



Ageing Well!

News & Information

Newsletter
March / April 2024

Australia is a vibrant and multicultural country, from the oldest continuous culture of our First Nations people to the cultures of our newest arrivals from around the world. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live. Campbelltown is the second most multicultural city in South Australia, with residents from all around the world who have brought with them their own cultural traditions which enrich our community.



Harmony Week, celebrated from 21 - 28 March 2024, gives us a chance to come together and share the rich tapestry of our cultures, and learn about each other through food, dance and interests that create belonging for everyone. Council is hosting a range of events and activities throughout Harmony Week at Campbelltown Library. See page 6 and 7 for more details.

In addition, Council have worked with local community members to bring together a day of celebration for all to enjoy. You are invited to attend the Harmony Week Celebration at Campbelltown Library for an opportunity to learn and enjoy Campbelltown's diverse cultures through games, music, dancing, craft and food. For activity and program details visit www.campbelltown.sa.gov.au/multiculturalcelebration.

Celebrating Multicultural Campbelltown

Campbelltown Library - Saturday 23 March 2024 11am - 2pm

All Welcome - Free Event

Bookings not required



The Men's Table - Coming to Eastern Adelaide

What is the Men's Table?

The Men's Table is all about men serving men. The first Men's Table began in 2011 with 12 men who have met once a month for dinner and ever since. It is now growing to become a national charity. The Men's Table creates a unique environment for men to share openly about their lives, their challenges, their highs and lows with a group of men who they learn to know, like and trust.



The Men's Table creates a sense of belonging, community, peer support and camaraderie that is lacking for many men, even for some who already have a group of mates. Belonging to a Men's Table contributes to mental, emotional and social well-being whilst being a powerful support to individual members journeys through life.

What can you expect from a typical Men's Table evening?

Men gain a great deal from sharing and hearing other men's experiences of life. Each Men's Table group will have its own approach which can change over time. A typical evening often includes:

- Chatting, catching up as people arrive. At 7pm, a brief check in.
- As men feel ready, a man shares what is happening for him. This can be anything from moments of joy, happiness, pride, challenges and or obstacles, how things are in relationships, work and friendships, the past, future, sadness, grief. The topics are as wide and varied as men's life experiences.
- As men share they are listened to and accepted; questions are generally not asked, unless the man would like input at the end.

You will get a great overview of how it works at the Entree event. The Entree is an opportunity to meet other men who are thinking of joining and to see if the Men's Table is a good fit for you. For more information visit <https://themenstable.org>.

How do I get involved?

The Adelaide Eastern Suburbs Entrée

Monday, 8 April 2024 6:30 pm arrival for 7:00 pm sharp – 9:00 pm

Adelaide Royal Coach Hotel 24 Dequetteville Terrace Adelaide, SA 5067

Cost \$27.50 (includes a meal)

Information and bookings: <https://themenstable.org/adelaide-east/>

End of Life Options - Starting the Conversation

Many of us don't like talking about the type of care we want at the end of our lives. But it's only through these conversations that we can let people know about the care we want and the things we value. What's important to you when it comes to preparing your end-of-life care? Thinking about these things can help make important decisions easier for you and your loved ones.

Do you know what end-of-life care is?

Do you know what palliative care is?

If you haven't thought about your end-of-life care options, you can start by thinking about things like:

- who would make decisions about your end-of-life care if you couldn't?
- would your loved ones know what you want for your end-of-life care?
- what do you want for your end-of-life care?

If you need palliative care, there are some things you can think about. These include:

- how to get palliative care
- where would you like to be when having palliative care?
- who would you like to provide the care?
- what kinds of treatment can you or can't you live with?

You might like to attend one of the upcoming information talks about end of life options, held at the Campbelltown Function Centre, 172 Montacute Road Rostrevor:

- Thursday 4 April 2024 - End of Life Planning
- Friday 24 May 2024 - National Palliative Care Week (more details will be in the next newsletter)

Community Forum End of Life Planning

Hosted by Hon John Gardner MP
in conjunction with Campbelltown
City Council and Centennial Park

Time: 11:00am

Date: Thursday 4th of April

Where: Campbelltown Council Function Centre,
172 Montacute Rd, Newton

RSVP essential via:

8365 4224

TryBooking <https://www.trybooking.com/COYUG>

For more information contact Bianca on 8366 9272 or bconnelly@campbelltown.sa.gov.au

Global Intergenerational Week - 24 - 30 April 2024

Global Intergenerational Week is an annual campaign celebrating all things intergenerational. The campaign looks to inspire individuals, groups, organisations and governments to fully embrace intergenerational practice, connecting people of different generations in intentional, mutually beneficial activities. It is an opportunity to celebrate good practice, ideas, moments, and opportunities local to us, where different age groups come together and intergenerational friendships are formed! It provides an opportunity to share and discuss, on a global platform, creative and effective new ways of connecting generations.

If you are involved in an intergenerational activity in Campbelltown, connecting people from different generations for mutual benefit and connection we would love to hear about it so we can help celebrate. And if you would like to get connected with people from other generations and are not sure where to start, contact Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au for a chat.



Cool Spaces for Summer Trial

We know that summer heatwaves can be long and difficult to cope with. That's why Council will be trialling the activation of dedicated cool spaces for its community during heatwaves this season.



If a heatwave is declared, the Campbelltown Library and the ARC Campbelltown will be activated with a range of activities for all ages to keep you entertained, or feel free to bring along your own device or book and relax in a comfy chair in the crisp cool air conditioning.

So if you're feeling the heat this summer, keep an eye on Campbelltown's social media and website to find out when the Cool Spaces Program will be available. Alternatively, register to be notified directly when heat waves are declared, and the spaces are activated. For more information: www.campbelltown.sa.gov.au/services/health-and-safety/cool-spaces-for-summer or call Council on 8366 9222 or email Council at mail@campbelltown.sa.gov.au.

Congratulations Paule!

Paule Chmielewski, a dedicated volunteer at the library for 24 years, has just retired from her volunteer role at the Campbelltown Library. She has participated in a broad range of activities in that time, serving on the Committee for the Friends of the Library group, organising book sales, functions and fundraising events. Many of our books have been carefully restored because of her skill at repairing torn pages and damaged bindings, and isolated members of the community have received books and other library resources that she has selected for delivery by our Outreach Service. We thank Paule for her commitment and passion for the library and wish her all the best in her retirement.



Volunteering at any age is good for health and wellbeing, as well as being great for the wider community. The benefits of volunteering include:

- Gaining new skills and making new friends
- Mental and physical health and wellbeing
- Giving something back
- Improving your confidence

If you would like to find out more about volunteering in Campbelltown, visit <https://www.campbelltown.sa.gov.au/volunteering> or contact Julie on 8366 9235.

Gather your neighbours for Neighbour Day 2024!

Neighbour Day is Australia's yearly celebration of community, focusing on strengthening connections with neighbours. It encourages bringing people together from nearby homes, streets, or suburbs for a casual get-together and a friendly chat!

This year Campbelltown Council encourages residents to chat to their neighbours and host their own Neighbour Day Gatherings. For more information visit

<https://www.campbelltown.sa.gov.au/community/neighbourhoods/neighbour-day>

For enquiries or to discuss your Neighbour Day ideas, contact the Community Team on 8366 9222 or email mail@campbelltown.sa.gov.au.

Let's make our neighbourhoods even better together!



ADULT EVENTS

Adelaide Writer's Week Livestream

Monday 4 March until Thursday 7 March

East Stage Live Streaming

During Library Opening Hours

Library Lounge Area | Adult | Free | Drop In

Stay Safe using social media

Saturday 9 March, 12:30 - 1:30pm

Create a Facebook profile and start using it to interact with your community.

Campbelltown Public Library IT Suite | Adult | Free | Bookings Essential

Artificial Sweeteners – Not so sweet?

Monday 25 March | 11am-12pm Library

Presented by University of Adelaide this information session looks at the range of sweeteners used by the food and beverage industry and their impact on health.

Meeting Room Adult | Free | Bookings Essential

Tech Fest @ Campbelltown Library

Saturday 6 April | 10am-1.30pm

Sunday 7 April | 1.30-4.30pm

Join us for our first tech fest! Entertainment and activities for all ages including:

- Vintage & arcade games robotics, VR
- Digital/Makerspace sessions
- Tech help, Interactive demos and more

All Welcome

Strength for Life

Tuesday 9 April | 11am-12pm

Join us for an interactive session on fitness and strength for 50+ years.

Library Meeting Room | Adults | Free | Bookings Essential

Introduction to A.I.

Tuesday 30 April | 6-7:45pm

Get an introduction to A.I. and try some A.I. tools. Aimed at people with basic computer skills.

Library IT Suite | Adult | Free | Bookings Essential

MAKERSPACE

Makerspace Drop In

Monday | 1pm-5pm

Tuesday | 6pm-8pm

Sunday | 1.30pm-3.30pm

Sew your own 'I Spy Sensory Bag'

Saturday 2 March, 10am-1pm

Ages 10+ | \$18 + Booking Fee includes all materials | Bookings Essential

HARMONY WEEK

Harmony Week – Calligraphy Workshop

Saturday 16 March, 11am

Special workshops with an experienced Chinese Calligraphy teacher

Library Meeting Room | 16 Years and up | Free | Bookings Required

Harmony Week – Uncle Ivan

Tuesday 19 March, 4.30pm

Special session with community elder Uncle Ivan Tiwu-Copley.

Library Lounge All Ages | Free | Bookings Required

An evening with Henry Olonga Author & Ex-Cricketer

Join us for an intimate evening at Campbelltown Library with Henry Olonga, former international test cricketer and 'The Voice' contestant. Henry published his critically acclaimed autobiography "Blood, Sweat and Treason: My Story" in 2010. This is a free event to celebrate **Harmony Week** and listen to the stories of those who have called Australia home. Light refreshments will be provided.



Wednesday 20 March 2024 6.30–7.30pm

Rina Auciello Author Talk and Book Launch

Join us for an afternoon with author Rina Auciello and the launch of her new book *Arrivederci and Hello*. Refreshments provided.

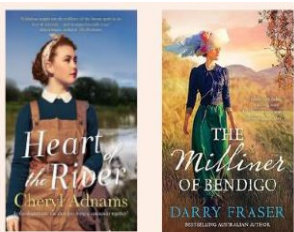
Sunday 10 March 2024 2pm



Cheryl Adnams & Darryl Fraser in Conversation

Join us for an afternoon of conversation with authors Cheryl Adnams & Darryl Fraser. Drinks and nibbles provided.

Saturday 16 March 2024 1pm



Where indicated, event bookings are required and can be done through Humanitix
<https://events.humanitix.com/host/campbelltown-library-sa>

For any enquiries please contact the library on 8366 9299
or library@campbelltown.sa.gov.au



Mon 4 - Thu 7 March 2024
During Library Open Hours

ADELAIDE



WRITERS'



WEEK 2024

**Watch the
community
livestream at
Campbelltown
Library in our
comfy lounge
area**

**SCAN QR CODE
FOR MORE INFORMATION**



To find out more about the program and what's being streamed each day, contact Campbelltown Library on 8366 9299 or visit <https://www.adelaidefestival.com.au/adelaide-writers-week/aww-community-livestreaming/>

Casa Mia Gallery Café Located in Rostrevor

ACH Group are very excited to announce the opening of Casa Mia Gallery Café at ACH Group Milpara located in Rostrevor on 147 St Bernard's Road. Casa Mia Gallery café is now open to the public weekly on Wednesdays between 10:30am until 12:00pm with a small closing period reopening between 1:00pm and 3:00pm subject to volunteer availability. The café is volunteer run by the wonderful ACH Group volunteers Toni, Monique, and Simon. All welcome!

Casa Mia
— GALLERY CAFE —



The café serves a variety of sweets and cakes as well as barista made coffees and cold drinks. Indoor and outdoor seating is available as well as a display of ACH Group Milpara resident's artwork throughout the café.

For more information call 8366 8099 or contact Taylor Digance on 0448 056 109 or TMcDermott@ach.org.au.



GOVERNMENT HOUSE
ADELAIDE

LUNCH
on the
LAWNS

12PM - 2PM

• FREE ENTRY •

Friday, February 2

Friday, April 5

Friday, March 1

Friday, May 3

Fourth Creek Morialta Parri Trail

In February, Council celebrated the official launch of the Fourth Creek Morialta Parri Trail Project at Denis Morrissey Park, Hectorville. As a part of the Fourth Creek Trail upgrade, Ripples Art Studio, under the direction of creatives Dave Parker and John Crafter, collaborated with local Kurna and Peramangk Elder Uncle Ivan-Tiwu Copley to craft a sculptural installation that pays homage to our Kurna Heritage and celebrates the rich flora and fauna of the region.

The steel sculptures feature:

- Five 2.4m high feathers, each representing a distinctive bird species: Sulphur Crested Cockatoo, Rainbow Lorikeet, Red-Tailed Black Cockatoo, Adelaide Rosella, and Magpie (designed and crafted by Dave Parker)
- Four Aboriginal-inspired designs, including a Long-Necked Turtle, Red Bellied Black Snake, and two Xanthorrhoea plants (designed and crafted by John Crafter)

Many thanks to the dedicated team at Ripples for making this artistic endeavour possible.



The project improves the connectivity along the Fourth Creek Trail, enhancing the amenity and biodiversity of the creek line and encouraging increased use of the space through:

- Improved walking trails
- New plantings and vegetation
- New art installations

New park furniture at Denis Morrissey Park includes a BBQ, shelter and bike repair station. We encourage you to take a moment to explore the improvements at the Fourth Creek Trail at Denis Morrissey Park.

Compostable Bags Trial

Three Tony & Mark's stores within our city are currently trialling compostable bags with the support of the Council through the Green Industries SA Council Modernisation Grant Program. Did you know that compostable produce bags fit in your kitchen caddy? It's easier than ever to divert food scraps from landfill by collecting them in your kitchen caddy and putting them in your green bin!

You can also collect a free roll of compostable bags (one per household per year) from Council at 172 Montacute Road Rostrevor.



Campbelltown Art Show 2024

Entries for the 2024 Campbelltown Art Show and Sale are now open, with categories for painting, photography, pottery, porcelain and Aboriginal and Islander Peoples' art.

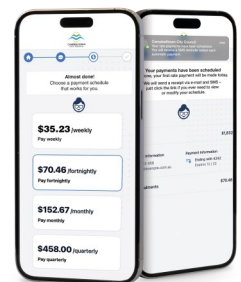
Visit www.campbelltown.sa.gov.au/artshow for information and to enter. Entries close at 4pm, Monday 25 March 2024.

Pictured: 2023 First Prize Aboriginal & Torres Strait Islander Peoples Art by local artist Lyn Lovegrove-Niemz.

Pay your Rates with Payble

A faster, more flexible way to pay your rates is here! We've made it easier for you to pay and manage your rates online by introducing Payble. You can pay your rates your way:

- Flexible options at no extra cost (pay weekly, fortnightly, monthly, quarterly or in full) & choose your payment start date
- Automatic direct debit from credit or debit card
- SMS reminder before each payment (never any surprises)
- Update your frequency or payment info at any time



Payble.™

To Register visit: <https://app.payble.com.au/biller/campbelltown-city-council/>

What's on in Campbelltown

MARCH 2024		
Fri 1	Moonlight Markets 5:30 - 9:30pm	Thorndon Park, Paradise
Sun 10	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Mon 4 - Thurs 7	Adelaide Writers Festival (East Stage) Live Streaming - all day (Library Opening Hours)	Campbelltown Library Lounge
Wed 13 Wed 27	Community Connections Café 10:30am - 1pm	Campbelltown Memorial Oval
Mon 18	Coffee Chat with Mayor Jill Whittaker 11am - 12pm	Daly Oval Kick, Daly Oval Fisher St, Magill
Thurs 21	Connect Lounge (Dementia Focus) 11am - 12pm	Campbelltown Library Lounge
Sat 23	Harmony Week Multicultural Celebration 11am - 2pm	Campbelltown Library
APRIL 2024		
Thurs 4	Seniors Community Forum - End of Life Options 11am - 12pm	Campbelltown Function Centre
Mon 8	The Men's Table Entrée (Adelaide East) 6:30pm	Adelaide Royal Coach Hotel, 24 Dequetteville Tce Adelaide
Wed 10 Wed 24	Community Connections Café 10:30am - 1pm	Campbelltown Memorial Oval
Sun 14	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Thurs 21	Connect Lounge 11am - 12pm	Campbelltown Public Library

For more information on Ageing Well in Campbelltown or to subscribe to an email version of this newsletter

email bconnelly@campbelltown.sa.gov.au, call 8366 9272,

visit www.campbelltown.sa.gov.au/ageingwell