

EngAGEING UNLEY

THE CITY of
Unley

SEPTEMBER –
OCTOBER EDITION

Welcome...

to our 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

Hello Spring

Spring is a magical season that brings with it a sense of renewal, rejuvenation, and the promise of warmer days ahead. After the cold winter weather, springtime invites us to step outside and immerse ourselves in the wonders of nature. It is the perfect time to embrace the outdoors, go for a walk, and bask in the sunshine.

Walking is a fantastic way to enjoy the spring season, as it allows us to connect with nature and reap numerous health benefits. Walking helps us to clear our minds, reduce stress, and boost our mood. Taking a walk outdoors allows us to be present in the moment, to breathe deeply, and to appreciate our environment.

As the days grow longer and the temperatures rise, we encourage you to immerse yourself in the wonders of spring. Let the warmth of the sun kiss your skin and allow the beauty of nature to fill your soul. Embrace the magic of this season and let it rejuvenate your body, mind, and spirit.

If you would like to join a walking group, the City of Unley CHSP offers an easy paced walking group. With friendly volunteers to support you, it's a great way to meet new people and get some regular exercise. After the weekly walk, the group stops for coffee and a chat at a local café. To register for the walking group please contact the wellbeing team on **8372 5191**.

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

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 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.

Getting older- let's talk about it!

Ageing well in your community

A FREE 8 week Conversation Series

Thursdays from 19 Oct—7 Dec
9.30am – 12.00 noon
Fullarton Park Community Centre
411 Fullarton Rd, Fullarton.



Thinking about ageing?

This conversation series, facilitated by Zest Creative, provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion.

Some of the **topics explored include:** home, belonging and community, the reality of ageing, ageism, money matters, living with meaning and purpose, and the importance of social connection.

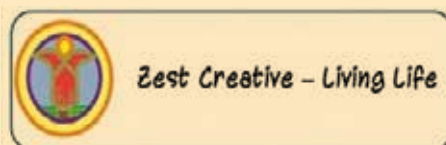
Sessions are free and include refreshments.

To book phone: Fullarton Park Community Centre on 8372 5180

Supported by Office for Ageing Well



Government of South Australia
SA Health



www.zestcreativeaustralia.com.au

We acknowledge and respect that we operate on the land of the Kaurna peoples and pay our respect to Elders past, present and future as the Custodians of this beautiful land.

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](tel:1800200422) 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](tel:83725191) 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.

Social Support Programs

Buddies at Breakfast



Are you a man aged 65+ looking for a social group program?

Join us for great food and excellent conversation at our weekly men's breakfast. Share a joke and a laugh; it's a great way to catch up with other blokes in a relaxed, friendly environment.

Every Friday at Unley Park Sports Club, 8 Northgate St, Unley Park.

Time: 8.30 to 10.30am

Full cooked breakfast with coffee and fruit salad.

Enjoy a variety of guest speakers each week.

All-inclusive cost:

Level 1: \$13, Level 2: \$19.

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.



Community Bus

The Unley Community Bus is a 'door to door' service that picks passengers up from their home and transports them to a range of shopping centres. This service is provided by volunteers and coordinated by the City of Unley staff.

This service is intended for all residents living in the City of Unley Council area, there is no age barrier. Residents must be able to board

and disembark the bus independently and be independent while at the destination. A Helper will be onboard the bus to assist passengers with walkers and bags. We ask a \$5 donation for the round trip.

If you would like to access the Community Bus services please phone the **Community Bus coordinator** on [8372 5131](tel:83725131) for further information.



Community Bus Out & About Tours for September and October 2023

Day	Destination	More information	Times
Monday 25 September Bookings open Monday 11 September 2023	Trip to Mount Barker Join us to explore the bustling township of Mount Barker. Afterwards enjoy lunch at The Oak & Iron Tavern with a variety of reasonably priced meals.	Bus donation \$8 Lunch at own cost	10:00am – 10:30am Bus commences pick-ups
			12:00pm – 1:00pm Lunch at The Oak & Iron Tavern
			1:30pm – 2:30pm Travel home
Wednesday 18 October Bookings open Wednesday 4 October 2023	Karkoo Nursery Oakbank Having a great selection of homewares, garden supplies and gifts, Karkoo Nursery is a family owned garden centre in the Adelaide Hills. It is a pet friendly venue, so you may be lucky enough to enjoy meeting a friendly dog or two.	Bus donation \$8 Lunch at own cost	10:00am – 10:30am Bus commences pick-ups
			12:30pm Lunch at Karkoo
			1:30pm – 2:00pm Travel home



Meet Kaye and Graham Volunteers

Kaye and Graham on a recent trip to New Zealand.

Graham and I retired after a career of teaching (Graham as an Assistant Principal and Kaye as Head of Special Education.) We were keen to volunteer to provide support and assistance to others in our area. Following a conversation over coffee with an Unley volunteer after our fitness group, this sounded like a good opportunity to meet others living in the area.

We were impressed with the wellbeing orientation program and readily volunteered our services. We found it fascinating to hear people's life stories, some who've lived here all their lives and others who were born in different countries. The easy paced walking group provides many laughs and wonderful

camaraderie while we are in awe of those who set targets of achievements for themselves, when it would be as easy to stay at home.

Similarly, the excursions showcase many of the hidden treasures of Adelaide and regions encouraging interesting banter and a wide variety of shared memories. The gastronomic offerings highlight the wealth of local produce whilst also, sadly, still showing the effects of COVID on reduced staffing and the pressures experienced by those in hospitality. City of Unley residents are well catered for with the opportunities to participate in a varied range of social activities through this program, and we are delighted to be able to contribute.

CHSP Wellbeing Bus Trips 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](tel:1800200422), or with your consent we can do this on your behalf.
- To make a bus booking contact **Wellbeing Program** on [8372 5175](tel:83725175) or [8372 5191](tel:83725191) 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](tel:83725175). 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.

CHSP WELLBEING BUSTRIPS SEPTEMBER 2023 CALENDAR

Bookings open Tuesday 29 August 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 SEPTEMBER



LUNCH AT THE GUMERACHA HOTEL, GUMERACHA

Enjoy a scenic ride on the bus to Gumeracha, an historical Adelaide Hills township only 45 minutes from Adelaide. Savor lunch at the Gumeracha Hotel, with a selection of great value meals to choose from on the seniors' menu.

Time: 11am-3pm

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

WEDNESDAY 13 SEPTEMBER



LONG WALK SHEPHERDS HILL RECREATION PARK

Join us on the River Red Gum loop walk at Shepherds Hill Recreation Park. Explore the river red gums and wildlife along Viaduct Creek on this walk. A wide well-made trail which is shared with beginner-level cyclists. Flat 2.3km circuit walk. Afterwards enjoy lunch with the group before travelling home.

Time: 10am-2pm

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

TUESDAY 19 SEPTEMBER



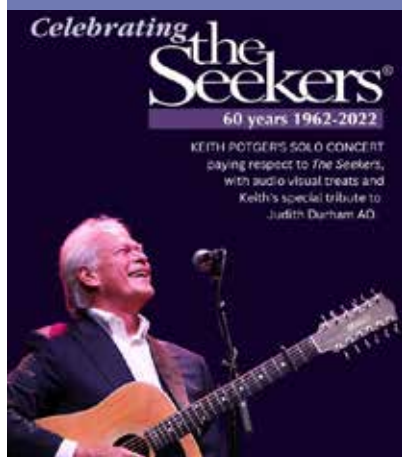
BRUNCH AT PANCAKES AT THE PORT, PORT ADELAIDE

Pancakes at the Port is a family operated business that supports the local community by using as much local produce as possible. Chef Sylvain first started in the business with the original founders (part of the original pancake kitchen) in 2006. Enjoy brunch while taking in the view across the Port Adelaide River.

Time: 10am-1.30pm

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

WEDNESDAY 27 SEPTEMBER



KEITH POTGER, CELEBRATING THE SEEKERS

Keith Potger returns to South Australia with his new show Celebrating The Seekers 60th Anniversary. Keith pays tribute to the group and covers the songs, the stories and influences that shaped The Seekers in their rise to international fame. This special event contains some timeless favourites from The Seekers, some beautiful original ballads from his solo albums and a few hits from the 60s to the 80s that influenced the group and appeal to the generation who grew up playing The Seekers albums. Afterwards enjoy lunch at the Reephram Hotel.

Time: 10am-3pm

Cost: Bus Trip : Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, concert ticket \$20. Lunch at own cost.

CHSP WELLBEING BUSTRIPS OCTOBER 2023 CALENDAR

Bookings open Tuesday 26 September 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 11 OCTOBER



LUNCH AND MURRAY RIVER CRUISE, MANNUM

If you've been longing to get back to the wide-open spaces of the Murray River, with a serving of tranquillity and seclusion, this trip is for you. Enjoy a two-course lunch at the Mannum Community Club followed by a scenic cruise along the Murray River. Fully enclosed with large windows, providing wonderful river views while you stay nice and warm inside or you can choose to step outside if you prefer.

Time: 10.30am-4.30pm

Cost: Bus Trip : Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way, \$60 includes lunch & cruise.

TUESDAY 17 OCTOBER



LONG WALK GREENFIELDS WETLANDS NATURE TRAIL

This walk is a flat 1.3km circuit walk. The wetlands are home to over 160 species of birds, eight species of fish, four species of frog, yabbies, long-necked tortoise, and numerous aquatic invertebrates. More than 25 species of aquatic plants thrive in wetlands.

Afterwards enjoy lunch at The Watershed Café.

Time: 10.30am-2pm

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

TUESDAY 24 OCTOBER



LUNCH AT THE ANGLE VALE TAVERN

Located in the rapidly expanding town of Angle Vale, the Tavern is a relaxed drive just a few minutes off the Northern Expressway. An extensive range of dishes from traditional pub fare to something a little different at affordable prices. Lunch specials and seniors' menu available.

Time: 11am-3pm

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

MONDAY 30 OCTOBER



CHARLES STURT MUSEUM PRECINCT, GRANGE

The Charles Sturt Museum Precinct is centrally located in the suburb of Grange. Grange being the name of Captain Charles Sturt's home from 1840 – 1853. Join us for Devonshire tea followed by tours of The Gallery, Grange and Garden.

Time: 9.45am-1pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way, \$15 includes Devonshire Tea and Tour.

WHAT'S ON SEPTEMBER 2023 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 Lunch Gumeracha Hotel 11am-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
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Tai Chi –10am Community Shopping Bus Bunnings & 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 Wellbeing BusTrip Long Walk Shepherds Hill Recreation Park 10am-2pm	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	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 Pancakes at the Port 10am-1.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield 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 Community Bus Out and About Trip to Mount Barker Passenger pick up from 10am. Approx return time 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- AM Passenger pick up from 9am. Approx return time 12noon Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing BusTrip Celebrating The Seekers Concert 10am-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

WHAT'S ON OCTOBER 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
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 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
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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 Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Lunch and River Cruise, Mannum 10.30am- 4.30pm	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
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Tai Chi –10am Community Shopping Bus Bunnings & 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 Wellbeing Bus Trip Long Walk Greenfields Wetlands Nature Trail 10.30am-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 Community Bus Out and About Trip Karkoo Nursery, Oakbank. Passenger pick up from 10am. Approx return time 2pm	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
23	24	25	26	27
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 Bus Trip Lunch Angle Vale Tavern, 11am- 3pm	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	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
30	31			
Tai Chi –10am Wellbeing Bus Trip Charles Sturt Museum, Grange 9.45am-1pm	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			



FOODBANK EXTEND OUR SINCERE APPRECIATION TO:

Belles Breakfast Program

For donating **100.04** meals+ to Foodbank SA
& helping to feed South Australians in need every day.



Belles Breakfast enjoyed learning about Foodbank SA & NT recently, the group donated over 50kg of food to help those in need in the community. Well done!



To be eligible for our programs we require a program specific referral from My Aged Care. For example, we need you to have a Social Support Group referral to access any of our group activities. This is generally a simple process with a phone call to **My Aged Care** on **1800 200 422**, or if you prefer, we can do this on your behalf.

The City of Unley 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 activities or services if there are concerns about you being able to manage physically without support, or if you have had a significant decline in your health. If you are unable to participate independently, we have a range of other programs and supports we can offer you.



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

In-Home Support Coordinator

Phone: 8372 5414

Wellbeing Program Coordinator

Phone: 8372 5191

Community Bus Coordinator

Phone: 8372 5131

Car Transport Coordinator

Phone: 8372 5405