

Meet Hawkesbury Social Branch inaugural members



Our first gathering photo

It's a pleasure to introduce our inaugural members: Sharelle, Len, Annaliese, Andrea, Caroline, Gail, June, Isabelle, Kerry and Maree for our very first meet-up on Thursday, 26 March over morning tea, highlighted with discussions on NSA latest advocacy campaigns.

NSA Policy Advisor Luke Smith was online to us discussing how we can find cheaper options to keep our electricity bills down and affordable.

We aim to have more seniors in the Hawkesbury region discover the benefits of joining NSA. We want to meet more like minded seniors, let's learn together and discover new lifestyle ideas and innovative ways of engaging in a world that rapidly changes each day. We'd like to connect and kept abreast of issues that matter most to us seniors and our families.

Join our branch by direct mailing list or through National Seniors Hawkesbury Facebook community page which is for members only. Inaugural branch officers:
Branch Coordinator - Elizabeth Frias
Secretariat - Sharelle Payne
Treasurer - Susan Turner
Hospitality Incharge - Barbara Thompson
More volunteers wanted! Email: nationalseniorshawkesbury@gmail.com.

UPCOMING EVENTS

Thursday 30 April 2026 - Free Event

Guest Speaker - Heather Lee OAM, 2019 NSW Senior Australian of the Year and world's race walking champion.

Thursday 28 May 2026, 9.30am 12.30pm, Hawkesbury Central Library - \$5 entry

The Apron Project exhibition by artists from Australia and overseas, paint your own tea towel to take home. Hear the project's story from its creator Sallianne McClelland on how they, and you, can help rebuild the lives of **survivors of domestic violence**.

Thursday 25 June 2026 - Free Event

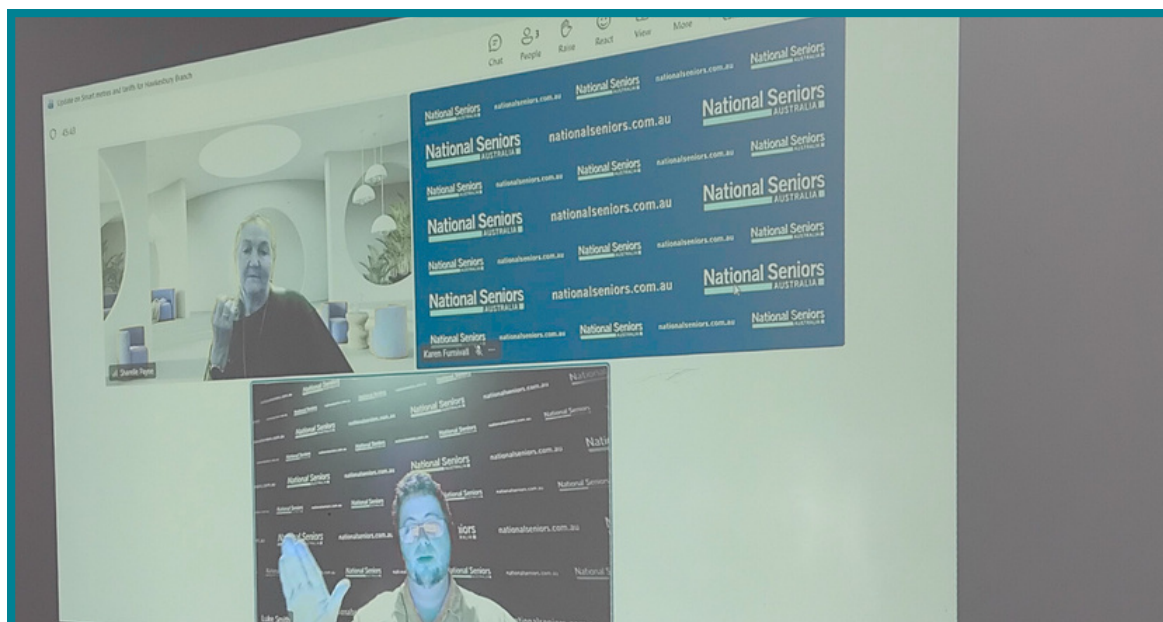
Hawkesbury local historian Joy Shepherd presents folklores about the early settlement, including her documentation of the 1961 and 1964 floods that led to the demise of the Hawkesbury Development Company, an electricity provider in the region at the time.

Thursday, 30 July 2026 - Bus Trip to soon to open Western Sydney International Airport at Bradfield City then lunch at Luddenham village. More details coming. Early sign up is requested for bus seats.

March meeting discussed keeping electricity bills low

Via Teams video, NSA Policy Advisor Luke Smith showed to branch members how per kilowatt charges are calculated on electricity bills, often based on default market offer. The NSA advocacy campaign on keeping electricity bills affordable for seniors have recommended the following, among others:

- Stronger consumer protection measures on confusing energy prices
- Banning demand tariff for consumers
- Roll out of smart metre protections to reduce tariff
- Roll back the \$150 energy credit for households who do not have solar electricity installed.
- More details on the NSA Connect Newsletter.



On Thursday, 30 April Meet-Up - Agenda

NSA Community Engagement Manager Karen Furnivall will discuss latest advocacy updates on the **NSA 2026 Federal Budget recommendations**, **Keep Cash Campaign** and **Changes to Bank Surcharges**, and much more including **Bus Trip to the new Western Sydney International Airport at Bradfield on Thursday, 30 July Meet-Up**.

National advocacy update



Cash is coming back as RBA survey reveals

National Seniors Australia's campaign to Keep Cash is working and cash is making a comeback as demonstrated by the RBA's 2025 Consumer Payments Survey (CPS) that shows cash usage is on the rise.

The survey reveals cash usage has increased by number of transactions (15% in 2025 compared to 13% in 2022) and by the total value of transactions.

It also shows a decline in the proportion of people who never use cash and that three-quarters of people carry cash in their wallets, with the median amount around \$65 – indicating more people are using cash, with around one in four payments less than \$10 made with cash.

NSA's Chief Executive Officer Chris Grice said the survey results reaffirm the importance of cash in the Australia economy, despite the historic trend toward a more digital economy.

Full article on www.nationalseniors.com.au/news



Pensioner Concession Card Plus

NSA research shows low-income seniors are more likely to be severely impacted by rising living costs and that some older people have been prohibited from accessing health care due to cost.

Older women, in particular, experience higher levels of financial hardship, having less superannuation and being more likely to be renters.

We also know, from our concessions campaign, older people value concessions as a practical way to help relieve cost-of-living pressures.

In response, National Seniors Australia has developed a new policy to enable governments to deliver additional support to pensioners facing poverty.

Full article on

www.nationalseniors.com.au/advocacy

National Seniors Australia is urging retailers who accept cash to proudly display our sticker.

Register for bumper stickers and retailer stickers to distribute in your local area.

Visit our **KEEP CASH** campaign page: bit.ly/3wEOLGu





Sponsored story: **Face-to-face help with your aged care**

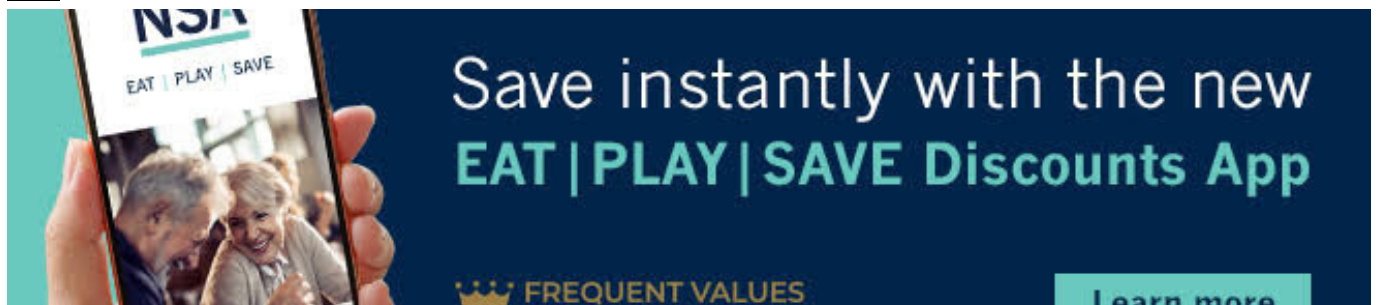
Services Australia staff can help you with general information about My Aged Care. For more detailed help, you can speak with an Aged Care Specialist Officer (ACSO).

An ACSO can:

- Give you information about different types of aged care services
- Refer you for an aged care assessment
- Help you register support relationships
- Give you financial information about aged care services
- Connect you to local support services.

ACSOs are experts who can help you understand your options in person. This makes sure you have the right support for your specific needs.

To book a free ACSO appointment, visit the [Services Australia website](#) or call [1800 227 475](#).



Discount app stretches your dollar

The NSA EAT | PLAY | SAVE app is proving to be a popular and practical everyday tool for members, helping them save on essentials and enjoy more of the things they love.

Recent usage data highlights the app has become embedded in users' daily lives, with thousands of purchases made at supermarkets, eateries, entertainment venues, and retailers. At the top of the list is the Woolworths Supermarkets eGift Card, by far the most frequently used offer. This is hardly surprising. Groceries are a non-negotiable household expense, and the ability to access discounts on supermarket spending delivers immediate, tangible savings week after week.

Coming in second are Event Cinemas, BCC Cinemas, and Village Cinemas, showing that members are keen to save while watching latest movies on the big screen. Discounted tickets allow seniors to keep social, active, and entertained without having to cut back because of rising living costs. Savings on petrol and diesel are accessible on fuel eGift cards.