

ENGAGEING UNLEY

THE CITY of
Unley

AUGUST EDITION

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

Send your details to **WellbeingProgram@unley.sa.gov.au**



Welcome...

to our monthly 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.

For bus trip or social program suggestions email **WellbeingProgram@unley.sa.gov.au**

Join us...

On our next Wellbeing Bus Trip

We have visited some amazing venues over the last few months with a lot of great feedback from our participants.

Some of the trips we have attended so far (with great feedback) have been Captain Proud Cruise, Meadows Bakery, Wine Tasting at McLaren Vale and recently Dunluce Castle.

The group started with a Devonshire morning tea followed by a guided tour given by the castle owners. They enjoyed learning about the history of the historic building, the Macully family, the legend of the Brighton smugglers tunnels and South Australia's first recorded shark fatality, Kitty Macully of Dunluce. After the tour they enjoyed a delicious lunch at the Warradale Hotel.

If you would like to join in on the fun, meet new people and have an enjoyable day out contact the Wellbeing Program on 8372 5191 to get more information or to make a booking. Please see page 10 & 11 for the August Wellbeing Bus Trips.



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.

unley.sa.gov.au

Unley Community Shopping Bus is for everyone



“The Community Bus service is a super service in every regard, the timing, and people. This includes the volunteers and staff that run the service and the caring attitude of everyone involved’.

(Passenger compliment).

The Unley Community Shopping buses are one of the services offered to residents. The shopping bus is for everyone and can assist all adults, at any age. We currently have more capacity for new passengers who haven't accessed this service before. If you would like to take advantage of this, we would like to encourage people to get in touch with us and start using the community shopping bus. We have recently updated our timetable and have added two new destinations which shown to the right.

If you are able to access the community bus independently to do your shopping, we would be delighted to hear from you. Please contact the **Community Bus Co-ordinator** on **8372 5131** for more information.

New Destination – Arkaba Shopping Centre on **Mondays – 9:00am – 12:00pm**

Rotational Shopping Change – Replaced Mitcham Shopping Centre with **Pasadena Shopping Centre – 9:00am – 12:00pm**
3rd Wednesday of the month

Volunteering

We are looking for new volunteer helpers, so if supporting our Community Bus program appeals to you, please get in touch by calling the **Community Bus Co-ordinator** on **8372 5131**.

Unley Community Transport ticketing system

From the beginning of July 2022, passengers will be able to purchase-5 trip or 10 trip tickets to use for the Community Transport (Car) program, replacing cash payments and making it - easier for both passengers and drivers.

Tickets do not have an expiry date and are not refundable- but they are transferable.

Passengers will be able to purchase the tickets from the Volunteer Driver or by contacting Moira Heppenstall, Community Transport Coordinator on 8372 5405 enabling them to pay via credit card over the phone.

Tickets will also be available to purchase in person at the Unley Civic Centre.

Once passengers have their tickets, all they will need to do is present the ticket to the Volunteer Driver for validation each trip. The Volunteer will mark tickets each time passengers access the car.

Costs

Level 1 Concession; \$17.50 for 5 single trips or \$35.00 for 10 single trips.

Level 2 Self-funded; \$27.50 for 5 single trips or \$55.00 for 10 single trips.

If you have any questions, please phone the **Community Transport Coordinator** on **8372 5405**.



Meet one of our new contractors

We are very pleased to let you know that we have been successful in bringing another contractor aboard to provide our CHSP home maintenance and modification services.

Lancaster's Property Services

This company is a professional, well-qualified family business that specialises in building, maintenance and cleaning solutions.

Their staff are suitably qualified, experienced tradespeople, handypersons and labourers, with appropriate licenses and registrations to ensure compliance and workmanship standards.



Lancaster's Property Services provides services to many organisations throughout Adelaide, as well as providing individualised services for people with disabilities and older people living in their own homes.

All the Lancaster team have current police checks and are fully vaccinated. You will have peace of mind knowing that when we book in a service with the Lancaster team, we have ensured your safety and security.

In Home Support Program Get ready for Spring!

Spring is just around the corner!

Would you like one of the services below?

- ✓ **Spring cleaning**
- ✓ **Window cleaning**
- ✓ **Garden tidy up**
- ✓ **Gutter cleaning**
- ✓ **Handyman service**

A My Aged Care, Home Maintenance referral will be required to access any of the services. If you don't have a referral and you need assistance, we can help you with this process.

To make a booking or if you require more information, phone the **In Home Support Program** on 8372 5198 or email: chsp@unley.sa.gov.au



Easy chicken stew recipe

Ingredients

- 1 tbsp olive oil
- 1 bunch spring onions, sliced, white and green parts separated
- 1 small swede (350g), peeled and chopped into small pieces
- 400g potatoes, peeled and chopped into small pieces
- 8 skinless, boneless chicken thighs
- 1 tbsp Dijon mustard
- 500ml chicken stock
- 200g Savoy cabbage or spring cabbage, sliced
- 2 tsp cornflour (optional)
- Crusty bread or cheese scones, to serve (optional)

Method

STEP 1 Heat the oil in a large saucepan. Add the white spring onion slices and fry for 1 min to soften. Tip in the swede and potatoes and cook for 2-3 mins more, then add the chicken, mustard and stock. Cover and cook for 35 mins, or until the vegetables are tender and the chicken is cooked through.

STEP 2 Add the cabbage and simmer for another 5 mins. If the stew looks too thin, mix the cornflour with 1 tbsp cold water and pour a couple of teaspoonfuls into the pan; let the stew bubble and thicken, then check again. If it's still too thin, add a little more of the cornflour mix and let the stew bubble and thicken some more.

STEP 3 Season to taste, then spoon the stew into deep bowls. Scatter over the green spring onion slices and serve with crusty bread or warm cheese scones, if you like.



Aged Care Quality Standards

As a provider of Commonwealth subsidised aged care services, City of Unley CHSP program is required to comply with the Aged Care Quality Standards.

The Quality Standards focus on outcomes for consumers and reflect the level of care and services the community can expect from organisations that provide these services.



The Quality Standards are made up of eight individual standards:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisations service environment
6. Feedback and complaints
7. Human resources
8. Organisational governance

Consumer outcomes:

Standard 1

Consumer Dignity and Choice: I am treated with dignity and respect and can maintain my identity. I can make informed choices about my care and services and live the life I choose.

Standard 2

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and wellbeing.

Meet our new staff



Hello – my name is Sim

I have recently joined Unley Council as a CHSP Admin Support officer to assist clients to continue living in their homes independently and safely.

I moved from England to Australia and started working in community services.

I have now been working in this sector from the last seven years, and I absolutely love the diversity of my work.

I enjoy spending time with nature and meditating.



My name is Silvana.

I previously held a contract role at SA Health after working in various Aged & Disability positions, including in CHSP at a council in Melbourne. I am enjoying being back in Adelaide with friends & family.

I currently don't have any pets but would love to get one sometime soon!

I'm very pleased to be working at Unley and look forward to meeting the CHSP clients soon



Hello- my name is Wayne.

For the past few years I have been working for My Aged Care- APM Regional Assessment Services as a Home Support Assessor for CHSP, covering the Adelaide Hills, Mallee, Eastern and Southern Fleurieu regions. I enjoy assisting to enable better lives for older adults, seeing them achieve their goals and supporting their independence.

Prior to working for APM, I was a small business owner.

Before that I worked as a business consultant for Barkuma Services, a company which helped people from 14-50 years of age with intellectual and physical disabilities.

I have sat on 2 Local Government Council DDA groups and have also been involved in National Day of Disability programs and have won recognition awards for helping people with disabilities.

I have qualifications in business- marketing and aged care services.



Hi, my name is Dainon and my dog is Lincoln, who is 11 months old.

I have recently commenced working with City of Unley as a Community Support Worker, where I have taken on a range of fun and exciting roles, such as domestic cleaning, shopping and respite care for individuals seeking services through the Council.

A little bit about me.

I have previously worked as a swimming instructor and lifeguard and have worked at many swimming centres around Adelaide. I have been studying at Flinders University to become a registered nurse, which I look forward to completing.

Delivering the best possible care to my existing and future clients is exactly why I do the job that I do. I am excited for the times ahead and anticipate meeting you and seeing your wonderful smiles and sharing stories of the unique journeys' you have experienced through the years.

Social Support Programs

The Commonwealth Home Support Program provides social and wellbeing programs to assist you to participate in community life and to feel socially included through structured activities that develop, maintain or support independent living and social interaction, whilst facilitating your wellness and reablement goals.

For more information on all of our programs and to make a booking contact the Wellbeing Program on 8372 5191 or email: wellbeingprogram@unley.sa.gov.au

Tai Chi



Tai Chi is an ancient Chinese martial art practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

The benefits of Tai Chi may include - decreased stress, anxiety and depression, improved mood, energy and stamina, flexibility, balance and agility and improved muscle strength and definition.

Join us at the **Unley Community Centre** on **Mondays from 11.45am to 12.30pm.**

Cost: Level 1 - \$9 per class;
Level 2 - \$12 per class

Better Balance Classes



Come along to one of our Better Balance classes. The classes are specifically designed with the intention of improving your balance.

Our Accredited Exercise Scientist, Jenny, will guide you through a range of exercises targeted at preventing people from falls.

The class aims to improve your balance and confidence whilst building strength and endurance- all in a fun and social environment.

Classes are held on Thursdays at **Fullarton Park Community Centre.**

Cost: Level 1 - \$9 per class;
Level 2 - \$12 per class

Meet me Monday

Meet Me Monday is a social support program for carers and the people who they care for. Or if you are a carer and just need some time to yourself, then Meet Me Monday is for you!

Our friendly Meet Me Monday group is looking for new members to join in on a fun and friendly day. It is a great opportunity to relax while developing friendships and support networks within your local community.

The group meets at the Unley Community Centre twice a month. You can enjoy a delicious lunch cooked onsite and join in on various group activities such as games, crafts, information sessions, guest speakers and bus trips.

8 August 2022

Activities and Games

Cost: Level 1 - \$6 per person;
Level 2 - \$11 per person
Cost includes morning tea.

22 August 2022

Art with Nelum – Clay Pinch Pots

Cost: Level 1 - \$11 per person;
Level 2 - \$16 per person

Cost includes morning tea and materials.



Easy Paced Walking Group



Do you enjoy walking but find other walking groups are too fast and you can't keep up?

Join our easy-paced group for a 30-to-40-minute walk around the local area, at your own pace. After the walk, join the group for a drink at the local coffee shop.

All abilities and mobility devices are welcome, with rests along the way for those who need them.

The group meets weekly at 10.30am on Tuesday mornings

Cost: Gold coin donation

Technology Assistance



Do you need some assistance with technology? We have some very helpful, knowledgeable, and friendly volunteers ready to assist you in your home. They can help you with either your laptop, computer, iPad, Android table or smart phone and can even reprogram your television channels for you!

Cost: Level 1- \$7.50 per visit;
Level 2- \$10.50 per visit

Flexible Respite Care



The City of Unley CHSP program provides Flexible Respite to support and maintain care relationships between carers and the people they care for, by providing good quality respite care so carers can take a much-earned break.

In Home Day Respite: providing a daytime support service for carers of clients needing assisted support, either in the carer's or the client's home.

Out of Home Respite: providing one-on-one structured activities to give clients a social experience to develop, maintain or support independent living and social interaction and offer respite to their carer.

Cost: Level 1- \$7.50 per hour;
Level 2- \$10.50 per hour

Unley Buddies at Breakfast program

Are you aged over 65+ living in the Eastern Region and looking for a social experience with a difference? Then join us for a delicious breakfast, good coffee and excellent conversation at our weekly Men's Breakfast.



Share a joke have a laugh – it's a great way to catch up with other blokes in a relaxed, friendly environment.

Held every Friday at Unley Park Sports Club, 8 Northgate Street, Unley Park.

Cost: Level 1- \$13 per person;
Level 2- \$19 per person

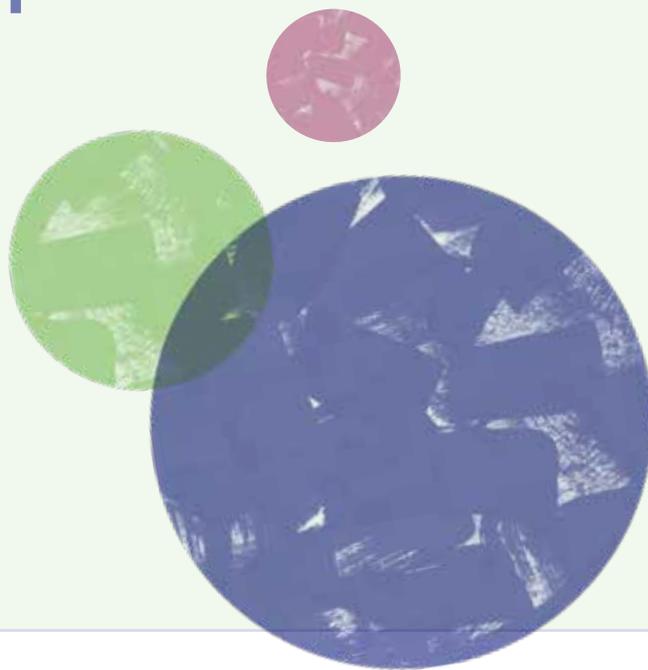
For more information or to make a booking contact us on 8372 5191 or email: wellbeingprogram@unley.sa.gov.au

New client contribution

You are all probably aware by now of the increase in Councils fees and charges (client contributions), which included Council endorsing an increase to the contributions you pay towards the CHSP services you receive from Council. These increases are effective from 1 July 2022.

Council is committed to assisting our residents to stay in their own homes and communities as they age, and we have endeavoured to keep all client contribution amounts as low as possible. If you have any concerns about your ability to pay for the services you receive, please contact the relevant Program Coordinator.

Please contact us if you would like us to send you a copy of Client Contribution Schedule for 2022/23.



New program “Expressions of Interest”

The CHSP program is looking for expressions of interest for some exciting new programs.

Falls Prevention Class



These classes are suitable for individuals who may be lacking confidence in their balance and stability. The class aims to strengthen your muscles to improve your balance and will assist you to gain more confidence with mobilising independently.

Days, times, venues and costs to be confirmed.

A My Aged Care Social Support Group or Social Support Individual referral will be required to participate in the classes and a Doctors Clearance form may be required to be signed by your doctor before commencing, we will supply this form.

For more information or to register your interest in any of the programs above please contact the **Wellbeing Program** on **8372 5191** or email: wellbeingprogram@unley.sa.gov.au

One-On-One exercise support in the home



One of our exercise professionals can visit you one-on-one in your home. They will undertake a physical assessment and goal-setting session with you and can prepare an exercise program that suits your individual goals.

Brain Training Group



Do you want to maximise your memory and recall capacity? Then come and try our Brain Training group activities, using wide range of approaches from puzzles and games, light exercise and learning new skills. This group aims to capitalise on participant driven ideas and preferences for all activities and experiences. Giving all group members choice and control over the various activities they participate in, along with the option of enjoying a hot lunch at our Unley Community centre afterwards.

Wellbeing Bus Trips Information

Are you new to the social and wellbeing programs?

If you have not participated in our social and wellbeing programs previously, you will need to contact **My Aged Care** on **1800 200 422** and ask for a "Social Support Group" referral to enable you to take part in these wellbeing programs. We can do this on your behalf, if required.

Please do not attend the social and wellbeing programs if:

- You are feeling unwell with including flu-like symptoms, ie coughing, sore throat etc.
- You have been in contact with someone who has been diagnosed with or is awaiting results for COVID-19.
- You are a close contact. Please do not attend any programs for at least seven (7) days after exposure.

While attending our social and wellbeing programs please:

- Adhere to COVID-19 protocols, including social distancing where possible
- Wear a mask while on the bus
- Sanitise your hands before entering the bus (provided on the bus)
- Cover any coughs/sneezing with a clean tissue or upper arm or elbow.

Booking into our social and wellbeing programs bus trips.

Please choose your top two preferences. We can then place you on the waitlist for any other trips you would like to attend. If a vacancy becomes available for the trips you are waitlisted for, we will then contact you to see if you would like to attend. This will ensure that everyone can go on at least one or two trips in the month.

If you are booked onto a trip and are unable to attend, please call us on **8372 5191** to cancel your attendance. We will then be able to offer your spot to someone else on the waiting list.

- > All venues are site assessed for suitability prior to the trip.
- > Bookings are accepted on or after the date advertised on the top of the bus trip calendar.

Social and wellbeing program etiquette

The City of Unley Commonwealth Home Support Program promotes an environment where participants feel welcomed, supported, safe and happy. The service values respect, tolerance, inclusiveness, and equity. Any participants who demonstrate behaviour or use language that is not supportive of these values may be refused access to these programs.

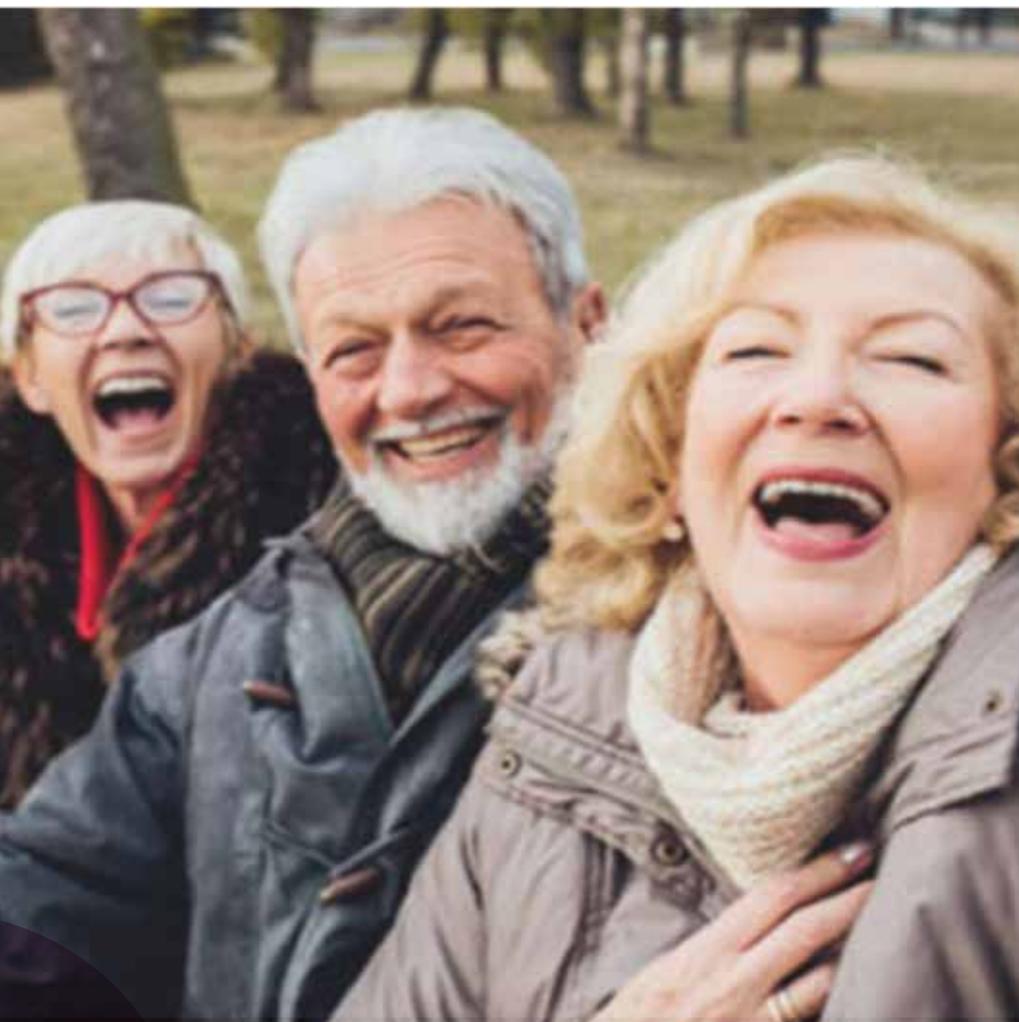
Feedback

Do you have any suggestions about venues, or ideas of places you would like to visit or experiences you would like to try? Please let us know and we will look at adding it to our calendar.

If you would like to make a comment, give feedback, or tell us about your experience on a trip you have been on or have recently attended, please contact us. We encourage everyone to provide feedback on your experience, good or otherwise.

Please note:

Venues or social programs are subject to change at short notice, due to weather or other unforeseen circumstances. We will advise you as soon as possible, should this occur.



CHSP WELLBEING BUSTRIPS AUGUST 2022 CALENDAR

Bookings open Friday 22 July at 9.00am - Telephone 8372 5191 or 8372 5175

TUESDAY 2 AUGUST

BIG ROCKING HORSE & LUNCH AT GUMERACHA HOTEL



Visit the Big Rocking Horse in Gumeracha, it's the largest in the world. Enjoy a stroll through the gift shop for some retail therapy; they have a comprehensive range of quality wooden toys which they manufacture on site, as well as a huge and diverse array of other toys, gifts and souvenirs at competitive prices. We then head to the Gumeracha Hotel for a delicious lunch

Time: 10am to 3pm

Cost: \$8.50 bus trip, lunch at own cost.

Seniors' meals available for \$13.90.

WEDNESDAY
10 AUGUST

MORNINGTEA MAINSTREET CELLAR & KITCHEN



Enjoy a scenic drive through the Adelaide Hills and visit Mainstreet Cellar & Kitchen in Stirling for a yummy morning tea. Enjoy the \$10 coffee and cake deal or be tempted by a delicious offering from the menu.

Time: 10am to 12.30pm

Cost: \$8.50 bus trip, morning tea at own cost.

THURSDAY
18 AUGUST

DAVID ROCHE FOUNDATION TOUR & LUNCH AT THE LORD MELBOURNE HOTEL



The Fermoy House tour will last approximately 1.5 hours. Guests also have access to the new exhibition Fantastical Worlds, where ceramics, jewellery, silver, textiles and fashion loaned by the Museum of Applied Arts and Sciences in Sydney are on show with decorative objects and paintings from The David Roche Foundation in a wondrous offering of dazzling form, ornament and colour.

Time: 9.15am to 3pm

Cost: \$8.50 bus trip, tour \$17 (concession).

Lunch at own cost, specials for \$15.90 per person.

WEDNESDAY
24 AUGUST

DINNER AT BELAIR HOTEL



Enjoy a drive to the Belair Hotel for dinner. The hotel bistro offers fantastic views of the Adelaide Hills and has a cosy fire in the cooler months. Enjoy dinner in a relaxed, stylish venue. After dinner, visit Windy Point Lookout to enjoy the best views and stunning lights from Adelaide city to the south coast. (Bring a jacket if it's cold).

Time: 5.30pm to 9pm

Cost: \$8.50 bus trip, dinner at own cost.

MONDAY 29 AUGUST

AFTERNOONTEA AT EMMA & IVY CAFÉ, LOBETHAL



Emma and Ivy is nestled in the Adelaide Hills in the picturesque town of Lobethal. Their building was transformed from a garage dating back to the 1800's into an indoor terrarium of plant life. This is not just your standard café. They also house an extensive range of eclectic wares, gourmet custom hampers, plant studio and a boutique bar/cellar door.

Time: 1.30pm to 4pm

Cost: \$8.50 bus trip, afternoon tea at own cost.

**WEDNESDAY
31 AUGUST**

**LONG WALK
ONKAPARINGA WETLANDS LOOP – 3 km circuit**



The Wetlands Walk is located on the estuary within the recreation park and provides an insight into the fascinating and complex life of a wetland. The trail offers the opportunity for walking, birdwatching and photography. The route surface is a mixture of boardwalk and some gravel paths. After the walk enjoy lunch at Beck's Bakehouse, Port Noarlunga.

Time: 10am to 2.30pm

Cost: \$8.50 bus trip, lunch at own cost.

PLEASE NOTE

> Some venues may require proof of vaccination to enter.

IMPORTANT INFORMATION

- > Transport to and from the Fullarton Park Community Centre for bus trips is \$2.50 one way.
- > The bus leaves from Fullarton Park Community Centre; please arrive 15 minutes early.
- > Bus trips leave Fullarton promptly, return times are an estimate.
- > Please have correct money on the day. EFTPOS payments can be made prior to the trip but are not available on day.
- > 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](tel:1800200422), or we can do this on your behalf.
- > To make a bus booking contact CHSP Program on [8372 5175](tel:83725175) or [8372 5191](tel:83725191) or email WellbeingProgram@unley.sa.gov.au
- > When booking you will be confirmed on the trip or waitlisted. If you are not able to go, please notify staff on [8372 5175](tel:83725175) If you are waitlisted and a spot becomes available, we will contact you.

August funny



A Seniors' Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists. I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have four people following me: two police officers, a private investigator and a psychiatrist!



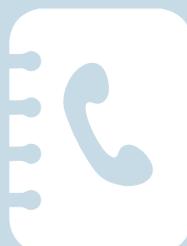
myagedcare

To be eligible for our programs we require a program specific referral from My Aged Care. For example, we need you to have a Social Support Group Referral to access any of our group activities.

This is generally a simple process with a phone call to My Aged Care on **1800 200 422**, or, if you prefer, we can do this on your behalf. Should you not want to go through the My Aged Care process some of our listed programs allow access without a referral. Please use any of the contact numbers below if you want further information or require support with getting a referral.

The City of Unley requires all participants of our social programs to be able to mobilise and walk independently and we reserve the right to review or withdraw participation in any program activities, or services, should we have concerns about you being physically able to manage without support or if there is a significant decline in your health.

Should you be unable to participate independently, we do have other programs and supports that we would be pleased to be able to support you with.



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

In-Home Support Coordinator Phone: 8372 5198

Wellbeing Programs Coordinator Phone: 8372 5191

Community Bus Coordinator Phone: 8372 5131

Car Transport Coordinator Phone: 8372 5405