

ENGAGEING UNLEY

THE CITY of
Unley

NEXT INSTALMENT

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

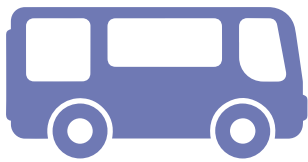
Send your details to
CHSP@unley.sa.gov.au



Welcome...

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

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



Our bus trips are back!

Wellbeing Bus Trips have returned.

Our first two bus trips back were a great success going to the Adelaide Planetarium and a Coastal Drive to Goolwa. Both trips were so popular that we have had to put on extra buses! More information about future trips are on page 4 of the Newsletter.



LOOK OUT in the post for our Client Satisfaction Survey!
Phone 8372 5198 if you would like assistance filling it out



EMAIL:
chsp@unley.sa.gov.au
**YOUR TRAVEL
SUGGESTIONS**



Answers for last month's quiz, how did you go?

1. Margaret Thatcher
2. 37 degrees Celsius (98.6 degrees Fahrenheit)
3. J.K. Rowling
4. South Sydney Rabbitohs
5. 1956
6. Kangaroo Island
7. K
8. Eddie Murphy
9. Dawn Fraser, four gold medals
10. Pyrenees
11. Ian Fleming
12. 43rd
13. Study of old age and ageing
14. All My Loving; 15. 33 days

<https://www.heraldsun.com.au/ipad/quiz-master-test-your-knowledge/news-story/ea9366032bdbb7f26bdb82d14837c65?sv=26c019e254226199ea753eeb031ddd0e>

Winner
Winner!

BEVERLY THOMAS

Congratulations to
Beverly Thomas of
Unley Park on getting
13/15 questions correct,
a gift pack is on
the way!

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 morning.

They enjoy various group activities such as movies, games, information sessions, guest speakers and bus trips.

If you would like more information please contact our CHSP Wellbeing Coordinator on 8372 5191 or email: chsp@unley.sa.gov.au



Laurie Freeman

Furry Friends!

Win a prize for your pet! Send in your favourite pet pic to 49 Oxford Terrace, Unley or email: chsp@unley.sa.gov.au to be featured in the next newsletter.



Doreen Houston's dog Summer Rose enjoying the garden



Cheeky pup Mickey chomping on Luci Blackborough (part of the daily moves team) socks...



One of our Bus Drivers Peter Simmonds dog Murphy looking cosy in his new jumper



Sonia and Wally's Swed's cat Stalin enjoying his retirement



BoxFit Boxing Group for over 65s.

Would you like to join a non-contact, non-competitive boxing group to improve your fitness, strength and coordination?

Classes are run Tuesday mornings at 9:15am by a qualified boxing and fitness instructor. The class will consist of a warm up to mobilise joints and warm up muscles, non-contact boxing for 30-40 minutes, then a cool down and stretch.

If you would like further information or to register your interest contact our CHSP Wellbeing Program on 8273 8763 or email: chsp@unley.sa.gov.au for more information.

Lower Body Exercises

Complete these exercises to assist in maintaining functional strength

Exercising alone at home is new to many of us and comes with its own risks. We encourage you to have your phone, or medical alert pendant on you or nearby.

Listen to your body and move at your own pace.



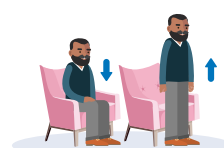
Side Leg Raises

Step one: Stand behind a chair holding on with both hands

Step two: Slowly lift your leg out to the side ensuring you are maintaining an upright posture.

Step three: Slowly lower your leg back down

Step four: Repeat 10 times on each leg



Sit to Stand

Step one: Sit on the edge of a chair with feet flat on the floor

Step two: Slowly stand upright pushing your weight through your heels

Step three: Slowly sit back down

Step four: Repeat 10 times

The Daily Move.

The sit to stand exercise is an important exercise that helps maintain independence by strengthening your leg and glute muscles. This functional movement replicates daily activities such as getting up off the toilet, out of bed, and out of a chair.

If you need to make this exercise a little easier, try putting a cushion on the chair.

For more information on exercises to do at home please contact The Daily Moves Team on 8372 5177.



Assistance to use technology.

Assistance to use Technology: If you have a computer, iPad, Android tablet or smart phone and are not sure how to use it. A microwave, oven clock or television channels that need resetting - we may be able to assist you!

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



Scrabble Society.

Come along for a friendly game of Scrabble at Goodwood Library. There will be a City of Unley Volunteer waiting to test your mettle in a fun game each week. Bring a friend or come on your own, meet new people and have some fun.

MONDAYS WEEKLY, 1.00PM - 3.00PM
GOODWOOD LIBRARY

101 Goodwood Road, Goodwood. Free, no bookings not required BYO coffee.

Unley Buddies at Breakfast.

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

Join us for great food, good coffee and excellent conversation at our weekly men's breakfast

Share a joke and have a laugh, it's a great way to catch up with other blokes in a relaxed and friendly environment.

Unley Park Sports Club

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

Cost: \$12

For more information and to register please contact:
8372 5191 or 8273 8763



Up coming Bus trips.

October:

Bookings from 7/10/20

**Monday 19 October 2020,
10am to 3pm**

Come along on a day out exploring Monarto Zoo, the world's largest open range zoo, includes an informative bus tour lead by a Monarto Zoo tour guide operator. Enjoy lunch at the Monarto Zoo café!

Cost: \$35 includes bus trip and safari, lunch at own cost.



**Wednesday 28 October 2020,
10:30am to 3pm**

Stroll the tree-lined main street of Hahndorf and discover shops, galleries and studios, a cheese maker, leather-smith, jeweller, candle makers, a craft brewery, winery cellar doors, gin distillery, chocolatier, traditional sweet shops, restaurants and cafés. Choose your own place for lunch.

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



November:

Bookings from 26/10/20

**Wednesday 4 November 2020,
10:30am to 3pm**

Stroll through the stunning architecture and beautiful landscapes of the Adelaide Botanic Gardens and enjoy a variety of sandwiches from Subway for lunch.

Cost: \$18 includes bus trip, walking tour and lunch.

**Wednesday 11 November 2020,
10:15am – 2:30pm**

Enjoy a scenic drive through the Adelaide Hills to visit the South Australian family-run business, Melba's Chocolates & Confectionery which has been around for two decades and the iconic Woodside Cheese Wrights. After enjoy lunch at Charleston Hotel, the charming country pub nestled in the gorgeous Adelaide Hills.

Cost: \$8 bus, lunch and treats at your own cost.

**Wednesday 18 November 2020,
11am to 3pm**

Enjoy lunch at the iconic Willunga Hotel, established in 1868 and located between the hills and the sea in the world-renowned McLaren Vale.

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

**Wednesday 25 November 2020,
5pm to 8:30pm**

Bring along your deck chairs and enjoy the sunset while eating your fish and chips at Henley Square, with a scenic drive along the Esplanade on the way home!

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

December:

Bookings from 23/11/20

**Wednesday 2 December 2020,
9:30am-12:30pm**

What a perfect time of year for cherry picking. Stock up on cherries just in time for Christmas. After some cherry picking enjoy a coffee and chat or treat yourself to their famous cherry ice-cream.

Cost: \$13 includes bus trip and cherry picking, food at own cost.



**Friday 11 December 2020,
10am to 3.30pm**

Enjoy a 3-course meal at Maggie Beers restaurant in the Barossa Valley followed by product tasting at Maggie Beer's Farm shop.

Cost: \$60 for a 3-course meal at Maggie Beer's Restaurant (no cost for the bus).

**Wednesday 16 December 2020,
5pm to 8:30pm**

Get into the Christmas spirit and join us for a festive get together at the Palais Hotel in Semaphore!

Cost: \$8 bus trip, dinner at own cost
The bus leaves from Fullarton Park Community Centre, please arrive 15 min early. Please have correct money on the day. **EFTPOS is now available.**



- ▶ Numbers per bus trip are limited due to social distancing requirements.
- ▶ To be eligible for this program we require a Social Support Group referral from My Aged Care.
- ▶ You can contact My Aged Care on 1800 200 422, or we can do this on your behalf

My Dementia Companion pilot program.

My Dementia Companion is one of four winning technology ideas from Dementia Australia's Decoding Dementia 2019 Innovation Program. It is now ready to pilot.

The innovative web tool, My Dementia Companion, guides family, friends and carers through one of life's most challenging and confusing journeys.

The web tool offers personalised and practical support for a person's dementia journey. It is easy to use and accessible at any time on a smart phone or computer.

The free, 6-8 week pilot will enable users to explore the app and provide feedback. It will enable people to:

- find government services
- access local support and services
- better understand dementia and how to develop care and coping strategies at home.

For more information, or for any families wishing to participate in the pilot, visit the My Dementia Companion website.

Easy Paced Walking Group.



We hear too often that walking groups are too fast, or they leave people behind.

What if we promised that there was no such thing as too slow? Or that no one would be left behind?

We are seeking expressions of interest from people interested in joining a volunteer-supervised walking group.

Tuesday mornings 10:30am

- Gold coin
- Meeting location would be central Unley
- Walking duration 30 – 40 mins, with rests for those that need.
- Mobility devices are welcome
- Option to have a coffee afterwards with the group at your own expense
- CHSP referral required – Social Support Group

Express your interest by phoning 82738763

Faces of the Cottage:



Angela Morrison
Team Leader Community Support & Wellbeing



Brooke McBrearty
CHSP Administration support Officer – Wellbeing



Stephanie Critchley
CHSP In-home Administration support Officer



Alyssa Hill
Daily Moves Program Coordinator



Shandre Steer
CHSP In-Home Support Coordinator



Cynthia Brooks
Coordinator Community Bus



Jarrod Gordon
Daily Moves Project Support Officer



Nadine Arbon
CHSP In-Home Administration Support Officer



Moira Heppenstall
Community Transport Coordinator



Jo Blaess
CHSP Wellbeing Program Coordinator



Anne Couchman
CHSP In-home Administration support Officer



Lynn Farquharson
CHSP Administration support Officer – Transport

Puzzle Swap.

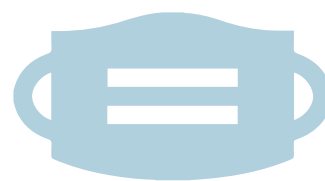
The cottage has a selection of jigsaw puzzles for you to borrow.

Once you have completed the puzzle, you can swap it for a new one! Express your interest by email chsp@unley.sa.gov.au or call 8372 5191



Face masks.

Do you need a face mask and are unable to purchase one?



The CHSP program can post out one mask per client, email chsp@unley.sa.gov.au or call 8372 5191.



Age is no barrier to becoming an entrepreneur.

Older individuals no longer need to observe traditional retirement age. Fitter and healthier than ever, they have experience and knowledge to contribute to their communities through new ventures. The City of Unley and UniSA Business are working together to provide support and skills training for older individuals through the Startup@AnyAge Project, supported by funding from the Office for Ageing Well, SA Health.

High-profile entrepreneurs are often portrayed as working alone to start high-risk, profit-making businesses. Programs to support new ideas and business may put off mature-age individuals who do not aspire to the same financial goals

and the higher workloads of young entrepreneurs. Co-researcher and entrepreneurship expert, UniSA's Dr Shruti Sardeshmukh, says mature-age individuals offer unique insights for new ventures. 'The wealth of experience and resources that come with a life well lived can provide many ventures a better chance of success,' Dr Sardeshmukh says.

The Startup@AnyAge program focuses on exploring micro-businesses that operate on a very small scale and social enterprises that address social issues. The project aims to support older individuals to be confident at using their passion, purpose and life-skills in meaningful activities, and on their own terms. The project is starting

with a survey to identify people's views on new ventures later in life. This will be followed by small discussion groups that guide the development of free workshops for those 50 years and older interested in entrepreneurial activity. These free workshops will be offered in 2021. Opportunities to connect with the wider entrepreneurial network across Adelaide are also planned.

The research team would love to hear your views on enterprise in later life – whether or not you feel that this is something you would personally consider. To participate, complete our online survey, if you don't have access to a computer, tablet or smart phone - ask your local library for assistance.

How to participate in survey

Where: Online

How: Your Say Unley – Community Pulse Survey

Who for: Anyone over 18 years of age

How to participate in the discussion groups

How: Contact the research team by phone or email

Who: Dr Sanjee Perera – Sanjee.Perera@unisa.edu.au or call 8302 7755

Who for: People aged 50 years or over who wish to be involved or find out more

Contact at the City of Unley,

Judith Lowe Active Ageing Project Officer

P: 8273 8793 **E:** jlowe@unley.sa.gov.au

Startup@AnyAge project is supported by an Age Friendly SA Grant from the Office for Ageing Well, SA Health.

Do you need some additional assistance?



The Unley Home Support Program is having a spring special and can offer additional support services in the following areas:

- **Spring Cleaning** general cleaning tasks, cleaning out cupboards, dusting light fittings and more
- **Window Cleaning** single story homes, inside and out
- **Garden Tidy up** up to 16 hours per financial year
- **Home Modification** installation of occupational therapist approved home modification hardware such as grab rails, bannister rails, magnetic door catches and ramps

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

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



CONTACTS

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

In-Home Support Phone: 8372 5198

Wellbeing Programs Phone: 8372 5191

Community Bus Phone: 8372 5131

Daily Moves Phone: 8372 5177

Car Transport Phone: 8372 5405