

ENGAGEING UNLEY

THE CITY of
Unley

NEXT INSTALMENT

Would you like to get this Newsletter and other information by email?

Send your details to
CHSP@unley.sa.gov.au



Welcome...

to our newsletter for residents who access the City of Unley Commonwealth Home Support Programme (CHSP)

Our aim is to keep you informed and provide information on new initiatives, services and supports you may like to access during these very challenging times.



October Bus Trips were a hit!

October saw four bus trips to Goolwa, Mt Lofty Summit, Monarto Zoo and a day out at Hahndorf! We also ran our first Blokes Day Out since the start of the year to the SA Whale Centre at Victor Harbour.

More information about December bus trips on page 6

THANK YOU

Thank you to those who have returned our feedback survey. The information you have provided is invaluable and will help us plan 2021.



Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Would you like some extra assistance to get your home ready for Christmas?



The In-Home Support Program at the City of Unley has capacity to offer additional seasonal services to residents who are over 65 and living independently in their own home.

Available services include:

- Spring cleaning – can include cleaning out cupboards, dusting window ledges and skirtings, cleaning out fridges and freezers, wiping over exhaust fans and more
- Gutter cleaning – clearing accessible gutters, valleys and box gutters of debris and flushing the downpipes to ensure they are clear of obstruction
- Window cleaning – removal and cleaning of detachable screens, washing all accessible windows and wiping over accessible frames and window ledges

- Garden tidy up – can include things like cutting back shrubs, trees and bushes below 2.4m, sweeping/blowing leaves, whipper snipping weeds and grasses, spreading mulch

Client contribution fees apply, and a My Aged Care referral is required to access these services.

For further information or to book, please contact our In-Home Support team on 8372 5198 or email chsp@unley.sa.gov.au



Unley Community Bus

The City of Unley's Community Bus frequents local shopping destinations as listed below. If you would like to access any of the services provided by the Community Bus, please contact the Community Bus Coordinator on 8372 5131.

Unley Shopping Centre – Everyday, Monday to Friday

Castle Plaza Shopping Centre – Every Friday

Rotational Shopping Centres, Burnside, Big W, Mitcham and Marion – Rotational on Wednesdays

Gaganis Bros at Hindmarsh – First Monday of every month

The Unley Community Bus also runs an Out & About Tour each month to various destinations. Please see below for what we have planned for November and December this year. Our 2021 Program is coming soon.

Trip to Virginia Nursery on Thursday 19 November 2020

Christmas Cruise around Westlakes on Thursday 17 December 2020

All passengers must be registered so please get in touch with the Coordinator on 8372 5131 who will arrange for a registration form to be sent out, or you can find it on the Unley website.

To allow our Volunteers to take a much needed break, the Community Bus will not run services between Monday 28 December 2020 up to and including Friday 1 January 2021.

The services will recommence on Monday 4 January 2021

Community Transport Car Program



Transport is currently available for

- Medical / Health related appointments
- Social Programs, Local Community Centres, Social Clubs
** New services being offered**
- Visiting family and friends
- Transport for shopping, banking, paying bills, hairdressing appointments etc
** Christmas Shopping**

If you require transport in the lead up to Christmas we are offering transport to various shopping centres such as Marion, Burnside, Mitcham and Castle Plaza to assist with your Christmas shopping needs.

The Community Transport Car Program is a volunteer driver based service and therefore is dependent on volunteer availability.

3 or more working days notice when making a booking is required.

Please note this is a drop off and pick up service only

*** Christmas Closure Tuesday 22 December 2020 until Monday 4 January 2021. Services to resume on Tuesday 5 January 2021***

A My Aged Care Referral for Transport is required to register with the program.

For more information please call the Community Transport Coordinator on 8372 5405

FIRST
CLASS
FREE!



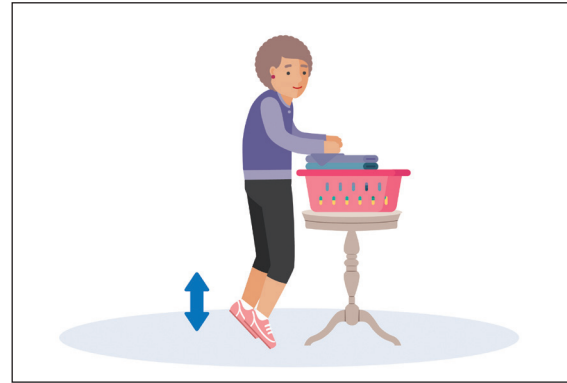
Come along and try out our BoxFit Program – your first class is free!

BoxFit is a non-contact, non-competitive boxing group to improve your fitness, strength and coordination.

Classes are run Tuesday mornings at 9:15am by a qualified boxing and fitness instructor.

The class will consist of a warm up to mobilise joints and warm up muscles, non-contact boxing for 30-40 minutes, then a cool down and stretch.

If you would like further information or to register your interest contact our CHSP Wellbeing Program on 8273 8763 or email: chsp@unley.sa.gov.au for more information.



The Daily Move: Calf Raise

1. Place hands on something solid for balance
2. Slowly push off onto your toes
3. Slowly lower heel back to ground
4. Repeat 8 –10 times

Strong calf muscles are not only vital for functional performance but also provide protection from lower limb injuries. The calf muscles are active during any walking movement, so it is essential that we strengthen our calf muscles to maintain an efficient walking technique.

Strong calf muscles also provide lower limb stabilisation and can help protect the knee and ankle joints from injury and deterioration.

Christmas Lunch at Unley Community Centre



Join us for a beautiful three course Christmas lunch prepared by the cook and volunteers at the Unley Community Centre, to mark the end of the year together.

Cost: \$15

Date: Friday 11th December

Time: 1pm

Location: Unley Community Centre, 18 Arthur Street, Unley

Vegetarian option available, please advise at time of booking.

Transport available. Bookings essential contact the Daily Moves team on 8372 5177.

Expression of interest – Gardening Interest Group



Spring has sprung,
The grass has ris',
I wonder where all,
The gardeners is?

We are wondering if there are interested gardeners (novice and expert) who would like to meet with other likeminded green thumbs? Meetings could include seed raising, seed and cutting swaps, presentations from horticulturalists and plant hobbyists, tours to gardens, sharing of produce, brewing herbal teas, or whatever the group would want! Meetings would be on a monthly basis in the afternoon, we have availability Mon to Thurs so we will ask which days you prefer when you contact us.

Register your interest with the Daily Moves team on 8372 5177.





Assistance with shopping

Are you finding it difficult to get to the shops to buy a Birthday or Christmas present for family or friends, or a special outfit or gift for yourself?

The Unley Commonwealth Home Support Programme can provide one-on-one assistance and transport with one of our friendly volunteers.

If you would like more information or to book in a shopping service, please contact our Commonwealth Home Support Programme's Wellbeing Coordinator on 8372 5191 or email: chsp@unley.sa.gov.au



Christmas classic movie White Christmas

Come along to the Unley Community Centre and ignite your Christmas spirit with this classic 1950's musical starring Bing Crosby.

Monday 7th December 1pm-3pm

Unley Community Centre, 18 Arthur Street, Unley.
To book contact the Community Centre office on 8372 5128.

Transport available – phone the Community Transport office on 8372 5405 to arrange.

Daily Moves Health Education Tour: Enhance Your Health Through Sleep and Virtual Reality



FREE

Date: 26/11 **Time:** 10:00am

Location: University of South Australia
Magill Campus

Transport available. Bookings essential contact the Daily Moves team on 8372 5177.

Take a guided tour through the UniSA Sleep Research Facility. You'll get to visit a sleep laboratory, as well as learn how technology, specifically virtual reality, can enhance your health and wellbeing.

Parkfit at Felixstow Reserve



FREE

Date: 26/11 **Time:** 10:00am

Location: Felixstow Reserve, Riverside Drive, Felixstow

Would you like to learn how to use outdoor equipment safely and effectively? We have partnered with Move for Better Health, and will have Senior Physio Sam running 60 mins supervised classes.

Registration is for a four week block:

- Thursday 19th November
- Thursday 26th November
- Thursday 3rd December
- Thursday 10th December

This event is coordinated by the City of Unley Daily Moves program, which provides support to older adults to be physically active and have a great quality of life.

Transport available. Bookings essential contact the Daily Moves team on 8372 5177.



Respite care

The City of Unley Respite Program aims to support and maintain relationships between carers and the people they care for, by providing flexible respite options.

The person being cared for can be taken on social activities outside of the home or cared for in the home.

Times and days negotiable. For more information please contact our CHSP Wellbeing Coordinator on 8372 5191.

Connect: Reach out for a richer life

At every age and stage of life we can enrich our lives by making more connections to friends, family and our community.

As our activities are starting up again it may be time to explore new friendships, community connections and your neighbourhood.

To book please contact our CHSP Wellbeing Program on 8273 8763.



Local Café Culture,
Thursday 26 November
10.30 am to 11.30 am
Indoor Event: Sublime
Café, Mills Street

Gardening Inspirations,
Tuesday 1 December
10 am to 12 noon
Mitre 10, Unley Rd

Workshop Sneak Peek,
Thursday 3 December
10 am to 12 noon
Rosefield Shed,
Wayville Showgrounds

Me 'n me mates

Australian Songs
and Stories
Country/Folk Songs
and Yarns

Clarence Park Community
Centre, 72-74 East Ave,
Black Forest



Wednesday, November 25, 1-2pm
FREE – booking essential 8293 8166
Facebook.com/menmemates



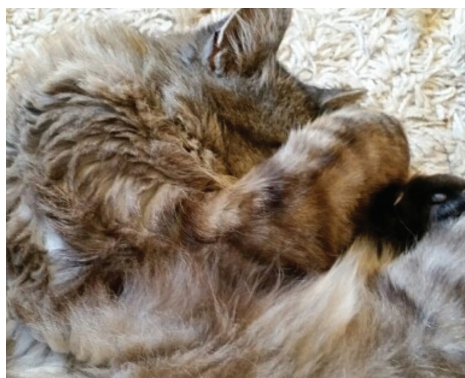
Wellbeing phone calls

Do you live in the Unley Council area?
Are you aged 65+ and interested in
having a regular phone call from one of
our friendly volunteers?

If you would like more information,
please contact our CHSP Wellbeing
Coordinator on 8372 5191 or
email: chsp@unley.sa.gov.au

Furry Friends!

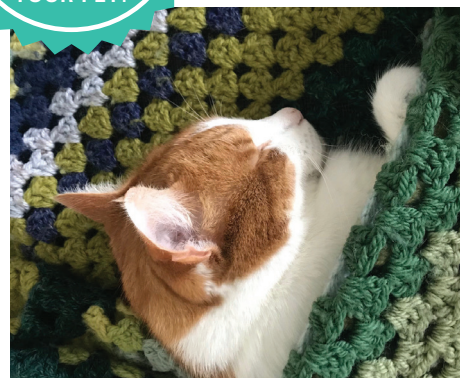
Win a prize for your pet! Send in your favourite pet pic to 49 Oxford Terrace, Unley or email: chsp@unley.sa.gov.au to be featured in the next newsletter.



Carmela's 20+ year old Tabby cat trying to sleep...



Barbara's neighbour's puppy Millie, having her first bath!



Alyssa's purrito, Rupert, complete in a granny square blanket.

December: Bookings from 23/11/20

**Friday 11 December 2020,
10am to 3.30pm**

Enjoy a 3-course meal at Maggie Beers restaurant in the Barossa Valley followed by product tasting at Maggie Beer's Farm shop.

Cost: \$60 for a 3-course meal at Maggie Beer's Restaurant (no cost for the bus).

To make a bus booking contact CHSP Program on 8372 5191 or 8273 8763.



**Wednesday 16 December 2020,
5pm to 8:30pm**

Get into the Christmas spirit and join us for a festive get together at the Palais Hotel in Semaphore!

Cost: \$8 bus trip, dinner at own cost

The bus leaves from Fullarton Park Community Centre, please arrive 15 min early.

Please have correct money on the day. **EFTPOS is now available.**

Numbers per bus trip are limited due to social distancing requirements.

To be eligible for this program we require a Social Support Group referral from My Aged Care.

You can contact My Aged Care on 1800 200 422, or we can do this on your behalf.

**Thursday 17 December 2020,
9:30am to 12:30pm**

please note change of date

What a perfect time of year for cherry picking. Stock up on cherries just in time for Christmas. After some cherry picking enjoy a coffee and chat or treat yourself to their famous cherry ice-cream.

Cost: \$12 includes bus trip and cherry picking, food at own cost.

Additional fee for "premium" cherry picking



CONTACTS

If you would like to access any of these services or want further information please call

In-Home Support	Phone: 8372 5198
Wellbeing Program	Phone: 8372 5191
Community Bus	Phone: 8372 5131
Daily Moves	Phone: 8372 5177
Car Transport	Phone: 8372 5405

