



Campbelltown HSP Newsletter

February 2024

Volunteer Gardening Services

Do you love gardening but struggle to manage on your own? Why not work with one of our volunteers who can assist with basic duties such as light trimming of small shrubs and hedges (height limits apply), raking of leaves and general garden tidy up. Our volunteers will work with you in the garden for a small contribution fee of \$7 per hour.

You must have a garden maintenance referral to receive this service.

For further information please contact the team on 8366 9203.

Changes to Campbelltown HSP

If you currently receive domestic assistance, home maintenance and home modifications from Council, you would have received a letter from Council in December 2023 and be aware that Council will be transitioning out of these services from 30 June 2024. Our program is funded by the Federal Government to deliver these services and the Government is committed to ongoing funding for these services post 30 June 2024.

Clients who currently receive these services will continue to do so. You are not required to do anything. Council staff will work with the Federal Government to ensure a smooth transition for you to a suitable service provider. We will continue to update you as more information is available.

Council's priority continues to be focusing on delivering services that link our clients to their local community and maintain social connections. As such, please be assured that services such as social support groups, transport, and assisted shopping that you receive from us, will continue to be provided by Council and will not be affected by these changes.

If you have any concerns, please do not hesitate to contact the Campbelltown HSP Team on 8366 9203 or via email at chsp@campbelltown.sa.gov.au

Chair Yoga

Come and try Chair Yoga with Angela, first class free.

Held at the Campbelltown Function Centre, 172 Montacute Road, Rostrevor.

Classes are held Tuesday 9.30am – 10.30am or 10.45am to 11.45am at a cost of \$12 per class.

For bookings contact Angela on 0419 864 391



Home Energy Toolkit

Home Energy Toolkits contain tools and information to help you audit how home energy is used in your home and what you can do to make savings.

The Home Energy Toolkit makes it easy and is free to borrow from your local library.

The tools and guide help you understand where you are using energy and offer information and actions to help you reduce your use.

By taking action to reduce your energy use you can minimise your energy bills and help the environment.

For further information contact the Energy Advisory Service for free energy saving advice:

Online: sa.gov.au/energy

Email: energyadvice@sa.gov.au

Phone: 8204 1888 or 1800 671 907

Free Door to Door Service

This service is provided for residents of the City of Campbelltown who can access the community bus. The free door to door service operates on Wednesday, Thursday and Friday mornings and enables residents to access any one of the following places:

- Campbelltown Shopping Centres
- Newton Central – Target/Foodland
- Newton Village – Coles/Woolworths
- The ARC Campbelltown – Car park
- Firlie Shopping Centre – Kmart/Coles
- Campbelltown Public Library
- Athelstone Shopping Centre



If you wish to access the service, please call the Council Office on 8366 9283.

To avoid having to phone in each week, arrangements can be made for either weekly or fortnightly permanent pick-ups.

Bookings close 11am the day before pickup and the driver will contact you the night prior to confirm your pickup time.



Special Trips – Shopping Centres and Cemetery Visit

Is lack of transport stopping you from visiting various shopping precincts around Adelaide, or perhaps you would like to visit the gravesite of your loved ones?

Shopping Centres

Harbour Town/Ikea	Monday 5 February
Henley Beach Square	Tuesday 20 February
Marion Shopping Centre	Tuesday 12 March
Unley Shopping Centre	Tuesday 26 March
Rundle Mall	Tuesday 9 April
Tea Tree Plaza	Monday 22 April

Cemeteries

Enfield/Dudley Park	Tuesday 13 February
Enfield/Dudley Park	Wednesday 13 March
Centennial Park	Tuesday 26 March
Enfield /Dudley Park	Tuesday 16 April

These trips are for clients who currently receive transport from the Campbelltown HSP and are active and independent.

Standard transport costs will apply. To book or to find out more information please contact the Volunteer Transport Coordinator on 8366 9283.

Travel free with your SA Seniors Card

Did you know that from 1 July 2022, South Australian Seniors Card members can now travel for free on Adelaide Metro buses, trains, and trams – all day, every day?

To access free travel, simply validate your Seniors Card when you board a service or pass through barrier gates.

Previously, SA Seniors Card members were required to pay a concession fare during peak weekday times. This change will make Adelaide Metro services easier to use, regardless of when you need to travel.

If you have any unused credit on a SA Seniors Card, this can now be refunded. To receive a refund, please visit the Adelaide Metro InfoCentre at the Adelaide Railway Station or call the Adelaide Metro InfoLine on 1300 311 108 for assistance (7am -8pm, daily).



Would you like to improve your financial wellbeing?

Uniting Communities offer free, independent, and confidential advice and programs, designed to help you better manage your finances.

Uniting Communities can support your with:

- Financial counselling
- Financial literacy
- Budget support
- Utilities literacy e.g. how to read your electricity bill
- Access to no-interest loans
- Home energy assessment

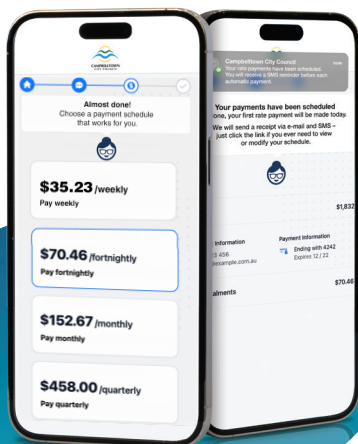


For further information contact Uniting Communities on 1800 615 677.

Strength for Life

Strength for Life is an affordable way for older people to keep active, maintain their physical and mental wellbeing and make friends in a supportive and fun environment. Offered at various locations across South Australia, Strength for Life sessions are undertaken in a group setting, and each individual works to a personalised program specifically designed for you considering your fitness level, goals and health considerations.

For further information regarding Strength for Life classes and a location close to you, please contact COTA SA on 8232 0422 or via email cotasa@cotasa.org.au



PAY YOUR RATES YOUR WAY

A faster, more flexible way to pay your rates is here!

For more information visit www.campbelltown.sa.gov.au/payble

Safe and Inclusive Service

Campbelltown HSP ensures that our services are safe and inclusive for everyone including people from all cultures, genders, faiths, backgrounds, abilities and sexualities. If you have special requirements for us to support you better, do not hesitate to contact us on 8366 9203.