CURA
In-home Care

Issue 92
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Cura Connective Crafting - Eco Prints *(see more page 3)*

DEAR CLIENTS, VOLUNTEERS, SUPPORT WORKERS AND FRIENDS OF CURA

Welcome to November

Take a look at **Movember**.

CURA Connective Art & Craft Group experiments with **Eco Printing** & explores with **Cycling Without Age** at Burswood Park.

CURA offers Volunteer Visitors **Dementia Training,** and we get **Out & About** in the community.

Enjoy our fabulously fun **Oktoberfest Luncheon** gallery.

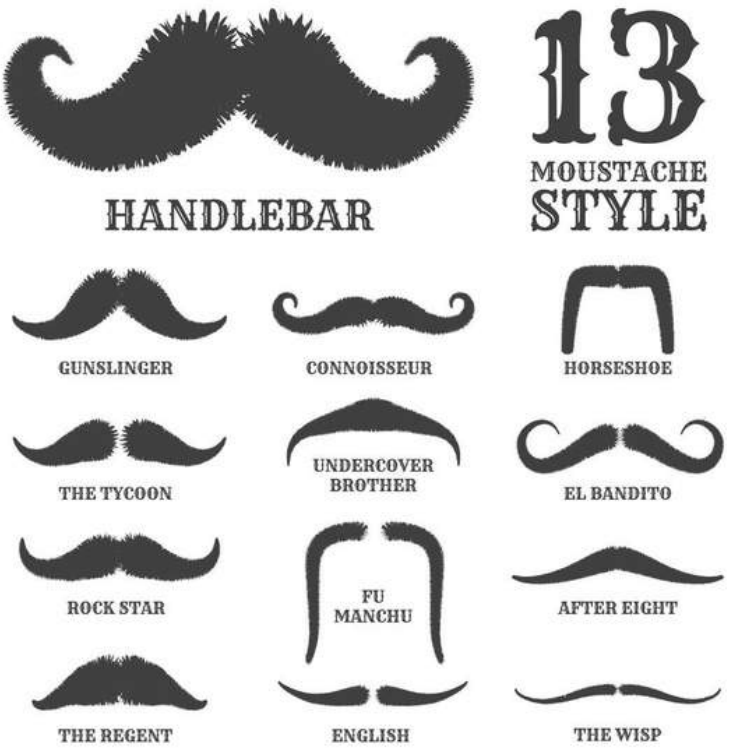
Cognitive Corner offers tips on staying social and this month's **Puzzle Challenge**.

We look at **Choirs for Dementia**.

Plus, get out and about with our **Community Notice Board**.

MOVEMBER®

Movember is an annual initiative raising public awareness for the early detection of men's issues such as mental health, prostate & testicular cancer. Why not 'grow a mo' or host a fundraiser/get together to start conversations. For more information visit **au.movember.com**



CURA Volunteer Training

Our amazing Aged Care Volunteer Visitors Scheme volunteers had the opportunity to attend our **Dementia Training** last month, led by our Support Worker Team Lead and Dementia Specialist Terésa. The session covered practical ways for our volunteers to connect and engage with people living with dementia. Many volunteers shared their wealth of experiences and there were hands-on activities and ideas to explore. The session provided a wonderful opportunity to connect with fellow volunteers and enjoy a relaxed networking lunch together.

If you would like to learn more about our volunteer visitor program, or know someone who would appreciate a visit, contact **Nikki, Mondays to Thursdays on 0499 163 403**.

CURA Out & About

We're out & about again this month, so come and say hi!

Have a Go Day
Burswood Park (we're at stand 69)
Wednesday 11 November,
9.00am to 3.00pm

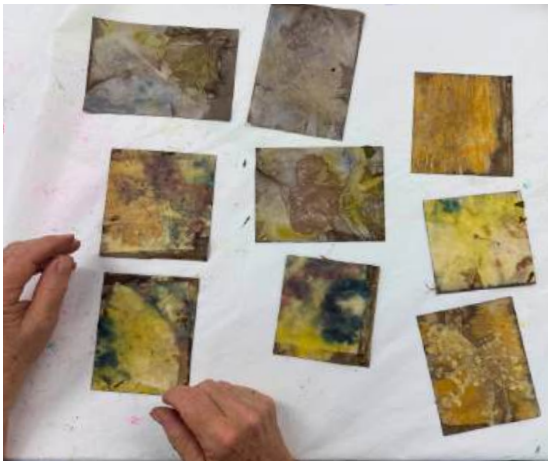
Mundaring Living Well Expo
Brown Park Community Centre -
Salisbury Rd, Swan View
Wednesday 18 November,
10.00am to 1.00pm

Cockburn Living Well Expo
Lakeside Recreation Centre -
North Lake
Friday 27 November,
10.00am to 1.00pm

CURA Connective

Experiment & Explore

Connective Art & Craft group experimented with **Organic Eco-printing**, a sustainable art technique that uses leaves, flowers, and other plant materials to create natural prints on paper.



Developed and popularised by Australian artist India Flint, the process involves arranging plant materials on fabric, tightly bundling it, then steaming or simmering it so natural pigments from the plant transfer onto the surface treated it with a natural mordant (such as alum or iron).

Take a look at the wonderful, unique works created and join us for our next crafting session by contacting **Sarah 0499 322 575**.

We also took another lovely Spring ride in Burswood, courtesy of the wonderful volunteers at **Cycling Without Age Australia**, Tuesday 6 October. Once again, we sincerely thank Jo and the folks at CWA Perth for the chauffeur driven smiles and fun!

Check out our CURA Connective Calendar for upcoming events and outings, then give us a call on **9382 1983** to choose your own adventure!

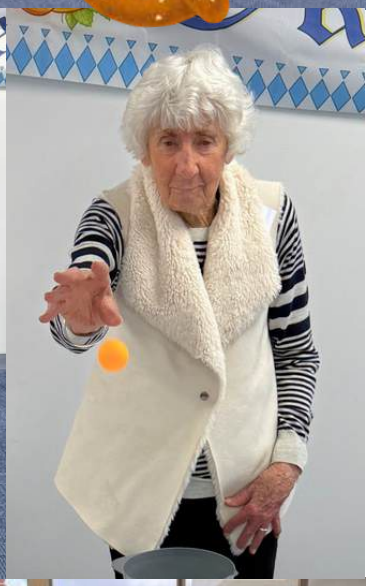
2026 Oktoberfest

We enjoyed **Oktoberfest** Thursday 15 October, with German treats, an alcohol-free German beer tasting, plus games - complete with handmade giant pretzel ‘frizbees’ by the CURA Creative group.

Arlene won the pretzel toss, Wilson beer pong & bowling, taking the top prize of a $30 voucher thanks to Bunnings Belmont.

Our next lunch will be a **Multicultural Celebration, Thursday 19 November**. Be sure to book your spot at the table by calling Sarah on **0499 322 575**.

Long Table Luncheon



Cognitive Corner with Terésa

Social Connection

According to a study at the University of NSW, being socially connected delays the start of physical health conditions by 10-15 years!

Aim to socialise 1-2 times per week to maintain cognitive health and boost your mood. If you can't meet up with a family or friend, pick up the phone and enjoy a chat with someone you care about. Make it a regular event so you can look forward to sharing each other's news.

Ask about our **CURA Connective** social program or our **Aged Care Volunteer Visitors Scheme (ACVVS)** if you are feeling lonely, isolated, or looking for stimulating conversations with others.

CURA Connective

Aged Care Volunteer Visitors Scheme

Spot the Difference 5

Look carefully... can you circle **5 differences** in the image on the right?
Solution on back page 👉

Dementia Friendly Singing Groups

Do you want to get back into a musical pastime, or dust off the vocal cords for some Christmas Carolling? Group singing is loads of fun, as well as being a scientifically proven way to bring back memories, improve mood and socialise!
Visit **songfest.com.au/dementia_friendly_singing_groups** or call the numbers below for more information and to register.

The Young Ones
Supported by Songfest Inc.
For people living with early onset dementia & their carers
Mondays 1.00pm
Southcare John Hardwick Centre, 19 Pether St MANNING
Cost: $5 for afternoon tea
Contact: Matt 0412 402 640 | matt@songfest.com.au

CareSong Melville
Supported by Songfest Inc. & Melville Cares
Thursdays 10.00am
Blue Gum Community Centre,
33 Moolyeen Rd BRENTWOOD
Cost: $3 for morning tea
Contact: 9364 0148 | bg.bc@melville.wa.gov.au

Melodies and Memories
Supported by Baskeville Commnuity Singers Inc.
Thursdays 10.00am
West Swan Hall, Lot 1 West Swan Rd HENLEY BROOK
Cost: $5 for morning tea
Contact: Margaret 0432 105 245 | grubb.margaret@gmail.com

Friends In Harmony
A Songfest Inc. community group supported by Salvation Army & Town of Cambridge
Thursdays 1.00pm
Salvation Army Hall, 121 Brookdale St FLOREAT
Cost: $5 for afternoon tea
Contact: Matt 0412 402 640 | matt@songfest.com.au

COMMUNITY NOTICEBOARD

WA Seniors Week

8-15 Nov
scan code above for event guide or visit
https://me-l.co/on906ojv

Melbourne Cup

3 Nov, 12pm

Have a Go Day 2026

Have a Go Day
Burswood Park
11 Nov, 9am - 3pm
FREE

Celebrating Seniors Showcase

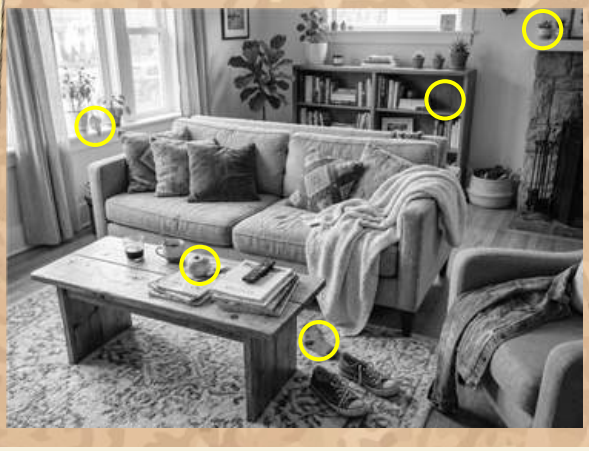
activities, performances, information stalls and a variety of delicious food!

Morley Community Centre
Mon 9 Nov, 10am - 2pm
FREE

11 Nov Remembrance Day

26 Nov Thanksgiving

27 Nov Black Friday



Puzzle Solution for page 6 👉

Office Hours
8.00am to 5.00pm
Monday to Friday

CURA
In-home Care

Your feedback is important to us, please share with us your thoughts, ideas and suggestions.

If we can be of any assistance, please do not hesitate to contact us. We look forward to hearing from you!

Phone: (08) 9382 1983
Email: care@cura-inhomecare.org.au
Unit 7, 170 Burswood Rd, Burswood WA 6100

For very serious issues requiring confidentiality, please refer to our website footer for our Whistleblower Policy. You can report major concerns using the ethical, independent, external organisation link eapassist.com.au/whistleblower

Cura In-home Care is situated on the lands of the Whadjuk people of the Noongar nation. We honour the continued connection to land and culture by Indigenous peoples across this country, and pay our respects to Elders past and present.