

EngAGE UNLEY



Buddies at Breakfast group with the collected donations

Our Buddies at Breakfast help Westcare in Easter appeal

Unley's Buddies at Breakfast group provides opportunities for people to meet socially, but they also have our community at heart.

The group was approached by Westcare seeking support with their Easter appeal for essential food items, non-perishables such as long-life milk, cereal and canned goods.

Members responded generously, buying groceries to bring to their donation table.

They contacted Drakes Supermarket at Wayville and store manager Michael was happy to help. They saw around \$1000 of groceries donated to families in crises and others who Westcare help support.

A small gesture that's having an impact. Congratulations and thanks to all involved.



A Good Life: Simple Ways to Feel Better, Every Day



**It's never too late to
feel good.**

Little choices

- a cuppa with a friend,
- a stroll in the garden,
- learning something new,
- or just noticing the sunshine – all adds up.

Life doesn't have to be big
to be beautiful.

Take it slow, be kind to
yourself, and enjoy the
small stuff.

Commonwealth Home Support Program (CHSP)

The City of Unley provides a range of services and supports funded by the Commonwealth Home Support Program (CHSP).

A current My Aged Care referral is required to access all CHSP identified programs and services, including Social Support, Respite, Domestic Assistance, Gardening and Community Car Transport.

For more information or support with the process, contact **My Aged Care** on [1800 200 422](tel:1800200422) to arrange a referral.

My Aged Care referral codes are required for the following CHSP services and supports:

- **Domestic Assistance referral code:**
Cleaning, Laundry / Bed Changing and Shopping from a list.
- **Home Maintenance – minor home maintenance and repairs referral code:**
Basic Handyman, Window Cleaning, Gutter Cleaning and Spring Cleaning.
- **Social Support Individual – Accompanied activities referral code:**
Accompanied Shopping Support, Friendly Visiting, Technology Assistance, Wellbeing phone calls.
- **Social Support Group referral code:**
Wellbeing Bus trips, Breakfast programs, Tai Chi, Better Balance and Walking groups.

Co-contribution costs apply to services and supports depending on your level of income

Level 1: Aged or Disability Pensioner or hold a Commonwealth Seniors Health Card

Level 2: Individuals who DO NOT hold a Commonwealth Seniors Health Card

If you would like more information on the contribution costs, please contact one of our team members for a copy of our Client Contribution Schedule.

Contact phone numbers:

- **In Home Support Program:**
Domestic, Home Maintenance and Modifications: **8372 5198**
- **Wellbeing Program:**
Shopping Assistance, Respite, Bus Trips, Tai Chi, Better Balance, Walking Groups, Breakfast Programs: **8372 5191**
- **Community Transport:**
Volunteer Car Transport and Community Bus: **8372 5131**

Contact email addresses:

- **In Home Support Program:**
chsp@unley.sa.gov.au
- **Wellbeing Program:**
WellbeingProgram@unley.sa.gov.au
- **Community Car Transport:**
SocialTransport@unley.sa.gov.au



Update to CHSP Client Contribution Structure

The City of Unley is updating the client contribution pricing structure for the Commonwealth Home Support Program (CHSP), with changes proposed to take effect from 1 July 2025 (subject to Council approval on 23 June 2025).

The biggest change is the simplification of contribution levels:

- **Level 1:** Aged or Disability Pensioner or hold a Commonwealth Seniors Health Card
- **Level 2:** Individuals who DO NOT hold a Commonwealth Seniors Health Card.

The previous Level 3 category will be removed, and some prices may be updated as part of this review.

We understand that financial circumstances can vary. If you believe you may be unable to pay the updated contribution, we encourage you to contact us to discuss your situation.

For more information or to discuss your individual circumstances, contact our CHSP team on **8372 5198** or email chsp@unley.sa.gov.au

In-Home Support

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
Domestic Assistance	\$21 per hour	\$26 per hour	Domestic Assistance
Carer Respite Services	\$13 per hour	\$20 per hour	Flexible Respite
Accompanied Shopping Support	\$13 per hour	\$20 per hour	Social Support Individual
Shopping from a list with home delivery	\$13 per hour	\$20 per hour	Domestic Assistance

Home Maintenance

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
Basic Handyperson	\$21 per hour	\$26 per hour	Home Maintenance
Essential Safety Gardening	\$21 per hour	\$26 per hour	Home Maintenance
Green Waste Removal	\$21 per hour	\$26 per hour	Home Maintenance
Window Cleaning	\$21 per hour	\$26 per hour	Home Maintenance
Gutter Cleaning	\$45 per hour	\$55 per hour	Home Maintenance
Spring/Seasonal Cleaning	\$21 per hour	\$26 per hour	Home Maintenance
Hoarding/Squalor Cleaning	\$21 per hour	\$26 per hour	Home Maintenance

Social Support

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
Wellbeing Bus Trips	\$9 plus cost of meal	\$12 plus cost of meal	Social Support Group
Belles Breakfast Group	\$13 per group	\$19 per group	Social Support Group
Buddies at Breakfast Group	\$13 per group	\$19 per group	Social Support Group
Other Group Activities	\$9 per group	\$12 per group	Social Support Group
Social Support 1:1	No cost	No cost	Social Support Individual
Technology Assistance	No cost	No cost	Social Support Individual

Home Modification

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
Handrails and Minor Installations (Capped at \$2000)	50% of job	50% of job	Home Modification

Community Transport

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
1:1 Transport – Volunteer Car	\$4.50 per one-way trip	\$6 per one-way trip	Transport – Direct

Community Bus

TYPE OF SERVICE	LEVEL 1 CONTRIBUTION	LEVEL 2 CONTRIBUTION	MY AGED CARE REFERRAL
Community Shopping Bus	\$3 per one way trip	\$3 per one way trip	Transport

Social Support Programs

CHSP social and wellbeing programs assist people to participate in community life, stay well, be active and remain independent.

Social program participants need to be able to move and walk independently. For everyone's safety and enjoyment we reserve the right to review or withdraw participation if needed.

Should you experience a significant decline in your health, please let us know. We may be able to offer an alternative program or service.

For further information on our programs or to make a booking, please email wellbeingprogram@unley.sa.gov.au or call us on 8372 5191 or 8372 5198

A My Aged Care Social Support Group referral code is required to participate in our social programs.



Tai Chi at Unley Oval – Move Mindfully, Feel Better

Discover the gentle art of Tai Chi, an ancient Chinese practice that combines slow, flowing movements with deep breathing and focused awareness.

Often described as “meditation in motion,” Tai Chi is a calming, low-impact exercise that can help reduce stress, anxiety, and depression, while boosting your mood, energy, balance, and overall wellbeing.

Come along and give it a try – it's suitable for all fitness levels and a wonderful way to start your week.

Join us every Monday at 10am at the Unley Oval Community Hub, 1 Trimmer Terrace, Unley.



Better Balance Classes – Strengthen, Stabilise and Stay Confident

Our Better Balance classes are specially designed to help improve your balance, strength, and overall confidence.

Led by our friendly Accredited Exercise Physiologist, Jenny, you'll be guided through a range of targeted exercises aimed at fall prevention and building endurance—all in a supportive and social setting. These fun, low-impact sessions are perfect for staying active and steady on your feet.

Join us every Thursday at the Fullarton Park Community Centre, 411 Fullarton Road, Fullarton.

Class times: 10am, 11am and 12 noon.



Easy Paced Walking Group – Walk, Chat & Enjoy

Love the idea of walking but find most groups a bit too fast?

Our Easy-Paced Walking Group is just for you!

Enjoy a relaxed 30–40-minute stroll around the local area, walking at your own pace with plenty of time to rest if needed. All abilities and mobility devices are welcome.

After the walk, we head to a nearby café for a cuppa and a chat – a lovely way to stay active and social.

We meet at 10am every Tuesday at Unley Oval.

Belles Breakfast – Good Food, Great Company



Belles Breakfast is a friendly social program for women, offering a wonderful chance to connect, chat, and share a delicious meal with others in your community. It's a relaxed, welcoming space to make new friends, enjoy positive social support, and take a well-deserved break – without having to cook!

Each week features guest speakers or engaging activities after breakfast, making every Thursday morning a little different and a lot of fun.

Join us from 9:00am to 11:00am every Thursday at the Unley Park Sports Club, 8 Northgate St, Unley Park.

Community Car Transport

In addition to supporting residents to get to health and medical appointments, the CHSP Community Car program recognises the importance of staying connected and being involved. Transport can also be provided to attend social programs, get to other appointments or visit friends or family.

Our Community Car transport is delivered by a fabulous team of volunteers – and we're currently on the lookout for more! Please be aware that transport depends on the availability of volunteers, and medical transport always takes priority.

For further information or to make a booking please contact our Community Transport Coordinator on [8372 5198](tel:83725198).



Community Bus Transport



New Shopping Trips!

We're excited to announce some updates to our Community Bus shopping schedule to better serve your needs:

New Monthly Trip to Kurralta Park Shopping Centre

An additional shopping trip has been added! The bus will now visit Kurralta Park Shopping Centre on the 4th Wednesday of each month — a great opportunity to explore more stores and enjoy a new shopping experience.

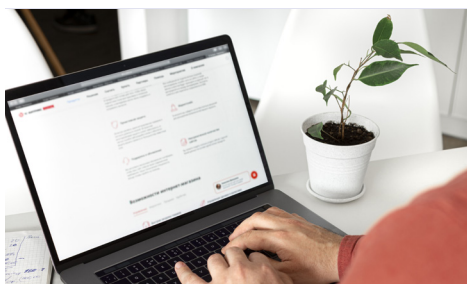
Mitcham Shopping Centre Replaces Unley Central

Please note that the regular Wednesday trip to Unley Central has now been replaced by Mitcham Shopping Centre. We hope you enjoy the variety Mitcham has to offer!

If you have any questions or would like to book a seat, please contact us on [8372 5198](tel:83725198). Happy shopping.

City of Unley CHSP Individual Social Support Programs

Did you know that the City of Unley CHSP Individual Social Support services are designed to help you stay independent, active and connected? Our one-on-one support ensures that you get the personal assistance you need, when and where you need it.



Need a Hand with Technology?

Would you like some help using your smartphone, tablet or computer? The City of Unley CHSP team offers one-on-one tech support in the comfort of your own home.

Our friendly volunteers can assist with all sorts of everyday tasks – from sending emails and making video calls to setting up devices and browsing the internet safely. Whether you're just getting started or need a refresher, we're here to help!

To book a session, contact us today.



Flexible Respite Services – Support for Carers – Take a Well-Deserved Break

Are you caring for an older loved one? We know how important – and demanding – that role can be. If you could use a little time to recharge, the City of Unley CHSP team is here to help.

With a My Aged Care referral, eligible residents can receive three to four hours a week of daytime support. While your loved one is cared for at home or out in the community, you'll have the chance to rest, run errands, or simply take some time for yourself.

Get in touch to find out how we can support you in your caring role.



Friendly Visiting – A Cuppa and a Chat

Sometimes, a friendly face and a good conversation are just what you need to brighten your day. With our Friendly Visiting program, you can enjoy regular visits from a kind and caring volunteer or paid support worker – right in the comfort of your own home.

Whether it's sharing a cuppa, swapping stories, or simply enjoying some company, these visits offer a valuable social connection that can make a real difference to your week.

Get in touch to find out more or to arrange a visit.

Changes coming to the Commonwealth Home Support Programme (CHSP)

What You Need to Know

From 1 July 2025, the Commonwealth Home Support Programme (CHSP) will be updated to better align with the new Support at Home program. These changes aim to make it easier for older Australians and their families to understand what services are available and how to access them.

What's Changing?

The types of services offered under the CHSP won't disappear, but their names and structure will be updated. This means you might notice services being grouped or renamed – but don't worry, the care and support you receive won't stop.

Here are some of the main changes:

- **Meals and Food Support:** Meal services will be grouped into two types – meal delivery and meal preparation at home.
- **Social Support:** Social visits, group outings, and phone check-ins will all be brought under one new service called Social Support and Community Engagement. This will include new options like digital support and cultural engagement.
- **Respite Services:** A new category called Home or Community General Respite will combine flexible and centre-based respite services, making it easier to switch between them without needing another referral.
- **Health and Therapy Services:** Services like physiotherapy, podiatry and counselling will now be grouped into either clinical health services or independent living therapies, depending on their focus.
- **Home Modifications and Equipment:** Support for things like grab rails, ramps, and mobility aids will continue under CHSP, with an increased yearly limit of \$15,000 for home modifications and \$1,000 for equipment and products.

What Does This Mean for You?

You can keep using your CHSP services as usual. These changes won't reduce your support – they are being made to improve clarity and make it easier to match services to your needs.

Need Help or Have Questions?

Our Unley staff are here to help. If you're unsure about how these changes affect you or someone you care for, don't hesitate to reach out.

We'll continue to provide updates as more information becomes available.

Additional Home Maintenance Services in June!

Looking for a little extra help around the house?

This June, our CHSP program is offering additional home maintenance services to ensure your home stays well-maintained through winter.

If you need assistance with gutter cleaning, window cleaning, a garden tidy-up, or even a spring clean to freshen up your home, we're here to lend a hand. Our trusted contractors are ready to help make your home shine and keep things in tip-top shape.

Contact us today to book your service or find out more – we're happy to assist!

Understanding the New Aged Care Quality Standards

What the New Standards Mean for You

Starting from 1 July 2025, these updated standards are designed to ensure that aged care services provide safe, high-quality, and personalised support. Here is what you need to know:

What Are the New Standards?

The new Strengthened Aged Care Standards consist of eight key areas that all aged care providers must meet. These standards focus on improving the experience of people receiving aged care and ensuring that services are tailored to individual needs.

How Will This Impact You?

These standards ensure that your voice is central to the care you receive. They promote:

Greater respect for your individuality, culture, and choices.

Better communication and transparency from providers.

Continuous improvement in the quality of care and services.

Our Commitment to You

The City of Unley is committed to meeting and exceeding these standards. We are already working to align our services with these changes and will continue to keep you informed as we move closer to their introduction. If you have any questions or want to learn more, please reach out to our friendly team.

For more details on these standards, call 1800 200 422 or visit Aged Care Standards www.agedcarequality.gov.au/providers/quality-standards



Standard 1

I am valued and have choices over the life I lead

Standard 2

I have confidence in my provider

Standard 3

My care is based around who I am and what's important to me

Standard 4

I feel safe and supported where I live

Standard 5

I get the right clinical care for me

Standard 6

I enjoy tasty nutritious foods every day

Standard 7

I contribute to the community I live in

Making the Most of Winter in Adelaide

Winter in Adelaide can be a beautiful time – crisp mornings, cosy afternoons and a chance to slow down a little. But it's also important to stay safe, warm and well during the colder months. Here are some helpful tips to make the most of winter:

Keep Warm at Home

- Dress in layers, including socks and a warm hat.
- Use draft stoppers and close off rooms you're not using to keep warmth in.
- Heat the room you're in to at least 20°C if possible, and make sure your heating is safe and well-maintained.
- Have extra blankets and a wheat bag handy for added comfort.

Look After Your Health

- Stay hydrated and eat regular, nutritious meals – warm soups and stews are great winter staples.
- Book your flu vaccination and speak to your GP about COVID boosters or other health concerns.
- Wash your hands regularly and keep surfaces clean to reduce the spread of winter bugs.

Stay Active

- Try indoor exercises, like Tai Chi, stretching, or gentle chair-based workouts.
- Join one of our walking groups or attend social programs – keeping active helps circulation, mobility, and mood.
- If walking outdoors, wear non-slip shoes and watch out for slippery paths.

Prepare Your Home

- Test heaters and smoke alarms to make sure they're working properly.
- Stock up on pantry basics so you don't have to venture out in bad weather.
- Keep a torch and batteries handy in case of a power outage.

Stay Connected

- Winter can feel isolating, so keep in touch with friends, family or neighbours.
- Join our CHSP social programs for regular outings, chats and warm meals at our Unley Community Centre.
- Ask about Friendly Visiting or Technology Assistance if you'd like help staying connected online.

Let's make winter a season of comfort, connection, and care. If you need support at home or want to get involved in any of our winter programs, contact the CHSP team.



Introducing Our New Staff



Hello! My name is Daniel Victory, and I'm thrilled to introduce myself as the new Team Leader, Community Support and Wellbeing, within the CHSP team here at the City of Unley.

I'm excited to be joining such a dedicated and passionate team that plays a vital role in supporting the wellbeing of older residents in our local community. It's a privilege to be part of a service that makes a meaningful impact in people's lives every day.

My professional background is in the not-for-profit sector, where I've had the honour of working closely with unpaid family carers—people who give so much of themselves to care for their loved ones. This experience has deepened my appreciation for the power of community and the importance of accessible, compassionate support services.

Outside of work, I enjoy watching cricket and football—and as a proud Crows supporter, you'll regularly find me at Adelaide Oval cheering on the team!

I have a genuine passion for helping others and am looking forward to bringing my experience, energy, and care to the City of Unley. I'm excited to meet many of you in the coming weeks and work together to continue providing excellent support with our community.

Warm regards,

Daniel Victory

Team Leader, Community Support
and Wellbeing



Hi everyone! My name is Kirsty and I have recently started as a CHSP Administration Officer at the City of Unley.

I have spent many years working in the aged care and community service sectors, most recently as a Carefinder, assisting vulnerable older people to access the supports that they need. I really enjoy being able to make a difference to people's lives and to the community I live in.

In my downtime I love to sew, do jigsaw puzzles and spend time with my grandchildren.

I am happy to be a part of such a fantastic team and look forward to speaking to or meeting with you all.

Warm regards,

Kirsty Locking

Administration Officer

How Age-Friendly is our City?

Have your say in a survey helping shape Unley's Active Ageing Plan. Unley is proud to be part of the World Health Organisation's Network for Age-Friendly Cities, which includes 1,445 locations across 51 countries.

The age-friendly concept looks at physical, social, and community factors to support ageing well through health, participation, and security. UniSA researchers are partnering with Unley to assess and compare our city's age-friendliness with over 20 cities globally.

If you're 60+ and live in Unley, complete the short online survey using the QR code below OR hard copies are also available at local libraries and community centres, with reply-paid envelopes provided.

The survey is anonymous, voluntary, and includes space to share your ideas for a more age-friendly city. Submissions close Friday 18 July.

For more information or questions, contact the lead researcher at helen.barrie@unisa.edu.au

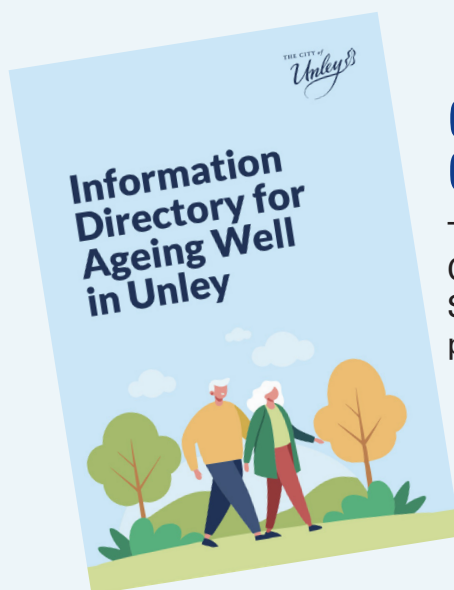


Complete the short online survey using the QR code

Information Directory Ageing Well in Unley

The Unley Council area boasts a comprehensive range of services, programs and activities to support people to thrive as they age. The tricky bit can be finding out what is available and on offer.

Not anymore! **The Ageing Well in Unley Directory** is a user-friendly tool for having information at your fingertips. From A – Arts and Crafts and Aged Care Homes TO Z -Volunteering and Women's Groups, there is a treasure trove of information for ageing well in Unley.



GET YOUR COPY NOW!

To order your copy contact Council's Customer Service on 8372 5111 or pobox1@unley.sa.gov.au

Library

Reboot digital literacy program

Get to know your Android or Apple device

Gain a better understanding of what your Android or Apple Device does.

Monday 2 June, 1 – 2.30pm



Google Maps Walking Tour

Join us for a relaxed stroll around Goodwood and learn how to follow directions using Google Maps.

Monday 16 June, 1 – 2.30pm

Buying & Selling on Facebook Marketplace

Buying and selling online can be a great way to discover bargains and turn any of your unwanted items into cash.

Monday 23 June, 1 – 2.30pm

How to spot a scam

Discuss common scam tactics and what you can do to keep yourself safe.

Monday 30 June, 1 – 2.30pm

Goodwood Library, 101 Goodwood Road, Goodwood

Free, bookings essential, phone [8372 5100](tel:83725100) or book online at unley.sa.gov.au/reboot

REBOOT

Doctor Jake Robinson presents – Invisible Friends

Join Dr Jake Robinson as we chat about microbes: the very glue that holds ecosystems together. This topical and engaging talk counters the prevailing narrative of microbes as the bane of society, providing much-needed clarity on the overwhelmingly beneficial role they play. Discover how the micro-biome is highly relevant to environmental issues and how microbes may influence our decisions: even the way we think about how we think may need to be revisited.

Thursday 14 August, 6.30 – 7.30pm

Unley Town Hall

181 Unley Road, Unley

Cost \$5, bookings essential, phone [8372 5100](tel:83725100) or book online at unley.sa.gov.au/libraryevents



How to make your home fire safe (source SA Metropolitan Fire Service Website).

Heating

Choose portable heaters which have automatic safety switches to turn the heater off if it tips over. Ideally, keep anything that can burn - clothes, bedding, furniture and curtains - two metres away from any part of heaters and from open fires.

Place a mesh guard in front of open fires. Children and pets must be supervised when heaters or fires are in use. Clean chimneys and flues regularly.

Cooking

Never leave cooking unattended. Be extra careful when cooking with oil. Never throw water onto an oil or fat fire. Use a fire blanket, saucepan lid or a dry powder fire extinguisher to put the fire out. Turn cooking utensil handles inward so that children can't reach them.

Candles

Keep burning candles clear of all items which can catch fire – such as clothing, books, paper and curtains. Use a proper candle holder with a wide base. Do not use candles in places where they can be knocked over by pets.

Electricity

Check that power cords are not frayed or damaged. Never run cords under carpets or rugs. Don't place furniture on top of cords. Don't overload power points. Use a power board with an overload switch. Install an earth leakage circuit breaker.

Smoke Alarms

Every home **MUST** have working smoke alarms. They give early warning of fire, allowing you to escape safely.

Testing

Test smoke alarms once a month. Press the test button and the smoke alarm should sound

Batteries

Your smoke alarms might be sealed units powered by 10 year non-replaceable batteries, they might be powered by replaceable batteries or they might be hardwired (240V) smoke alarms with replaceable back-up batteries. All replaceable batteries in smoke alarms should be replaced annually. When you change your clocks at the end of daylight saving, change your smoke alarm batteries.

Cleaning

Clean your smoke alarms at least every six months using your vacuum cleaner brush attachment.

Replacement

Smoke alarms are made to last for 10 years only. After that time, they should be replaced.

Replace your old smoke alarms with hard-wired, interconnected, photo-electric smoke alarms. For information about the type, number and location of smoke alarms contact the MFS.

Home Fire Escape Plan

If you have a fire in your home you must know how to get out quickly and safely. All the people in your home should talk about how to get out.

Make sure everybody knows:

- Where possible, two ways to get out of every room in which people might sleep
- How to unlock doors and windows. Leave keys in deadlocked doors when someone is home and have quick release catches on security doors and grilles.
- That once you get out, you need to stay out. Use a mobile or a neighbour's phone to call 000.

CHSP WELLBEING BUSTRIPS

JUNE 2025 CALENDAR (no early bookings please)

Bookings open Wednesday 21 May 2025 at 9am Telephone 8372 5191 or 8372 5198

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list.

Cost of bus trip / transport: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way

**WEDNESDAY
4 JUNE 2025**

FLYING FISH CAFE, PT ELLIOTT



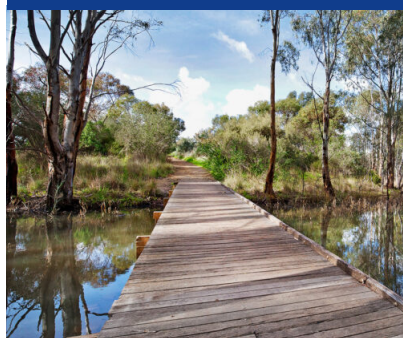
Join us for a relaxing seaside escape with lunch at the popular Flying Fish Café in beautiful Port Elliot! Nestled right by the water, this charming café offers stunning coastal views and a mouthwatering menu. Enjoy the calming sea breeze and the sound of waves as you dine in great company. Don't miss out on this perfect blend of delicious food and coastal charm.

Time: 10.45am to 3pm

Cost: Lunch at own cost – \$30 per person (set menu)

**WEDNESDAY
11 JUNE 2025**

LONG WALK- KAURNA PARK WETLANDS LOOP, BURTON



Join us for a relaxing day out exploring the beautiful Kaurna Park Wetlands Loop at Burton. This scenic 2.9km circuit loop will take us through tranquil natural surroundings, with plenty of opportunities to enjoy the birdlife, peaceful water views, and native vegetation. After stretching our legs, we'll head to the Slug and Lettuce Hotel for a well-deserved lunch. A great outing for those who enjoy nature and fresh air!

Time: 10am to 2.30pm

Cost: Lunch at own cost

**TUESDAY
17 JUNE 2025**

LUNCH AT TIROS & REGENCY (TAFE)



TIROS is a training restaurant where TAFE SA students gain invaluable industry experience in a fully operational commercial setting. From food preparation to service, students handle every aspect of the restaurant. With its vibrant and relaxed atmosphere, TIROS is an ideal spot for a leisurely lunch.

Time: 11.30 am to 2.30pm

Cost: Lunch \$38, includes main course and dessert

**WEDNESDAY
25 JUNE 2025**

TEA TREE GULLY HERITAGE MUSEUM, TEA TREE GULLY



Join us for a fascinating visit to the Tea Tree Gully Heritage Museum, where history comes to life! Wander through beautifully preserved buildings and displays that showcase what life was like in the early days of the Tea Tree Gully area. From the old schoolhouse to vintage household items, there's something to spark everyone's curiosity. After our tour, we'll enjoy a delicious finger food lunch in a charming heritage setting. A wonderful outing for those who enjoy a touch of nostalgia and local history.

Time: 10am to 2.30pm

Cost: Tour and light lunch \$22

WHAT'S ON JUNE 2025 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
Tai Chi 10 am – 11 am Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Pick up from 9 am Return 12 noon	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Pasadena Shopping Centre Pick up from 9 am Return 12 noon Wellbeing Bus Trip Flying Fish Cafe, Pt Elliott 10.45 am to 3 pm	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
09	10	11	12	13
PUBLIC HOLIDAY	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Burnside Shopping Centre Pick up from 9 am Return 12 noon Wellbeing Bus Trip Long Walk- Kaurna Park, Wetlands Loop 10 am to 2.30 pm	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
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JULY 2025 CALENDAR (no early bookings please)

Bookings open Wednesday 18 June 2025 at 9am Telephone 8372 5191 or 8372 5198

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list.

Cost of bus trip / transport: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way

**WEDNESDAY
2 JULY 2025**



MORNING TEA AT BELICIOUS, INMAN VALLEY

Treat yourself to a delightful day out at Belicious Café, with stunning views overlooking Glacier Rock and the Inman River. This charming café is known for its home-style breakfasts and lunches, and it truly shines with its decadent Belgian waffles, crepes, and award-winning vanilla slice. Whether you dine indoors or enjoy the fresh air in the outdoor seating area, Belicious offers a warm and welcoming atmosphere. A perfect outing for those with a sweet tooth and an eye for scenic beauty! We will then enjoy a scenic drive making our way to Goolwa for a stroll in the main street and a light lunch.

Time: 9.30am to 3pm

Cost: Morning tea and lunch at own cost

**MONDAY
14 JULY 2025**



BIRKENHEAD TAVERN, BIRKENHEAD

Join us for a relaxing lunch at the Birkenhead Tavern, a waterfront favourite with beautiful views of the Port River. With classic pub meals, friendly service, and a comfortable setting, it's the perfect spot to enjoy good food and great company.

Time: 11.45am to 2.30pm

Cost: Lunch at own cost

**MONDAY
21 JULY 2025**



LENSWOOD APPLES TOUR, LENSWOOD

Let's visit Lenswood Apples, nestled in the Adelaide Hills. Enjoy an insightful tour showcasing the behind-the-scenes workings of a commercial apple orchard. After the tour, we can enjoy a warm beverage and a delicious treat at their on-site café, which serves locally produced food and beverages. This visit provides a unique opportunity to learn about apple cultivation during the off-season and enjoy the serene winter landscape of the Adelaide Hill. Followed by lunch at the Bridgewater Inn.

Time: 10.15am to 2.30pm

Cost: Tour – no cost, Morning tea and lunch at own cost

**WEDNESDAY
30 JULY 2025**



LONG WALK - CHOOKARLOO WALK, KUITPO FOREST

Join us for a refreshing stroll through the beautiful Kuitpo Forest on our Chookarloo Walk – a gentle 1.1km circuit that winds through tall pines and peaceful native bushland. The walk takes around 30 minutes, but for those feeling energetic, you're welcome to complete a second loop! This is a fantastic opportunity to breathe in the fresh forest air, stretch your legs, and soak up the serenity of nature. After our walk, we'll enjoy a well-earned lunch at the Royal Oak Hotel, Clarendon.

Time: 9.30am to 2.30pm

Cost: Lunch at own cost

WHAT'S ON JULY 2025 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	01	02	03	04
	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Pasadena Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Wellbeing Bus Trip Morning Tea at Belicious 9.30 am to 3 pm</p>	<p>Belles Breakfast 8.30 am – 10.30 am</p> <p>Better Balance 10 am, 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
07	08	09	10	11
<p>Tai Chi 10 am – 11 am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Pick up from 9 am Return 12 noon</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Burnside Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 8.30 am – 10.30 am</p> <p>Better Balance 10 am, 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
14	15	16	17	18
<p>Tai Chi 10 am – 11 am</p> <p>Wellbeing Bus Trip Birkenhead Tavern 11.45 am to 2.30 pm</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Westlakes Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 8.30 am – 10.30 am</p> <p>Better Balance 10 am, 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
21	22	23	24	25
<p>Tai Chi 10 am – 11 am</p> <p>Wellbeing Bus Trip Lenswood Apples Tour 10.15 am to 2.30 pm</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Kurralt Park Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 8.30 am – 10.30 am</p> <p>Better Balance 10 am, 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
28	29	30	31	
<p>Tai Chi 10 am – 11 am</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Wellbeing Bus Trip Long Walk- Chookarloo Walk- Kuitpo Forest 9.30 am to 2.30 pm</p>	<p>Belles Breakfast 8.30 am – 10.30 am</p> <p>Better Balance 10 am, 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	

CHSP WELLBEING BUSTRIPS

AUGUST 2025 CALENDAR (no early bookings please)

Bookings open Wednesday 23 July 2025 at 9am Telephone 8372 5191 or 8372 5198

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list.

Cost of bus trip / transport: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way

WEDNESDAY
6 AUGUST 2025

BEHIND THE SCENES, VICTOR HARBOR



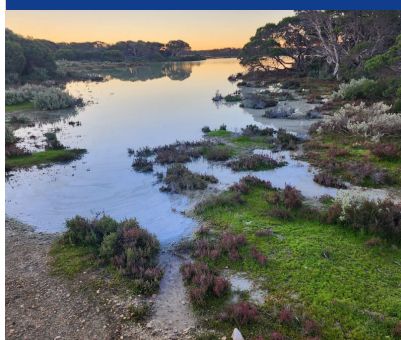
Come and meet the gentle giants of Victor Harbor! We'll enjoy a relaxed morning among the beautiful Clydesdale horses, learning about their history, care, and unique personalities. You'll have the chance to get up close, give them a pat, take a picture and hear from the dedicated team who look after them. After some quality time with the horses, we'll enjoy a hot drink and a bite to eat in the peaceful rural setting. We will then make our way to the Middleton Tavern for a delicious lunch. A perfect outing for animal lovers and anyone looking for a heartwarming day out!

Time: 9am to 3pm

Cost: \$54 includes meet & greet with the Clydesdales, coffee/tea, scones with jam and cream. Lunch at own cost. Lunch specials available.

WEDNESDAY
13 AUGUST 2025

LONG WALK - FERRIES MCDONALD LOOP TRAIL



Lace up your walking shoes and join us for a peaceful adventure along the Ferries McDonald Loop Trail in Monarto South. This stunning 2.4km loop takes you through unique Mallee scrubland, where wildflowers bloom, birds call from the treetops, and kangaroos might even hop by to say hello! It's a gentle, nature-filled walk perfect for all fitness levels, with plenty of time to take in the sights and sounds of this special conservation park. After the walk, we'll relax over a delicious lunch at a local venue.

Time: 10am to 2.30pm

Cost: Lunch at own cost

TUESDAY
19 AUGUST 2025

MAWSON CAFE, MEADOWS



Join us for a relaxing outing to the charming township of Meadows, where we'll enjoy a delicious lunch at the welcoming Mawson Café. Known for its hearty home-style meals, friendly service, and cosy atmosphere, Mawson Café is a lovely spot to unwind over a tasty meal. Nestled in the scenic Adelaide Hills, it's the perfect destination for a leisurely day out.

Time: 11.30am to 2.30pm

Cost: Lunch at own cost

THURSDAY
28 AUGUST 2025

BRUNCH AT THIRTY FIVE STIRLING, THE BARTON



Join a relaxed and delicious brunch at Thirty Five Stirling, a warm and welcoming café located in Thebarton. Known for its generous serves, great coffee, and homestyle cooking, it's the perfect spot to enjoy a leisurely start to the day. With plenty of space and friendly service, this café is a lovely choice for our group to share good food and good company.

Time: 9.45am to 12noon

Cost: Brunch at own cost

WHAT'S ON AUGUST 2025 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				01
				Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
04	05	06	07	08
Tai Chi 10 am – 11 am Community Shopping Bus Gaganis Bros & Omega Food, Hindmarsh Pick up 9am Return 12 noon	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Pasadena Shopping Centre Pick up from 9 am Return 12 noon Wellbeing BusTrip Behind the Scenes 9 am to 3 pm	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
11	12	13	14	15
Tai Chi 10 am – 11 am	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Burnside Shopping Centre Pick up from 9 am Return 12 noon Wellbeing BusTrip Long Walk- Ferries McDonald Loop Trail 10 am to 2.30 pm	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
18	19	20	21	23
Tai Chi 10 am – 11 am	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm Wellbeing BusTrip Mawson Cafe, Meadows 11.30 am to 2.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Westlakes Shopping Centre Pick up from 9 am Return 12 noon	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
25	26	27	28	29
Tai Chi 10 am – 11 am	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus – Aldi & Mitcham Shopping Centre Pick up from 9 am Return 12 noon Kurralta Park Shopping Centre Pick up from 9 am Return 12 noon Wellbeing BusTrip Brunch at Thirty Five Stirling 9.45 am to 12 noon	Belles Breakfast 8.30 am – 10.30 am Better Balance 10 am, 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm

CHSP Wellbeing Bus Trips Information

A Friendly Reminder

We're here to support you in staying independent, feeling well, and reaching your personal goals. If your health or circumstances have changed recently, please let us know. You don't have to wait until your next review – we may be able to adjust your services or offer additional support to suit your needs.

Social Program Tickets

When buying tickets for our social programs, please remember they are non-refundable and can't be exchanged for cash.

However, you can pass your ticket on to another eligible person using the same service – this will be up to you to organise the handover.

Creating a Safe and Welcoming Environment

We want everyone to feel safe, respected, and included in our programs. We value kindness, understanding, and fairness.

If anyone behaves in a way that goes against these values, we may need to review their participation in the program.

Staying Safe and Active

To make sure our social outings are enjoyable and safe for everyone; participants need to be able to walk and move around independently. If this becomes difficult, please let us know – we'll do our best to find a more suitable program or service for you.

