

Campbelltown HSP

Newsletter

September 2026

Beware of Scams

Scammers are becoming increasingly clever and often target older Australians by pretending to be from banks, government departments, internet providers or parcel delivery companies.

To help protect yourself:

- **Never give out your personal or banking details** over the phone, by email or text unless you initiated the contact and know who you are dealing with
- **Be cautious** of unexpected phone calls or text messages asking you to click on a link, download an app, or make an urgent payment
- **Don't be rushed**. Scammers often pressure people to act immediately. Take your time and speak with a trusted family member or friend before making any decisions
- **If you're unsure, hang up**. Contact the organisation using a phone number you know is genuine, not the one provided in the message
- **Never allow remote acces**s to your computer or mobile phone.

REMEMBER

If something does not feel right, it probably isn't. It's always better to stop, check, and ask someone you trust.

If you think you have been scammed, contact your bank immediately and report the incident to Scamwatch at **www.scamwatch.gov.au**.

Magill Community Centre

Magill Community Centre is a welcoming place where older people in Campbelltown can connect with others, learn something new, stay active, enjoy $3 toasties or a cuppa, play a game of pool, or just relax with a good book.

Magill Community Centre recently launched its first round of July and August programs, and it was wonderful to see so many people come along and get involved. Building on this great start, Magill Community Centre is excited to continue these popular programs while introducing some new activities, including:

- Men's cooking program
- Creative afternoons
- Dance Moves with Cazna
- Cooking together for one
- Singing for Pleasure with Wendy

The centre is open Monday and Thursday, 9 am - 3 pm.

Located at 76 St Bernards Road, Magill.

Bus H20 Stop 21A, St Bernards Road.

For further information or to make a booking contact Bianca on **8366 9327.**





Funded by the Australian Government Department of Health, Disability and Ageing
Visit the Department of Health website **(www.health.gov.au)** for more information.

Although funding for this Home Support Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

CAMPBELLTOWN
CITY COUNCIL

Special Trips

Shopping Centres & Cemetery visits

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?

We will be visiting the following sites:

Shopping Centres	
Monday 12 October	Brickworks Marketplace
Monday 2 November	Henley Beach
Tuesday 17 November	The Parade Norwood
Monday 7 December	Hollywood Plaza

Cemetery Visits	
Tuesday 6 October	Enfield/Dudley Park
Tuesday 20 October	Cheltenham Cemetery
Monday 9 November	Centennial
Monday 23 November	Enfield/Dudley Park
Tuesday 15 December	Enfield/Dudley Park

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.

Getting the most from your transport service

Our Volunteer Transport Service helps around 145 clients stay connected with their community, providing an average of 399 trips every month to medical appointments, shopping, social activities and more.

You can help us provide a reliable and efficient service by remembering to:

- Book your appointments with as much notice as possible
- Let us know promptly if your appointment changes or is cancelled
- Be ready for collection at the agreed pickup time.
- Tell us if your mobility or support needs have changed, so we can ensure the most appropriate vehicle and assistance is available.

World Alzheimer's Month

September is World Alzheimer's Month, a global campaign to raise awareness of dementia and reduce the stigma surrounding the condition.

Dementia is not a normal part of ageing. It is a term used to describe a range of conditions that affect memory, thinking, behaviour and the ability to carry out everyday activities. While there is currently no cure, early diagnosis, support staying socially and physically active can help people to continue to live well.

You can support brain health by:

- Staying physically active
- Keeping your mind active through reading, puzzles or learning something new
- Maintaining connections with family, friends and community groups
- Eating a healthy, balanced diet
- Speaking with your GP if you notice ongoing changes in memory or thinking.

If you are concerned about your own memory or that of a loved one, talk to your GP. Early assessment can help identify the cause and ensure the right support is available.



Pensioners & Seniors Save Everyday

Thursday Bonus:

Your **5% discount includes promotional specials** every Thursday.

Excludes Tobacco, Alcohol, Gift Cards and Bus Tickets. Terms and Conditions Apply.

**SA ONLY*

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