

EngAGEING UNLEY

THE CITY of
Unley

FEBRUARY-MARCH
2024 EDITION

Welcome...

to our bi-monthly newsletter
for residents who access the
City of Unley Commonwealth
Home Support Program (CHSP)

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

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



For bus trip or social
program suggestions email
wellbeingprogram@unley.sa.gov.au

Join our Wellbeing Bus Trips

We had a wonderful variety of trips in December and January. We took a scenic drive to Port Noarlunga for a delicious morning tea at Becks Bakehouse and enjoyed Christmas lunch at the OG Hotel. The week before Christmas we dined at the Balhannah Hotel before taking in the spectacular Lights of Lobethal.

Fortunately we have even more great trips planned for February and March! Let us do the driving for your next hassle-free day out. Our experienced bus driver and volunteers will be there to help you have a great day. Sit back and relax in the airconditioned bus. You can meet the bus at the Fullarton Park Community Centre, or we can arrange pick up from home if required. Turn to page 8 to start planning your next trip!



Bus trip to visit the Lights of Lobethal

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.

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Power Outages

Whenever there is a power outage the risk of house fires increases.

It is easy to forget to turn off electrical appliances that were operating at the time of the power outage, then go to bed or leave the house. When power is restored these appliances may be left running unattended for extended periods of time.

During a power outage people may also use alternative light, heating and cooking sources – candles, flame lanterns, kerosene heaters, camping stoves or portable gas stoves. All of the above items present a higher fire risk than the equivalent electrical appliance.

When there is a Power Outage

- Turn off:
 - all lights and appliances that were in use at the time except fridges and freezers
 - cooktops, ovens and microwaves
 - heaters - both electric heaters and gas heaters with electric fans
 - washing machines and clothes dryers
 - air conditioners, evaporative coolers and fans
 - any handheld devices or appliances.
- Unplug laptops and computers to prevent them from turning on when the power is restored.
- Unplug any items that are on charge.

The SA Metropolitan Fire Service (MFS) strongly recommends that you use battery powered torches or lanterns as alternative lighting. Wind up torches are also available.

Be Prepared!

- Make sure that you have batteries, torches or rechargeable lanterns on hand to light your home safely in the event of a power outage. Ensure that everyone knows where to find them and that if they are used for other purposes they are always returned.

- People who rely on power to run life support equipment should register with their electricity retailer and prepare an action plan with their doctor. They should regularly check the back-up battery of their equipment to ensure that it's fully charged and ready for use.
- Be aware that cordless phone handsets require power to operate and will not work during a power outage. Ensure you have another way of communicating in an emergency (mobile phone, hardwired phone).
- Be aware that homes connected to the National Broadband Network (NBN) may not be able to use their hard-wired phones during a power outage. The NBN system does not have a battery backup for phone operation as part of the standard installation unless it is specifically requested. If a NBN battery backup is installed, it is limited in its capacity to maintain power to a phone for an extended period.
- Check the instructions for your air conditioner, or ring the manufacturer to determine how your brand and type of air conditioner will respond to a power outage. Some brands have a manual power switch which you should turn off to prevent the unit from turning back on automatically when power is restored. Others have a cut out mechanism. You need to know beforehand what your air conditioner is programmed to do so that you can take action if you leave the house. The MFS does not recommend leaving cooling equipment running when you leave the house.
- Know how to use the manual over-ride on garage roller doors and electric security shutters.
- Your 240v smoke alarm may chirp when the power is out but it will still work if the back-up battery is charged.

Source: South Australian Metropolitan Fire Service,
Home fire safety fact sheet: Power Outages

Flexible Respite Service

Are you a Carer? Feeling like a break or some time to yourself would help you continue your caring role? We can assist with flexible respite. We provide supervision and assistance to the person you are caring for, so you benefit from a regular break without having to worry. You can choose to be there or not when we provide this service.

Flexible respite care includes:

In-Home Day Respite: We provide daytime support services for you, as a carer, in the home.

Out-of-Home Day Respite: We provide daytime support services so you, as a carer, can have time to yourself, while the person you care for is being looked after, out in their local community.

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

Home Maintenance Services

Our Commonwealth Home Support Program Home Maintenance Service offers garden maintenance, minor repairs and home maintenance which help keep you safe and independent in your home. We can assist with things like installing window locks, replacing smoke alarm batteries, cutting back shrubs, cleaning gutters or replacing washers.

Activities which are solely focused on improving the look or design of your garden, or planting a new garden are outside the scope of our Home Maintenance Service. Unfortunately this means we are not able to help with things like installing or maintaining watering systems or gardening beds, planting or composting, weeding by hand, landscaping or other extensive gardening.

For further information or to book in a service please phone the **In-Home Support Team** on **8372 5198**.

A My Aged Care Home Maintenance referral is required for these services.

Information from: Commonwealth Home Support Programme – Program Manual 2022-2023.

Public Holidays

If your regular service falls on a public holiday, please contact the **City of Unley** on **8372 5198** or call our contractor to either cancel or reschedule your service, this will help to ensure you can arrange for your regular Care Worker on your desired day.

If the contractors are unable to contact you to confirm a cancellation or reschedule your service, the service will be cancelled by default. Services are not able to be provided on public holidays.



Social Support Programs

The Commonwealth Home Support Program (CHSP) provides social and wellbeing programs to assist people to participate in community life and to feel socially included through structured activities that develop, maintain, or support independent living and social interaction, whilst facilitating your wellness and reablement goals.

The CHSP requires all participants of our social programs to be able to mobilise and walk independently. We reserve the right to review or withdraw participation in any program activity or service 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 have other programs and services available.

A current My Aged Care referral is required to access each service type. Please speak to a member of our team for further information or alternatively you can contact **My Aged Care** on **1800 200 422** to arrange your own referral should you require one.

For more information on all our programs and to make a booking contact the **Wellbeing Program** on **8372 5191** or email wellbeingprogram@unley.sa.gov.au

Tai Chi Class



Tai Chi is an ancient Chinese martial art practiced as a graceful form of exercise. It involves movements performed in a slow, focused manner accompanied by deep breathing. Benefits of Tai Chi include decreased stress, anxiety and depression, and improved mood, energy and stamina, balance and agility.

Join us on **Mondays** at Unley Oval Community Hub, 1 Trimmer Terrace, Unley.

Class 10-10.45am.

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

Better Balance Classes



Better Balance classes are specifically designed improve your balance. Our Accredited Exercise Physiologist, Jenny, will guide you through a range of exercises targeted at preventing falls. The class aims to enhance your balance and confidence while building strength and endurance - all in a fun and social environment.

Join us on **Thursdays** at Fullarton Park Community Centre, 411 Fullarton Road, Fullarton.

Classes at 11am and 12 noon.

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

Easy Paced Walking Group



Do you enjoy walking but find other walking groups are too fast and you can't keep up? Join our easy-paced group for a 30 to 40 minute walk around the local area, at your own pace. After the walk, join the group for coffee and conversation at a local café. All abilities and mobility devices are welcome, with rests along the way for those who need them.

The group meets at **10am** on **Tuesday** mornings at Unley Oval.

Cost: Gold coin donation.

Level 1: Aged Pensioners, Disability Pensioners or Self-Funded Retirees with a Commonwealth Seniors Card
Level 2: Self-Funded Retirees with no Commonwealth Seniors Health Card

Social Support Programs

Belles Breakfast

Belles Breakfast is a social program for women offered by the Commonwealth Home Support Program (CHSP). Belles Breakfast is a wonderful opportunity if you'd like to meet people, socialise and form friendships while enjoying a freshly cooked breakfast.



Besides the social benefits, it's a chance to relax, let someone else do the cooking while meeting other women in your community. There are so many benefits in regular connections and positive social support.

Held on Thursday mornings at the Unley Park Sports Club, 8 Northgate St, Unley Park.

Time: 9 to 11am

Guest speaker or facilitated activity following the breakfast each week.

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

All participants must be registered with the City of Unley Commonwealth Home Support Program and have a current My Aged Care Social Support Group referral to attend.

Please contact the **Wellbeing Program** on **8372 5191** for further information.

Community Car Transport

Do you have a loved one in a nursing home who you would like to visit but you can't get there? Perhaps you would like to visit a local café, or you need to get to a craft or hobby store? If so, then our volunteer drivers may be able to assist you.

In addition to supporting residents to get to medical and health-related appointments, the Community Car program recognises the importance of being able to stay connected with the community. Transport is also available to attend social programs, get to hairdressing appointments, visit family and friends and more. Transport depends on the availability of volunteers, and medical transport always takes priority.

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**.



City of Unley Community Bus

A door to door bus service to favourite destinations is available to all residents living in the City of Unley. Regular services run to Unley and Castle Plaza shopping centres. Monthly services to Burnside Village, Pasadena Shopping Centre, West Lakes Shopping Centre, Gaganis Bros and other destinations. Residents must be able to board and disembark the bus independently and be independent while at the destinations.

To register to use this service and to receive a timetable contact the **Community Bus Coordinator** on **8372 5131**.

Register Now

Community Bus Out & About Tours

If you are interested in joining the Community Bus program to attend an Out & About tour, please contact the **Community Bus Coordinator** on **8372 5131** for more information.

Day	Destination	More information	Times
Thursday 29 February 2024 Bookings open Thursday 15 February 2024	Virginia Home & Garden Nursery Being proud to be Adelaide's largest retail garden centre, there is so much to choose from, they have The Garden Centre, Stellas Home & Kitchen and Doncho's Café all under the one roof. Choose to wander the nursery and homewares and then enjoy lunch in Doncho's Café.	Bus donation \$8 Lunch at own cost	9.30am – 10.30am Bus commences pick-ups
			12.30pm – 1.30pm Lunch at Doncho's Cafe
			1.30pm – 2.00pm Travel home
Tuesday 19 March 2024 Bookings open Tuesday 5 March 2024	Stirling Village It's always a pleasure to wander Stirling's charming main street. The precinct is recognised for spectacular scenery that changes with every season through the year. Stirling - Four seasons a thousand reasons! Then enjoy a lovely lunch at The Stirling Hotel. They have a variety of meals available where seniors card holders receive 25% discount (excludes small & share menu meals).	Bus donation \$8 Lunch at own cost	10.00am – 10.30am Bus commences pick-ups
			12.30pm Lunch at The Stirling Hotel
			1.30pm – 2.00pm Travel home

Technology Assistance

Do you need some assistance with technology?

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

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

My Aged Care Social Support Individual referral is required.

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



CHSP Wellbeing BusTrips Information

We would appreciate at least 24 hours notice of all bus trip cancellations. This allows other participants to attend.

IMPORTANT INFORMATION

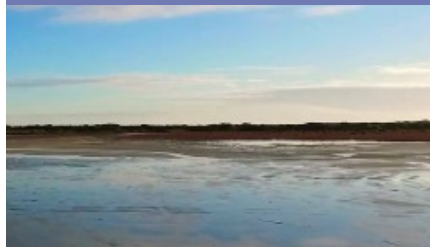
- Transport to and from the Fullarton Park Community Centre for bus trips is \$2.50 each way.
- Cost for BusTrips: Level 1 - \$8.50, Level 2 - \$11.50
- The bus leaves from Fullarton Park Community Centre; please arrive 15 minutes early.
- Bus trips leave Fullarton promptly, return times are an estimate.
- 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 with your consent we can do this on your behalf.
- To make a bus booking contact **Wellbeing Program** on 8372 5175 or 8372 5191 or email wellbeingprogram@unley.sa.gov.au
- When booking on the bus trips please choose your top two preferences. We will then place you on the waitlist for any other trips.
- If you are not able to go on a trip after booking in, please notify staff on 8372 5175. If a vacancy becomes available for the trips you are wait-listed for, we will contact you to see if you would like to come along. This will help to ensure that everyone has an opportunity to attend.
- If there is a significant change to your health or mobility we reserve the right to withdraw the service.

CHSP WELLBEING BUSTRIPS FEBRUARY 2024 CALENDAR

Bookings open Tuesday 23 January at 9am - Telephone 8372 5175 or 8372 5191

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

WEDNESDAY 7 FEBRUARY



NORTHERN BEACHES TOUR AND LUNCH AT ST KILDA

Explore some of SA's local coastline at Middle Beach and Port Gawler, then recharge with a lunch at the St Kilda Beach Hotel.

Time: 10am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost.

MONDAY 19 FEBRUARY



LUNCH AT THE BRIDGEWATER INN

Overlooking the scenic Cox Creek, The Bridgewater Inn has a beautiful two-level beer garden with a number of different dining options. Located adjacent to the Heysen Trail, this dog-friendly beer garden is a popular resting spot for walkers. A great venue to enjoy a long, lazy lunch with a view.

Time: 11.30am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).

MONDAY 26 FEBRUARY



LUNCH AT WEST BEACH SURF LIFE SAVING CLUB

Enjoy the stunning views at the newly renovated West Beach SLSC, situated right on the beachfront at West Beach. Enjoy your delicious lunch while soaking up the atmosphere and watching the waves roll in.

Time: 11.45am – 3pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost.

WEDNESDAY 28 FEBRUARY



LONG WALK FROM SEMAPHORE TO LARGS BAY

Enjoy the 2km walk along the shore from Semaphore to Largs Bay, followed by lunch at the Largs Pier Hotel. Established in 1882, the Largs Pier has long been an imposing landmark overlooking the Lefevre Peninsula. A great day by the sea!

Time: 10.30am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).



Please bring your water bottle to stay hydrated on the bus trips, especially during the summer months.

Please note wellbeing bus trips may be modified or cancelled in an extreme weather event.

WHAT'S ON FEBRUARY 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			01	02
			Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
05	06	07	08	09
Tai Chi –10am Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Northern Beaches Tour & lunch The Saint Kilda Hotel 10am-2.30pm.	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
12	13	14	15	16
Tai Chi –10am Community Shopping Bus Spotlight, Edwardstown Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
19	20	21	22	23
Tai Chi –10am Wellbeing Bus Trip Lunch at The Bridgewater Inn, Bridgewater 11.30am-2.30pm	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
26	27	28	29	
Tai Chi –10am Wellbeing Bus Trip Lunch at West Beach Surf Life Saving Club 11.45am-3pm	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Long Walk Semaphore to Largs Bay 10.30am-2.30pm	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm Community Bus Out and About Trip to Virginia Home and Garden Nursery. Passenger pick up from 9.30am. Approx return time 2pm	

CHSP WELLBEING BUSTRIPS

MARCH 2024 CALENDAR

Bookings open Tuesday 27 February at 9am - Telephone 8372 5175 or 8372 5191

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

TUESDAY 5 MARCH



WHISPERING WALL AND LUNCH, WILLIAMSTOWN

Come along on a day out to visit the Whispering Wall which was built between 1899 and 1903. The wall is part of the dam wall located in the Barossa Reservoir Reserve and is known for its unique acoustic effects. Words whispered at one side can be clearly heard at the other, more than 100 metres away. Our lunch destination will be the historic pub in Williamstown.

Time: 10am – 3pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (\$16 lunch specials available).

WEDNESDAY 13 MARCH



MORNING TEA AT LITTLE BIRDY BAKERY, NAIRNE

Little Birdy Bakery is the first co-op bakery made up of more than a dozen of Adelaide and the Hill's best artisanal bake-houses, patisseries and pie makers. You will support multiple local businesses, while enjoying the best that Adelaide and the Hills has to offer.

Time: 9.30am – 1pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, morning tea at own cost.

MONDAY 18 MARCH



LUNCH AT THE BEERENBERG FARM CAFÉ, HAHNDORF

Join us for lunch at the delightful Beerenberg Farm Café. The menu is crafted using fresh, seasonal, and locally-sourced produce. You'll find everything from freshly-made sandwiches, salads and homemade pies, to delectable cakes, waffles, and pastries, served - of course - with their very own jams, relishes and sauces.

Time: 11.30am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost.

TUESDAY 26 MARCH



LONG WALK FROM HOVE TO SEACLIFF

Join us for a seaside walk along the Esplanade from Hove to Seaclyff. Enjoy 2.5km of stunning ocean views and golden sand as you walk along this pristine coastline making this walk an unforgettable coastal experience. Afterwards enjoy lunch at the Seaclyff Beach Hotel.

Time: 10am – 2pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (20% off lunch for seniors).

WHAT'S ON MARCH 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				01
				Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
04	05	06	07	08
Tai Chi –10am Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Wellbeing BusTrip Whispering Wall, Williamstown 10am-3pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
11	12	13	14	15
PUBLIC HOLIDAY	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing BusTrip Morning tea Little Birdy Bakery, Nairne 9.30am-1pm	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
18	19	20	21	22
Tai Chi –10am Wellbeing BusTrip Lunch at Beerenberg Farm Café, Hahndorf. 11.30am-2.30pm	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Community Bus Out and AboutTrip to Stirling Village. Passenger pick up from 10am. Approx return time 2pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
25	26	27	28	29
Tai Chi –10am	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Wellbeing BusTrip Long Walk Hove to Seacliff 10am-2pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	PUBLIC HOLIDAY



Calling at-risk and isolated people impacted by heatwaves.



Telecross REDi assists vulnerable and isolated people cope with extreme weather events. The Telecross REDi service supports people by calling them daily during declared heatwaves.

People in the community who are at risk during extreme weather events and require phone support during these periods are encouraged to register for the service.

This includes people who live alone, have a disability, are experiencing mental illness, are housebound, frail, aged, recovering from an illness or accident, or have an ongoing illness, such as diabetes or a heart condition.

Carers of vulnerable people are also encouraged to register as they may be at risk during an extreme weather event.

Registrations for Telecross REDi can be made calling **1800 188 071** or by email telecrossredi@redcross.org.au

Social and Wellbeing Program Etiquette

The City of Unley Commonwealth Home Support Program promotes an environment where participants feel welcomed, supported, safe and happy. The service values respect, tolerance, inclusiveness, and equity. Any participants who demonstrate behaviour or use language that is not supportive of these values may be refused access to these programs.

CHSP Team



Sim Dhir

In-Home Support Coordinator

Phone: 8372 5414



Teresa Russo

In-Home Support Admin Officer

Phone: 8372 5484



Jo Blaess

Wellbeing Program Coordinator

Phone: 8372 5191



Tracey Schroder

Wellbeing Program Admin Officer

Phone: 8372 5175



Moira Heppenstall

Car Transport Coordinator

Phone: 8372 5405



Cynthia Brooks

Community Bus Coordinator

Phone: 8372 5131



Aneta Kuta

Intake and Review Officer

Phone: 8372 5489