

APRIL  
2025

EASTER - A BEAUTIFUL TIME FOR RENEWAL,  
REFLECTION AND MODERN CELEBRATIONS

## HELLO & WELCOME TO OUR April Newsletter

### April Newsletter: A Season of Renewal, Giving, and Rest

As we step into April, a time of renewal and reflection, we are reminded of the themes of Easter—hope, rebirth, and the power of giving. This season encourages us to not only rest and recharge but also to reflect on the ways we can uplift and support others. At Amaranth we are deeply committed to both giving back and nurturing our community.

Through our not-for-profit efforts, we strive to make a positive impact, whether it's by providing resources, support, or simply offering a hand when it's needed most. As we celebrate Easter and the promise of new beginnings, let's take a moment to embrace the spirit of generosity and compassion. We hope this season brings you peace, rest, and inspiration to give back in your own meaningful way. Thank you for being a part of our journey and for your continued support.

The Corowa Baptist Church are inviting you  
to celebrate Easter with them.

What a beautiful show of  
community & connection.

YOU ARE  
INVITED TO  
CELEBRATE

**EAS  
TER**

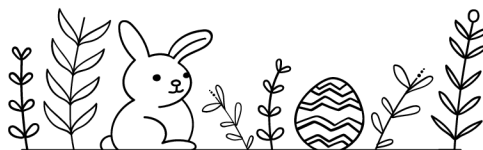
WITH US!

**GOOD FRIDAY 18TH APRIL**  
9AM @ COROWA BAPTIST CHURCH  
- 77 TOWER STREET

**EASTER SUNDAY 20TH APRIL**  
@ ROWERS PARK  
8:30 BREAKFAST  
10:00 SERVICE  
FEAT. SONGS, BIBLE TALK, ACTIVITIES FOR  
KIDS.




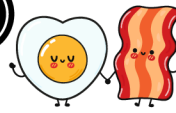





 **Corowa**  
BAPTIST CHURCH

# AMARANTH ACTIVITIES IN APRIL



You're always welcome to join in on the Amaranth organised activities.  
Just a place into the office or send us an email: [support@amaranth.org.au](mailto:support@amaranth.org.au) to enquire about cost and to book your spot.

*Monday*   *Tuesday*   *Wednesday*   *Thursday*   *Friday*

31	1 Swimming Group 11am Corowa Aquatic Centre	2 Interactive Group Session with Jodie & Gav 12.30 - 1.30pm	3  Men's Group 10am - 1pm	4  Breakky Club from 8.30am
7	8 Swimming Group 11am Corowa Aquatic Centre	9 Interactive Group Session with Jodie 12.30 - 1.30pm	10  Men's Group 10am - 1pm	11  Breakky Club from 8.30am
14	15	16 Interactive Group Session with Jodie 12.30 - 1.30pm	17  Men's Group 10am - 1pm	18 
21	22	23 Interactive Group Session with Jodie 12.30 - 1.30pm	24  Men's Group 10am - 1pm	25 
28	29 Swimming Group 11am Corowa Aquatic Centre	30 Interactive Group Session with Jodie 12.30 - 1.30pm		





CRAFT AND CONNECTION

## Welcome to the April Edition of Our Foundation Newsletter!

As we embrace the newness of April, a month filled with fresh beginnings and seasonal changes, we are excited to share with you some of the incredible things happening at Amaranth Foundation. This month, we celebrate the arrival of autumn and beautiful sunny mornings, which is a great reminder to pause, breathe and focus on self care.

From our ongoing community initiatives to the importance of personal and collective renewal, we are proud to highlight all the ways our foundation is working to create positive change.

As always, we want to take a moment to express our heartfelt gratitude for your continued support. Whether you're a long-time donor, a volunteer, or someone who simply follows our work, you play an essential role in helping us achieve our mission. Together, we are making a difference, one act of kindness at a time. We hope this season of renewal brings you peace, joy, and plenty of opportunities to give back.

We look forward to continuing this journey with you in the months ahead.

Enjoy this month's newsletter!

*Amaranth Team*

### In this newsletter you can expect:

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April Activities

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Antique Road & Air show hits Corowa

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Have you heard about our Community Meals Program

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The Vital Role of Support Workers

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Some happy snaps

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Local & National Activities

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Easter - A time for reflection

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## Did someone say Antiques?

### April 10 - 13



The skies and roads in Corowa will be filled with some of Australia's oldest and most colourful aircraft and Motor Buggies this April, as over 200 antique planes and cars grace the town.

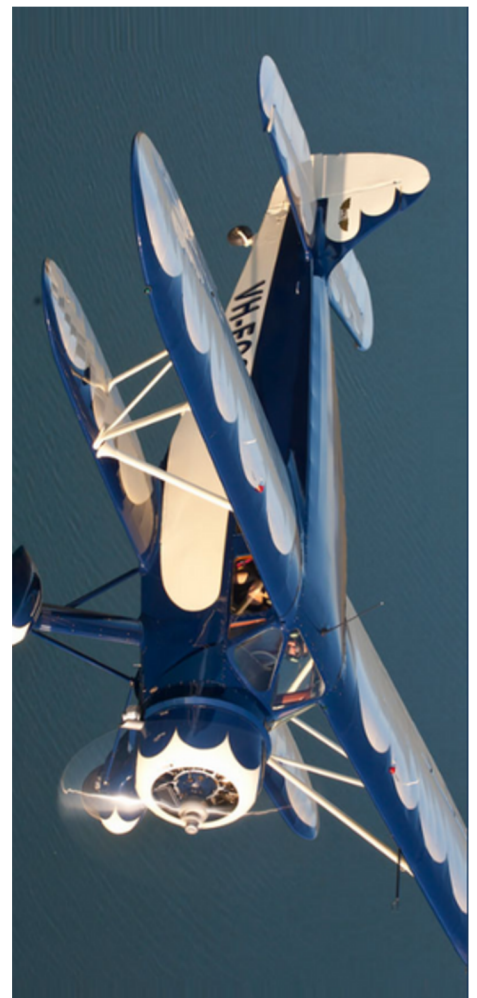
Antique cars and planes hold a timeless charm that captivates enthusiasts and collectors alike. For many, it's not just about the sleek design or the history they represent, but the deep connection to a bygone era of craftsmanship and innovation. Antique cars evoke a sense of nostalgia, reminding us of simpler times, while showcasing the artistry and attention to detail that went into their creation. Similarly, vintage planes offer a glimpse into the golden age of aviation, when flying was both an awe-inspiring adventure and a symbol of human achievement. These classic machines tell stories of the past—stories of passion, perseverance, and progress. Whether it's the rumble of an old engine or the hum of a propeller, antique cars and planes allow us to connect with history in a way that is both exhilarating and inspiring.

They aren't just relics of the past; they're living pieces of history, preserved for future generations to admire and enjoy.



Pic courtesy of What's on in Corowa

Pic courtesy of Antique Aeroplane Association of Australia







# Community Meals



## Community Meals Bringing Smiles and Full Hearts

We're thrilled to share that our community meals have been going wonderfully! The number of people purchasing has been heartening, and the feedback overwhelmingly positive. Clients and community members have all expressed gratitude not only for the nourishing food, but also for the sense of connection and care these meals foster, with the availability & great price. Thank you to everyone who has commented, purchased more and



*Coming  
Soon*



Liam's lamb, vegetable &  
Pearly Barley Soup

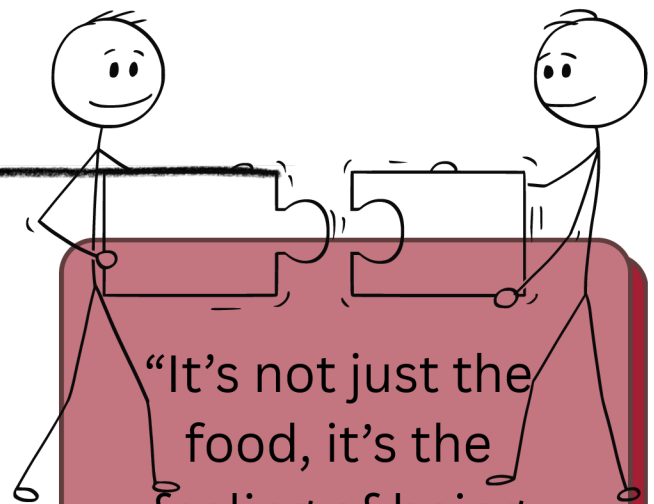
## Website & Socials

Don't forget to keep up to speed with the meals and what's on offer via our website and our socials.



 [www.amaranth.org.au](http://www.amaranth.org.au)

*follow us*



"It's not just the food, it's the feeling of being seen, welcomed, and part of something bigger. These meals remind me that we're not alone."

## The Vital Role of Support Workers in the NDIS Space



Support workers are the unsung heroes of the National Disability Insurance Scheme (NDIS), playing a vital role in supporting Australians with disabilities to lead more independent, empowered lives. Their work is as diverse as the individuals they support, ranging from personal care and skill development to community participation and emotional support. With a strong focus on person-centred care, support workers tailor their approach to meet each client's unique goals, preferences, and daily needs.

Beyond their practical tasks, support workers are trusted allies who foster connection, promote inclusion, and advocate for their clients' voices to be heard. Their empathy, flexibility, and professionalism help build genuine relationships that can be life-changing. Whether they're helping someone gain confidence with public transport, assisting with household tasks, or simply being a supportive presence, support workers are essential to the success of the NDIS.

In addition to supporting individuals, support workers have a broader impact on families, communities, and the overall health system. By providing consistent, reliable care, they reduce pressure on informal carers and help build a more inclusive society. As the NDIS continues to evolve, the dedication and compassion of support workers will remain central to its mission, ensuring that all people living with disability have the opportunity to thrive.

You can call our office on: 02 6033 1738 or email: [support@amaranth.org.au](mailto:support@amaranth.org.au) to learn more about how Amaranth Support Crew can assist in the NDIS space.







## Pics and Community Activities

On Easter Saturday the town of Corowa will alive as the centre of billy cart racing. Be sure to join in the great family fun.



We said farewell to Tony H, with a bbq lunch and at heartfelt speech from Gav, thanking Tony & wishing him well on his next adventure.



Another fantastic creation by the very talented Mel. Her diamond art is extraordinary. Check out the handbag!



“Generosity is the most natural outward expression of an inner attitude of compassion.”  
— Dalai Lama

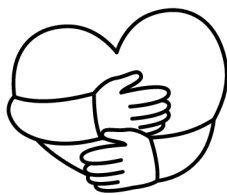


Thank you Lauren & Ash for the beautiful donation of eggs to our foodbowl.



## National Palliative Care Week

### 11-17<sup>th</sup> May 2025



National Palliative Care Week campaigns aim to raise awareness about palliative care and its benefits, and advocate to ensure quality palliative care is available for all, when and where they need it.

### The theme for this year's week is "What's Your Plan?"

Every day in Australia, 400 people of all ages die of a terminal illness. Every one of them could benefit from palliative care – care that is their human right, care that can enrich their final days, and care that too many people still miss out on.

With the support of the the Australian Government Department of Health and Aged Care, National Palliative Care Week (NPCW) opens conversations, raises awareness, and advocates for better access to and acceptance of palliative care.

For more information: [www.palliativecare.org.au/national-palliative-care-week/](http://www.palliativecare.org.au/national-palliative-care-week/)



**CRW REGIONAL Business Chamber**

A NIGHT OF ELEGANCE & EXCELLENCE

## COROWA RUTHERGLEN WAHGUNYAH BUSINESS AWARDS 2025

DRESS CODE: FORMAL ATTIRE | COCKTAIL | SUIT & TIE

Welcome Drink | Canapés | Gourmet Dinner | Guest speaker | Award Ceremony | Entertainment | Dance

**Saturday May 10**  
**At CLUB COROWA**  
**FOR 6 PM START**

**Members : \$100**  
**Non Member : \$125**  
**Ticket sales close on May 2nd**

TICKETS ARE NOW AVAILABLE FOR PURCHASE VIA QR CODE OR ON OUR WEBSITE  
[WWW.COROWACHAMBER.NET](http://WWW.COROWACHAMBER.NET)



For further information  
Email: [hello@corowachamber.net](mailto:hello@corowachamber.net)  
or call John 0434 009 735

We're thrilled to be attending this year's Local Business Awards Night! It's a fantastic opportunity to celebrate and connect with so many talented, innovative, and hardworking businesses in our community. As a foundation committed to supporting local growth and collaboration, we're proud to be part of an evening that showcases the incredible achievements happening right on our doorstep.

Amaranth are excited to be nominating in 3 categories this year, and look forward to a fantastic awards night.





## Easter: A Time for Renewal, Reflection, and Modern Celebrations



Easter has long been a time of reflection, renewal, and hope—a season that celebrates the promise of new beginnings. Rooted in religious tradition, it commemorates the resurrection of Christ, symbolizing victory over death and the promise of eternal life. But beyond its religious significance, Easter has evolved into a celebration embraced by many cultures around the world, filled with traditions that encourage joy, connection, and generosity.



One of the most beloved aspects of Easter today is the joy of spending time with loved ones. Whether it's gathering for a family meal, participating in Easter egg hunts, or simply enjoying each other's company, these moments of connection have become the heart of the modern celebration. In a fast-paced world, Easter reminds us to slow down and appreciate the simple joys of life—sharing a meal, exchanging kind words, and making memories that last a lifetime. Oh, and let's not forget the chocolate. Lots and lots of chocolate. It's practically a requirement at this point.

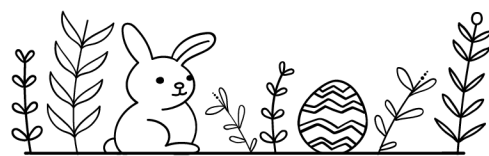
Of course, no Easter celebration would be complete without the iconic symbols of the season: Easter eggs, the Easter Bunny, and vibrant spring flowers. These symbols, which have their roots in ancient traditions, have become a delightful part of the holiday's modern festivities. Easter egg hunts, for instance, have become a competitive sport—especially when kids are involved. It's every family for themselves as they rush around the yard, carefully scanning for eggs... and maybe a few less-than-innocent hiding spots that would make even the Easter Bunny proud.



In today's world, many also use Easter as an opportunity to give back. Acts of kindness and generosity are often a key part of Easter celebrations, whether it's donating to a charity, volunteering time, or simply helping a neighbor in need. It's a time to remember that the true spirit of Easter isn't just about chocolate (though we're not complaining)—it's about lifting each other up and spreading joy in whatever way we can.



As we celebrate Easter in today's world, let's hold on to the timeless messages of hope, renewal, and togetherness. Whether you're observing religious traditions, enjoying family activities, or simply taking time to reflect, Easter is a reminder that every day is an opportunity to embrace new beginnings and spread joy. May this season fill your heart with peace, and may it inspire you to carry the spirit of Easter with you all year long — along with a few extra chocolate eggs, of course.



## Corowa Regional FoodBowl

### Located:

Cnr Murray & Reisling St Corowa  
TAFE Building Block C



### *Food Bowl Hours for April:*

**Note:** Our dates for April are limited.  
Please see below:

### **OPEN:**

*Tuesday:* April 15th & 29th

*Wednesday:* April 2nd, 16th and 30th

*Friday:* April 4<sup>th</sup> & 11th



## 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](mailto:support@amaranth.org.au)

W: [www.amaranth.org.au](http://www.amaranth.org.au)

Socials:  **Amaranth Foundation**

 **Amaranthfoundationoz**

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[www.amaranth.org.au](http://www.amaranth.org.au)

*Amaranth*  
FOUNDATION