

St. Patrick's
Day

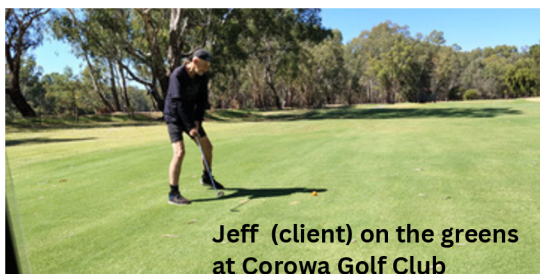
MARCH
2025

READ OUR ARTICLE ABOUT THE FUN & JOY ST
PATRICKS'S DAY BRINGS IN AUSTRALIA

HELLO & WELCOME TO OUR March Newsletter

Together, We're Making a
Difference: Inspiring Change,
One Step at a Time.

As always, we're thrilled to connect with you and share the incredible work happening at Amaranth Foundation, plus share lots of topical stories for March. This month, we're reflecting on the impact we've made together and the lives we've touched through community support and our team. With exciting events, heartwarming stories, and ways you can continue to make a difference, we're so grateful to have the community support. Thank you as always to our wonderful team, who show kindness, empathy and dedication daily, to ensure those we support are moving forward.



Jeff (client) on the greens
at Corowa Golf Club



JOIN
US

Federation Council is inviting residents aged over 60 to have the time of their lives at Club Corowa on Sunday 16 March 2025 from 11am to 2pm.

The Time of Your Life Seniors Expo is an event designed to empower residents ageing in the Federation Council community with valuable information, support and resources. The one-day program will include guest speakers, interactive stallholders, demonstrations and health screenings. A complimentary two course lunch will be available for pre-registered guests.

We'll be there, and hope you will be too!

Amaranth
FOUNDATION

AMARANTH ACTIVITIES IN MARCH









What a beautiful time of year March is. The leaves start to change, the warm weather remains and the change in season allows us to reset, reflect and get ready for a renewed sense of excitement for the activities that support our physical, mental, and emotional well-being. This month, we're bringing new energy to our programs, starting with a refreshed Wednesday class designed to energize and inspire. Whether you're new or returning, we can't wait for you to experience the positive changes!

Join us for Breakfast at Amaranth on Fridays, where we'll enjoy a delicious start to the day while connecting with others in our community. For those who love to stay active, our Tuesday

Swimming Group offers a fun, inclusive way to get moving in the water.

We're thrilled to share these opportunities with you and are looking forward to a month filled with connection, growth, and renewed energy.



Mon	Tue	Wed	Thu	Fri
3	4 Swimming Group 11am Corowa Aquatic Centre	5 Interactive Group Session with Jodie 12.30 - 1.30pm	6  Men's Group 10am - 1pm	7  Breakky Club from 8.30am
10	11 Swimming Group 11am Corowa Aquatic Centre	12 Interactive Group Session with Jodie 12.30 - 1.30pm	13  Men's Group 10am - 1pm	14  Breakky Club from 8.30am
17	18 Swimming Group 11am Corowa Aquatic Centre	19 Interactive Group Session with Jodie 12.30 - 1.30pm	20  Men's Group 10am - 1pm	21  Breakky Club from 8.30am
24	25 Swimming Group 11am Corowa Aquatic Centre	26 Interactive Group Session with Jodie 12.30 - 1.30pm	27  Men's Group 10am - 1pm	28  Breakky Club from 8.30am



**COROWA REGIONAL FOOD BOWL
TAFE BLOCK C - REISLING ST, COROWA**

Welcome to the March Edition of Our Foundation Newsletter!

We're excited to bring you the latest updates from Amaranth and share the progress we've made together in 2025. Each month, we'll keep you connected with the latest happenings at the foundation, highlight the incredible people we support, and showcase the passion and dedication of our team. You'll also find interesting articles, community stories, and updates on how we're making a meaningful impact in the lives of those around us.

February was a month of transformation and momentum,

as we continued to build on the energy from the start of the year. We saw an increase in the number of participants in our programs, welcomed new faces into the Amaranth family, and witnessed exciting progress as clients transitioned into new activities. Our catering division also experienced incredible growth, allowing us to expand our reach and provide more support to the community than ever before.

Enjoy this month's newsletter!

Amaranth Team

In this newsletter you can expect:

March Activities

KVE Hits Corowa

Have you heard about our Community Meals Program

NDIS & Plan Management

Thank you Uncle Tobys

Hello St Paddy's Day

Learn a little more about Food Bowl

Khaki Vehicle Enthusiasts are headed to Corowa again this March 10th to 16th



Annual Corowa Swim-In & Military Vehicle Gathering

The famous Corowa Swim-In & Military Vehicle Gathering is happening again this March, having been held annually since 1980 on the banks of the Murray River in our wonderful country town, where our Head Office resides. For the 2024 event there were approx. 240 vehicles in attendance, the theme being the Year of the Blitz. There were 28 Chevrolet and Ford Blitz trucks at the event.

Corowa has become the largest military vehicle rally in Australia and under the Southern Cross and is attended by guests and participants alike from all over the world.

Every year sees new themes and for our 45th consecutive event in 2025, it will be Year of the Mack & Unimog, featuring these vehicles that have been retired from military service in recent years.

In increasing numbers every year now, those who own and restore ex-military vehicles from all eras and all nations gather together at Corowa to trade vehicles, parts and stories. These include those not only from Australia and New Zealand, but more and more, from as far away as North America and Europe.

Corowa has come into its own within that unique international community of vehicle restoration enthusiasts and not just for the vehicles themselves; never mind that Australia offers a climate conducive to the survival of 80 year-old vehicles, the camaraderie amongst those who invest much time and money in their endeavors to preserve history is unmatched anywhere!

As the KVE prepare for the 45th Annual Swim-In, please follow along as they present to you a unique look at Corowa past, present and future.



Head to their website (where lots of this information has come from) and continue learning about the evolution of this remarkable hobby and it's even more remarkable participants. They also have a dedicated page on Facebook where you can keep up to date - www.corowaswim-in.org

Pop down to Sanger Street from 9am, Saturday 15 March for the spectacular vehicle parade followed by the vehicle display at the Corowa Racecourse and Showgrounds.





Community Meals



Order Your Nutritious, Home-Cooked Meals Today!

Access to affordable, nutritious meals is essential for the well-being of individuals in the aged care and disability sectors. For many, especially those with limited mobility or resources, meal preparation can be a real challenge. That's why offering affordable, convenient meal options is so important—it not only provides vital nourishment but also helps maintain dignity and independence. Proper nutrition is key for managing chronic conditions, maintaining energy, and promoting overall health, particularly for people with disabilities. With the right meals, individuals can thrive and stay healthy.

To help ease the financial burden on families and carers, our Community Meals program offers a simple solution. With just a \$30 donation, you can access wholesome, nutritious meals that support both physical health and emotional well-being, ensuring that everyone has access to quality food, no matter their financial situation.

Our talented head chef, Liam Whyte, is preparing delicious, hot meals each week for aged individuals and NDIS participants. These meals are available for just a \$30 donation for five freshly made, frozen meals. Convenient and nutritious, these meals can be picked up from the Amaranth head office, offering a quick and affordable option for those in need.

Meals are now available for ordering! You can place your order by calling Amaranth reception & via our website by the end of March. Payment required at time of collection from Amaranth head office at 57-65 Redlands Road, Corowa.

In the meantime, if you have any questions, don't hesitate to reach out to us at support@amaranth.org.au.

Support Amaranth's social enterprise via your donation, knowing that all the funds go straight back into the community meals program.



THE NDIS & PLAN MANAGEMENT



Understanding the Role of the Plan Manager in the NDIS Space

A Plan Manager plays a key role in supporting NDIS (National Disability Insurance Scheme) participants by helping them manage the financial and administrative aspects of their NDIS plan. Their main responsibility is to ensure that clients are able to access the supports and services they need, while also staying within their approved budget.

Key responsibilities of a Plan Manager include:

1. **Financial Management:** Plan Managers assist clients by tracking their spending against the NDIS budget, ensuring that funds are used appropriately. They help manage invoices from service providers, ensuring that they are paid on time, and provide clients with regular updates on how their funds are being spent.
2. **Support Coordination:** While a Plan Manager doesn't directly coordinate or arrange services, they work closely with support coordinators and service providers to ensure that services are delivered smoothly and that clients are getting the most out of their NDIS plans.
3. **Budgeting and Reporting:** Plan Managers create clear and easy-to-understand reports for clients, showing how their NDIS funds are being used. This helps clients understand their financial situation and avoid overspending. They also assist with reallocation of funds if necessary, ensuring the plan is flexible and responsive to the client's needs.
4. **Claiming and Payments:** One of the Plan Manager's key roles is to process claims from service providers on behalf of the client, using the NDIS portal. This includes making sure that claims are submitted correctly and promptly, and ensuring that all payments are made in a timely manner.
5. **Compliance and Support:** Plan Managers ensure that all financial transactions comply with NDIS guidelines and regulations. They offer clients peace of mind, knowing their plan is being managed professionally and in line with NDIS requirements.

Ultimately, a Plan Manager's role is to reduce the stress and complexity of financial management for NDIS participants. By taking care of the administrative side of things, they enable clients to focus on their goals and outcomes, ensuring that they have the support they need to live an independent and fulfilling life.

If you have any questions or need further assistance, feel free to contact our Plan Manager, Kristie. She'll be happy to guide you through any aspects of your NDIS plan!

You can call our office on: 02 6033 1738 or email: support@amaranth.org.au





Pictures from Around the Grounds & This Month the Greens too!



Jeff (client) has been absolutely loving his time on the golf course in Corowa with support from Todd, one of our talented team members.

Meanwhile our head chef Liam nearly got a whole in one.

Mel, Kaylah, Bec & Lyn are creating epic diamond art. Connecting, creating and laughing. Such a fun group.



Well done Joan & Team

Joan





2025 Chamber Employment Expo - BIGGER and BETTER and jobs on offer!

Friday, 21st March 2025

TAFE NSW Corowa

FREE Rotary BBQ (Sponsored by Workforce Australia) from 12:00 – 12:30 pm

Proceedings start at 12:30 pm sharp – Event runs until 2:30 pm

Now it's over to YOU! This is YOUR chance to meet hiring employers and take the next step in your career.

Confirmed Employers:

Waldron's IGA

The Victoria Hotel

Rivalea (JBS)

Uncle Toby's (Nestlé)

Southern Cross Care

Federation Council

Corowa Golf Club

Upton Engineering

McDonald's Corowa



Don't sit back and let opportunities pass you by – turn up and make it happen! Whether you're looking for a full-time job, a career change, or part-time work, there's something for everyone.

Employer's WILL be putting people in jobs on the day – are you ready to take your shot?

We appreciate business support.

Thank You

UNCLE
TOBYS®

At our foundation, receiving business support, especially in the form of large food donations is absolutely vital to the success of our programs, particularly our food bowl initiative. Many individuals and families facing hardship rely on our food programs to access essential nourishment, and large donations from businesses allow us to provide healthy, nutritious meals and snacks to those who need them most. Without this generous support, we would be limited in the amount of food we can distribute, and many people could go without the resources they rely on. Business partnerships enable us to meet the growing demand while ensuring that we maintain a high standard of quality in the food we provide.

The donations of bulk food from businesses not only help us keep costs down but also allow us to streamline our operations, ensuring that we can efficiently reach as many people as possible. By collaborating with businesses, we can build a strong, sustainable foundation for our food programs, which, in turn, enhances the impact we have on the community. These contributions are more than just food; they're a sign of solidarity and support for those in need. With the continued generosity of businesses, we can ensure that no one in our community has to go hungry, and that they feel supported and cared for during difficult times.

How lovely to receive these kinds of emails.

Hi Liam,

It was a pleasure to meet with you yesterday and see all the hard work you're doing to support the community. Rainer told me you would like the photos from the delivery so I have attached them. Please feel free to reach out with any other enquires!!!

Grace Kelly, from Uncle Tobys Wahgunyah, and Amaranth Chef Liam Whyte



If you would like to contribute financially, please head to our website: www.amaranth.org.au



St. Patrick's Day: A Splash of Green and a Whole Lot of Fun in Australia!



St. Patrick's Day, celebrated every March 17th, honors the patron saint of Ireland, St. Patrick. This day marks the anniversary of his death in 461 AD and is a celebration of Irish culture, history, and, of course, a whole lot of fun! While St. Patrick's Day originally started in Ireland, it's become a global event, filled with parades, music, and plenty of green—symbolising Ireland's lush landscape and St. Patrick's famous use of the shamrock to explain Christianity. In Australia, St. Patrick's Day has taken on a life of its own! While it's not a public holiday, it's a day of lively celebrations across the country, especially in big cities like Sydney, Melbourne, and Brisbane, not to mention local schools who encourage the kids to wear **green**. Aussies love to get in on the action by wearing their best green outfits, donning shamrock accessories, and hitting up pubs for a pint of Guinness or a traditional Irish whiskey. The pubs are often filled with live music, and some even host "Irish jig" dance-offs or quiz nights themed around Irish trivia.

But it's not all about the beer! Australia also embraces the spirit of St. Patrick's Day with family-friendly events like parades, street festivals, and fun activities for kids. In Melbourne, for example, there's a fantastic St. Patrick's Day Parade that features bagpipers, dancers, and all things Irish. Whether you're indulging in a hearty Irish stew or simply soaking up the lively atmosphere, St. Patrick's Day in Australia is all about celebrating with good food, good drink, and good company. So grab your green gear, raise a glass, and join in on the fun—it's a day for everyone, Irish or not!

We asked our bubbly Irish colleague, Elaine, for some colloquial Irish sayings, and here are some absolute crackers:


How's the craic? (How's the fun?)

You eejit!! (You idiot)

Cead mile failte. (Welcome greeting)

Slante (cheers - good health)

May the luck of the Irish be with you.

Pog mo thoin (kiss my )

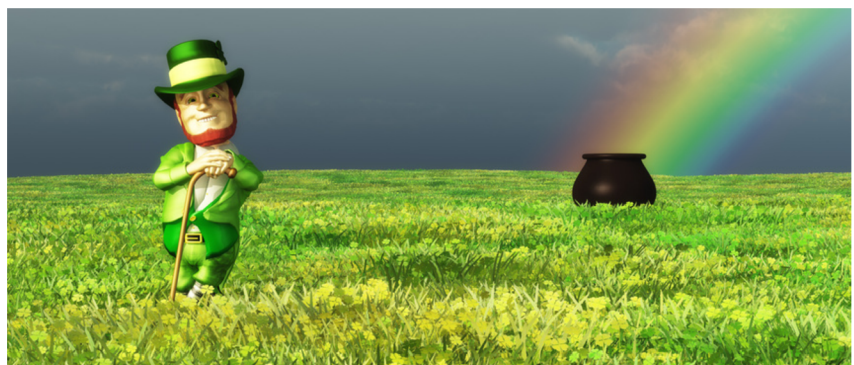
Here's health to your enemies enemies.

May the wind always be at your back.

Dia dhuit (god bless - welcoming greeting)

The craic was 90! (means exceptionally good)

May you be at the gates of heaven an hour before the devil knows your dead!



Corowa Regional FoodBowl

Located:

Cnr Murray & Reisling St Corowa
TAFE Building Block C



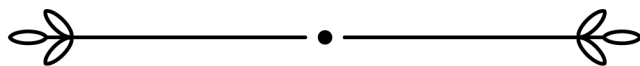
Food Bowl Hours for March:

Tuesday 10.30am - 12.30pm & 1pm - 3pm

Wednesday 1pm - 3pm

Friday 1pm - 3pm

Note: We are closed Monday's & Thursday's



A little about the Corowa Regional Food Bowl

The Corowa Regional Food Bowl was established with one simple mission: to ensure that no one in our community goes without food, especially during times of need.

With funds from Amaranth Foundation, the food bowl receives a weekly delivery of food from the Albury Wodonga Regional FoodShare. We're also incredibly grateful for the kindness of local businesses like Woolworths Corowa, and Rutherglen IGA who are generous in their food deliveries, and our amazing community members who donate so generously via drop offs or via the donation areas at Waldrons IGA Corowa and Woolworths Corowa.

Thanks to the hard work and dedication of our local volunteers, the food bowl is able to open three days a week, offering hours where those in need can come and shop at no cost. It's a true reflection of our community coming together to help one another.

Please be mindful that without all of this generosity the food bowl would not be operational.

thank  you

CONTACT US

Do you have something you would like to tell us, or something you would like to know?

We are listening!

How you *live* matters.

It's what we live by at Amaranth, so if you are concerned about the service you are receiving from us, or have feedback for us, please let us know.

Our team are always training and learning, so with our continuous desire for improvement, we want to know what is important to you.

Please contact us via email or the Compliments and Feedback form on our website. You can scan below to hit the website



Scan me!



Amaranth Foundation's Point of Difference is:

The belief that each person has innate worth and dignity and is the expert of their own lives. Principles of Australian social work are embedded into Amaranth's vision & purpose. These principle's include professional integrity, respect & social justice. Our services are designed to provide a 'wrap around' or integrated model of care & support, and see problems as separate to the person. We hold FREE NDIS consultations to help you or the person you care for. We can discuss eligibility, prepare for your planning meeting, implementing your plan and preparing for your next NDIS plan. Call us to book in.

Contact us:

57-65 Redlands Road

Corowa NSW 2646

Mail: PO BOX 353 Corowa NSW 2646

P: 02 6033 1738

E: support@amaranth.org.au

W: www.amaranth.org.au

Socials:  **Amaranth Foundation**

 **Amaranthfoundationoz**

DONATE 

www.amaranth.org.au

Amaranth
FOUNDATION