



Welcome Back for Term 4

Term 4 is still enrolling! We're thrilled to see so many of our participants return with such enthusiasm and energy. As we approach the end of 2026, it's wonderful to see our classes and programs continuing to bring people together to stay active, connected and engaged.

We look forward to another enjoyable term filled with fitness, friendship, learning and community connection. Thank you to all our participants, volunteers and instructors for making SHARE such a vibrant and welcoming community.

Enrol Now!

Together, we continue to connect, move and thrive.

President's Message

As President of SHARE, I have had the privilege this year of attending many of our classes, events and community activities. What stands out most is not simply the number of programs we deliver, but the sense of belonging they create. Every week, I see people laughing together, encouraging one another and building friendships that extend well beyond the class.



In an increasingly busy and often disconnected world, organisations like SHARE play an important role in bringing people together. Whether it is through a fitness class, a community event, volunteering or simply sharing a conversation over a cup of tea, these connections help strengthen individual wellbeing and build more resilient communities.

Councillor Barbara Ward

President, SHARE SMR Inc.

This year, I have also been particularly encouraged by the opportunities SHARE has created to engage with the broader community. From health and wellbeing festivals to working with students and future fitness leaders, SHARE continues to raise awareness of the importance of active ageing and community participation.

I will be **participating in 16 Days of Activism Against Gendered Based Violence, a United Nations initiative to build community capacity to respond and prevent domestic and family violence.** I am also advocating to every level of government to deliver real outcomes for women's economic safety, building on the national conversation around economic abuse, a hidden and controlling form of domestic and family violence.

As we look towards 2027, the Board remains focused on ensuring SHARE continues to evolve and respond to the changing needs of our community. We know that maintaining health, independence and social connection becomes increasingly important as we age, and we are committed to supporting programs that make a real difference in people's lives.



On behalf of the Board, I thank every participant, volunteer, instructor, staff member and supporter who contributes to the success of SHARE. Your involvement is what transforms SHARE from a service provider into a true community.

I encourage you to invite a friend, neighbour or family member to join a SHARE activity in 2027. Together, we can continue to grow a community where people are supported to live active, connected and fulfilling lives.

Wishing you a happy Christmas with warmest regards

Barbara



2027 Enrolments Opening Soon!



As we approach the end of another successful year, we are excited to announce that 2027 enrolments will open soon. **Don't Miss Out - Places Fill Quickly!**

We encourage our current participants to continue enjoying the many benefits of SHARE's active ageing programs and invite friends, family and community members to join a SHARE class near them. Whether it's Tai Chi, Yoga, Zumba or one of our many fitness and wellbeing activities, there's something for everyone.

Investing in your health is one of the best decisions you can make. Regular physical activity helps maintain strength, balance, mobility, independence and social connection.



Join a SHARE and take a positive step towards a healthier, happier and more connected future.

Click here to enrol - Move it or lose it!



CEO COLUMN – NOV/DEC 2026



Adrian Prakash, SHARE CEO

As we move into the final months of 2026, I continue to be inspired by the resilience and determination of our participants, instructors and staff. Despite ongoing challenges, our classes remain vibrant, our communities remain connected, and our commitment to supporting healthy ageing remains as strong as ever.

While SHARE continues to face significant financial pressure, following the loss of NSW Health funding, and despite continued representations to the NSW Government, the Premier and South Eastern Sydney Local Health District, unfortunately no additional funding has been secured.

Despite these continued advocacy efforts, SHARE's funding has not been reinstated, nor has alternative funding been provided by the NSW Government. This outcome is deeply disappointing and continues to place considerable strain on SHARE's capacity to maintain and expand the vital health and wellbeing programs relied upon by our community.

Nevertheless, I am proud to report that the former NSLHD exercise classes are now again fully operational under SHARE's management, achieved **without any additional funding or staffing resources.** This is a remarkable achievement and a testament to the dedication of our team.

Like many community organisations, we are also feeling the impact of rising costs. We know increasing petrol prices and cost-of-living pressures make it harder for some participants to attend classes and remain active in their communities. At the same time, recruiting and retaining qualified fitness instructors continues to be an ongoing challenge the for us, and across the sector.

Despite these obstacles, our focus remains firmly on delivering quality programs that improve health, wellbeing and social connection. Every day, I see the positive difference SHARE makes in people's lives, and that motivates us to keep moving forward.

I would like to sincerely thank our instructors, volunteers and staff for their professionalism, flexibility and unwavering commitment throughout the year. Their passion and care are at the heart of everything we do. I also thank our participants for their continued support and enthusiasm. Your commitment to staying active and connected is what makes SHARE such a special community.

Together, we have overcome many challenges this year, and together we will continue to build a healthier, stronger and more connected future.

As the year comes to a close, I take this opportunity to **wish you and your loved ones a happy, safe and blessed Christmas. May the festive season bring joy, peace and precious time with family and friends, and may the New Year be filled with good health, happiness and hope.**

See you in 2027!

Adrian Prakash

CEO SHARE

Support SHARE's Future Let This Government Know

That Older People Matter

SHARE participants, families and supporters are encouraged to write to the Hon. Ryan Park MP, Minister for Health, and local Members of Parliament to advocate for the restoration of funding for SHARE's vital health and wellbeing programs. Contact us ***info@share.org,au*** lets sign a petition.





Our older people helped build this nation and deserve the opportunity to age with dignity , to remain healthy, active and connected. They raised families, contributed to our communities, paid taxes, volunteered their time, and helped create the Australia we enjoy today.

For just $180,000 a year, SHARE delivers life-changing health and wellbeing programs that keep older people independent and engaged. Yet this modest funding has been withdrawn, placing these vital services at risk. **It is only through the generosity of staff who have taken massive pay cuts in these challenges economic times that SHARE has been able to continue providing this service – a proud community service for over 40 years**.

We urge the NSW Government to show compassion and restore this modest funding investment in preventative health and community wellbeing. The cost of supporting older people to stay healthy is far less than the cost of treating illness, isolation, and declining health.

We call on our participants, families, carers, volunteers, and supporters to make their voices heard. Write to the Hon. Ryan Park MP, Minister for Health, and your local Member of Parliament. **Older People Matter. Restore SHARE Funding.**

Your voice can make a difference. Together, we can help ensure our nation builders receive the support and respect they deserve and this community services continue to support thousands of people across our region.

ACT TODAY. Support SHARE. Protect community health and wellbeing.

Get Moving Now! Term 4 is still open!

Are you looking to improve your strength, balance and wellbeing in a friendly and supportive environment?



Join SHARE Fitter & Stronger class,

St Matthew's Peakhurst, every Thursday 10:15AM-11:15AM.

Led by experienced instructor Dorothy, the class is designed to help older adults stay active, build confidence and maintain independence.

Enjoy the benefits of regular exercise while making new friends and being part of a welcoming and supportive community. ***Come along and give it a try. We'd love to welcome you to SHARE!*** For more information or to enrol, contact SHARE today and take the first step towards a healthier, more active lifestyle.

"Friendships formed and the sense of belonging are just as valuable as the physical benefits" Ann, SHARE Participant.

Enrol Now!



Enrol Now!



Chair Yoga for 50+



Stay active, improve your flexibility, balance strength, posture, relaxation and wellbeing with ***SHARE's Chair Yoga for 50+ classes***. Suitable for all fitness levels, this gentle and supportive program uses a chair for stability and comfort.

Led by our experienced and ***caring instructor, Emily***, each session provides not only physical benefits but also the opportunity to meet new people, make friends, and enjoy being part of a supportive community.

Enjoy gentle movement, improved wellbeing, and connect with others in a friendly community environment.



Kogarah School of Arts

Wednesday

9:30AM-10:30AM

With Instructor Emily

New participants always welcome. Come along, invest in your health and wellbeing.

Enrol Now!

For more classes available in your area - click the links below

- ***Pilates in Arncliffe***
- ***Stronger Together in Riverwood***
- ***Pilates in Brighton***
- ***Live Online Classes***
- ***Live Longer Live Stronger in Oatley***
- ***Pilates in Oatley and Mortdale***



REGISTER BY GIVING OUR FRIENDLY HEAD OFFICE A CALL ON 8580 0628 OR SEND AN EMAIL TO INFO@SHARE.ORG.AU



Canterbury Wellbeing Festival 2026



SHARE was delighted to participate in the Canterbury Wellbeing Festival alongside Canterbury-Bankstown Council and many outstanding community organisations.

The festival provided a valuable opportunity to engage with local residents, promote health and wellbeing, and strengthen community connections.

It was encouraging to see so many people come together to celebrate positive wellbeing and healthy lifestyles.

Our Tai Chi, Zumba and Yoga demonstrations attracted enthusiastic participation, showcasing the importance of staying active, connected and engaged at every stage of life.







Thank you to Canterbury-Bankstown Council for organising this successful community event, and to everyone who visited the SHARE stall and participated in our activities.

Together, we are building healthier, stronger and more connected communities.

SHARE has been working and is a partner of Falls Prevention Alliance Australia.

We attended the **Falls Prevention Alliance Australia Policy Document Launch,** held on 9 November. An important discussion on the need for stronger policy action on falls prevention across Australia, including a panel discussion featuring Michael Kemp MP Member for Oxley and Allegra Spender MP Federal Member for Vaucluse.



Falls Prevention Alliance Australia

Learn More

Our Placement Experience at SHARE: Learning, Connecting and Growing



Sadikshya Dahal, Koaml Dayal and Karan Phuyal

We are Sadikshya Dahal and Karan Phuyal, Social Work students **currently completing our 500-hour placements at SHARE.** From the moment we arrived, we were welcomed with warmth, kindness and a genuine sense of community that has made our placement both rewarding and memorable.

During our time at SHARE, we've had the opportunity to attend wellbeing exercise classes, meet participants and listen to their stories, experiences and insights.

What stood out the most is the ***positive energy*** and ***friendship participants bring to every class.*** We have enjoyed getting to know people from diverse backgrounds and learning about their perspectives on health, wellbeing and ageing.

One of the most important lessons we have learned is that wellbeing goes far beyond physical activity. While the exercise classes play an important role in maintaining health, they also create opportunities for connection, conversation, laughter and friendship. The ***sense of belonging within the SHARE community is something truly special and inspiring to witness.***

As Social Work students, this experience has strengthened our communication, listening and interpersonal skills. ***More importantly, it has given us a deeper appreciation for the resilience, wisdom and life experiences of older adults.*** Every conversation has provided valuable lessons that cannot be found in a textbook.

We came to SHARE hoping to learn about community work and active ageing, but we have gained so much more. Some of our most meaningful lessons have come from simple conversations, shared smiles and the genuine connections we have formed with participants.

We are sincerely grateful to the SHARE team and all the participants who have welcomed us so warmly and generously shared their experiences with us. Thank you for giving us this opportunity, and making our placement such a meaningful, enjoyable and unforgettable part of our learning journey.

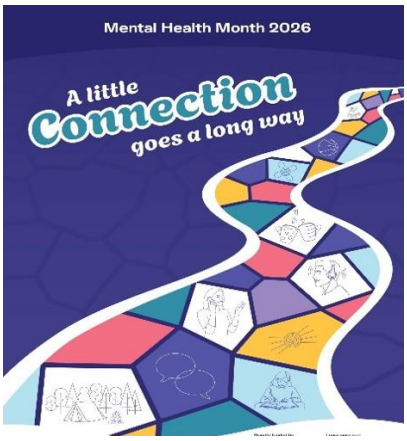
Feature Article by Sadikshya Dahal & Karan Phuyal,

Social Work Students

We were delighted to able celebrate in the many ways people across NSW came together to **support mental health and wellbeing in October.**

This year's theme, A Little Connection Goes a Long Way, is a reminder that connection doesn't have to mean grand gestures or big conversations. It can be as simple as checking in with a friend, sharing a laugh with a colleague, spending time in nature or making a little space for yourself.

Throughout October we promoted the **benefit of connection, conversation and community**, because a little connection really can go a long way.



Click here to join a SHARE class for your mental and physical health

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Building the Future Fitness Workforce - SHARE connects with

Certificate III Fitness students

SHARE recently visited ***Loftus TAFE*** to meet students completing their ***Certificate III in Fitness*** and preparing for careers in the fitness industry. ***SHARE Operations Manager Komal Dayal*** and ***Fitness Leader Tony Earls*** introduced students to SHARE's community fitness programs for people aged 50 and over.

The visit aimed to increase students' understanding of working with older adults and to highlight the growing demand for instructors who can support healthy ageing. Students gained valuable insight into the physical, social and wellbeing benefits of community-based fitness programs, while learning about the important role fitness professionals play in improving strength, mobility, confidence and social connection.

The outcome was a meaningful exchange of knowledge, helping to build awareness of career opportunities in community fitness and strengthening connections between future fitness professionals and the communities they will serve.



Thank you to Loftus TAFE and the students for their warm welcome and enthusiasm.



SHARE supports Nutrition Australia NSW

SHARE extends its heartfelt congratulations to Nutrition Australia NSW for hosting an outstanding Annual Businss Breakfast, during National Nutrition Week. SHARE is proud to have supported and attended this remarkable gathering, which exemplifies the power of collaboration in promoting health and well-being within our community.

Nutrition Australia NSW welcomed more than 250 guests from across government, health, research, community and industry sectors, as well as featured keynote **addresses from the Hon. Premier of New South Wales, Ms. Kellie Sloane MP, Leader of the Opposition, and The Hon. Ryan Park MP, Minister for Health.**

We look forward to continuing our partnership in fostering healthier lifestyles for all, especially older Australians.







Celebrating Diwali!



Diwali, or Deepavali, is celebrated by millions of Hindus, Sikhs, Jains and others around the world, including those who call NSW home. '***Diwali***' means 'row of lamps' symbolising the victory of light over darkness. It is celebrated by lighting small oil lamps called 'diyas'. For many people, it is a time to pray for health, knowledge and peace.

For many people, it is a time to pray for health, knowledge and peace.

SHARE joined the ***Multicultural NSW Diwali Celebrations*** at the Museum of Contemporary Art, Sydney. **The *Opera House* was lit to mark the occasion.**



Cr Barbara Ward and Mr Simon Chan AM Chair of the Multicultural NSW Advisory Board

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SHARE - Crowning Miss Liverpool at Deepawali Mela 2026

SHARE President, Cr Barbara Ward, was honoured to participate in the vibrant ***Deepawali Mela 2026 - Festival of Lights***, hosted by the Shree Sanatan Dharm Pratinidhi Sabha of Australia Inc at Liverpool on 31 October and 1 November. Families from across the community enjoyed live cultural performances, music, dancing, food stalls, market vendors, community displays and a wide range of activities for all ages.

*"It was a privilege to represent SHARE and crown **Miss Amrita Diwakar as the winner of Miss Liverpool**, recognising the talent, confidence and cultural pride of the young women participating in the event. The event showcased the rich cultural diversity of South West Sydney and provided a wonderful opportunity for people from all backgrounds to come together in the spirit of friendship, cultural understanding, inclusion and community celebration"* said Barbara.

The event was attended by the ***Premier of NSW Hon Chris Minns*** and ***Charishma Kaliyanda MP*** and the ***Mayor of Liverpool Mr Ned Mannon.***







Nepal Disaster Vigil and Prayer Service



Following the catastrophic glacier-triggered floods that devastated parts of Nepal in August, claiming more than 1,300 lives and leaving thousands missing, SHARE President Cr Barbara Ward joined members of the Nepalese community at a Vigil, Prayer and Thanksgiving Service held at the Mandir in Auburn.

The gathering brought together community leaders, families and supporters to honour those who lost their lives, reflect on the immense hardship faced by affected communities, and offer prayers for recovery and healing.

Addressing those in attendance, Our President **Cr Ward delivered a message of hope, resilience and solidarity, acknowledging the strength of the Nepalese community during this difficult time. She spoke of the importance of standing together in the face of tragedy and reaffirmed the value of compassion, community support and cultural connection.**

The service provided an opportunity for people from diverse backgrounds to unite in remembrance and support, demonstrating the enduring spirit of community that helps people rebuild after times of great loss.

Tying Bonds, Sharing Smiles: Raksha Bandhan



SHARE celebrated **Raksha Bandhan**, a cherished festival honouring the special bond of love, care, and protection between brothers and sisters. SHARE participants recently came together to celebrate **Raksha Bandhan**, they learned about the significance of Raksha Bandhan for the very first time - a joyful festival honouring the bonds of love, care, and connection.

The day was filled with laughter, stories, friendship, and cultural pride as participants shared traditions and learned from one another.

More than a celebration, it was a wonderful reminder that family can also be found in the friendships, kindness, and support we share every day. Thank you to everyone who helped make the occasion so special. Together, we celebrated community, belonging, and the spirit that makes SHARE a welcoming place for all.

"It was heartening to see participants supporting one another and embracing the spirit of unity that lies at the heart of the festival", Adrian Prakash, SHARE CEO

UPCOMING EVENT

Join us for another inspiring SHARE community event.

Promoting active ageing, wellbeing and social connection.

SHARE supports the 16 Days of Activism Against Gender-Based Violence and stands with our community in promoting respect, safety and equality for all.

On 25 November, the first day of the 16 Days of Activism Against Gender-Based Violence, SHARE joins communities across Australia in raising awareness of the importance of respect, safety and equality for all.

This global campaign encourages individuals, organisations and communities to take a stand against violence and promote a future free from gender-based violence.

***"At SHARE we encourage everyone to play a part by starting conversations, showing support and helping build safer, more inclusive communities"*, Adrian Prakash CEO.**

Together, we can create lasting change.



Celebrating SHARE's Outstanding Volunteers

SHARE proudly congratulates **Alekhya Bulusu, Ansh Dayal, Najat Geha and Vicky Mylonas**, who were recently recognised at a Volunteer Awards event hosted by the **Centre for Volunteering at Cronulla RSL.**

Their dedication, generosity and commitment help SHARE deliver meaningful health, wellbeing and social connection programs across our community.

We thank them for their outstanding contribution and congratulate them on this well-deserved recognition. ***Volunteers are at the heart of SHARE***, making a positive difference every day.

***"Congratulations on this well-deserved honour. SHARE is incredibly proud of your achievements and grateful to the difference they make every day through their kindness, service and commitment to helping others",* Adrian Prakash SHARE CEO.**





Volunteer Opportunity: SHARE Monthly Newsletter Coordinator

SHARE is seeking a volunteer, student, or aspiring communications professional to assist with the preparation of our monthly newsletter.

This is a wonderful opportunity to gain practical experience in community engagement, communications, content writing, and marketing while supporting a not-for-profit organisation that promotes health, wellbeing, and social connection across our communities.

Role Responsibilities

- Compile stories, photos, and updates from SHARE programs and events.
- Draft and format a monthly electronic newsletter.
- Liaise with SHARE staff and volunteers to gather content.
- Help promote the positive impact of SHARE's activities and services.

What You'll Gain

· Practical experience in communications and community engagement.

· Portfolio-worthy, published content.

· Mentoring and networking opportunities within the community sector.

· The satisfaction of contributing to a meaningful community organisation.

Students studying communications, journalism, marketing, public relations, media, or related fields are encouraged to apply, however anyone with strong writing and organisational skills is welcome.

To express your interest, please email ***SHARE***. We would be delighted to hear from you.

For more information



Our Timetable

How to Enrol with us

Our Wellbeing Programs

Visit our Blogs



Thank you for being part of the SHARE Community. If you have any questions or suggestions for future topics or campaigns, please **contact us**.



We acknowledge we work on the traditional lands of many Aboriginal clans, tribes and nations.
We're committed to working in collaboration with our region's Aboriginal communities and peoples to improve their health, emotional and social wellbeing in the spirit of partnership.

SHARE | Suite 2, Level 3, 36 Princess Street | Brighton-Le-Sands, 2216 AU

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