

ENGAGEING UNLEY

THE CITY of
Unley

MAY – JUNE EDITION

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

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



Welcome...

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

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



Join us...

Join us on our next Community Bus Trip to join some wonderful people on a day out. The City of Unley has some excellent volunteers ready to go after quite a hiatus. Whether you're wanting to go out for a nice lunch, do your grocery shopping or some retail therapy, the community bus will help you get there.

To view the current timetable flip to page 4.



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

REMINDER: Smoke Alarm battery replacement



We thought it timely to remind you that the South Australian Fire Service recommends that smoke alarm batteries be replaced every 12 months. It is especially important at this time of year as we come into the cooler months.

Of course, you should change your battery immediately if the battery is low (you will hear warning beeps). If you require any help replacing batteries in your smoke alarms our In-Home Support Team can assist you.

Batteries are available through our home maintenance contractor or alternatively you may wish to supply your own 9-volt battery. They are a square shaped battery, which are available from hardware stores and most supermarkets.

If your smoke alarm requires a different type of battery than the standard 9-volt type, please advise us what type of battery you require when booking this service, so we can make sure our contractor can source the correct battery for your alarm.

Please call 8372 5198 to make a booking for this service.

Please note that a client co-payment is required for this service, along with the cost of the battery, should you require one. Some conditions may apply.

For accurate and timely information and advice on all your home fire safety questions you can also call the SA Metropolitan Fire Service Information Line.

For general enquiries call during business hours on 8204 3600.



Expressions of Interest Come & Try Singing Group

Are you over 65, living in Unley area and would like to discover the benefits of singing, laughter and friendships?

The Commonwealth Home Support Program is interested in starting up a singing group, no experience required to join.

If you would like to register your interest please call us on 8372 5191.



Meet me Monday

Meet Me Monday is a social support program for carers and the people who 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 day.

Enjoy a delicious lunch cooked onsite and various group activities such as games, crafts, information sessions, guest speakers and bus trips. Meet Me Monday is a great opportunity to relax while developing friendships and support networks within your local community.



9 May 2022

Activity: Music with Steve Nettle

Cost: \$5.00 per person

Cost includes morning tea

23 May 2022

Activity: Art with Nelum

Painting landscapes. Acrylic

Cost: \$10.00 per person

Cost includes morning tea and materials

27 June 2022

Activity: Bus Trip Outing –
Beerenberg Cafe

Cost: \$8 per person / bus trip

11 July 2022

Activity: Stories and Games

Cost: \$5 per person

Cost includes morning tea

25 July 2022

Activity: Art with Nelum

Painting Colour Abstracts. Oil Pastels

Cost: \$10.00 per person

Cost includes morning tea and materials

For more information please

contact CHSP on 8372 5191 or email

WellbeingProgram@unley.sa.gov.au



Tips to stay warm and healthy this winter

Winter is nearly here again, and while it can be a beautiful time of year in many ways, colder weather brings a greater risk of a range of health issues – especially for older people, who have a reduced ability to control and regulate their body temperature, which means they are at greater risk of hypothermia, especially during winter.

Look at our following tips to help you stay warm this winter:

1. Make sure your home is warm enough

- Hypothermia occurs when your body temperature drops below 35°C and can cause serious problems without prompt medical attention. Be prepared for winter by making sure your home is heated to a sufficient temperature.
- Ensure your main living area is heated to at least 21°C, with the rest of the home heated to at least 18°C.
- Check your home's thermostat and heating system to make sure it is fully working and doesn't require maintenance.
- Close all curtains and windows in your home at night time.
- Several layers of thin clothes will retain heat better than one thick layer, so layer-up in winter, especially when going outside.
- The coldest time of day is just before dawn, so go to sleep with extra blankets, and warm layers of clothing or nightwear.
- Contrary to popular belief, most body heat is not lost through the head, but through whatever part of your body is most exposed to cold air, so keep as much of the body covered as possible.

2. Eat nutritious food and have regular hot drinks

- Eating food high in nutritional value means the body receives the vitamins, carbohydrates and fats it needs to be well-nourished and to recover from minor illnesses quicker. While it may seem like a good idea to eat larger amounts of carbohydrate-heavy food in winter in an attempt to keep warm, it is much healthier to maintain a well-balanced diet.
- Include foods in your diet high in protein and fibre, with vitamins B,C, D and E, and low in sugars and fats.
- Eat regularly to help keep energy levels up during winter
- Have at least one hot meal a day.
- Have regular hot drinks – tea/coffee/hot chocolate.

3. Keep in daily contact with relatives, friends and neighbours

- Wintertime is often a time when people become socially isolated, risks are increased for older people who are alone for long periods of time with no one possibly noticing if they become unwell. The simple act of checking in with other people or having others check in with you – ideally face-to-face – could save a life.
- Check on your friends and make sure you have someone to check in on you also, ideally loved ones, friends or neighbours should check in on a regular basis, with the older and frailer the person checked in on more regularly, just to make sure that they are warm and healthy.
- Make sure you have a hot flask for warm drinks, hot food, an extra blanket or clothes, and adequate heating accessible to you at all times.
- Check weather forecasts regularly to find out when cold weather is predicted, and make doubly sure you stay warm and healthy during these times.



- Seek help from a medical professional or, in an emergency, call 000 if you believe you may be suffering from the effects of hypothermia.
 - Maintaining regular contact with people can also benefit in other ways, including promoting physical and psychological health, especially for those effected from not getting adequate sunlight which can sometimes develop into Seasonal Affective Disorder (SAD) More information on this can be found at the website below www.independenceaustralia.com.au/tips-and-advice/about-seasonal-affective-disorder/
 - Seek assistance from government agencies for help with heating, food and clothing, if necessary
 - Electricity, gas, water and phone bills are expensive, and they can be difficult to budget for as they can vary seasonally, there can be unexpected increases or additional charges, and it is often difficult to tell how much a bill will be before it arrives in the mail or inbox. It is vital that older people keep warm through the winter, and many are eligible for state government assistance to help pay their utility bills.
 - Older people are more likely to be reluctant to use heating for economic reasons, so to ensure this is not the case for you or someone you know explore ways to apply for a rebate or voucher. You can either telephone the SA Government Concessions Hot Line on 1800 307 758 or look it up on line by visiting the site below www.sa.gov.au/topics/care-and-support/concessions/household-concessions
 - You can also visit the federal government's Money Smart website for ways to save money on power bills without compromising physical or mental wellbeing <https://moneysmart.gov.au/>
- ## 4. Have regular medical check-ups
- Loss of nerve endings to the skin increases as we get older, meaning older peoples bodies have a decreased ability to register changes in temperature. Additionally, lower metabolic rate and less body fat, is also common and makes it harder to generate and retain heat. A regular visit to your doctor helps to maintain your overall health.
 - Blood pressure is generally higher in the winter, as cold temperatures cause blood vessels to narrow. It is useful to have regular blood pressure checks to ensure appropriate levels are being maintained.
 - Influenza and many rhinoviruses replicate quicker and more effectively in colder weather. Older people are more vulnerable to the effects of these viruses as their immune systems are less adept at fighting them off. Work with your doctor to make sure your vaccinations are up to date.

Community Bus Timetable Destinations



DAY	TIMING	DESTINATION	FREQUENCY
Monday	9:00am – 12:30pm	Unley Central	Weekly
	8:30am – 12:30pm	Gaganis Bros	First Monday of each month
Tuesday	9:00am – 12:30pm	Unley Central	Weekly
	1:00pm – 3:30pm	Unley Central	Tuesday only
Wednesday	9:00am – 12:30pm	Unley Central	Weekly
	9:00am – 1:00pm	Burnside / Big W / Mitcham / Marion	Weekly in rotation
Thursday	9:00am – 2:00pm	Unley Central and Swim Centre (3 groups) – 9am pickup, 9:30am pickup and 11am pickup	Weekly
Friday	9:00am – 12:30pm	Unley Central (2 groups) – 9am pick-up and 10am pickup	Weekly
	9:00am – 12:30pm	Castle Plaza	Weekly
Other	9:00am – 3:00pm	Out & About Tours	Monthly

Burnside Village Shopping Centre

1st Wednesday of each month
447 Portrush Road, Glenside

Big W Cumberland Park

2nd Wednesday of each month
366 Goodwood Road, Cumberland Park

Mitcham Square Shopping Centre

3rd Wednesday of each month
119 Belair Road, Torrens Park

Westfield Marion

4th Wednesday of each month
297 Diagonal Road, Oaklands Park

Unley Central *See below*

Unley Library, Unley Shopping Centre,
Unley Community Centre, Museum

Castle Plaza Shopping Centre

Every Friday
992 South Road, Edwardstown

Gaganis

1st Monday of each month
Located at 9-13 Bacon Street, Hindmarsh, Gaganis is a wholesaler and distributor of quality foods, kitchenware and home wares



Cost

\$4 donation for the two-way trip.

Bookings

To register for a Community Bus Service please complete a registration form or phone the Community Bus Coordinator on 8372 5131.

This will secure your booking on a regular basis. You then only need to phone to cancel if you are unable to make your regular booking.

Times

Please be considerate and patient when it comes to pick up and return times. The times are used as a guide and can sometimes vary depending on weather, passenger numbers and traffic. Please wait inside for the Community Bus to arrive, the Volunteers on the bus will call when the bus is approximately 5-10 minutes away and a helper will knock on your door when they arrive.

Timing allows for approximately one and a half to two hours at each destination.



Shopping bags

Passengers must have the ability to carry their own bags. Due to the size of the bus, shopping bags are limited to two per person.

Eligibility

The program is intended for residents living in the City of Unley Council area who are transport disadvantaged, frail aged or have a disability, there is no age barrier. Residents must be able to move independently without assistance while at the destination. A helper will be on board the bus to assist passengers with walkers and bags on the bus.

Volunteer service

The City of Unley Community Bus is a volunteer run service. Our Community Bus drivers are suitably qualified and volunteer bus helpers are there to provide additional assistance for passengers boarding and disembarking the bus.

★ Message to All Community Transport and Community Bus Passengers ★

From 1 July 2022, we are giving all our passengers the option of purchasing transport tickets for either Car Transport or Bus Transport.

This will alleviate the need for our clients/passengers to carry the required cash. Tickets will be available to purchase for 10, 20 or 30 trips for each program.

For clients who use both programs, they will need to purchase tickets for each program separately.



If you would prefer to purchase tickets, commencing 1 July 2022, please call the Community Transport on 8372 5405 or the Community Bus on 8372 5131 to register your interest.

Community Car Transport

In addition to transport support to attend various medical and social programs, transport is also available to pay bills, attend hairdressing appointments, visit family and friends and more.

Please note -current program guidelines and fees apply and new clients will require a My Aged Care referral.

Please contact the Community Transport Coordinator to request further information or to discuss your transport needs on 8372 5405.

DID YOU KNOW?



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.

The breakfast often hosts guest speakers, participants have a game of billiards or lawn bowls and there are often quizzes and games.

The breakfast is a supportive environment: men from all walks of life and abilities are welcome.

- Weekly on Friday mornings at Unley Park Sports Club
- Hot breakfast, espresso coffee, fruit salad and cereals made to order by our chef
- Facilitated group activities
- \$12 all inclusive.



Essential Garden Maintenance*

For those who have the relevant My Aged Care referral, Essential gardening is available to assist you to maintain your garden to ensure safety and security and this can include:

- Cut back shrubs/bushes/trees that are below gutter height (2.4 metres).
- Whipper snip weeds/grasses to maintain safety (no mowing of lawns).
- Sweep or blow leaves to clear paths around the home.
- Removal of green waste and general rubbish (additional dumping fees apply).
- Cut back of vines that are below gutter height.
- Spread mulch in the garden (mulch at own cost).
- Other tasks of a similar nature as approved by the Coordinator.

**Conditions Apply*



Ongoing Programs



Tai Chi

- Mondays at 11.45am to 12.30pm at Unley Community Centre
- Tai Chi is a martial art practiced for health benefits such as strength, balance and relaxation.
- Start your week off right in a relaxed setting.

Cost: \$7 per class with a My Aged Care Social Support Group referral, \$12 per class with no My Aged Care referral.

If the class is full, priority will go to the participants who are eligible and have a My Aged Care Social Support Group referral

Better Balance

- Two classes on Thursdays from 11 – 11:45am and 12 noon to 12.45pm at Fullarton Park Community Centre.
- Come along to a group exercise class specifically designed with the intention of improving your balance.
- An Accredited Exercise Scientist 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 your strength and endurance all in a fun and social environment.

Cost: \$7 per class with a My Aged Care Social Support Group referral, \$12 per class with no My Aged Care referral.

If the class is full, priority will go to the participants who are eligible and have a My Aged Care Social Support Group referral

Easy Paced Walking Group

Join us for a walk around the local area, at your own pace. After the walk, join the group for a drink at a local coffee shop.

Walking has many benefits:

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

Held weekly on Tuesdays at 10.30am
Walk duration is 30-40 minutes, with rests for those who need them. All abilities and mobility devices are welcome.

Gold coin donation.



Long walks



Meet at...

**Fullarton Park
Community Centre
at 10.00 am**

Thursday 19 May

**Henley to Grange walk
10am to 2.30pm**

Begin the walk at Henley Square and walk 2km to Grange where you can have a rest at the Grange Jetty Café for a bite to eat!

Afterwards, walk off lunch on your way back to the bus at Henley Square.

An easy 4km walk along the flat walking trail overlooking the beach.

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

Monday 20 June

**Belair – Lorekeet Loop Walk
10am to 2.30pm**

Join us for an Easy Walk through The Lorekeet loop at Belair National Park 3km loop, 1 hour 45 minutes

This gently sloping trail features natural and heritage sites. It passes majestic old red gums and blue gums, as well as endangered ecosystem of grey box woodland. Rest in the beautiful park and listen to the birds, lorikeets and rosellas being the most colourful and noisiest.

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

Tuesday 19 July

**Oakden Reserves Loop & Lunch
at Lakeside Café
10am to 2.30pm**

A 3.4km loop through the reserves and side streets of Oakden. Along the way there are public toilets and drinking fountains. After our walk enjoy lunch at the Lakeside café.

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



Transport to and from the Fullarton Park Community Centre is available for a small \$2 fee each way

Autumn Warmer... **Beef Barley Soup**

This homemade beef barley soup is loaded with nutritious veggies, tender beef and plump barley. It's a complete meal in a bowl!



Ingredients

- 1 tablespoon olive oil
- 1 onion chopped
- 1 garlic clove minced
- 2 carrots sliced
- 1 stalk celery sliced
- 2 cups cooked beef
- 6 cups beef stock
- 1 can diced tomatoes
- 1/2 green pepper diced
- 2/3 cup barley
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon dried thyme
- 1 package beef gravy mix
- 1 bay leaf
- 2 tablespoons red wine optional
- 2 tablespoons fresh parsley or 2 teaspoons dried
- Salt & pepper to taste

PREP TIME 20 minutes

COOK TIME 50 minutes

TOTAL TIME 1 hour 10 minutes

SERVINGS 8 servings



Instructions

1. Cook onions and garlic in oil over medium heat until softened.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer covered about 40-50 minutes or until barley is cooked.
3. Remove bay leaf and serve.

NOTES: Soup may thicken upon cooling, add extra stock (or water) to reach desired consistency.

Volunteer with us

Volunteers develop and strengthen the bond between Council and the community, and contribute to creating a vibrant, healthy and positive place to live. We are seeking enthusiastic, motivated people to join our volunteer team in the positions listed.

If you have questions please contact our Volunteer Coordinator, Bec Milner via email at bmilner@unley.sa.gov.au or by phoning 8372 5111.



Help Stop The Flu In 2022

This year it's even more important to get the flu vaccine.

What is influenza?

Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year. Influenza viruses usually spread when an infected person coughs or sneezes. People may spread the virus before they know they are infected.

This year we are all more vulnerable to influenza due to lower recent exposure to the virus and lower uptake of influenza vaccines. With international borders reopening, it's likely we will see more influenza in 2022.

Symptoms of influenza infection usually come on suddenly and may include, fever (high temperature), cough, muscle or body aches, fatigue (tiredness), headaches, sore throat and runny or stuffy nose

Influenza infection is more serious in pregnant women, babies, older people, and people with chronic health conditions such as heart, lung or kidney diseases, or weakened immune systems.

However, even fit and healthy people, especially children, can get very sick from influenza. Influenza can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can even die from influenza and its complications.

The influenza vaccine

Vaccination is our best defence against influenza viruses. Even fit and healthy people should get the influenza vaccine to protect themselves and help to stop the spread of influenza.

Influenza vaccination prepares your immune system to fight influenza viruses. The influenza vaccine uses parts of killed viruses to create an immune response following vaccination. The influenza vaccine cannot give you influenza because it does not contain any live viruses.

The immunity provided by the vaccine can protect you from becoming sick if you get exposed to influenza in the community. This immunity can also reduce the severity of illness if you do get sick.

Vaccination is the safest way to protect yourself and others from influenza viruses

Common side effects from the influenza vaccine include mild pain, redness or swelling where the vaccine is given. These side effects usually last for a few days and go away without any treatment.

Any medicine, including influenza vaccines, can have potentially serious side effects, such as a severe allergic reaction. However, these reactions are extremely rare.

Frequently Asked Questions

Question: Do I need to get vaccinated again if I was vaccinated last year?

Answer: Yes. Influenza viruses are constantly changing, so the vaccines may be updated from one season to the next to protect against the types of viruses that research suggests will be common in the upcoming influenza season. Even if you had the 2021 influenza vaccine in late 2021 or early 2022, you are still recommended to receive a 2022 formulation of influenza vaccine when it becomes available.

Question: Why do I need the influenza vaccine this year if there was hardly any influenza last season?

Answer: During the COVID-19 pandemic there has been reduced circulation of influenza virus and lower levels of influenza vaccine coverage compared to previous years. With borders reopening a possible resurgence of influenza is expected.

Question: When should I get vaccinated?

Answer: Getting vaccinated every year before the peak influenza season (typically June to September) is recommended. However, it's never too late to be vaccinated as influenza can spread all year round.

Question: Can I get vaccinated if I have an egg allergy?

Answer: Yes. People with an egg allergy, even an anaphylactic egg allergy, can safely have the influenza vaccine. Make sure you let your GP or other immunisation provider know that you have an egg allergy.

Question: Sometimes people can get influenza even when they have been vaccinated – why does this happen?

Answer: The influenza vaccine, like all vaccines, is not 100% effective. This means that even when people are vaccinated against influenza, there is a chance they can still get infected. It is important to remember that influenza vaccination reduces the chance of getting influenza and may also reduce the seriousness of illness if people do get infected with the virus.

Question: Can the influenza vaccine be given at the same visit as a COVID-19 vaccine?

Answer: The influenza vaccine and COVID-19 vaccines can be safely administered at the same visit. The best way to protect yourself against getting both infections is to make sure you've had your influenza vaccine and are fully vaccinated against COVID-19.

Who should receive the influenza vaccine?

Everyone six months and older is recommended to get an influenza vaccine each year.

Some people in our community are more vulnerable to the influenza virus and can suffer more serious complications from influenza. These people are eligible for free influenza vaccination through the National Immunisation Program:

- People aged 65 years and over.
- Pregnant women (at any stage during pregnancy).
- All Aboriginal and Torres Strait Islander people aged 6 months and over.
- All children aged 6 months to less than 5 years.
- People aged 6 months and over with certain medical conditions that increase their chance of severe influenza and its complications.

In some states and territories, influenza vaccines may also be provided for free to other people not listed above. Speak to your GP or visit your state or territory Department of Health website to find out.



Where can I get more information?

Speak to your GP or other immunisation provider about getting vaccinated against influenza.
Visit [health.gov.au/immunisation](https://www.health.gov.au/immunisation)

May bus trip bookings open 29/4/22 at 9am
June bus trip bookings open 18/5/22 at 9am
July bus trip bookings open 22/6/22 at 9am

2022 Wellbeing

Wednesday 4 May

Morning Tea at Mt Lofty Café 10am to 12.30pm

Join us for morning tea, at the Mt Lofty Café located in the beautiful Adelaide Hills at the peak of the Mount Lofty Rangers with the best possible view of our great state.

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



Monday 16 May

Dinner at NNO, Woodville 5.30pm to 8.30pm

Authentic Vietnamese cuisine. Come along for dinner at NNO restaurant. Enjoy a huge range of Vietnamese dishes.

No split bills, please bring cash with you to cover your dinner and drinks.

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



Monday 30 May

National Wine Centre Tour 11.15am to 2.45pm

Take a guided tour of the National Wine Centre's Wine Discovery Journey, and find out about the history, culture and science of Australian wine. Afterwards, enjoy lunch at the Buckingham Arms Hotel.

Cost: \$8 bus trip, \$15 tour, lunch at own cost.

Wednesday 1 June

Now: Morning Tea at Meadows Bakery 9.30am to 12.30pm

Join us for a scenic drive to the little country town of Meadows to enjoy some delicious morning tea.

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



Tuesday 10 May

Lunch at Pasta Deli 11.30am to 2.30pm

Always the freshest ingredients, Pasta Deli offer delicious home style meals that are guaranteed to satisfy.

Authentic Italian. Classic deli & eatery serving up many Italian foods with different daily specials. Preserves, soups and other goods are available to purchase for takeaway.

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



Monday 23 May

Captain Proud Cruise 9.15am to 3.30pm

Come along and explore the vast and natural beauty that is our River Murray. The Captain Proud Paddle Boat boasts a fully decked out period styled dining area and bar.

Enjoy a delicious lunch as you cruise slowly past majestic scenery. Experience the wildlife of the River Murray in all its untamed natural beauty.

Cruise past the points of interest that you can only really see from the river!

Cost: \$8 bus trip, \$59 – 3 hour cruise and 2 course lunch.



Tuesday 7 June

Wine Tasting and lunch at McLaren Vale 10am to 3.30pm

Come along for a day out in McLaren Vale. Start the morning at Bec Hardy cellar door, taste wines that reflect 170 years of South Australian winemaking heritage. Enjoy lunch at a venue in McLaren Vale.

Cost: \$8 bus trip, \$15 wine tasting, lunch at own cost.



Bus Trips...



Friday 10 June

Dinner at Grange Hotel 5.30pm to 9pm

Join us for dinner with a view at the Grange Hotel. After dinner, enjoy a walk down the jetty, weather permitting of course!

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



Thursday 23 June

Dunluce Castle Tour 9.45am to 2.30pm

Dunluce Castle holds the history of Brighton – the lost suburb of South Australia. Start the morning with Devonshire Tea followed by a guided tour given by the Castle owners! Enjoy 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, join us for lunch at The Warradale Hotel.

Cost: \$8 bus trip, \$23.50 tour and morning tea, lunch at own cost.



Wednesday 6 July

Morning Tea at Swedish Tarts 9.30am to 12.30pm

Join us for morning tea at Semaphore. A little taste of Sweden in Adelaide. Their menu is built on inspiration from the Swedish kitchen and fused to fit in with modern Australian taste buds.

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



Monday 11 July

Gorge Wildlife Park 10am to 3pm

The Gorge Wildlife Park is situated on 14 acres of land, under shaded trees. Paths meander among one of the largest privately owned collection of Australian and exotic animals, birds and reptiles in the country.

The park offers you an up close and personal experience with wildlife.

Cost: \$8 bus trip, \$16 entry fee, lunch at own cost.



Thursday 14 July

Dinner at Chicco Palms – Henley Beach 5pm to 9pm

Enjoy a tasty dinner at Chicco Palms, a modern wood fired pizza bar.

Enjoy a banquet meal with a selection of 6 to 8 flavoured pizza's.

Cost: \$8 bus trip, \$27 banquet pizza dinner.



Monday 25 July

Big Shed Brewing Co Tour and lunch 10.15am to 3pm

Enjoy lunch and a fully guided tour of the award-winning Big Shed brewery where you'll learn about the history of the Big Shed and the brewing processes from their tour guide, James – who also has an abundance of entertaining stories about the brewery.

Cost: \$8 bus trip, \$20 tour, lunch at own cost.



Thursday 28 July

Virginia Nursery and Cafe 9.45am to 2.30pm

Enjoy a leisurely stroll around Virginia Nursery followed by lunch at Doncho's Cafe.

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



Do you need assistance learning your digital device, or perhaps have a technology question or would like to get online?

Our friendly Tech Help volunteers will assist you to build your confidence and skills with technology.

We can help you with basic computing and device skills, email, social media, downloading eBooks and much more.

For more information please contact CHSP on 8372 5191 or email WellbeingProgram@unley.sa.gov.au



Q&A with Adelaide Tech Guy

Join special guest presenter, technology consultant **Richard Pascoe** for an interactive and engaging Q & A technology session. Richard will be sharing his knowledge to answer a range of technology questions like he does on FIVEaa and PowerFM. You may have a question about Windows, an issue with your iPad or Android device, or another technology question. Come along and join in the conversation or just listen in and learn something new.

**Wednesday 4 May,
10.30am - 12noon**

**Unley Town Hall
Oxford Terrace,
Unley**

Gold coin on entry,
bookings essential,
phone 8372 5100
or book online.

! Important information

- ★ To make a bus trip booking contact the Wellbeing Program on 8372 5191.
 - ★ 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 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 will go on at least one or two trips in the month.
 - ★ If you are not able to go on a trip you have booked on, please notify staff on 8372 5191.
 - ★ Transport to and from Fullarton Park Community Centre for bus trips is \$2 each way.
 - ★ The bus leaves from Fullarton Park Community Centre; please arrive 15 minutes early.
 - ★ Bus trips leave Fullarton Park promptly, return times are an estimate.
 - ★ Please have the correct money on the day. EFTPOS payments can be made prior to the trip as sometimes the EFTPOS may not be 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.
- Please note:
- ★ Trips / venues may be changed, canceled or modified at short notice. We will always let you know, if this happens.
 - ★ Some venues may require proof of vaccination to enter.



Contacts

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

In-Home Support Phone: 8372 5198

Wellbeing Program Phone: 8372 5191

Community Bus Phone: 8372 5131

Car Transport Phone: 8372 5405