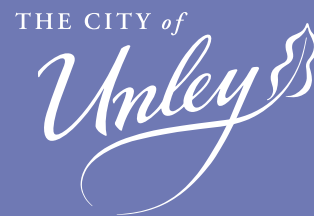


# ENGAGEING UNLEY



XMAS & NEW YEAR EDITION

Would you like to receive 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 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.

MERRY CHRISTMAS & A HAPPY NEW YEAR FROM THE TEAM AT UNLEY



This year's Buddies at Breakfast Christmas celebration with guest speaker Tex (Taylor) Walker was a hit!

## Results are back...



Thank you to those who completed the Commonwealth Home Support Programme Survey.

We have compiled results from the 2020 survey showing continuing high levels of service performance from the City of Unley Commonwealth Home Support Programme (CHSP). All service areas continue to have very high levels of satisfaction and are rated as very important to people in the community. More than 9 in 10 people felt satisfied and felt the services to be important.



## New Programs for 2021:

- ▶ High tea
- ▶ Massage /pamper morning
- ▶ History Group
- ▶ Handy Hints & Tips



# Do you need assistance at home?

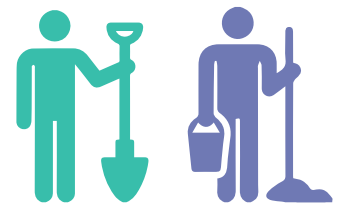
We are able to provide support services in the following areas:



- Domestic assistance and spring cleaning
- Window cleaning and gutter cleaning
- Garden tidy up and green waste removal
- Essential handyman service
- Home modification

Services are available to residents over the age of 65, who live within the Unley Council area and have an appropriate My Aged Care referral – or are willing to arrange one.

**Contribution fees apply; for more information or to book, please call the Home Support Program office on 8372 5198.**



## Do you need transport?



The Community Transport (Car) program is available Monday to Friday and helps eligible Unley residents get to medical and health related appointments as well as social activities at local community centers.

Transport to pay bills, attend hairdressing appointments and to visit family and friends is also currently available.

To access this program a Transport referral from My Aged Care is required.

**Please contact the Community Transport Coordinator on 8372 5405.**

The Community Bus program is a return 'door to door' service that will pick passengers up from their home and transport them to one of our shopping destinations.

**Please contact the Community Bus Coordinator on 8372 5131.**



## Happy to chat...with Connect

If you had booked to come to one of the Connect events (coffee culture, workshop sneak peak or garden inspiration at Mitre 10) we are sorry they had to be postponed, but we will be back in touch when the dates are confirmed for the New Year.

If you would value a friendly chat over the phone with one of our volunteers before then, we can arrange a regular call.

**To register your interest in local coffee events in 2021, or the friendly phone calls give us a ring on 8273 8763.**



## Looking to be empowered?

Have you ever wondered how it feels to handle power tools, mend a fly screen or make something with wood?

Why not have a sneak peak at the Rosefield Community Shed at Wayville? You will meet the men and women who are already enjoying learning these skills and more. The shed will be open to visitors from February 2021, on the last Thursday of the month from 10.30 -11.30 am.

**Please contact our CHSP Wellbeing Program on 8273 8763 or email: [chsp@unley.sa.gov.au](mailto:chsp@unley.sa.gov.au) for more information.**



**GET EM-POWERED!**



**FREE TRIAL**

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.

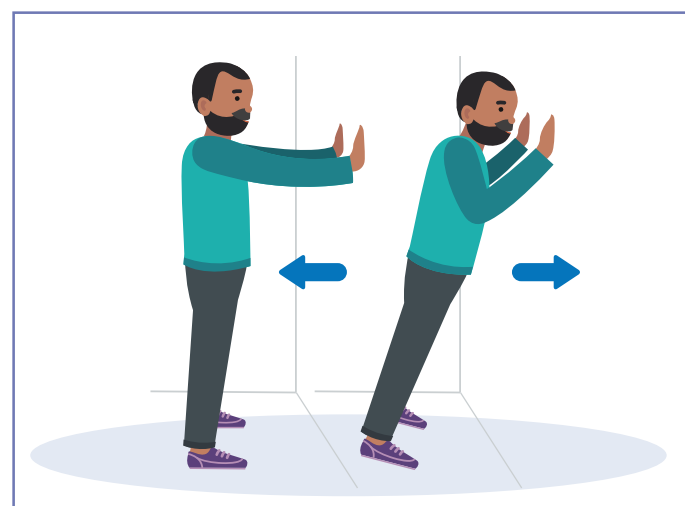
Classes are run Tuesday mornings at 9am by a qualified boxing and fitness instructor. The class will consist of a warm up to mobilise joints and muscles, non-contact boxing for 30-40 minutes, then a cool down and stretch.

**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](mailto:chsp@unley.sa.gov.au) for more information.**

## The Daily Move: Wall Push Up

The push muscles are the pectorals (chest) and the triceps (back of the upper arm).

Performing a functional movement such as a wall push up will help strengthen these muscles and can help with everyday situations such as pushing off out of a seated position and getting yourself up and off the floor. Strengthening pectoral muscles in conjunction with back strengthening exercises can also help improve posture and reduce the pain associated with poor posture.



**Merry Christmas and a Happy New Year** from the Daily Moves program!

We hope that you all manage to enjoy some relaxing time with your family and friends. For a lot of us, this time of year prompts New Years resolutions.

Perhaps your New Year's resolution is to become more active or to become stronger so that everyday activities are a little more manageable? If this is the case, then we would love to hear from you. We would relish the opportunity to assist and be a part of that journey and hopefully get you off to a great start to the new year.

**[dailymoves@unley.sa.gov.au](mailto:dailymoves@unley.sa.gov.au) or phone 8372 5471.**



## 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.

**IN HOME RESPITE:** The person being cared for can be taken on social activities outside of the home.

**OUT OF HOME RESPITE:** Provides a daytime support for carers and the person they care for.

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



## Assistance to use technology

Do you have a computer, iPad, Android tablet or smart phone and are not sure how to use it? Or a microwave, oven clock or television channels that need resetting? We may be able to assist you! Our friendly 'tech -help' volunteers can visit you in your home.

**Please contact our CHSP Wellbeing Program on 8273 8763 or email: [chsp@unley.sa.gov.au](mailto:chsp@unley.sa.gov.au) for more information.**

## Unley Buddies at Breakfast

Are you a man aged 65+ looking for a social experience with a difference?

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

**Unley Park Sports Club**  
8 Northgate St,  
Unley Park SA 5061  
8.30am to 10.30am

**Cost:** \$12  
For more information and to register please contact:  
**8372 5191 or 8273 8763**



## Meet Me Monday

Meet Me Monday is a social support program for carers and the people they are caring for.

This friendly group is looking for new members and meets at the Unley Community Centre twice a month for a fun and friendly morning.

They enjoy various group activities such as movies, games, information sessions, guest speakers and bus trips. **If you would like more information please contact our CHSP Wellbeing Coordinator on 8372 5191 or email: [chsp@unley.sa.gov.au](mailto:chsp@unley.sa.gov.au)**





## 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 CHSP Wellbeing Coordinator on 8372 5191 or email: [chsp@unley.sa.gov.au](mailto:chsp@unley.sa.gov.au)

**WATCH THIS SPACE!**

New physical activity programs coming in 2021!

- Water aerobics
- Tai chi
- Balance programs
- Dancing

**THANK YOU**

**A big thank you to our wonderful volunteers...**

for all your help and support over the last year!

Enjoy your Christmas break, we look forward to 2021 with you all!

## 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](mailto:chsp@unley.sa.gov.au) to be featured in the next newsletter.



Newest member of the Social & Wellbeing Program, Tara Wright's bunny Theo!



Community bus driver Peter Simmond's dog Murphy, ready for Xmas with his bow!



In-Home Support's Stephanie Critchley's two Russian Blues, Max and Leo.

# 2021 Bus Trips

*Trips will be modified or cancelled if the forecast is 36 degrees or over*

## January:

Bookings from 4/01/21

**Friday 18 January 2021, Maggie Beer, 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).

**Wednesday 27 January 2021, Willunga Hotel, 11am to 3pm**

Enjoy lunch at the iconic Willunga Hotel, established in 1868 and located between the hills and the sea in the world-renowned McLaren Vale. Pop into the 'Cube' at D'Arenberg winery on the way.

**Cost:** \$8 bus trip, lunch at own cost.



Maggie Beers restaurant



Foodbank

## February:

Bookings from 20/01/21

**Friday 5 February 2021, Henley Square, 5pm to 8:30pm**

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!

**Cost:** \$18 includes bus trip and fish & chips. Bring your own drinks and deck chairs.

**Monday 8 February 2021, Stirling The Essence Cafe, 10am to 12pm**

Enjoy a drive to Stirling for a morning tea at locally owned The Essence Café!

**Cost:** \$8 bus trip, morning tea at own cost

**Monday 15 February 2021, Foodbank, 11am to 2:30pm**

Take an informative tour of Australia's largest food relief organisation, Foodbank, who support food relief organisations nation-wide.

After the tour, enjoy lunch at The Highway Hotel with \$15 seniors meals.

**Cost:** \$8 bus trip, lunch at own cost  
*\*monetary/food donations encouraged after the tour\**

**Wednesday 24 February 2021, Semaphore Palais Hotel, 5pm to 8:30pm**

Join us for a drive to one of Adelaide's oldest suburbs, for dinner right on the beach front at the Palais Hotel.

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

## March:

Bookings from 17/02/21

**Wednesday 3 March 2021, Plant 4 Bowden, 9:30am to 12pm**

Join us at Plant 4 Bowden for a cup of quality organic tea/coffee and chocolate tasting with Barry Beach. Learn all about Barry's story of organic products grown with love at his Pt Elliot property.

**Cost:** \$8 bus trip, \$10 coffee/tea and chocolate tasting

**Thursday 11 March 2021, Knots Kitchen West Lakes, 11am to 2:30pm**

Enjoy lunch with a view at Knots Kitchen in the Lakes Hotel.

**Cost:** \$8 bus trip, lunch at own cost

**Monday 15 March 2021, Bombay Bicycle Club, 5:30pm to 8:30pm**

Be transported back to British Raj India and dine at the lavishly themed, elaborately decorated, Bombay Bicycle Club for dinner.

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

**Thursday 25 March 2021, Pt Adelaide, Folklore Café, 1:30 to 4:45pm**

Enjoy afternoon tea looking for dolphins at the Folklore café, situated over and above the Port River.

**Cost:** \$8 bus trip, afternoon tea at own cost

## 2021 Bus Trips

The bus leaves from Fullarton Park Community Centre. Please arrive 15 minutes early. EFTPOS available. If using cash, please have correct amount.

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

## All abilities social cycling group starting 2021



The Unley Bicycle User Group (UBUG) is hosting a free, weekly, guided, easy-pace social ride around the Unley streets.

People of all ages, experience levels and abilities are welcome. Tuesday mornings starting 9:30am at Unley Community Centre.

**To book phone David, Chair UBUG on 0411 268 582 or email [ubugsecretary@gmail.com](mailto:ubugsecretary@gmail.com)**

### Program Closure Dates:

CHSP Social & Wellbeing Program closed from	21/12/20 to 11/01/2021
CHSP Community Transport closed from	21/12/2020 to 04/01/2021
CHSP Community Bus closed from	28/12/2020 to 04/01/2021
CHSP Daily Moves program closed from	28/12/2020 to 11/01/2021

### CONTACTS

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

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