

# ENGAGEING UNLEY

THE CITY of  
*Unley*

DECEMBER —  
JANUARY  
EDITION

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

Send your details to  
[CHSP@unley.sa.gov.au](mailto:CHSP@unley.sa.gov.au)



## Welcome...

to our monthly newsletter for  
residents who access the City  
of Unley Commonwealth  
Home Support Program  
(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.

For bus trip or  
social program  
suggestions email  
[wellbeingprogram@unley.sa.gov.au](mailto:wellbeingprogram@unley.sa.gov.au)



## Merry Christmas and a Happy New Year

We would like to take this opportunity  
to thank all our wonderful clients and  
volunteers for your patronage and  
support. We wish you all the best for the  
festive season and thank you for your  
contributions throughout 2022.

Wishing you a Merry Christmas and a Happy New Year.  
Inside this months issue are some of the programs and  
activities you can look forward to accessing during 2023.



## Cherries

**Our Wellbeing Bus Trips will be visiting  
Lennane Orchard on 22 December.**

Are you unable to attend the trip or no longer drive but  
would love some fresh cherries for Christmas?

If you would you like us to collect some for you, please let us  
know on [8372 5175](tel:83725175) or [8372 5191](tel:83725191). We can advise the cost of  
cherries and delivery closer to the day.

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.

# Belles Breakfast

We are taking expressions of interest from ladies who would like to register for our Belles at Breakfast Program.

Following the huge success of our Buddies at Breakfast social program for men, we have had many ladies tell us that they would like to enjoy the same opportunity to get together.

We have listened to this feedback and are pleased to be able to offer this exciting opportunity to ladies who, on a weekly basis, would like to enjoy a hot breakfast, socialise with other likeminded ladies, and enjoy various activities after breakfast.

We will be hosting our inaugural Belles Breakfast on Thursday 1 December from 8.30am-10.30am at the Unley Park Sports Club, 8 Northgate St, Unley Park.

The guest speaker for this event is Lynette Trott.



Lynette has trained to climb Mt Everest on three separate occasions. Join us to hear Lynette's very interesting stories and how she had to call off her attempts to scale Mt Everest, once because of a medical issue and another because she did not make the cut-off time to make the final push to the summit.

The Belles Breakfast program will then return as a weekly event in February 2023.

If this sounds like something you would be interested in attending or you would like further information, please phone the **Wellbeing Program** on [8372 5191](tel:83725191).

Please note: All participants must be registered with the Wellbeing Program and have a current My Aged Care Social Support Group referral, to attend this program.

**All-inclusive cost:** Level 1 \$13, Level 2 \$19.

# Buddies at Breakfast

Are you a man aged 65+ looking for a social group program?

Join us for great food and excellent conversation at our weekly men's breakfast. Share a joke and a laugh; it's a great way to catch up with other blokes in a relaxed, friendly environment.

- Weekly on Friday mornings at Unley Park Sports Club
- Full cooked breakfast with coffee and fruit salad
- Guest speakers
- All-inclusive cost: Level 1 - \$13, Level 2 - \$19

The Program will close for Christmas on 9/12/22 and recommence on 20/1/23



Congratulations to the 8 ball winner... Ian "The Hustle" Russell and the runner up Kevin "Dominator" Dodd!





# Join Our Wellbeing Bus Trips

We had a wonderful variety of trips in November. We took a ride on the Cockle Train from Goolwa to Victor Harbor, enjoyed a sunset dinner at Somerton Surf Life Saving Club and visited the Sir Thomas Playford ETSA Museum where we saw appliances and electrical equipment dating from the late 1890's and through the 20th century. We dined by the beach at Moana and enjoyed afternoon tea at Beerenberg Farm Café. For those who were keen to get their steps up we walked the Woodland Loop at Happy Valley.

The good news is that we have even more exciting trips planned for December and January!

Our driver and volunteers will be there to help you have a great day out. Sit back and relax in the airconditioned bus. We can arrange to pick you up from home if you no longer drive or lack confidence to drive at night.

Please see page 15 to book your next trip!

If you have a suggestion for a venue or an experience you would like to try, please contact the **Wellbeing Program** on **8372 5191** and we will look at adding it to our calendar.



A recent trip along the "Flat to Vale Trail", we walked from McLaren Flat to McLaren Vale. Well done everyone!



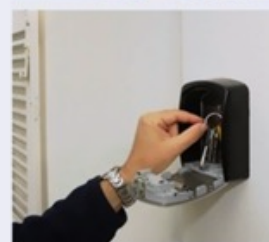
A recent trip on the Cockle Train from Goolwa to Victor Harbor, with lunch at Hotel Victor.

## Key Safe Boxes

Safe boxes to store keys outside are an ideal solution for providing access to your property by authorised people. Family members and friends can be given a simple four-digit code to remember so that they can gain access to the key safe, allowing them to enter your home without having their own set of keys to worry about.

This is much safer than hiding a key somewhere around your property, which puts your home at risk of burglary from thieves who may be watching to see where keys are hidden.

City of Unley Commonwealth Home Support Program can provide a subsidy towards the installation and supply of key safe boxes. You will need a home modifications referral from My Aged Care.



If you would like more information on key safety boxes, please call one of our friendly team members on **8372 5414**.





## Traditional Christmas Cake

### Ingredients

- 1½kg mixed dried fruit, such as sultanas, currants, mixed peel, glacé cherries
- ½ cup sherry, rum, whisky or brandy
- 1 Granny Smith apple, grated
- 1 tablespoon honey or golden syrup
- 1 cup firmly packed brown sugar
- 4 eggs, lightly beaten
- 250g butter, melted, cooled
- 1½ cups plain flour
- ½ cup self-raising flour
- 1 teaspoon mixed spice
- ½ teaspoon ground ginger
- extra 2 teaspoons sherry, rum, whisky or brandy, to brush

### Prepare

- Preheat oven to 140°C.
- Grease a 23cm round or 20cm square cake pan, and line base and sides with 2 layers of baking paper.

### Mix Ingredients

- Place mixed dried fruit in a large bowl. Add sherry, apple, honey, sugar and eggs, and stir with a wooden spoon, breaking up lumps of fruit, until well combined. Add cooled melted butter.
- Sift combined flours, mixed spice and ground ginger over fruit mixture, and stir until well combined, ensuring there are no flour bubbles.
- Spoon into prepared pan and smooth surface.

### Bake

- Bake for 3–3½ hours or until a skewer inserted into centre comes out clean.
- Remove from oven and brush top of cake with extra sherry. Cover tightly with foil and set aside to cool completely.

### Store Before Serving

- Turn out cake, leaving baking paper intact.
- Wrap in plastic wrap and store in refrigerator for up to 2 months to develop flavours.



# My Aged Care services now available face-to-face



**Australian Government**  
**Services Australia**

**Older Australians now have more ways to find out about My Aged Care services. They can access general information about government-funded aged care services in person in all Services Australia service centres.**

In some service centres people can get more specialised aged care support from Aged Care Specialist Officers (ACSOs). They can help with:

- providing in-depth information on the different types of aged care services
- checking if someone is eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping appoint a representative for My Aged Care
- connecting people to local support services.

By 31 December 2022 there'll be ACSOs in 80 service centres. Some of these ACSOs will also provide mobile services in rural and regional areas.

This face-to-face service is in addition to the existing My Aged Care channels. People can access these services either:

- at [myagedcare.gov.au](http://myagedcare.gov.au)
- by calling **My Aged Care** on **1800 200 422**

To find out more about Aged Care Specialist Officers, including their locations, go to [servicesaustralia.gov.au/myagedcarefacetoface](http://servicesaustralia.gov.au/myagedcarefacetoface)

## 6 week Come 'n' Try Lawn Bowls

Lawn Bowls is a low-impact, therapeutic exercise that can help improve your wellbeing.

If you would like to improve your fitness, improve coordination and skill development, increase your confidence, and enhance your mental wellbeing and meet some new friends, then call the **Wellbeing Program** on **8372 5191** to register your interest.

To be eligible for this program you will 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.



# Be aware of scams

With the recent spate of scams and data fraud occurring recently and the increased chances of these occurring over the holidays, we would like to encourage you to learn ways to identify scams and take the time to check whether an offer or contact is genuine before you act on it.

With scammers continually developing new ways to catch people out, we need to increase our vigilance in checking for those little clues that can alert us that something is a scam.

## Advice for older Australians

Scams target people of all ages and backgrounds, however, some scams are more likely to target older people.

## Why older Australians are at risk

Often older Australians have more money and accumulated wealth than younger people, making them an attractive target for a scammer.

Scammers will also scour dating sites and social media for older Australians who have recently divorced or lost a long-term partner, taking advantage of their inexperience with these sites and their sometimes vulnerable emotional state.

Older Australians may also be seen by scammers as generally less internet and computer savvy or familiar with new technology.

## Common scams targeting older Australians



### Dating & romance

Scammers take advantage of people looking for romantic partners, often via dating websites, apps or social media by pretending to be prospective companions. They play on emotional triggers to get you to provide money, gifts, or personal details.



### Inheritance scams

These scams offer you the false promise of an inheritance to trick you into parting with your money or sharing your bank or credit card details.



### Rebate scams

Rebate scams try to convince you that you are entitled to a rebate or reimbursement from the government, a bank or trusted organisation.



### Investment scams

Investment scams involve promises of big payouts, quick money, or guaranteed returns. Always be suspicious of any investment opportunities that promise a high return with little or no risk – if it seems too good to be true, it probably is – and is highly likely to be a scam.



### Unexpected prize & lottery scams

Unexpected prize and lottery scams work by asking you to pay some sort of fee in order to claim your prize or winnings from a competition or lottery you never entered.

### Door-to-door and home maintenance scams

Older Australians may also be more susceptible to door-to-door and home maintenance scams. While many legitimate businesses sell things door-to-door, scammers also use this approach. These types of scams generally involve promoting goods and services that are of poor quality, or not delivered at all.

Scammers may try and sell you gardening or roofing services, and then bill you for additional work that you did not agree to. Sometimes they may pretend to conduct a survey so they can get your personal details, or to disguise their sales pitch until they have been talking to you for a while.

Some of the warning signs you may be dealing with a scammer include:

- they visit late at night, or visit you again after you have said 'no'
- they don't show you any identification or give you any contact information, written quotes or receipts
- they might demand that you decide to accept their offer on the spot
- you may be asked for a deposit or full payment and can only pay by cash or credit card they fail to tell you about your legal rights, including rights to a cooling-off period.

### Protect yourself

Don't be pressured into making any decisions. Scammers often try to create a sense of urgency through short deadlines, fake emergencies, or threats of legal action.

Be suspicious of requests for money – even if they sound or look official. Government departments will never contact you asking for money upfront to claim a rebate.

Scammers will often ask you to use an unusual payment method, including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin.

Verify the identity of the contact by calling the relevant organisation directly – find them through an independent source such as a phone book or online search. Do not use the contact details provided in the message sent to you.

Don't respond to phone calls or emails offering financial advice or opportunities – just hang up or delete the email.

Always do your own research before you invest money and check the company or scheme is licensed on ASIC's MoneySmart website. [moneysmart.gov.au](http://moneysmart.gov.au)

Be wary of people you meet on social media or online dating sites who, after just a few contacts, profess strong feelings for you and try to move you away from the site and communicate via chat or email.

Be suspicious of unexpected emails or letters advising you how to claim an inheritance or competition prize. Never give out your personal details and seek advice from an independent professional.

Be aware of and understand your consumer rights and stay up to date with ways to protect yourself. [www.cyber.gov.au](http://www.cyber.gov.au)

### Report a scam

You can report a scam to the Australian Competition and Consumer Commission (ACCC) by completing a report via a web form.

Do not forward a scam email to the ACCC (or anyone else) as they often contain malicious software (malware) and viruses. You can include details of the scam email in the web form, and then delete the email.

### Take action

If you have been threatened, assaulted, or had property stolen, contact your local police immediately.

If you think your bank account details have been compromised, alert your bank or financial institution immediately.

If the scammer first made contact through a website, social media, by email or phone, contact the relevant company with the scammer's details. Your report will help them take action to disrupt scams.

### Recover your stolen identity

If you suspect you are a victim of identity theft, it is important that you act quickly to reduce your risk of financial loss or other damages.

You can:

Contact IDCARE- a free government-funded service which will work with you to develop a specific response plan to your situation and support you through the process. Visit the IDCARE website [idcare.org](http://idcare.org) or call 1800 595 160 (if in Australia) or 1800 121 068.

Apply for a Commonwealth Victims' Certificate - a certificate helps support your claim that you've been the victim of identity crime and can be used to help re-establish your credentials with government or financial institutions. Visit Victims of Commonwealth identity crime

### Report scams to the authorities

We encourage you to report scams to the ACCC via the Report a scam webpage.

You can also report a scam to the appropriate agency to help them warn the community about scams and take action to disrupt scams.



# 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](mailto:wellbeingprogram@unley.sa.gov.au)

## Tai Chi



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

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

Join us at Heywood Park, Addiscombe Place, Unley Park, on **Mondays from 11.45am to 12.30pm.**

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

Last class for 2022 will be 19/12/2022 and will recommence on 16/1/2023.

## 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 Physiologist, 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

Last class for 2022 will be 15/12/2022 and will recommence on 2/2/2023

## 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 coffee and conversation at a local cafe.

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

The group meets weekly at **10am on Tuesday mornings.**

**Cost:** Gold coin donation

Last walk for 2022 will be 13/12/22 and will recommence on 17/1/2023

## Technology Assistance

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

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

For more information and to make a booking contact the **Wellbeing Program** on 8372 5191 or email [wellbeingprogram@unley.sa.gov.au](mailto:wellbeingprogram@unley.sa.gov.au)





# Telecross REDi

## A free life-saving service during extreme weather events

### What is Telecross REDi?

The Telecross REDi service supports people by regularly calling them during heatwaves and other extreme weather events. Telecross REDi will be activated by the South Australian Department for Families and Communities, when an extreme weather event is declared.

### Why use Telecross REDi?

Telecross REDi assists vulnerable and isolated people to prepare for and cope with extreme weather events.

In January and February 2009, South Australia suffered a heatwave that claimed many lives and hospitalised many more.

Telecross REDi provides security for clients and their families and carers, who are assured that their loved ones are contacted regularly during extreme weather events.

### How does Telecross REDi work?

Red Cross volunteers call pre-registered clients up to three times a day to check on their wellbeing. The volunteers discuss how they are coping and remind them of important measures to assist them through the extreme weather event.

If a call goes unanswered, an emergency procedure is activated to ensure the safety and wellbeing of the client.

### Who can use the Telecross REDi service?

Anyone in the community who is likely to need or want phone support during extreme weather events is encouraged to register for this service.

In particular people who live alone, have a disability, are housebound, frail, aged, recovering from an illness or accident, or have an ongoing illness, such as diabetes or a heart condition. Carers of vulnerable people are also encouraged to register, as they may also be at risk during an extreme weather event.

### Is there any cost for Telecross REDi?

Telecross REDi is free. Donations are welcome if you wish to make a contribution. How can you become involved?

### To register

Registrations can be made by phone, by you, a carer, social worker, doctor, family member or friend. Some people who receive services from Domiciliary Care, Meals on Wheels and the Royal District Nursing Service can be assisted to register through their staff.

### Red Cross is accepting registrations now.

#### To volunteer

Contact Red Cross to find out more about becoming a Telecross REDi volunteer.

### To contact Telecross REDi

**1800 188 071**

**or (08) 8100 4697 (10 am – 5 pm)**

**or [SAClientServices@redcross.org.au](mailto:SAClientServices@redcross.org.au)**

“ I was really worried about how long the weather was going to last. I waited for my call each morning and on the advice of Red Cross, changed some of my appointments so I wasn't out in the heat each day.”

Evelyn, 78 years

“ I had just come home from hospital and my husband had been unwell. It was great to have the support of Red Cross checking on us each morning and night. It made us feel secure.”

Joyce, 84 years

# Community Bus Service Christmas Closure Dates



The City of Unley has three Community Buses. The Community Bus service will be closed over the Christmas period from the 26 December to the 2 January 2023 also, the bus volunteers will also be taking a well deserved break. Regular passengers on this service will need to make alternative arrangements over this period.

**Our Community Bus Service is for everyone.**

Did you know the City of Unley's Community Bus service can be used by all residents in the community?

This service does not require a My Aged Care referral and you can be any age to access this door-to-door transport service.

As long as you are able to get in and out of a bus unaided, the service can help you to get to local shopping centres, community centres and the library if that is what you would like to do.

Commencing in 2023, there will also be some exciting exclusive shopping adventures planned on a monthly basis that will be replacing the Out and About Tours that have previously been provided.

Watch this space for the announcement of our first unique shopping adventure trip in our next newsletter.

For further information, a timetable or a registration form please call the **Community Bus Coordinator** on [8372 5131](tel:8372 5131).

## Community Car Transport Program - Christmas Closure Dates



Our volunteer drivers will be taking a well-deserved break to rest up and spend time with their loved ones.

Please note the last day for volunteer transport will be Thursday 22 December 2022 and the drivers will be returning on Monday 9 January 2023.

Staff can still be contacted on [8372 5405](tel:8372 5405) during this time for support should any medical transport be required.

## CHSP Respite Services

Funded by the Commonwealth Home Support Program (CHSP), flexible respite aims to support carers to cope and manage relationships as they support their loved ones by providing them with a break from the constant demand of care. City of Unley's CHSP service offers flexible respite services for both clients and carers.

If you would like to have a confidential discussion about your situation as a carer or the respite service we offer, please call the **Wellbeing Coordinator** on [8372 5191](tel:8372 5191).

## Thank you

**We would like to thank our amazing Wellbeing Program Bus Trip volunteers for all the wonderful help and support they have provided our program again this year. We really couldn't do it without them.**



## Contractor Update

We are sure that you can understand that from now until the New Year is a very busy time for all of our contractors and like the rest of us they all have to give their team members a well-earned break over the holiday period. While there may be skeleton staff available for some services, this will only be for urgent requests only.



With this in mind, we ask you to keep your requests for changes to the days and times for services that are already booked to a minimum between now and Christmas; otherwise, it may be that you are unable to get the service rebooked until mid to late January 2023.

We also need you to be aware that any handyman or home maintenance requests you make between now and Christmas are not able to be scheduled in until mid to late January, all bookings from now until Christmas have already been filled by those clients who made their requests last month.

We thank you for your patience and understanding over this busy and complex time of the year. We would also like to take this opportunity to thank our contractors for all the hard work and effort they have made to keep the services running as smoothly and as regularly as what they have, in what has been a challenging year for all of us. Their efforts have been appreciated.

If you are needing more responsive home handyman or gardening support between now and the new year or have anything of an urgent nature attended to, you can engage a contractor privately.

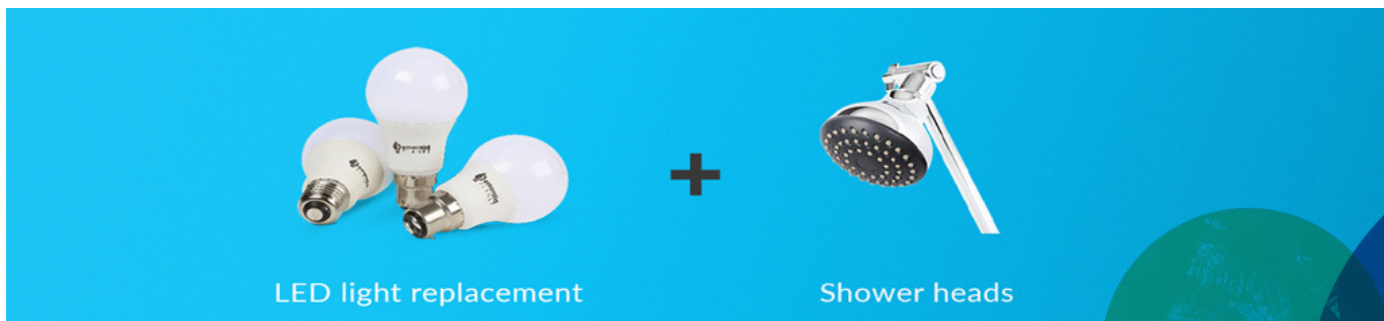
The RAA maintain a list of reputable trades people that can be found on the link below or you can call them on, 8202 4988 Monday to Friday, 8:30 to 5pm, excluding public holidays. [www.raa.com.au/en/home/trade-assist](http://www.raa.com.au/en/home/trade-assist)

Below are some other well-known and reputable garden and home maintenance providers.

**Jim's Group** - 13 15 46

**VIP** - 13 26 13

**Grey Army** - 13 11 98



## Are you eligible for free energy saving products?

**You could be eligible for over \$300 in product value for free which will help you save on your electricity bill.**

If you are renting and pay less than \$400 per week in rent OR if you are a pensioner or financial hardship card holder then you could be eligible to receive a FREE upgrade!

All other residential customers must contribute a minimum of \$33 (inc GST) per household to receive \$300 worth of energy saving products.

Products available to eligible households include:

- LED A bulbs
- Water saving shower heads
- Standby Power Controllers

To book an appointment with **Trades Services SA** or request further information, please visit [www.tradesservicesa.com.au/free-energy-saving-products/](http://www.tradesservicesa.com.au/free-energy-saving-products/) or email [reps@tssa.com.au](mailto:reps@tssa.com.au) or call and speak to an expert on 1300 430 917.



# dementia australia™

## New App from Dementia Australia to track your cognition.

Are you concerned about changes in your thinking? Games and challenges on this new app give you data you can share with your doctor.

BrainTrack is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your general practitioner. The app will help you explore this common concern, providing brain health information through fun, travel-themed games that test your cognition. The resulting conversation and monitoring may lead to an earlier diagnosis of dementia.

## How does BrainTrack work?

To start using the app, you will be prompted to 'visit' an individual country each month. You will then play a series of games relating to the country you are visiting. Users have different companions for each leg of their journey and need to solve typical travel challenges such as reading maps, collecting bags and calculating expenses. Scores are given for each round of challenges.

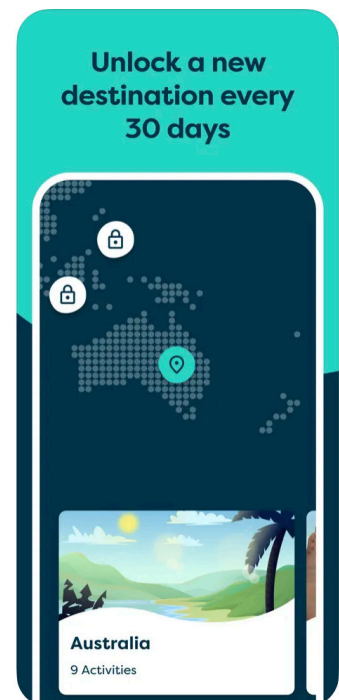
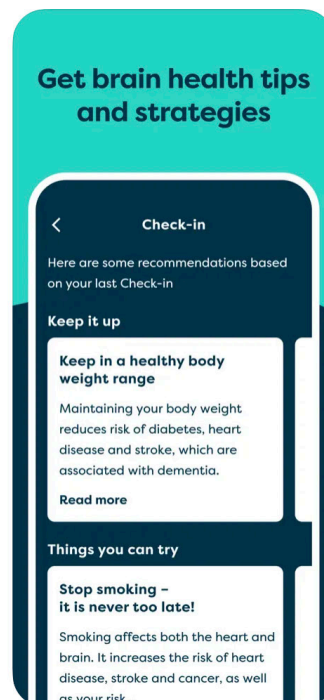
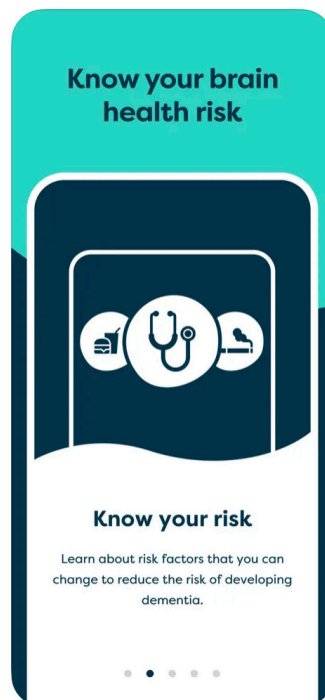
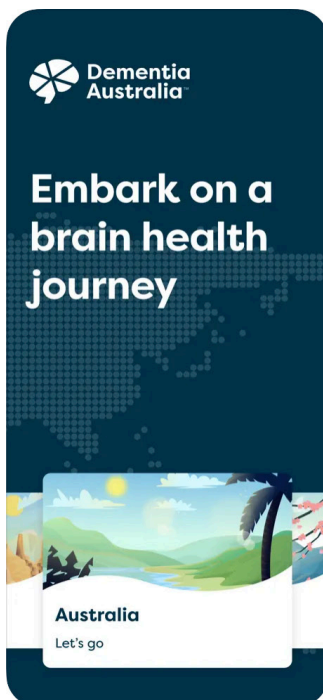
Users are prompted to log in monthly, play the games and receive data on their cognition. The data is given to you as a report that can be shared with your GP to initiate formal cognitive assessment.

## How do I download the app?

BrainTrack is available for download on your mobile phone or tablet device for free now through the Apple App store or Google Play.

While BrainTrack does not replace the need for formal cognitive assessment, it supports the process by offering an easy way to track changes over time, and even picking up on cognitive concerns the user may not be aware of themselves. For many, it will offer reassurance and offer tips around maintaining brain health.

BrainTrack is an initiative of Dementia Australia and is funded by the Australian Government.





# Dealing with depression and loneliness during Christmas

Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals. For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness. Many others experience feelings of isolation, loneliness, financial pressures or increased family conflict that make the season a very stressful time of year. In particular, elderly Australians are even more susceptible to feelings of sadness and isolation.

## Why people get depressed at Christmas

Some people get depressed at Christmas because of the excessive commercialisation of the season, with the focus on gifts and the emphasis on 'perfect' social activities. Others get depressed because Christmas appears to be a trigger to engage in excessive self-reflection and thoughts about the inadequacies of life in comparison to other people who seem to have more and do more. Others become anxious at Christmas because of the pressure (both commercial and self-induced) to spend a lot of money on gifts and incur increasing debt. Others report that they dread Christmas because of the expectations of social gatherings with family, friends and acquaintances they'd rather not spend time with. And many people feel very lonely at Christmas because they have suffered the loss of loved ones or friends and their social connections are limited. Fortunately, there are steps that can be taken to manage stress and anxiety during the festive period.

## Taking care of money worries

Is the festive season a burden on your wallet? Here are some tips for managing your Christmas finances and reducing your silly season stress:

- Identify what's causing you financial stress. Buying gifts and attending social events can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for kids or organise a 'Secret Santa' for the adults. Set a budget and stick to it.
- Find low-cost ways to have fun. Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals, organise a picnic in the park or a get-together at home where everyone brings a plate of food.

## Dealing with family tension

Just because you're related doesn't mean your family members will all get along. Unresolved conflicts may contribute to Christmas anxiety. Family and relationship problems can be a trigger for anxiety. Here are some ideas for getting through:

- Set realistic expectations. Christmas might not be the fabulous family reunion you hoped for. Plan how you will manage any feelings of anxiety or depression that may arise.
- Put the kids first. If there are children around, consider putting aside ongoing adult conflicts in their interest. Think about Christmas as a day for children and focus on enabling their happiness.
- Drink in moderation. It may be tempting to drink too much during the festive period, but alcohol can contribute to stress, anxiety and depression. Alcohol may be a problem if you're drinking to cope.
- Avoid known triggers. If your family has a history of arguing over a certain topic, don't bring it up.

## Managing loneliness

There are ways to overcome loneliness if you find yourself isolated or grieving a loved one during Christmas:

- Connect with friends and family. Even if you're separated by distance, you can stay in touch with loved ones online or by phone.
- Volunteer. Why not lend a hand to a local shelter over Christmas? There are lots of charities who need help. You'll connect with people and feel good about making a positive contribution.
- Attend community events. Find out what's on locally and get involved. Whether it is Christmas carols or local markets, getting out and about can help relieve loneliness.
- Make plans for Christmas Day. Develop a plan in advance to avoid feeling depressed or stressed on the day. Perhaps make yourself a special breakfast, buy yourself a gift in advance to enjoy on the day, attend a local church service, or take a stroll through the local park where you can watch families enjoying their Christmas presents.

## Staying healthy

Recognising and changing behaviours that contribute to your stress will help you get through the Christmas period. Remember to stay healthy - eating well, exercising and getting enough sleep can help you cope with Christmas stress. For those of us who don't have difficulties at this time of year, it's an opportunity to reach out to those who can become depressed. For those who are sad or lonely, it's an opportunity to take action to think, feel and act in ways that break free from the past.

There are many free services available that offer mental health support at any time of year, such as **Lifeline**, who can be reached on **13 11 14**. If your symptoms of stress, anxiety or depression are severe or long lasting, see a doctor who can provide some guidance and treatment options.

# HOT WEATHER AND OLDER PEOPLE



As we age, we have a higher risk of heat-related illness, especially if we live alone, have medical conditions, or take certain medicines.

Physical changes happen as we get older, and we may be less likely to notice we are becoming overheated or dehydrated, and some medications can make this worse. Older people are also less able to cool their body by sweating.

Speak with your doctor or pharmacist for advice about medicines you are taking. If you are an older person or if you care for someone elderly, the following tips may help:



Use air-conditioners and fans set to cool, put a wet cloth around your neck, or put your feet in a bowl of cool water.

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Drink plenty of water throughout the day, even if you do not feel thirsty, and take a bottle of water wherever you go.

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Swap large meals for smaller ones. Make cool meals, like salads, and avoid using ovens or stoves in hot weather – they can make your home much hotter.

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Arrange for a friend or relative to visit you twice a day to check how you are and that you have everything you need to stay healthy in the heat.

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Register with the free Red Cross Telecross REDi service on 1800 188 071. Trained Red Cross volunteers call older people up to three times a day to make sure they are well and coping in hot weather.

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A trip to an air-conditioned public space, like the local library, cinema or shopping centre, may give you some relief from hot weather. But remember, avoid going outside in the hottest part of the day.

**In a medical emergency, always call triple zero (000) for an ambulance**

For more information

[www.sahealth.sa.gov.au/healthyintheheat](http://www.sahealth.sa.gov.au/healthyintheheat)

Public I1-A1

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Government  
of South Australia

SA Health



# CHSP WELLBEING BUSTRIPS DECEMBER 2022 CALENDAR

Bookings Open Wednesday 30 November at 9am – Telephone 8372 5175 or 8372 5191

**TUESDAY  
6 DECEMBER**



## LONG WALK – HOPE VALLEY RESERVOIR RESERVE WALK

Enjoy a 2.3km walk along a pleasant meandering path through the forest beneath the dam wall, overlooking the Hope Valley Reservoir. Then enjoy a delicious lunch at the Highbury Hotel. \$15 lunch menu available or choose from the main menu and receive a seniors 20% discount.  
**Time: 10am to 2.30pm**  
**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, lunch at own cost

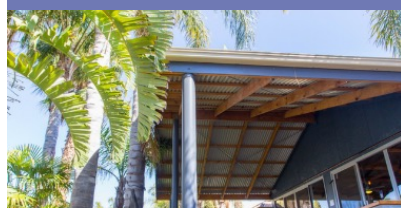
**MONDAY  
12 DECEMBER**



## FLAVA FOOD & COFFEE – CHRISTIES BEACH

Morning tea by the sea! Flava is right on the Esplanade at Christies Beach. Enjoy coffee and cake inside or out, depending on the weather, with uninterrupted views of the ocean.  
**Time: 9.45am to 12.30pm**  
**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, morning tea at own cost

**THURSDAY  
15 DECEMBER**



## OASIS GARDENS CHRISTMAS LUNCH - BELVIDERE

Let's celebrate and enjoy a delicious traditional Christmas lunch together at the Oasis Gardens Restaurant. Set menu includes a traditional Christmas roast and homemade Christmas pudding.  
**Time: 11.30am to 3.30pm**  
**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, lunch - set menu \$39.90

**MONDAY  
19 DECEMBER**



## DINNER AT BRIDGEWATER INN AND XMAS LIGHTS TOUR OF LOBETHAL

Enjoy a short drive to historic Bridgewater Inn for dinner. Bridgewater Inn is nestled amongst the stunning Adelaide Hills, overlooking the majestic Cox Creek. After dinner we'll make our way to visit the 'Lights of Lobethal', to experience and ignite the magic of Christmas!  
**Time: 6pm – 11pm**  
**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, dinner at own cost

**THURSDAY  
22 DECEMBER**  
The last trip for 2022



## CHERRY PICKING AT LENNANE ORCHARDS, MONTACUTE

Take a short drive to the Adelaide Hills, to either pick your own cherries or purchase from the shed door. After cherry picking, enjoy a delicious morning tea at the Café. Choose from freshly baked cherry cakes and treats, hot and cold drinks and the very popular fresh fruit blended cherry ice-cream. Deposit will be required closer to the day.  
**Time: 8.45am to 12.30pm**  
**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, Entry fee \$8, morning tea at own cost

# CHSP WELLBEING BUSTRIPS JANUARY 2023 CALENDAR

Bookings Open Wednesday 30 November at 9am – Telephone 8372 5175 or 8372 5191

**MONDAY  
16 JANUARY**



## LUNCH AT THE BOATSHED – HALLETT COVE

Enjoy a scenic drive to The Boatshed at Hallett Cove for a delicious lunch, on the deck, while enjoying the stunning views of the ocean.

**Time: 11.30am to 3pm**

**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, lunch at own cost

**THURSDAY  
19 JANUARY**



## LONG WALK – NEWMAN'S RUINS WALK, ANSTEY HILL RECREATION PARK

Join us for a 3km return walk along Water Gully to the ruins of Newman's Nursery once the largest nursery in the southern hemisphere. Established in 1854, the extensive nursery ruins show glimpses into the past, including the heated glass houses. Followed by lunch at The Gully Public House & Garden, Tea Tree Gully.

**Time: 10am to 2.30pm**

**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, lunch at own cost

**TUESDAY  
24 JANUARY**



## BIG DUCK BOAT TOURS – SEAL ISLAND TOUR

Head to the Granite Island Causeway, Victor Harbor, where we board the Big Duck Boat to make our way to Seal Island, where Long Nosed Fur Seals and Australian Sea Lions can be seen basking in the sun and often swim up to the boat. After viewing the wildlife and beautiful scenery at Seal Island and Wright Island we return to the Causeway landing.

Light lunches can be pre-ordered, or you can bring your own.

Deposit will be required closer to the day.

**Time: 10.30am to 3.30pm**

**Cost:** Bus Trip – Level 1 \$8.50, Level 2 \$11.50, Big Duck Boat Tour \$45, lunch at own cost.

**MONDAY  
30 JANUARY**



## SUNSET TRIP – FISH & CHIPS, HENLEY SQUARE

Let's try again.... bring along your deck chairs and enjoy the sunset while eating your fish and chips at Henley Square, with a scenic drive along the Esplanade on the way home!

**Time: 5.30pm to 8pm**

**Cost:** \$20 includes bus trip, fish & chips, and bottle of water.  
BYO deck chair



## Important Information

**The City of Unley Home Support Program Client Contribution Schedule applies to people receiving Commonwealth Home Support Program services from the City of Unley. The schedule seeks contributions that are fair and affordable, based on a tiered framework:**

**Level 1** – Aged Pensioners, Disability Pensioners or Self-Funded Retirees with a Commonwealth Seniors Health Card

**Level 2** – Self-Funded Retirees with no Commonwealth Seniors Health Card

If you would like a copy of our Client Contribution Schedule, please contact the **In-home Support Program** on **8372 5198** and we will send you a copy.

- Transport to and from the Fullarton Park Community Centre for bus trips is \$2.50 one way.
- Cost for BusTrips:  
Level 1 \$8.50, Level 2 \$11.50
- 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 the 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**, or we can do this on your behalf.
- To make a bus booking contact CHSP Program on **8372 5175** or **8372 5191** or [email wellbeingprogram@unley.sa.gov.au](mailto:wellbeingprogram@unley.sa.gov.au).
- When booking on the bus trips please choose your top two preferences. We will then place you on the wait list for the other trips. If you are not able to go, after booking in, please notify staff on 8372 5175. If a vacancy becomes available for the trips you are wait listed for, we will contact you to see if you would like to attend. This will ensure that everyone has an opportunity to attend.

### 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.

### Wellbeing BusTrip ticket system from January 2023

From January, we are asking that you purchase either a 5 or 10 lot of tickets for the Wellbeing BusTrips. We are no longer accepting cash on the day of the trip.

#### Cost : BusTrip

Level 1 – 5 ticket \$42.50 or 10 ticket \$76.50 (10% off or 1 free bus trip)

Level 2 – 5 ticket \$57.50 or 10 ticket \$103.50 (10% off or 1 free bus trip)

#### Transport – to Fullarton and from the Fullarton Park Community Centre (2 trips)

Level 1 & 2 – 5 ticket \$25.00 or 10 ticket \$45.00 (10% off or 1 free transport)

Tickets can be purchased in person from the Civic Centre (either by paying cash or using EFTPOS). You can also call the Wellbeing program for payment over the phone, and we will post the tickets to you, or you can collect them on the day of your bus trip.

## In memoriam

The City of Unley community has sadly lost a much loved and highly valued volunteer.

**Cherry Hobbs** recently passed away surrounded by loved ones.

Cherry was a dedicated volunteer for many of Unley's Community service programs for over six years. This included assisting in the Supported Residential Facilities (SRF) program Council ran at that time, being a dog walker, a Community Bus helper, a social programs support person and was an absolute star when interviewed to promote Council's aged care programs.

Cherry touched the hearts of many during her time with us and will be sadly missed. Her pragmatic down to earth nature was one of her most endearing qualities, Cherry treated everyone as an equal and was always ready to lend a hand. I'm sure that those of you who knew her will all agree that her can do attitude was what she will always be fondly remembered for.

Cherry's passing will leave a big gap in our community, and she will be sorely missed.

You can watch Cherry on council's videos here [www.unley.sa.gov.au/Community-services/Senior-services-support/Wellbeing-and-social-programs](http://www.unley.sa.gov.au/Community-services/Senior-services-support/Wellbeing-and-social-programs)



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 5414

**Wellbeing Program Coordinator** Phone: 8372 5191

**Community Bus Coordinator** Phone: 8372 5131

**Car Transport Coordinator** Phone: 8372 5405



# WHAT'S ON DECEMBER 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			01	02
			<b>Belles Breakfast</b> 8.30am to 10.30am  <b>Better Balance</b> 11am & 12noon  <b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am.	<b>Buddies at Breakfast</b> 8.30am to 10.30am  <b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
05	06	07	08	09
<b>Tai Chi</b> – 11.45am  <b>Community Shopping Bus</b> Gaganis Bros 8:30am to 12:00pm  <b>Community Shopping Bus</b> Blackwood Aldi 9am to 12pm	<b>Walking Group</b> –10am  <b>BusTrip</b> Long Walk – Hope Valley Reservoir Reserve Walk, 10am to 2:30pm  <b>Community Shopping Bus</b> Unley Central 9 to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Burnside 9am to 12pm	<b>Better Balance</b> 11am & 12noon  <b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am	<b>Buddies at Breakfast</b> 8.30am to 10.30am  <b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
12	13	14	15	16
<b>Tai Chi</b> – 11.45am  <b>BusTrip</b> Morning Tea at Flava Food & Coffee Christies Beach 9:45am to 12:30pm  <b>Community Shopping Bus</b> Aberfoyle Park 9am to 12pm	<b>Walking Group</b> –10am  <b>Community Shopping Bus</b> Unley Central 9am to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Big W 9am to 12pm  <b>Out &amp; About Trip</b> The Pryers Cabaret Show The Alma Hotel Willunga 8:45am-2:30pm	<b>Better Balance</b> 11am & 12noon  <b>BusTrips</b> Oasis Gardens Christmas Lunch – Belvidere at 11:30am to 3:30pm  <b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am	<b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
19	20	21	22	23
<b>Tai Chi</b> – 11.45am  <b>BusTrip</b> Dinner at Bridgewater Inn and Xmas Lights tour of Lobethal 6pm to 11pm  <b>Community Shopping Bus</b> The Parade 9am to 12pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Pasadena 9am to 12pm	<b>BusTrip</b> Cherry Picking at Lennane Orchards, Montacute 8:45am to 12:30pm  <b>Community Shopping Bus</b> Unley Central to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
26	27	28	29	30
Public Holiday	Public Holiday			

# WHAT'S ON JANUARY 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>Public Holiday</b>	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Burnside 9am to 12pm	<b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am	<b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Community Shopping Bus</b> Gaganis Bros 8:30am to 12:00pm  <b>Community Shopping Bus</b> Aldi Blackwood 9am to 12pm	<b>Community Shopping Bus</b> Unley Central 9 to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Big W 9am to 12pm	<b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am	<b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Tai Chi</b> – 11.45am  <b>Bus Trip</b> Lunch at the Boatshed Hallett Cove 11:30am to 3:00pm  <b>Community Shopping Bus</b> Aberfoyle Park Shopping Centre 9am to 12pm	<b>Walking Group</b> –10am  <b>Community Shopping Bus</b> Unley Central 9am to 11:30am and 1pm to 3pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Pasadena 9am to 12pm	<b>Bus Trip</b> Long Walk Newman's Ruins Walk, Anstey Hill Recreation Park 10am to 2:30pm  <b>Community Shopping Bus</b> Unley Central and Swim Centre at 9am, 9.30am and 11am.	<b>Buddies at Breakfast</b> 8.30am to 10.30am  <b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Tai Chi</b> – 11.45am  <b>Community Shopping Bus</b> The Parade Norwood 9am to 12pm	<b>Walking Group</b> –10am  <b>Bus Trip</b> Big Duck Boat Tours Seal Island Tour 10:30am to 3:30pm	<b>Community Shopping Bus</b> Unley Central 9am to 11:30am  <b>Community Shopping Bus</b> Marion 9am to 12pm	<b>Public Holiday</b>	<b>Buddies at Breakfast</b> 8.30am to 10.30am  <b>Community Shopping Bus</b> Unley Central 9am and 10am  <b>Community Shopping Bus</b> Castle Plaza 9am to 12:30pm
<b>30</b>	<b>31</b>			
<b>Tai Chi</b> – 11.45am  <b>Bus Trip</b> Sunset Trip Fish & Chips, Henley Square 5:30pm to 8:00pm  <b>Community Shopping Bus</b> Arkaba Village 9am to 12pm				