



Ageing Well

News & Information

Newsletter

March / April 2023



Council is inviting all residents to join us for our 2023 Neighbour Day Celebrations. Neighbour Day promotes social connection for everyone to make and maintain respectful relationships. The theme for this year is “Create Belonging” and making everyone feel welcome.

Saturday 18 March
11:30am - 2:00pm
Gurners Reserve
Leabrook Drive, Rostrevor

Street parking available. BYO drink bottles, chairs or picnic rug. Limited seating available on the day.

Program

FREE BBQ (Halal, GF, Veggie)

Live Entertainment

Children’s Games

Library & Community Info stalls

Fun activities and more!

1:00 - 1:30pm Harmony Quilt launch

1:30pm Free raffle draw

Transport available to help those with no transport to attend the event. Call Sophie on 8366 9303 by Thursday 16 March 2023 to book.

Accessible Garden Bed at Athelstone Community Garden

Congratulations to the Athelstone Community Garden on installing their first accessible garden bed! The community garden was established in 2015 to foster a sense of community among nearby residents and share gardening knowledge and produce. The group has a vision to expand their garden to be accessible for people with disability and older people and through a partnership with not-for-profit providers who provided advice and Council staff who supported the project.

The new accessible garden bed is already being put to use, with a local family quickly putting their hand up to use it. The family have been attending the garden



for a year with their son, Adam, who has Down Syndrome, has only been able to water the gardens due to mobility issues. Adam and his family are delighted that they will be able to join in with gardening activities and Adam will have a garden bed of his own.

Raised, accessible garden beds are a great way to continue gardening when reaching down to the ground becomes difficult, are great for small gardens, balconies and courtyards, and can easily be purchased from a local hardware store.

Athelstone Community Garden will continue with their plans to see their vision fulfilled which will include multiple accessible garden beds with a central shaded seating/storage area. Campbelltown City Council applauds the Athelstone Community Garden for their commitment to accessibility and helping to build a community that is inclusive for all.

Athelstone Community Garden is located at Padulesi Park, Victoria Avenue Athelstone. For more information contact John on 0422 127 405 or ennejay@bigpond.com.au.

If you are interested in finding out more about community gardens in the Campbelltown local government area, please contact Sophie on 8366 9303, and for more information on ageing well in Campbelltown, contact Bianca on 8366 9272.



Grow it Local

Entries are now open for 2023 Grow It Local Awards - a celebration of creativity and fun in home-grown culture!

Share what's growing on in your patch for the chance to win. This year there are eight award categories including biggest vegetable, wonkiest vegetable, best chicken name and more!

Entries close 30 March 2023.

We can't wait to see what's been growing at your place!!



Urban Veggie Patch

Winner of the 2021 Biggest Vegetable Award

To find out more visit www.growitlocal/awards

Volunteers Needed

Meet People

Give Back

Use Your Skills

Stay Active

Community Participation

Fun



We need help with:

Events

E-Waste facility

Graffiti removal

Supporting older residents

Sharing home grown fruit

And more...

[www.campbelltown.sa.gov.au/
community/volunteer](http://www.campbelltown.sa.gov.au/community/volunteer)

8366 9236

Local Stories

Women of Campbelltown

In recognition of International Women's Day, a global day celebrating the social, economic, cultural and political achievements of women, Campbelltown celebrates the achievements of local women who have made a contribution to community and local business.

Imma Caporaso, was one of the Women of Campbelltown in 2020. She has been a prominent local businesswoman in Campbelltown having established several businesses including the renowned Mercato known for quality local and imported fine foods and café. Imma migrated to South Australia at the age of nine from the Campania region of Italy and didn't speak English when she started at Trinity Gardens Primary School. After four years at primary school, Imma wrote a letter on behalf of her parents to seek exemption from high school to help support her family financially. Imma commenced fulltime work at Da Palma Knitwear working on the

knitting machines, acting as a sales rep and as she had better English than her employer, was often in charge of interpreting and negotiating business. When they married, Imma and Mario moved into Rostrevor which continues to be their family home. Imma's mother bought her a knitting machine so that she could work from home and care for her family. However, Imma soon saw an ad for a deli on Glen Osmond Road and moved into the field that she has worked in until today.

“Follow your passion and do what you believe in with all your heart whatever you do.”

Imma and Mario have developed six businesses based on friendly, personalised service with a range of quality produce for over 37 years and are proud to see their children and grandchildren maintain this approach. As delicatessen owners they worked long hours 7 days a week, even opening for Christmas morning and being back to re-open after a quick family lunch. Their children literally grew up in the business working there after school and on weekends. Imma is thankful that her parents and family helped her to raise her children. Imma and Mario had little time outside their work but developed



strong friendships and community connections, even being invited to customers' weddings and christenings. Imma and Mario have been involved in the Italian Coordinating Committee with Imma helping in the kitchen, making many kilograms of pasta.

In March, Campbelltown will introduce the 2023 Women of Campbelltown, celebrating the lives of Giovanna Marmorale, Gul Zehra, Jenny Bates, Joan Stone, Kathy Lilis, Linda Driver, Lisa De Vizio, Liz Milner, Lyn Robins, Margaret Bakker and Mia Fantasia.

Visit Campbelltown Library, located at 171 Montacute Road Newton to see the Women of Campbelltown Exhibition and read these ladies' stories.

You can also see the stories of previous years Women of Campbelltown by visiting www.campbelltown.sa.gov.au/iwd

Intergenerational Playgroup: a partnership between North East Salvos and Resthaven

A new Intergenerational Playgroup has started in Paradise, bringing together residents from Resthaven Paradise and families who have connected with the North East Salvos. Led by North East Salvos Youth Worker Sophie, the playgroup's aim is to connect older and younger people together to play, learn from each other and have fun in the process.

On Valentines Day, one young child gave every lady a hand-made card and flower, and there was much fun doing shaving cream art. From what we can see, they're already having loads of fun and beautiful connections are developing! We can't wait to see what happens in the coming months as these groups continue to meet and connect.

If you would like to become involved in a similar Intergenerational Initiative or have an idea related to connecting the generations within Campbelltown, contact Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au.



What's on at CAMPBELLTOWN Library

Where indicated, event bookings are required and can be done through eventbrite
For any enquiries please contact the library on 8366 9299 or library@campbelltown.sa.gov.au

REGULAR PROGRAMS

Digital Diggers Local History Group

Every Thursday | 1pm-3pm

Campbelltown Library IT Suite

Adult | Free | No bookings necessary

Storytime

Every Mon, Tue, Thu & Sat | 10am-11am

Campbelltown Library Children's Area

0-5 years | Free | No bookings necessary

Wriggle & Giggle

Every Wed | 9.30am or 11am

Campbelltown Library Children's Area

0-2 years | Free | No bookings necessary

Move & Groove

Every Fri | 10am-11am

Campbelltown Library Children's Area

2-3 years | Free | No bookings necessary

ADULT PROGRAMS

Adelaide Writers' Week 2023 Live Stream

4-9 March | Library Opening Hours

Library Lounge

Contact 8366 9333 for program information

Adult | Free | No bookings necessary

Brunch and Author Talk

Wednesday 8 March | 10.30am-12pm

Join us for brunch while listening to a talk from local Adelaide author Denise Picton on her second novel *The Knighton Women's Compendium*.

Library Meeting Room

Adult | Free | Bookings essential

Movie Morning:

Delve into the archives

Saturday 18 March | 11am-12.30pm

Seven Little Australians (1939) Black and White film – Courtesy of NSFA

Library Meeting Room

Adult | Free | No bookings necessary

Energy Information session presented by Uniting Communities

Wednesday 22 March | 11am-12pm

This informative session will help you understand your energy bill, save money on household usage, find a better energy deal and more.

Library Meeting Room

Adult | Free | Bookings essential

Beyond Blue Talk

Monday 27 March | 10.30-11.30am

An informative presentation from a Guest Speaker about taking care of your mental health and more.

Library Meeting Room

Adult | Free | Bookings essential

Easter Craft for Adults

Wednesday 5 April | 1pm-2pm

Join us for craft and hot cross buns.

Library Meeting Room

Adult | Free | No bookings necessary

RAA presents Years Ahead

Friday 14 April | 11am-12pm

Road safety session for older drivers.

Library Meeting Room

Adult | Free | Bookings essential

Bookings: www.campbelltownlibrary.eventbrite.com

Home Brewing for Beginners

Thursday 20 April | 6pm-8pm

The Suburban Brew presents a practical demonstration of the basic elements of home brewing. Ticket price includes tasting of Suburban Brew beers.

Library Meeting Room

Adult | \$10 | Bookings essential

Basics of Beekeeping

Thursday 4 May | 11am-12.30pm

Adelaide Bee Sanctuary presents a session in basic beekeeping including how to have a bee friendly garden and an observation hive with real bees and bee keeping equipment.

Library Meeting Room

Ages 12+ | Free | Bookings essential

Paint n' Sip

Friday 12 May | 6pm-8.30pm

Local artist Ann will help to unleash the inner artist in a colourful session painting Magnolia flowers. A lovely way to socialise while creating a new piece to hang at home. BYO wine and food platters. Wine glasses provided.

Library Meeting Room

Adult | \$15 | Bookings essential

Make your own Aromatherapy

Wednesday 31 May | 11am-12pm

Let's make natural sprays using aromatherapy oil blends

Library Meeting Room

Ages 12+ | Free | Bookings essential

MAKERSPACE PROGRAMS

Makerspace Drop Ins

Monday | 1pm-5pm, Tuesday | 6pm-8pm

Sunday | 1.30pm-3.30pm

Campbelltown Library Makerspace

Ages 16+ | Free | No bookings necessary

Sewing and Craft

Every Thu | 10am-12pm

Campbelltown Library Makerspace

Join a lovely community group to sew and craft with.

Adult | Free | No bookings necessary

Sewing and Craft

Every 3rd Tuesday of the month | 6pm-7.30pm

Campbelltown Library Makerspace

Join a lovely community group to sew and craft with.

Adult | Free | No bookings necessary

Cricut – Intermediate

Tuesday 23 & 30 May | 6pm-7.45pm

Library IT Suite

Ages 12+ | \$5 | Bookings essential

Children must be accompanied by an Adult

Campbelltown Garden Group

1st Tuesday of the Month | 11am to 12pm

Library Makerspace

Ages 16+ | Free | No Bookings Required

Local Events

Adelaide Writers Week 2023

The theme of Adelaide Writers' Week 2023 is Truth Be Told. The thread that weaves through the 2023 program of literary luminaries, writers on their way and considers the notion of truth - truths we acknowledge, truths we feel are debatable and those beyond debate (Louise Adler AM). The main event is held at the Pioneer Women's Memorial Garden (adjacent Elder Park) in the city, and the following events will be held at Campbelltown Library:



Adelaide Writers' Week Sessions Live Streamed

4-9 March | Library Opening Hours
Library Lounge

Contact 8366 9333 for program
information

Adult | Free | No bookings necessary

Brunch and Author Talk

Wednesday 8 March | 10.30am-12pm

Join us for brunch while listening to a talk from local Adelaide author Denise Picton on her second novel The Knighton Women's Compendium.

Library Meeting Room Adult | Free |
Bookings essential call 8366 9333

Do you ever want to go and see a show or go out for a meal, and have no one to go with?

Council is trialling a new initiative, primarily for those that live alone and would love to go out for a meal or see a theatre show, but don't want to go alone. Sometimes the thought of going out and returning at night to an empty house, or driving at night, stops some people from doing the things they love to do.

The activity would include free transport to and from home, and great company of others. Costs for the meal and ticket are paid by the attendee.

Register your interest for the first round of activities to be held in April and May 2023 by contacting Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au.

Hosted by Campbelltown City Council



Local Events

Coffee Chat with Mayor Jill Whittaker



Come along and speak with Mayor Jill Whittaker about your ideas and suggestions over a coffee. Find out what's happening in your Council area and contribute to making a "safe, sustainable, vibrant Community".

Indigo Espresso Café,

Athelstone Shopping Centre 320 Gorge Road, Athelstone

Monday 20 March 2023 11:00am - 12:00pm

Food and drinks available for purchase.

Enquiries to Alyssa on 8366 9268

Movies in the Park - Shrek - at Thorndon Park

Campbelltown Youth presents Movies in the Park 2023 - Shrek! This is a great night to join with family, friends and neighbours and watch a film under the stars. There is plenty of pre-movie entertainment, food vans and a FREE screening of Shrek (PG) at sundown (film run time 1hr 30m). Shrek is a great movie for all ages!

18th March 2023 6:00 pm - 9:30 pm

Thorndon Park, Paradise

BYO Picnic, chair and warm rug - Thorndon Park gets chilly after dark.



Campbelltown ArtHouse Exhibition Home is Where the Heart Is

Campbelltown ArtHouse present their members exhibition—*Home is Where the Heart is*. Home is a place where you have a foundation of love, warmth, and happy memories; somewhere you feel emotionally connected to.

Various dates and times between

19 February - 19 March

Brookside Cellars, 17 Moore St Tranmere

Free Event



Sustainable House Day

Sustainable House Day

Did you miss our Sustainable Homes Expo last November? Have no fear, Renew's Sustainable House Day is back on March 19!

This year, the event will be held online via Zoom, with free sessions throughout the day, followed by a month of ticketed sessions with experts and homeowners. These are free on-line seminars to enable you to gain insight on sustainability topics from experts and homeowners, bringing you in-depth information on tricky subjects.

Here's a sneak peak to some of the free info sessions in store:

- **Design for life: Accessibility and ageing in place (10:30am) -*this session looks great!***
- Running on sun: Using solar energy at home (1:30pm)
- Electric Vehicles and the grid: Understanding sustainable transport (2:30pm)
- Maximum efficiency: Lowering your energy bills (3:30pm)
- On the cheap: Sustainable design on a budget (4:30pm)

For more information or to book, visit sustainablehouseday.com/program. If you need help to book or in using Zoom please feel free to visit a **Digital Help at the Library** session every Monday, Wednesday, Friday (1pm-3pm) and Saturday (10am-12pm) in the Campbelltown Library IT Suite.

Why Leave Campbelltown Gift Card

Council is excited to announce that it has launched a Shop Local, Support Local, Gift Card Program, 'Why Leave Campbelltown'. The card can be used at local businesses including Glynde Mitre 10, Indigo Espresso Café, Mercato, Panini Brothers, Rezz, Tony and Marks, Paradise Mazda and ARC Campbelltown.

This gift card is available for purchase Online at www.whyleavetown.com/product-page/campbelltown-gift-card, from Campbelltown Public Library and from The ARC Campbelltown. You can purchase amounts up to \$1,000 and the card can then be used at any of the participating businesses.



Hearing Australia Free Hearing Checks

Have you noticed that you or a loved one might be struggling to hear the TV, a family video call or conversations at home? Hearing Australia are conducting FREE* 15 minute hearing checks, a screening that helps identify people that may have hearing loss.

Mar 17, 2023 9:30 am - 3:00 pm

Hearing Australia Bus

Campbelltown City Council Carpark

No booking is required.

* Other services may attract charges/ fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

Hearing Australia
is coming to you



Hop aboard for a free* hearing check

 Hearing Australia

*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.
A hearing check is a screening that helps identify people that may have hearing loss.



VIEW Clubs of Australia (VIEW) a national women's organisation exclusively supporting the work of The Smith Family, is coming to the Campbelltown/Payneham Area.

**Join us for an Information Morning
Tea/Coffee on:**

Thursday April 13th 2023

(Future meetings 2nd Thursday of the month)

When: 10.30-11.30am

Venue: San Giorgio La Molara
Community Club.

11 Henry St. Payneham. 5070.

VIEW offers a network for women to connect in the community, to enjoy social activities and develop lasting friendships while supporting the work of The Smith Family - providing long-term educational support for Australian children in need.

For further information and bookings, please contact Jan (phone/text) on 0419 847 087. Jennie 0418 364 512



ANZAC Day Dawn Service

6:30am Tuesday 25 April 2023

The Gums Shakespeare Ave Tranmere

Feel free to bring a chair if you need to be seated

What's on in Campbelltown

MARCH 2023		
Wed 8	Brunch & Author Talk: Denise Picton 10:30 am - 12:00 pm (bookings essential)	Campbelltown Library
Wed 8	Community Connections Café 10:30am -1:00pm	Campbelltown Memorial Oval
Thu 9	Women of Campbelltown Celebration 7:00pm - 9:00pm (bookings essential)	Campbelltown Function Centre
Sun 12	Magill Sunrise Market and Repair Café 9:00am - 2:00pm	Campbelltown Memorial Oval
Thu 16	Café Connect 12:00 - 2:00pm	Clay Cup Café, Rostrevor Baptist Church
Sat 18	Neighbour Day Celebrations 11:30am - 2:00pm	Gurners Reserve Leabrook Drive, Rostrevor
Mon 20	Coffee and Chat with Mayor Jill Whittaker 11:00am - 12:00pm	Indigo Café Athelstone Shopping Centre
Wed 22	Energy Information Session by Uniting Communities, 11:00am - 12:00pm	Campbelltown Library
Wed 22	Community Connections Café 10:30am -1:00pm	Campbelltown Memorial Oval
Thu 30	Café Connect 12:00 - 2:00pm	Clay Cup Café, Rostrevor Baptist Church
APRIL 2023		
Sun 2	Lochend House Open Day 2:00 - 4:00pm	Lochend House, Lochend Drive Campbelltown
Sun 9	Magill Sunrise Market 9:00am - 2:00pm	Campbelltown Memorial Oval
Wed 12	Community Connections Café 10:30am -1:00pm	Campbelltown Memorial Oval
Thu 13	Café Connect 12:00 - 2:00pm	Clay Cup Café, Rostrevor Baptist Church
Tue 25	ANZAC Day Dawn Service 6:30am	The Gums Reserve Shakespeare Ave, Tranmere
Wed 26	Community Connections Café 10:30am -1:00pm	Campbelltown Memorial Oval
Thu 27	Café Connect 12:00 - 2:00pm	Clay Cup Café, Rostrevor Baptist Church

For more information on Ageing Well in Campbelltown contact Bianca Connelly on 8366 9272 or bconnelly@campbelltown.sa.gov.au