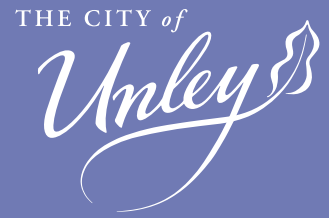


ENGAGEING UNLEY



JULY 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 during these very challenging times.

Are you a gentleman who would like to get out and about?

Join us on our Blokes Day Out trip to somewhere of interest and enjoy a tasty lunch at a local hotel or café. Our last trip was to Tonsley Tafe (the old Mitsubishi factory) and was a great success! See page 8 for our next Blokes Day Out trip.

See page 8 for July bus trips



EMAIL:
WellbeingProgram
@unley.sa.gov.au

Your bus trip or social program suggestions.



Would you like to try something new this month?

- ✓ Tenpin bowling
- ✓ Music sing along concert
- ✓ Weekly table tennis
- ✓ DIY workshop

See page 4 for more information about our new upcoming programs and events starting the month of July!

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.

COVID-19 VACCINATION

Everyone over 50 years of age can now book an appointment to be vaccinated, and can access the AstraZeneca COVID-19 vaccine at GPs and Respiratory Clinics, or at one of the dedicated vaccination clinics.

SA Health COVID-19 Vaccination Clinics do not accept walk-ins.

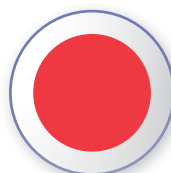
Our local SA Health COVID-19 Vaccination Hub is located at the Wayville Showgrounds.

For more information please call the national Vaccine Helpline on 1800 020 080.

Have you heard about Personal Alert Systems?

Personal AlertSA (PASA) provides funding towards the purchase and/or monitoring of approved personal alert systems.

Alert systems support older South Australians who are at risk of falls and medical emergencies to age well, live independently in their home, and remain connected to their community for longer.



Find out about eligibility and more by contacting Personal AlertSA:

Email: pasa@sa.gov.au

Phone: 1300 700 169 (Mon – Fri 9am to 5pm)

Website: www.sa.gov.au/concessions/pasa

Falls Recovery

Exercise is a great way of maintaining or improving your ability to get up from the floor. A suitable exercise program can not only help strengthen the key muscles used in getting up from the floor but can also help maintain your balance and reduce your risk of falls. See page 4 for information about our Better Balance Program instructed by an Accredited Exercise Scientist.

Falls prevention

There are many factors that contribute to your risk of falling as you grow older, such as sensory and balance complications, stiffening joints and side-effects from medications.

Tips to avoid falls and injuries from falls:

- Take steps to improve safety in and around your home
- Use walking aids when unsteady
- Wear shoes that are comfortable and fit well
- Look after your health and try to stay active
- Try our Tai Chi, Mindful Movement and our Better Balance programs!



Commonwealth Home Support Program update

I would like to take this opportunity to provide an update on the Commonwealth Home Support Program, and our plans to manage the recent demand for services.

The good news is that the current demand for our services has helped us to exceed our required KPIs in our grant agreement. With the promotion we have done and the range of new social and wellbeing programs we have introduced into the program in the last year, we now have more people engaged than ever before.

Unfortunately as a consequence of this we also now find ourselves in the position of having to limit the frequency of some of our service offerings and put some others on hold for a period of time. This is not an issue unique to the City of Unley, with many other CHSP service providers reporting the same circumstances. This will also mean that previous limits set on numbers of services provided to individuals each year will no longer be provided i.e. 16 hours of gardening per client per year. If we were to continue to accept new clients, and not address the demand for our services we would exceed the budget we have been provided from the Commonwealth.

This may also mean that new people needing a service will be referred from My Aged Care to other providers in the area but will not miss out on getting the services they need.

Our current clients may not be able to access services as often as they would like, but will still be able to access the services they need, with all service requests triaged and any vulnerable clients, safety and security issues addressed as soon as possible, all other requests will be sent through for our contractors to action as capacity allows.

We appreciate your understanding with our current situation.

You can contact
My Aged Care on
1800 200 422
or we can assist you with
this process if required.

For more information
about these programs
contact the
In-Home Support Team on
8372 5197

Out & About Tour

Tuesday 7 July 2021 9:15am to 2pm

The Barossa Valley Chocolate Company uses the most delicious chocolate, sourced from the Daintree region, Belgium and beyond.

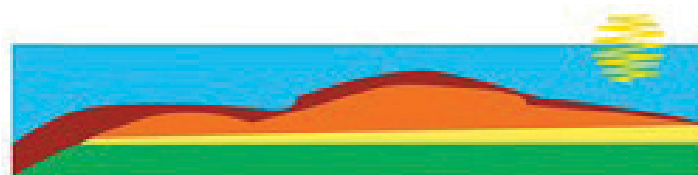
Come and watch their team of chocolatiers creating delicious treats through expansive viewing windows, using a mixture of traditional and modern tempering, enrobing, moulding, spinning and panning techniques to create all their chocolates- and ice cream!

After the tour enjoy lunch at the Tanunda Hotel.

Clients must be registered with the Community Bus to attend.

Bookings open 30 June 2021

Please call the Community Bus coordinator on [8372 5131](tel:83725131) if you are not already registered.



barossa valley CHOCOLATE COMPANY

Health and Wellbeing Talk – Planning ahead

Thursday 15 July, 10am-11:30am
at the Unley Community Centre

It's never too early to plan ahead. It is important for all adults to understand the benefits of early planning and the various legal tools available to help secure future health, financial, legal and personal choices. Presented by the Legal Services Commission this session will discuss the topics of Wills, Powers of Attorney, Advance Care Directives, as well as what and how to access assistance through the Legal Services Commission.

Cost: Free

Bookings essential: Phone [8273 8763](tel:82738763) or email WellbeingProgram@unley.sa.gov.au

Daily Moves



The Daily Moves program is offering free fitness assessments to people over 65 who are living independently in the eastern suburbs.

The assessment will provide objective measurements of your strength, balance and functional capacity. After your assessment, we can then offer a range of supports to help you achieve your fitness goals.

Support can range from recommendations to local classes to in-home guidance from an exercise professional.

If you would like more information, please call the Daily Moves Coordinator on [8372 5177](tel:83725177) or email dailymoves@unley.sa.gov.au



Reablement

The term 'reablement' refers to short-term or time limited support which helps a person to adapt to changed circumstances. Examples can include loss of function after illness or an accident, or to regain confidence and the capacity to return to a previous level of activity. Reablement aims to assist people to maximise and maintain their independence. We encourage reablement through our various physical activity offerings including flexible respite, and the In-Home Support and Daily Moves programs.

New Events/Programs

Come and Try Mindful Movement and Meditation with Angela Munoz



Weekly Thursday classes 2 – 3pm at the Fullarton Park Community Centre, Banquet Hall

Commencing July 1

Calm your mind, revitalise your body and strengthen your resilience.

With a slow, deliberate, intentional approach to movement and breath awareness, these classes will help you to improve your wellbeing on all levels (mental, emotional and physical). Ideal for people who suffer with depression, stress or anxiety.

Each class begins with a relaxation practice, which then flows on to movements and postures that are practiced sitting on a chair, or standing, and end with a short meditation.

Cost: \$8 per class with a My Aged Care Social Support Group or Social Support Individual referral

\$12 for participants with no referral.

Bookings Essential: 8273 8763 or WellbeingProgram@unley.sa.gov.au

Come and Try Table Tennis



Weekly Wednesday classes 10– 11:30am

Commencing 7 July

Join us for social table tennis held at the Adelaide Table Tennis Club-7 Albert St, Clarence Gardens. Table Tennis is suitable for all ages with many benefits such as improved hand eye-coordination, reflexes and balance.

*Adelaide Table Tennis Club asks for participants to not wear black soled shoes.

Cost: \$8 per class with a My Aged Care Social Support Group referral

\$12 for participants with no referral.

Bookings Essential: 8273 8763 or WellbeingProgram@unley.sa.gov.au

Come and Try Tenpin Bowling



Zone Bowling Cross Rd (Cnr Goodwood &, Cross Rd, Westbourne Park)

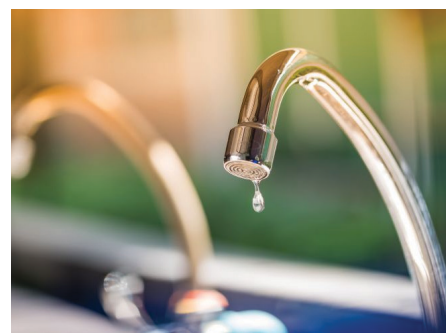
Friday 9th & 30th of July from 2-3pm

Come along for a social game of tenpin bowling, a year-round sport with both physical and social benefits. Join us twice a month for an afternoon of being active and meeting new people.

Cost: \$18.90 My Aged Care Social Support Group referral required

Bookings Essential: 8273 8763 or WellbeingProgram@unley.sa.gov.au

DIY Workshop: How to fix a leaky tap



Fullarton Park Community Centre's Parkview Room.

Tuesday 20 July 10-11am

Do you have dripping or leaky taps? Join us for a hands-on DIY session hosted by a friendly staff member from Barrow and Bench Mitre 10 to learn how to replace tap washers and fix that pesky leaking tap!

Cost: \$5 with a My Aged Care Social Support Group referral.

\$10 for participants with no referral

Bookings Essential: 8273 8763 or WellbeingProgram@unley.sa.gov.au

Music with Steve Nettle



Where: Fullarton Park Community Centre Banquet Hall

Tuesday 6 July 2-3pm

Join us for a sing along and musical education with musician Steve Nettle.

Chat, discuss and sing along to all your favourite hits throughout the decades.

Cost: \$5 with a My Aged Care Social Support Group referral,

\$10 for participants with no referral.

Bookings Essential: 8273 8763 or WellbeingProgram@unley.sa.gov.au

Ongoing Programs

Tai Chi with Master George Lee



New Venue for Winter at Unley Community Centre

Weekly on Mondays 11:45am-12:30pm

Tai Chi is a martial art practiced for health benefits including strength, balance and relaxation. Join Master George Lee, who was inducted in the Australian Martial Arts Hall of Fame for Lifetime Achievement in Tai Chi.

Start your week off right in a relaxed indoor setting.

Cost: \$7 per class with a My Aged Care Social Support Group referral.

\$12 for participants with no referral

Bookings Essential: 8273 8763 or

WellbeingProgram@unley.sa.gov.au

Better Balance with Jarrod Gordon



Fullarton Community Centre's Banquet Hall

Weekly Thursday classes from 11-11:45am

Come along to a group exercise class specifically designed to help improve your balance.

Jarrod is an accredited Exercise Scientist, who will guide you through a range of exercises aimed at preventing people from falls. The class aims to improve your confidence and build strength and endurance, all in a fun, social environment.

Cost: \$7 per class with a My Aged Care Social Support Group referral.

\$12 for participants with no referral

Bookings Essential: 8273 8763 or

WellbeingProgram@unley.sa.gov.au

Easy Paced Walking Group



Are you living in the Eastern region, aged 65 years or over and looking for a social walking group? Join us for a walk around the Unley area at your own pace.

After the walk, join the group for a social chat at a local coffee shop. Join us weekly on Tuesdays at 10.30am.

Walking has many benefits:

- Easy, accessible way to stay physically active
- Social contact and community spirit
- A safe way to be healthy

Duration of walks are around 30-40 minutes, with rest stops for those who need them. Mobility devices are welcome.

Cost: Gold coin donation

Booking Essential: Phone 8273 8763 or

email WellbeingProgram@unley.sa.gov.au

A My Aged Care Social Support Group referral is required.

Social Support Programs

Assistance to use technology

This is for people who have a computer, iPad, Android tablet or smart phone and are not sure how to use it. Do you have a microwave, oven clock or television that needs resetting? We may be able to assist you!

If you have any of these technology needs and would like one of our friendly volunteers to visit you in your home, please contact our CHSP Wellbeing Program on [8273 8763](tel:82738763) or email WellbeingProgram@unley.sa.gov.au for more information.

A My Aged Care Social Support Individual referral is required.



Meet Me Monday

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

This group is looking for new members and meets twice a month for a fun and friendly morning.

Join us in July for ArtTherapy with Estelle Chapple from Connect the Dots.

[12 & 26 July from 10:15am – 12:15pm](#)

Unley Community Centre 18 Arthur St, Unley

Cost: \$5 per person

A My Aged Care Flexible Respite referral required for carer and a Social Support Individual referral required for care recipient.

Booking Essential: Phone [8273 8763](tel:82738763) or email WellbeingProgram@unley.sa.gov.au



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, excellent conversation and guest speakers 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, friendly environment.

Unley Park Sports Club: 8 Northgate St, Unley Park SA 5061

8.30am to 10.30am

Cost: \$12

A My Aged Care Social Support Group referral is required.

For more information and to register please call [8273 8763](tel:82738763) or [8372 5191](tel:83725191) or email WellbeingProgram@unley.sa.gov.au



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 are negotiable. For more information please contact our CHSP Wellbeing Coordinator on [8372 5191](tel:83725191).

A My Aged Care Flexible Respite referral is required.



Assistance with shopping

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

The City of Unley's Commonwealth Home Support Program 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](tel:83725191) or email WellbeingProgram@Unley.sa.gov.au

A My Aged Care Social Support Individual referral is required.



2021 Wellbeing Bus Trip

July Bus trip bookings open 24/06/21

Please note: as of July, transport to and from the Fullarton Park Community for bus trips will now include a \$2 fee each way.

Thursday 1 July 2021



Morning Tea at Joan's Pantry

10am-12pm

Meander through the picturesque Adelaide Hills towards Hawthorndene and join us for morning tea at the iconic 'Joan's Pantry Café'.

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

Monday 12 July 2021

Willunga Courthouse Museum

9:30am to 3:45pm

Join us for a guided tour of the heritage-listed Courthouse complex and explore the cells, stable and police residence. Take part in a mock trial in the authentic Courtroom Museum. Followed by lunch at the Alma Hotel, Willunga.

Cost \$18 for bus trip and guided tour, lunch at own cost.

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.

Thursday 15 July 2021

Blokes Day Out - Gawler Old Telegraph Station Museum

9:30am to 2:45pm

Located in a heritage listed building, the museum portrays the local history of Gawler in the stone structure initially built to house a telegraph office in 1861.

After the tour, stroll across the road to the Kingsford Hotel for lunch.

Cost \$11 bus trip and guided walking tour, Lunch at own cost (\$11.90 lunch menu available)

Monday 19 July



Quinzi's Confectionery tour

10:45am to 2pm

Calling all sweet tooths! Join us for a guided tour of Quinzi's confectionery and enjoy tastings and an inside look at one of Australia's major suppliers of wholesale sweets.

After the tour, enjoy a savoury lunch at the Alma Tavern.

Cost: \$8 bus trip and guided tour, lunch at own cost.

Wednesday 21 July

Cultural Dinner Trip to Yannis Taverna

5:45pm to 7:45pm

Enjoy a night out with Greek Cuisine at Yannis Taverna in Magill! Afterwards satisfy your sweet tooth with a slice of cream Kataifi or Baklava.

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

Wednesday 28 July

Lunch and scenic drive to Strathalbyn

11:30am - 3pm

Take a scenic drive through the Adelaide Hills to the charming town of Strathalbyn and enjoy lunch at the historic Victoria Hotel.

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



Important information

- > 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, or we can do this on your behalf.
- > To make a bus booking contact CHSP Program on 8273 8763 or 8372 5191 or email: WellbeingProgram@Unley.sa.gov.au



CONTACTS

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

In-Home Support

Phone: 8372 5198

Wellbeing Programs

Phone: 8372 5191

Community Bus

Phone: 8372 5131

Daily Moves

Phone: 8372 5177

Car Transport

Phone: 8372 5405