confidence and hope with Denis, ensuring he felt supported, understood and not alone on his journey. It was a trust that enabled Denis to accept physiotherapy and personal care services to support his well-being.

Denis's profound appreciation for our coordinated, responsive and integrated care is apparent from the enthusiasm with which he greets our nurses and support workers during each visit.

The impact has been profound. With coordinated, compassionate and consistent nursing care, Denis' stress and anxiety have eased, and he feels able to manage day-to-day life again.

His gratitude shows in the warm welcome he offers each visiting nurse and we hope to help Denis to stay in the comfort and familiarity of his home for some time. Most of all, we remain inspired by his positive attitude and resilience.

For now, Denis is able to remain where he feels safest—at home—bolstered by a nursing team committed to maximising his health, his comfort, dignity and recovery.

IMPROVING HEALTH OF HUNDREDS OF CLIENTS



When Amici House opened at Bracken Ridge in 2021, our physiotherapists and podiatrists began welcoming new clients to their clinic.

Now 4 years later, the clinic is open every weekday with appointments frequently filled by clients like Desmond,

Relieves symptoms

The clinic, where Desmond has been receiving physiotherapy since June this year, is like any other health facility, yet distinguished by the expertise and warm enthusiasm of our clinicians.

When our physiotherapist warmly welcomes Desmond, who is accompanied with his wife

Robyn, their goal for better health, wellbeing and independence is clearly apparent.

A sprightly man who looks decades younger than his age, it is difficult to believe Desmond is battling dementia and lives with a history of heart disease.

As with many other clients who attend our physio clinic seeking relief for symptoms, Desmond was experiencing persistent headaches, leg weakness and reduced balance.

Feeling *better*

Desmond's enthusiasm for recommended exercises to improve his strength, balance and mobility has delighted our physio, who observed

"We can clearly see the difference physiotherapy is making.."

that within weeks, Desmond's headaches had reduced in their intensity.

Meanwhile, Robyn is cheerful that her husband is now able to participate in general and leisure activities.

"We can clearly see the difference physiotherapy is making to Desmond's life and how his health has improved from the sessions," Robyn said.

"Additionally Desmond really found both the exercises and social engagement uplifting."



SHORT TERM RESTORATIVE *Care*

TERESA'S MESSAGE OF HOPE

At 76, Teresa's story is of a woman's life transformed both by health challenges and by courage in addressing them.

For Teresa, whose daily existence is marked by chronic pain from complex health conditions, being part of a small community in an idyllic setting near Moreton Bay is her inspiration.

Although Teresa lives alone she is supported by loyal friends and the services she receives through our Short Term Restorative Care (STRC) program.

Our 8-week STRC program worked with clients like Teresa to identify their health goals and to match the services to achieve them.

Diving into Dreams

Teresa – who has multiple health issues including obesity and vertigo - warmly responded to our support.

When Teresa identified that her goal was to return to a public heated pool and join community activities, our allied health professionals stepped in to support her with achieving this.

A review of Teresa's home environment was conducted to identify the equipment and aids necessary to support Teresa's ability to remain living at home.

This led to the installation of a hand-held shower hose on a grab rail and a chair for Teresa to rest on in the shower.

Through regular physiotherapy, specialising in balance and tailored exercises, Teresa was also able to more effectively manage her vertigo and feel safer when leaving her home.

Before long Teresa was attending weekly hydrotherapy which assisted in alleviating bodily and joint pains while also improving her mobility and muscle strength.

Teresa's daily
existence is
marked by
chronic pain



SHORT TERM RESTORATIVE *Care*

Let's dance

As the weeks passed, Teresa went from being homebound to going dancing with friends who remarked on her confidence.

Thankfully, Teresa's friends are in daily contact to accompany her to cafes and shops in the locality where she has lived for 2 decades.

As Co.As.It. reaches its fourth year of providing the Short Term Restorative Care (STRC) program, our multidisciplinary and collaborative approach continues to deliver positive outcomes for our clients like Teresa.

Through our tailored response many clients like Teresa have regained many of their abilities, reigniting their community engagement and involvement in social activities.

Teresa says she "cannot speak highly enough of all of the support our STRC team has provided her with" and our Co.As.It. team are more than delighted with Teresa's inspirational achievements.



WOMEN'S HEALTH MATTERS

Spring is the perfect time to reset our health and wellbeing goals as many participants in our free Women's Wellbeing in Motion program discovered.

Since launching on 29 August 2025, our series of information sessions have helped women of all ages and cultural backgrounds to practice self-care.

Positive vibes

When the first talk was held at Amici House on the topic of 'Emotional Wellbeing as You Age' everyone explored the required changes to help them align with healthy ageing.

Our top tip is: Emotional wellbeing starts with staying socially connected by making an effort to spend time with friends and family and engage in activities you enjoy.

This may include activities in your culture that make you feel good remembering that regular contact with family and friends combats loneliness and improves mood.

Another crucial strategy is to maintain physical health through exercise, a balanced diet, practicing mindfulness, respecting routines and getting enough sleep.

Physical exercise

Physical health was also the focus of the second talk in September, which explored the topic 'Osteoporosis and Bone Health'.

Our physiotherapist recommended regular exercise to combat the effects of ageing e.g. stiffer joints and loss of bone density.

Importantly, everyone learned that regular weight-bearing, strength or resistance training and balance exercises can support your bone health, improve bone strength and reduce the rate of bone loss.

Most importantly exercise can keep your joints mobile and flexible, which helps to reduce the risk of falls.

Partnerships with NCQ

Our Women's Wellbeing in Motion program is funded by Neighbourhood Centres Qld (NCQ) & Qld Women and Girls' Health Promotion.

Our next session will be providing tips on maintaining a healthy heart.

Find out more or book on (07) 3624 6100 or email events@coasit.asn.au.





INTERNATIONAL *Women's Day*

Saturday 7 March, 2026 - 11:00 am

THE MARQUEE - VICTORIA PARK
309 Herston Road, Herston QLD 4006

"Balance the Scales"

2 course lunch

Emcee - Kim Skubris

Fashion parade by Laura Churchill

Raffle prizes

Major prize - \$2,000 travel voucher

Prosecco + wine sponsored by  [italiquore](http://italiquore.com.au)

\$130pp

Early Bird Offer
Book by 23/12/2025

\$115pp

Book now to avoid missing out
call **3624 6100** or visit coasit.asn.au/IWD2026

Follow us on:   



QLD COMMUNITY SUPPORT *Scheme*



Hana AND HER GREEN THUMB

For Hana, growing tasty all-natural vegetables is her favourite hobby.

As a self-confessed green thumb, Hana knows that everything grows much faster in Queensland's hotter months than in our winter, including both her favourite vegetables and gorgeous lawn.

So when Hana's husband was placed in residential aged care after being diagnosed with dementia, the burden of mowing her fast growing lawn in summer was yet another task to be added to her 'to do' list.

It was a task that Hana greatly struggled with, particularly following knee surgery when bone cancer was removed.

Counting on *us*

That's when our QCSS program stepped in to take this onerous household chore off Hana's list, allowing her to maintain her strength for visiting her husband in aged care.

Nowadays, Hana is most grateful for our QCSS program and the provision of a mowing service that reinstates the pride she feels when stepping out into her garden at her south-west Brisbane home.

We're delighted to share Hana's feedback.

"I am so very thankful for each and every lawn mowing service I receive from QCSS," Hana said.

"In between visiting my husband - who has dementia and lives in residential aged care - I hardly have time for anything else."

Passionate about the great outdoors, with support from QCSS, Hana was able to visit the colourful Toowoomba Carnival of Flowers in September - a highlight for this enthusiastic gardener!

When Hana is not in her garden or visiting her husband, she is cooking delicious Lebanese cuisine for family and friends.

Practical *support*

Our QCSS program, funded by the Queensland Government, helps a diverse range of vulnerable clients to live independently in our community.

Our QCSS program assists people with a range of disabilities, conditions and life situations to access supports which enable them to foster and maintain connections with their local community.

You may be eligible to receive support through QCSS and Co.As.It. if you are under 65 (or 50 years for Aboriginal and Torres Strait Islander people) and are not eligible for NDIS.

To apply for QCSS support please call telephone the QCSS Access Point on 1800 600 300 or (07) 3028 9360 or self-register online at: serviceavailabilityregister.com.au

CO.AS.IT. AWARDED FOR OUTSTANDING DISABILITY CARE SERVICES



When Co.As.It. received The Most Outstanding Team in the Community Services Sector in Australia in 2025 Award at the Enablement Awards in Brisbane recently, it was a credit to all of our teams, especially the NDIS team.

With Co.As.It. CEO Tanina Softa and the team stepping onto the stage to proudly accept the prestigious award, we were reminded of the importance of continuing to provide NDIS clients with personalised and high quality services based on choice, flexibility and inclusiveness.

Every year the Enablement Awards program, hosted by Disability Update, attracts hundreds of nominations to reward excellence, innovation and exemplary achievements in the disability care sector in Australasia.

We are delighted that this award, presented under the Care Services category, recognises that our NDIS program is highly esteemed by our clients.

Choice and Flexibility

The award is also a tangible way of showcasing how Co.As.It's NDIS program recognises the rights of clients to participate more fully in their community through choice, flexibility and recreational opportunities.

Although life can become complex for people living with disabilities, from organising your support to working with Support Coordinators, our NDIS team is here to take the hard work out of setting up and managing services

With our person-centred disability services focussing on individual empowerment, we work closely with our clients to help them to achieve their health, lifestyle and social goals.

In navigating reforms across the NDIS sector we have made it our priority to deliver individualised services that acknowledge that every client is unique and should be at the centre of decision-making about their life and their future.

A highlight for many clients in our NDIS program is weekly art classes at Amici House and the opportunity to display their artwork at our Christmas art exhibition.

Our NDIS art class consistently attracts enthusiastic participation among clients who explore their creativity under the guidance of our art teacher.

The classes not only support our NDIS clients to develop new skills and take pride in their completed artworks but they also offer an important opportunity for social engagement.

Find out more at:
<https://www.coasit.asn.au/ndis-provider-disability-support/> or call us on (07) 3624 6100.



National DISABILITY INSURANCE SCHEME



AGED CARE VOLUNTEER *Visitors* SCHEME

HOW ONE VOLUNTEER IS MAKING ALL THE DIFFERENCE TO A 94-YEAR-OLD WAR VETERAN

At 94, Maxwell has lived a remarkable life. The grandson of a British convict, he grew up in Sydney during a time of great change. When World War II broke out in 1939, he was among the many young Australians who answered the call to serve, participating in the Citizens Military Forces (CMF).

His service took him to Papua New Guinea, where he experienced the bonds of mateship that would define his generation.

After the war, Maxwell remained dedicated to his veteran community, serving as an office bearer at his local RSL Club for twenty years.

He built a life in Australia, raising two sons and welcoming a grandson.

But as Maxwell grew older, life became quieter---perhaps too quiet. "When I was living in my son's granny flat it could get lonely at times when everyone was at work all day and I had just our pet dog for company," Maxwell recalls.

That loneliness is all too common among older Australians, particularly those who've transitioned from independent living to aged care. But for Maxwell, help arrived in an unexpected form: a volunteer visitor named Greg.

Two years ago, through the Aged Care Volunteer Visitors Scheme (ACVVS), Greg was matched with

Maxwell, who lives nearby in Brisbane's north.

What began as a volunteer placement has blossomed into a genuine friendship. "I became involved because I wanted to give back to the community," Greg explains.

"After Maxwell moved from his son's granny flat into an aged care residence I continued to regularly visit Maxwell, who is such a great person."

For Maxwell, Greg's visits have become a cherished highlight. "That's why I really look forward to Greg's visits. He has been wonderful and like a son to me."

During each visit, the pair reflect on Maxwell's amazing life, swapping stories and building the kind of connection that transcends the volunteer-client relationship.

With his friendly, positive and outgoing personality, Maxwell cannot speak highly enough about the ACVVS program and his regular visitor.

"I really would encourage anyone thinking of becoming a volunteer visitor to give it a go," Greg says.

Their friendship is exactly what the ACVVS program aims to foster. This national program works to strengthen social support and



AGED CARE VOLUNTEER *Visitors* SCHEME



connections for older people living at home or in residential care---people like Maxwell who may be at higher risk of isolation and loneliness.

For Maxwell, who forged unbreakable bonds of mateship during his wartime service in Papua New Guinea, Greg's friendship echoes those meaningful connections from his past.

The camaraderie that defined his generation through military service and decades of involvement with his RSL community continues today through the ACVVS program, proving that the spirit of mateship remains timeless.

For those considering becoming a volunteer visitor, Maxwell and Greg's story shows the profound impact these connections can have, enriching both lives in the process.

Interested in joining the ACVVS team and making a difference in someone's life? Call (07) 3624 6100 or email acvvs@coasit.asn.au

Background Photo
AUSTRALIAN WAR MEMORIAL #16722



AGED CARE VOLUNTEER *Visitors* SCHEME

LAUGHTER AND LEARNING: VOLUNTEERS EMBRACE WELLNESS TRAINING

Fifteen dedicated volunteers gathered at Co.As.It.'s Lutwyche office on 6th September for an enriching training session that proved to be as uplifting as it was educational.

Led by Laura Panarello from the Mind Wellness Team, the session covered essential topics designed to enhance the volunteer visiting experience.

Participants explored the fundamentals of brain health, learned strategies for creating meaningful connections during visits, and discovered effective techniques for starting conversations and building trust with those they support.

The highlight of the afternoon came when volunteers participated in a laughter therapy exercise. After watching a demonstration video, the room erupted with genuine laughter as participants joined in the activity together.

The joyful moment perfectly illustrated Laura's key message: the importance of laughter for overall wellbeing.

Laura emphasized a crucial principle that resonated throughout the session—volunteers must prioritise their own self-care to be truly effective in their roles.

By maintaining their own wellness, volunteers can bring their best selves to each visit, creating more authentic and beneficial connections with the people they serve.

The training reminded everyone that compassionate care begins with caring for oneself, and sometimes the best medicine really is laughter.



SCOOTING ALONG A NEW PATHWAY



Iris now
travels
in style

For Iris, 97, the arrival of her first mobility scooter was part and parcel of a package of person-centred care that underpins her dignity, joy and independence.

Over the years, our Home Care Packages team has been supporting Iris with her age-related decreasing mobility.

Despite nearing her centennial birthday, Iris is determined to maintain her independence.

The solution came in the form of a mobility scooter, which has enabled Iris to not only wheel around her house but to also embrace the great outdoors.

Now that Iris's world has expanded again she is enjoying garden views on her patio and shopping excursions, thanks to her new vehicle!

Iris's newfound enjoyment in life doesn't stop with the new scooter.

Thanks to coordinated support services from her support worker and other interdisciplinary team members, Iris continues to live happily with her carer daughter Theresa in the comfort and familiarity of her family home.

"We are so very grateful for all that Co.As.It. has done

and continues to do for Iris to live independently at home," Theresa said.

Through the comprehensive support Iris receives which includes in-home domestic assistance and clinical services, along with a regular gardening service – Iris has the capacity to remain living at home.

Now also equipped with a personal alarm for emergencies, Iris continues to enjoy her independence with confidence and gratitude to Co.As.It. for enhancing her quality of life.

Ciao IN AGED CARE HOMES

MUSIC AND MAGIC

Danish author Hans Christian Andersen once wrote: 'Where words fail, music speaks'.

This idea perfectly captures the spirit of music therapy in our CIAO program which embraces music as a powerful force for inclusiveness.

A universal language, music combines melody, harmony and lyrics making it the perfect channel for our clients to connect with their Italian culture, language and heritage.

Stirs the senses

Whether residents are able to walk freely or are in a wheelchair, everyone benefits from music therapy which connects hearts and minds beyond words and across generations.

It is through enjoying music together that emotions are evoked, memories are recalled and social and emotional bonds are strengthened.

Soothes the soul

At Regis Lutwyche and Rockpool Taigum, it's often a musical celebration, especially when Fausto offers to volunteer in playing his piano accordion. There are often spontaneous break outs of singalong of folk songs from their era.

A tender moment occurred when Francesca, 103, was handed a tambourine and led her CIAO group on a magical musical concert. Everyone joined in singing the famous WW11 Italian partisan song 'Bella Ciao', ably accompanied with the crisp sounds of the tambourine.

Familiar tunes evoke happy memories of celebrations, festivals and family gatherings which were an integral part of community and family life.

Fausto's performances always stirs excitement among residents, as they sing along, dance and wave their arms in tune with the music with his music.

Ciao IN AGED CARE HOMES

Recreating
memories
and magic
through
music



BUILDING BRIDGES: MWT LIGHTS UP LUTWYCHE

There's something transformative about a warm smile and a listening ear isn't there?

On September 11 and October 9, 2025, the HomeCo Shopping Centre in Lutwyche became more than just a place to shop—it became a hub of connection and support, thanks to our Mind Wellness Team's Neighbourhood Support Program.

Our dedicated team brought their characteristic warmth to the centre, engaging with countless shoppers who might otherwise have walked past unnoticed.

Their mission? To combat loneliness, provide vital information, and connect community members with the support they need.

The response was remarkable. People stopped, opened up, and discovered resources they didn't know existed.

Some sought information about aged care services, others needed guidance around dementia support, while many simply needed someone to talk to—someone who truly listened.

This is the essence of what our Mind Wellness Team does: applying professional expertise with genuine compassion to address the psycho-social and emotional needs of clients, community members, and staff alike.

In a society where loneliness has become an epidemic, programs like this serve as a powerful reminder that sometimes the most important support we can offer is our presence and our willingness to connect.





Neighbourhood Support Outcomes

A few members of the community expressed their delight at the centre's ability to provide a free space for community support.

We dealt with domestic violence enquiries

We listened to older people stopping by for a chat.

We were able to give information regarding My Aged Care to a Culturally and Linguistically Diverse (CALD) group of people.

Discussed parenting concerns with a young mum

WE EVEN ENJOYED SHARING FASHION TIPS WITH A GENTLEMAN IN A WHEELCHAIR

Out IN THE COMMUNITY

RETIREMENT LIVING AND SENIORS LIFESTYLE EXPO

Co.As.It.'s information stand was the place to be when the Retirement Living & Seniors Lifestyle Expo was held at Runaway Bay Community Hall on 14 August.

It was a day of cheerfully meeting and greeting hundreds of seniors and answering all of their questions about our support and services which can help them to remaining living more independently at home and in their local communities.

MULTICULTURAL CAREERS & JOBS EXPO

Co.As.It. was proud to host an information display at the Multicultural Careers & Jobs Expo at the Logan Entertainment Centre on 14 August 2025 in alignment with our provision of services for Culturally and Linguistically Diverse (CALD) communities.

Through partnering with multicultural platforms and attending employment expos, Co.As.It. continues to build a workforce that aligns with our values of inclusivity and respect while ensuring that our clients receive the highest standard of care tailored to their cultural needs.

CARE EXPO BRISBANE

Co.As.It.'s NDIS and Aged Care teams had a busy day at the Care Expo Brisbane at the Brisbane Convention & Exhibition Centre from 12 to 13 September 2025. They were approached by hundreds of current and prospective clients seeking support and resources for people living with disabilities.

By working together, we can support our clients to get the best out of their new or existing NDIS plan. Our expertly trained staff deliver Support Coordination and services to support your health, lifestyle and social goals. You can count of Co.As.It. for the provision of self care, daily life, community access, therapies and coordination.



COMMUNITY CONNECTIONS

THE BEAT GOES ON...and on

Enthusiastic seniors radiated charisma, fancy dance moves and amazing energy at our Seniors Month's celebrations in Brisbane and on the Gold Coast.

Our 'Beat Goes On' events brought out some talented tambourine rhythms from our forever young attendees.

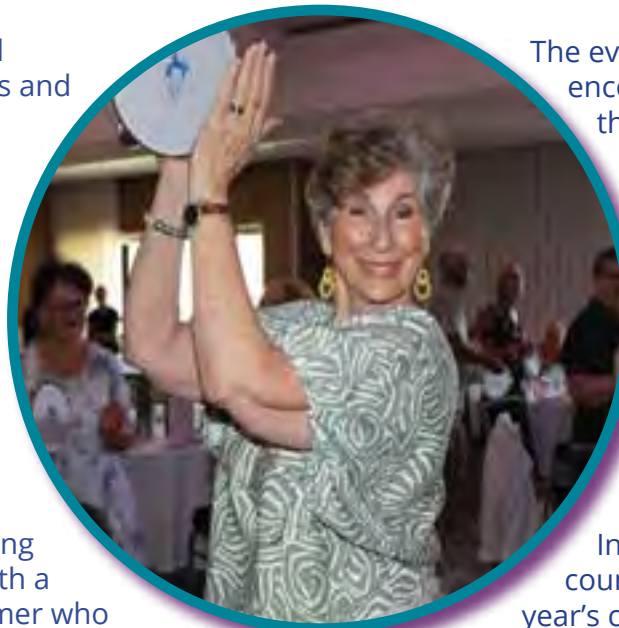
Everyone had the time of their lives shaking and tapping their tambourines in time with a professional Brazilian drummer who got everyone on their feet, all responding with high vigour!

It wasn't long before live music from Frank DeBellis brought more dancing and enjoyment.

The events were aimed at encouraging seniors to honour their seniority and congratulate themselves on the many contributions they have made during their life to family, friends and the wider community.

Hundreds of seniors joined our celebrations which reflected the Queensland Seniors Month theme 'Connect and Celebrate'.

In fact many have already begun counting down the months to next year's celebrations! We are proud to have enabled a broader sense of connection, pride and joy in many seniors in our community.



COMMUNITY AND INDIVIDUAL *Support*

WHERE WELLNESS MEETS COMMUNITY:

The Social *Heart* of Group Fitness



As Brisbane's summer heat settles in, the idea of outdoor exercise can feel overwhelming. But inside community centres across the city, something energising is happening—people are moving, connecting, and thriving together.

The Community and Individual Services (CISS) program offers varied weekly exercise classes that have become much more than fitness sessions.

They're social hubs where physical health and human connection intertwine in ways that keep participants coming back week after week.

Moving together, growing stronger under the guidance of qualified physiotherapists, participants can choose from classes tailored to different fitness levels and interests.

The gentler Keep Moving sessions welcome those seeking low-impact activity, while Stay Active classes push participants to enhance their flexibility, strength, balance, and cardiovascular fitness.

Latin Dance brings rhythm and energy to the schedule, with participants describing their sessions as "challenging, exciting, invigorating".

Mat and Chair Yoga rounds out the offerings, blending movement with mindfulness to nurture both body and mind.

The physical benefits are clear—increased strength, improved endurance, better balance. But ask any regular participant what keeps them coming back, and they'll tell you it's about so much more than the workout.



For more information about CISS exercise classes, visit
<https://www.coasit.asn.au/community-support-services/>

COMMUNITY AND INDIVIDUAL *Support*

The Power of Shared Experience

What sets these classes apart is the community that forms around them. The time before class begins, the encouragement shared during exercises, the conversations that linger afterward—these moments transform strangers into friends.

“It’s a wonderful way to increase strength while making new friends,” one Latin Dance participant explains, capturing the dual nature of what these classes provide.

There’s no pressure to perform, no need for pretence. Instead, participants find themselves among like-minded people who share a common goal: living well together. The atmosphere is one of mutual support, where emerging friendships have room to flourish naturally.

More Than Exercise

The CISS program has tapped into something essential—the understanding that physical wellbeing cannot be separated from social connection. When people gather regularly to move their bodies, they’re also feeding their need for belonging, purpose, and human interaction.

Each class becomes an opportunity not just to strengthen muscles or improve flexibility, but to strengthen the social fabric that holds communities together.



Participants leave feeling better physically, yes, but also emotionally uplifted by the connections they’ve made.

As one program coordinator puts it: “It’s all about moving your body and feeling good doing it.” And in these classes, feeling good comes as much from the smiles shared with fellow participants as from the exercise itself.



For those seeking both fitness and friendship, these classes offer a reminder that the best wellness programs nurture the whole person—body, mind, and community connections alike.



COMMONWEALTH HOME *Support* PROGRAM

WHY PRAKASH HAS A SPRING IN HIS STEP

When retired botany professor Prakash joined our Commonwealth Home Support Program (CHSP) program more than a decade ago, he was taking an important step forward in self-care.

Every week Prakash now looks forward to visits from our support staff who provide the domestic assistance needed to keep his home comfortable and safe to live in.

For Prakash, who lives alone, this weekly support service not only makes life much easier but also frees up his time and energy to pursue his passion for gardening.

After migrating from Delhi, India, in 1966 where Prakash obtained a PhD in Botany, he settled with his family in Armidale NSW for 38 years to work as a professor at the University of New England.

An 85-year-old father of 2 sons, and grandfather of 3, Prakash enjoys volunteering his time and knowledge to provide guided walks through Brisbane's City Botanic Gardens once a week.

We're delighted to share Prakash's feedback: "I am very grateful to Co.As.It. Community services. Thanks to this support I don't have to worry about the more difficult household chores and can spend more time focussed on family and volunteering at the beautiful City Botanic Gardens."

When Prakash is not at the City Botanic Gardens or tending to plants in his backyard he is enjoying a meal together with his Brisbane-based son, who is a medical practitioner.

Another favourite pastime for this busy widower is reminiscing about his amazing life.

Through uniting together, and our CHSP team's dedication to promoting individual independence, our CHSP program achieves positive outcomes for clients like Prakash.



COMMONWEALTH HOME *Support* PROGRAM



AGED CARE *Social* GROUP ACTIVITIES

KINDY KIDS GOOD SPORTS AT AMICI HOUSE

When kindergarten children visited Amici House they reminded our clients that getting older is not a time to slow down! The kindy kids' visit was part of a special Sports Day for our Social Groups and the littlies took to the competitions with gusto!

The very young and the young at heart had a great time going head to head at Ten Pin Bowls, Basketball, Ring Tosses, Beach Ball, Soccer and Thong Throws. After the games were completed. the littlies were delighted and felt very important to have been able to bestow medals upon the 'good sports'.

As a memento of their wonderful day together, the children were invited to select a gift and it was an offer they gleefully accepted! Good vibes all round had the visit ending with smiles and hugs and promises to "See you soon."



AGED CARE *Social* GROUP ACTIVITIES

HAPPY AND BRIGHT - MAD HATTER'S PARTY

Everyone loves a celebration, especially our social groups! Clients at the Casa Aurelia centre recently arrived attired with crazy hats to celebrate the spirit of the Mad Hatter character from the Alice in Wonderland book by Lewis Carroll.

This illogical and eccentric character is known for hosting endless tea parties and in keeping with the book's theme, there were some great delicacies in store for the clients when morning tea was served - on fabulously strange plates!

Everyone got into the fun of the day - proof that we're never too old to play dress-ups!



AGED CARE *Social* GROUP ACTIVITIES

FATHER'S *Day*

Father's Day was cheerfully celebrated by everyone at our social groups, who acknowledged with gratitude the role of fathers in providing, protecting and loving us.

Our Social Activity Centres were decorated to honour all fathers, blue table settings with sporting or nautical themes also included thoughtful, thankful messages.

Delicious Devonshire teas, coffee mugs filled with chocolates and loving tributes to fathers were displayed everywhere at our social groups.

Seeing that any occasion is cause for joyful dancing, many spry clients took to the floor while in other centres, choir performances stirred the soul with their soaring songs and beautiful harmonies!

With many fathers, grandfathers and great grandfathers among our clients, everyone at our social groups radiated joy, praise and laughter as they celebrated Father's Day together.



SOCIAL *Outings*

SHOPPING, *Surf*, SOCIALISING:

The glittering Gold Coast skyline beckoned as our Social Outings groups descended upon Harbour Town, ready for a day of retail therapy and coastal charm.

With hundreds of outlets spread before them like a treasure map, participants scattered with infectious enthusiasm, determined to explore every corner of this shopping paradise.

The morning's retail rush called for a well-earned break. Over steaming cups and sweet treats, laughter filled the air. These moments of connection—the shared stories, the comparing of finds—are what transform a simple outing into something truly special.

By lunchtime, appetites were satiated at the Surfers Paradise Surf Life Saving Club where floor-to-ceiling windows framed the iconic surf beach. As plates of delicious food arrived, conversations flowed as easily as the ocean tides beyond the glass.

It's moments like these—good food, great company, and stunning views—that remind us why the Gold Coast remains an irresistible destination for those seeking both adventure and connection.



Ginger FACTORY

With spring being the perfect season to get outdoors and enjoy the sunshine, our Social Outing groups were delighted to visit the Ginger Factory at Yandina in September.

Morning tea at Amici House was first before setting off for the scenic journey to the Sunshine Coast complete with amazing views of the towering Glass House Mountains.

On arrival the excitement of exploring this iconic Sunshine Coast attraction began with an open carriage train ride around the lush gardens and factory site where they learned about the history of Yandina and how the local ginger industry has grown into one of the world's largest suppliers of ginger.

After lunch, everyone strolled the landscaped gardens and visited shops showcasing a selection of ginger inspired products. There were a few more attractions to discover - The Nutworks and Chocolate Factory and the Pioneer Coffee Roastery.

In a day filled with beautiful scenery, warm company and good times, the Social Outing to Yandina marked a sensational start to spring for everyone.

SOCIAL *Outings*

WHALES, WAVES AND *Memories* AT POINT DANGER

The wind whipped around Point Danger headland as our Gold Coast Social Outings groups gathered at Coolangatta, eyes fixed on the horizon.

The annual Humpback Whale migration was underway, and anticipation crackled through the air like electricity.

Despite the blustery conditions, spirits remained un-dampened. And then—there! A magnificent spray of water, the distinctive curve of a whale's back breaking the surface. Excitement rippled through the crowd as more sightings followed.

Not only were the majestic Humpbacks making their presence known, but playful dolphins joined the show, riding the waves with effortless grace.

Between whale sightings, the group explored the historic headland, home to both the Captain Cook Memorial and the stately Point Danger Lighthouse.

The scenic precinct offered photo opportunities at every turn, with sweeping ocean views and historical landmarks providing the perfect backdrop.

As the whales continued their northward journey, it was time for the groups to embark on their own migration—to Club Tweed for lunch. Award-winning chefs had prepared a feast of locally inspired dishes that celebrated the region's finest produce.

Around the table, stories of the morning's whale encounters were relived with animated gestures and wide smiles.

Another get-together on the magnificent Gold Coast had delivered memories to last a lifetime.



SOCIAL *Outings*

FROM *Beach* TO MOUNTAIN RANGES

It was the perfect combination of community connection, nature and scenic views when our Social Outing groups visited Redcliffe and Montville. There was amazement on everyone's faces as they travelled across the Houghton Highway from Brighton to Clontarf, admiring the amazing panoramic views of Moreton Bay's sparkling calm blue waters.

On arrival at The Komo, Redcliffe, the group marvelled at astonishingly beautiful views across to Moreton Island. But the views didn't end there. Indulging in delicious morning tea, they soon set for a wonderful panoramic experience of verdant rolling hills and valleys as the bus clung to the Blackall Range's winding road to reach the charming rural township of Montville.

Montville's wonderful cultural village's tree-lined Main Street, dotted with art galleries, artisan markets, craft shops and local produce was the highlight of the afternoon before everyone met up at one of the most popular Montville eateries. With sweeping panoramic views across the Sunshine Coast The Edge Restaurant is aptly named! It's deck sits majestically but seemingly precariously high above bright green rolling hills, a vista that continues as far as the eye can see.

Lunch and then home - with some very tired people!



SOUTHBANK - WHERE NATURE MEETS CULTURE

Brisbane's South Bank parklands cast a spell over our Social Outings groups from the moment they arrived.

This riverfront haven, where natural beauty embraces urban sophistication, proved to be everything promised and more.

Sunlit pathways wound through pristine parklands and lush rainforest gardens, each turn revealing new delights. The city skyline rose majestically across the river, creating a stunning contrast between the green oasis and the gleaming towers beyond.

It's hard to believe that before World Expo 1988 thrust this precinct onto the world stage, South Bank had a grittier identity as a working river port.

The transformation has been nothing short of remarkable. What was once industrial has become inspirational—a vibrant, multi-use public space that pulses with energy.

The Wheel of Brisbane offers birds-eye views, while man-made Streets Beach provides a slice of coastal paradise in the city's heart.

Culture vultures find their paradise here too, with the Queensland Art Gallery, Gallery of Modern Art, and Queensland Museum all calling South Bank home.

Perhaps what makes South Bank truly special is its universal appeal. Teens hang out on the lawns, singles jog along the riverside, families picnic under shady trees, and seniors stroll through the gardens. Everyone finds their place in this green haven in the heart of Brisbane.

Our Gold Coast clients were admittedly envious. Some have already requested a return visit, eager to explore even more of what this beloved Brisbane destination has to offer.

Can you blame them?



WRITING MASTERY WORKSHOP

While spring invites us to go outdoors and feel the warmth of the sun, many students chose the opposite by enrolling in the ILC Writing Mastery Workshop in their September holidays.

The ILC was delighted to host around 25 students for the Writing Mastery Workshop held during their Term 3 school holidays.

The Year 11 and 12 students represented a variety of high schools yet shared the same goal: to strengthen their Italian writing skills in preparation for final exams.

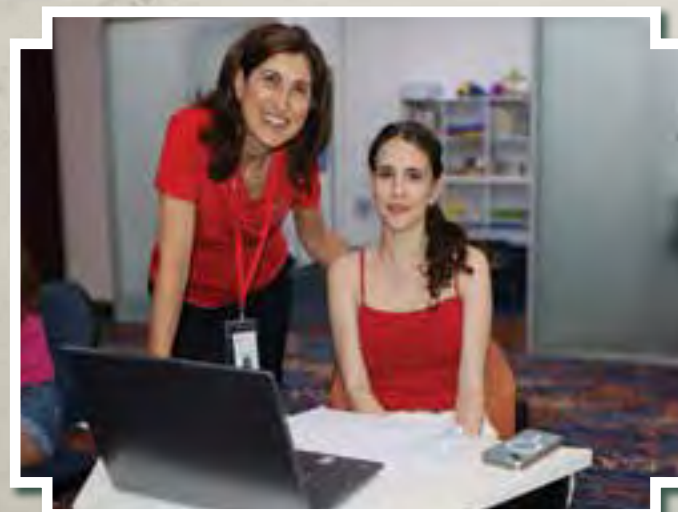
Led by our team of experienced Italian teachers, the intensive workshop focused on practical exam strategies and effective writing techniques.

In just a few days, students learned how to approach exam-style questions with greater confidence, structure their writing more effectively, and express themselves with clarity and accuracy.

The teachers were impressed by the enthusiasm of the group and the noticeable progress each student made in such a short time.

By creating a collaborative and supportive environment, the workshops not only build language skills but also foster each student's confidence and motivation.

The ILC looks forward to welcoming more students to future holiday workshops as it continues to support the next generation of Italian learners.



ITALIAN TEACHERS

See the ILC webpage to access funded support services available throughout the year for the teaching and learning of Italian in Queensland schools. <https://www.italianlanguagecentre.org/supporting-italian-in-queensland-schools/>

Italian LANGUAGE TEACHING

ILC CELEBRATES XXV SETTIMANA DELLA LINGUA ITALIANA NEL MONDO



In the lead up to Settimana della Lingua Italiana nel Mondo celebrations across the world, the ILC hosted a premiere event on 22 September 2025.

The ILC enjoyed the privilege of welcoming Professor Federica De Rosa from the Academy of Fine Arts in Naples (Accademia di Belle Arti di Napoli) for an exploration of the relationship between Italian cities and their landscapes.

Drawing on centuries of history, Professor De Rosa illustrated how Italy has often been described as an 'open-air museum' because its art and architecture are so deeply grounded in their natural and cultural surroundings.

The professor's inspirational virtual tour of Italy's artistic treasures made for a wonderful 'opening night' of the Settimana della Lingua Italiana nel Mondo (Week of the Italian language).

Each year since the annual celebration of the Italian language and culture began in October 2001, a specific theme has been chosen to thread together events and activities worldwide. With this year's celebration marking the 25th anniversary of the event, the theme Italian

Beyond Borders: A Language Without Boundaries (Italofoonia: lingua oltre i confini) reflected how the vast linguistic, cultural and social impacts of Italian extends far beyond Italy itself.

The 2025 theme reminds us that Italian is far more than a national language. It is a shared cultural space, transmitted through food, art, sport, history and the wonderful aspects of Italian culture that continue to inspire millions of speakers and learners around the world.

Italian LANGUAGE TEACHING

PROMOTING LANGUAGE AT FESTITALIA

The ILC was proud to promote Italian language and culture at their information display at Festitalia.

Representing the heart of Italian language and learning in Queensland the ILC display attracted hundreds of visitors seeking to find out more about Italian language courses, cultural activities and school programs.

ILC teachers answered their questions and shared information about the range of opportunities to learn Italian, including beginners to advanced classes for children and adults.

When past and present students visited the ILC display they provided positive feedback on how being a student at the ILC had positively shaped their lives, from reconnecting with family history to enhancing their travel and cultural awareness. For families visiting the ILC display, activities included taking a photograph at the Mona Lisa photo booth while children also drew artwork that reflected their interpretation of the Leonardo da Vinci masterpiece. Others contributed to the 'Write a word in Italian' feature wall.

In a day filled with laughter, cultural awareness and social connection, the ILC's participation in Festitalia was an amazing experience which advanced the mission to promote Italian language and culture as a dynamic part of the Queensland community.



LANGUAGE COMPETITIONS

ILC actively supports Italian Speaking competitions throughout Queensland in a variety of ways. The speaking season kicked off in Cairns on 25 July where ILC sponsored 50 prizes and mementoes of the day.

Townsville followed on 12 August where ILC provided two judges for the day. The languages coordinator at Townsville Catholic Education, Louise Dunlop, opened the proceedings with memorable words: "Learning a language like Italian doesn't just mean learning new words.

It means opening a door to a new world – full of culture, music, history, food, and new friendships. When we learn a language, we also learn to better understand others and to appreciate the differences that make every culture unique."

These sentiments were also expressed at the LTQ Languages Speech Contests at the Sunshine Coast on 31 August and at Griffith University on 3 August. On both occasions ILC provided judges for the Italian sectors.

To quote Louise Dunlop again: "....it doesn't matter who wins. What matters is that each of you is doing something important: you're using your voice, putting in effort, and showing love for learning.....remember: every word you learn today is a step toward a future full of possibilities!"



SHOWCASE - BULIMBA STATE SCHOOL

On 7 August 2025, a spectacular showcase of specialist subjects, including Italian, was held at Bulimba State School. Enthusiastic parents streamed through the gates eager to visit impressive displays of studies in the specialist subject areas of Italian, Health, Physical Education, the Arts, Music and Technology.

At the start of the Italian display, Italian teacher Connie Harley handed visitors a 'passaporto' in which they ticked off each section after viewing it.

Another attraction of the Italian display was the creative examples of student learning which captured the skills that students studying Italian are developing.

Towards the end of the display, many visitors enjoyed the opportunity to don carnival masks and snap a picture at the Italian photo booth as a memento of their visit.

At the conclusion, visitors were offered crispy crostoli pastries donated by the ILC in support of Italian programs in Queensland schools.



STUDENTS FROM ITALY VISIT CASA SERENA

Students from the Liceo Classico Siotto Pintor school in Cagliari, Sardinia, made a special visit to the Casa Serena social group activity centre in Stafford Heights in September 2025.

Joining a celebration of Father's Day at the centre, the students enjoyed morning tea and a game of tombola before interviewing clients about their migration journey from Italy to Australia.

With their visit to Casa Serena proudly coordinated by Co.As.It., the ILC and Kelvin Grove State College, the students are part of FRI.SA.LI.; a network recognised by the Italian government to promote international exchanges for teachers and students, helping them become global citizens with enriched multilingual language acquisition and intercultural understanding.

During their visit to Queensland, the group of 5 students and 2 teachers was hosted by families from Kelvin Grove State College. Across their 2 week visit, they became familiar with the Australian culture and improved their English speaking skills, while researching their project 'Storia e Memoria', the story of Italian migration, through testimonies collected from clients at Casa Serena.

Many of the students were affected by the extraordinary migration stories which highlighted

the challenges that Casa Serena clients had experienced when moving to Australia.

For our clients, it was a wonderful occasion to meet with young Italians and share nostalgic memories of their homeland while also delighting in our Queensland way of life.

As the visit came to an end, the students demonstrated their gratitude for the visit to Casa Serena by presenting a commemorative plaque to the ILC.



Many of the students were affected by the extraordinary migration stories



Christmas CLOSURES

CO.AS.IT. OFFICES

Co.As.It. offices will remain open with the exception of Christmas Day, Boxing Day and New Year's Day.

SOCIAL GROUP ACTIVITIES

Last Day - 19/12/2025 Reopens - 05/01/2026

CLIENT SERVICES

Support at Home (formerly HCP program), NDIS and Private services continue to be delivered on public holidays.





LEGACY FUNERALS



MASSIMO NODARI
Director

We have decades of experience assisting families when a loved one passes away. In this most difficult time, we are committed to attending to every detail with the utmost care, compassion and professionalism.

Our Managing Director, Massimo Nodari, has over 25 years experience in both Italy and Australia caring for those who have died and their families. His extensive knowledge, calm professional manner and attention to detail will ensure complete bereavement care is offered

**24 hours a day,
7 days a week.**

We can give you and your family the assistance needed to celebrate and remember your loved one's life. At Legacy Funerals, we believe that each person leaves a legacy of love, to live on in the memories of those who loved them.

*Pre-planning
Your Funeral*



Benefits of Pre-Planning Your Funeral

Protection and peace of mind

Pre-planning your funeral allows you to make sound decisions regarding the service. Here there are no decisions made out of emotions.

We will keep a record of all the important statistics required for legal paperwork. Giving you the peace of mind that everything will be completed in a systematic manner

Pre-planning a funeral offers you flexibility

If your preferences change at any time you can change your funeral plan. We understand that circumstances and personal preferences change over time and accordingly funeral wishes can also be changed.

Lightens the financial burden

When you plan a funeral service in advance it allows you to choose your service according to your preference level. It also allows you to be aware of the funeral costs.

Funeral pre-funding can also be arranged. This way you can take care of the funeral expenses today, or choose to make the payments according to your budget.

Your choices are respected

Funeral pre-planning gives your the assurance that every detail has been taken care of just the way you want.

It also allows you to discuss your wishes with your family and consider their thoughts in your planning.

*We are serving families
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Options to Pre-Pay Funeral Costs

Legacy Funerals are an agent for Sureplan Friendly Society Ltd. Sureplan is a mutual life insurance company that is a specialist funeral fund provider. Sureplan has over 80 years of experience, commencing in 1935. Originally called The Public Service Death Benefit Society of Queensland.

Sureplan understand that members provide funds for their funeral expenses to relieve their family of much of the associated financial stress. That is why they guarantee to pay their funeral benefit within one working day of receiving independent confirmation of their death.

Depositing money into a Funeral Bond instead of a savings account for example, gives your family peace of mind. When the time comes Sureplan simply needs to be advised of the passing together with the name of the funeral director being used. From there they will organise for the claim to be processed without the family needing to complete any paperwork. Your family can immediately commence with funeral planning arrangements as claims are paid within 24 hours of the confirmation of death.

When considering a funeral bond it is imperative that you read the information contained in the Product Disclosure Statement.

Servizi comunitari per anziani e giovani bisognosi di sostegno.

**Avete bisogno di aiuto nei lavori domestici?
Avete bisogno di aiuto per cucinare?
Volete incontrare nuovi amici?
Assistete qualcuno a domicilio e
avete bisogno di aiuto?**

Il Co.As.It. Community Services fornisce assistenza alle persone anziane e ai giovani dal 1987 e il nostro personale esperto e qualificato è capace di prestare un servizio culturalmente e linguisticamente adeguato.

La maggioranza del nostro personale è bilingue e capace di assistervi nel vostro ambiente familiare in casa vostra.

I nostri gruppi sociali offrono un pasto casalingo e la possibilità di incontrarsi con gli amici e chiacchierare dei tempi andati.

Attività di arti manuali, canzoni e balli, tombola e gite fanno parte del nostro programma giornaliero.



Contattate il nostro centro al

3624 6100

per ulteriori informazioni



Australian Government
Department of Health and Ageing

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