



Ageing Well

News & Information

Newsletter

September / October 2023

Save the Date! Ageing Well Showcase

In November 2023, we will be celebrating Ageing Well in Campbelltown with a showcase of events, activities and an expo to share information with our community.

Campbelltown is fortunate to have so many social and community groups that bring older people together to connect, socialise, stay fit and get involved in meaningful activities and the Showcase will share this information with everyone.

The research is clear:

- participating in social and physical activities is important for everyone's wellbeing
- engaging in social interactions combats feelings of isolation and loneliness, and enhances mental and emotional health
- meaningful connections can contribute to a sense of purpose and reduce the risk of cognitive decline
- exercise activities promote physical vitality, improve cardiovascular health and maintain muscle strength, enhancing mobility and independence.

These activities have a great impact on the quality of life and contributing to happier, healthier ageing. The Ageing Well Showcase will provide an opportunity to connect older people to each other, to information and to provide opportunities to try something new, and to take opportunities to participate in life in Campbelltown.

Save these Dates! More information will be available soon.

Launch and Ageing Well Expo:

1 November 2023

Campbelltown Memorial Oval

Ageing Well Program of Events:

1 - 30 November 2023

Throughout the Campbelltown area

Ageing Well Showcase Celebration:

30 November 2023

Campbelltown Function Centre

Emergency Management

Do you live in a street close to a bushfire area?

Council has an emergency management plan and one of the actions staff are working on is 'the strength of neighbours' to help each other during an emergency bushfire event including having to leave your home. Council has identified there may be people in these streets who live alone, don't drive or have access to a car. Staff are interested in hearing from anyone who may live in a street close to a bushfire area to start a conversation about how neighbours do help, or could help, in an emergency.



Bushfire areas include streets east of Gorge Road, east of Maryvale Road and the very top part of Rostrevor. If you have information to share on this topic contact Sophie on 8366 9303 or email skavoukis@campbelltown.sa.gov.au.

R U OK Day 2023 - 14 September 2023

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you might be able to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

You don't need to be an expert to reach out - just someone who cares and listens.

Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in



Tips on having this conversation:

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?

Why wait until 14 September 2023 to ask someone if they are OK. Ask someone today!

Health and Wellbeing

Wellbeing activities can encompass a wide range of physical, mental, social, and creative endeavours. The goal is to engage and enrich our lives while promoting physical and emotional health. In Campbelltown we have so many wonderful ways to engage in wellbeing activities, and with the spring weather here there are some great opportunities to get outside and enjoy some sunshine. Below are some wellbeing ideas to consider:

Physical Activities

Take a stroll around one of Campbelltown's many leafy parks and gardens. The below parks all have accessible facilities, shade, seating, toilets and a playground if you are taking family or friends.

- | | |
|---|--|
| > Thorndon Park, Hamilton Terrace Paradise | > Rotary Park, Clark Crescent Paradise |
| > Gurners Reserve, Leabrook Drive Rostrevor | > Daly Oval, Fisher Street Magill |
| > Padulesi Park, Antares Way Athelstone | > Flinders Parade Reserve, Newton |
| > Gums Reserve, Shakespeare Ave Tranmere | > Charlesworth Park, Campbelltown |

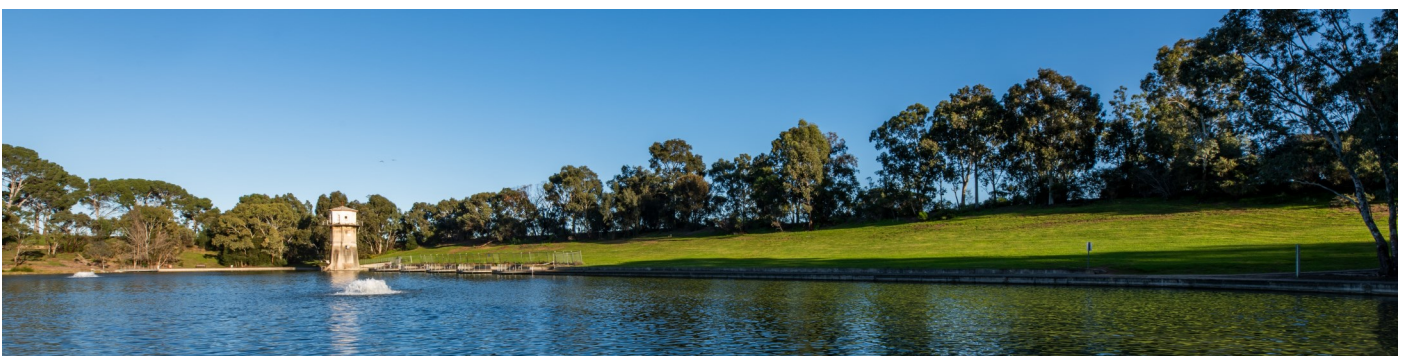
Mindfulness Activities

Studies suggest that focusing on the present can have a positive impact on health and wellbeing. Mindfulness-based activities have been shown to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain. Becoming more mindful requires practice.

Here are some tips to help you get started:

- **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating.** Be aware of taste, textures, and flavours in each bite. Listen to when your body is hungry and full.
- **Do a body scan.** Bring your attention to how each part of your body is feeling. This can help you connect with your body.

For more information visit www.healthdirect.gov.au/mindfulness



Virtual Reality at the Campbelltown Library

In July, residents from ACH Milpara explored the wonders of Virtual Reality at the Campbelltown Library. Supported by Makerspace Officer Matthew, the residents travelled virtually around the world.

- Robert explored Darwin, sharing its present-day charm and contrasting it with its past
- Josie virtually returned to her beloved hometown, Benevento in Italy
- Ronda embarked on diving around mesmerizing shipwrecks
- Shirley joined an enchanting underwater tour, marvelling at colourful fish and vibrant corals
- Richard encountered Big Ben, cruised the Thames and explored the magnificent St. Paul's Cathedral on his journey through London

Residents commented that the experience was like nothing they had ever had before! The support provided by Library staff in using the headsets made the experience very easy and stress-free. There is a large range of virtual reality experiences to choose from, including visiting places around the world and in space, visual novels, music, science, games and more.

If you would like to try it yourself and travel the world from the Campbelltown Library, contact the Library on 8366 9222 or email library@campbelltown.sa.gov.au.



**“Whether you think
you can, or you
think you can’t,
you’re right”**

~ Henry Ford

Australia is having a conversation about the **Voice referendum** being held later this year.



It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Constitution outlines the rules by which Australia is governed, and can only be changed through a referendum.



Why is the Voice referendum happening?

Australia has been talking about recognising First Nations peoples in the Constitution for more than a decade.

In 2017, Aboriginal and Torres Strait Islander people from across the country came together. They considered all the options for recognition. They wrote the Uluru Statement from the Heart, which called for a Voice for First Nations peoples to be added to the Constitution.

In 2022, the Australian Government agreed to have a referendum to let Australians decide whether to establish the Voice in the Constitution.



How would the Voice work?

The Voice would be an independent and permanent advisory body.

It would give advice to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander peoples.



Do I need to vote?

Voting in the referendum is compulsory for all eligible Australian citizens aged 18 years and over.

Get informed.

[Voice.gov.au](https://voice.gov.au)



Australian Government

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

ADULT EVENTS

Polishing your Manuscript

Saturday 9 September | 12pm-1.30pm

As a part of the Campbelltown Writers Competition, Writers SA joins us for a workshop on polishing your Manuscript ready for submission.

Library Meeting Room

Adult | Free | Bookings essential

Spring Session: Setting up a Veggie Patch from Scratch

Tuesday 19 September | 11am-12pm

Alan Shepard joins us for an informative session on Setting up a veggie patch from scratch.

Library Meeting Room

Adult | Free | Bookings essential

Open Mic Night

Friday 29 September | 6.30pm-9:30pm

Campbelltown Libraries renowned poetry open mic night is back! Adult and Child performers welcome with Guest MC Sarah Jane Justice.

Under the Storytime Tree

Age 10+ | Free | Bookings essential

Author Talk: Maria Pallorra-Chiaroli

Sunday 29 October | 2 - 3:30pm

Library Meeting Room

Adult | Free | Bookings essential

SHORT COURSES

Absolute Basics—Computers for Beginners

Tuesday 19, 26 September

10am - 12pm

We will teach you the basic functions of a computer, keyboard, and mouse. We also touch on tablets, smartphones and the internet.

Campbelltown Library IT Suite

Adult | Free | Booking essential

Introduction to Canva

Tuesday 5, 12, 19 September 6pm -

7:45pm

Canva is an online design and publishing tool with a mission to empower everyone to design and publish anything .

Library IT Suite | Adult | Free | Booking essential

REGULAR PROGRAMS

Bookings: www.campbelltownlibrary.eventbrite.com

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

Digital Help Drop Ins

**Every Monday, Wednesday, Friday
1pm-3pm and Saturday 10am-12pm**

Do you have IT questions or need some help getting your head around a new digital device? Drop in to get one-on-one help from a Library volunteer.

Campbelltown Library IT Suite

Adult | Free | No bookings needed

Digital Diggers Local History Group

Every Thursday 1– 3pm

Campbelltown Library IT Suite

Adult | Free | No bookings needed

MAKERSPACE

Cricut 1 on 1

1st and 3rd Wednesdays 4 - 5pm

Makerspace | Adult | \$5 + booking fee |
Bookings essential

Introduction to Podcast Basics

Tuesday 26 September 6 - 7:45pm

Makerspace | Age 16+ | Free | Bookings
essential

Makerspace Drop In

Every Tuesday 6pm-8pm,

Every 2 weeks on Sunday 1:30-3:30pm

Come in and use the Makerspace to tinker
or to complete your projects

Makerspace

Adult | Free | No bookings needed

Beginners Sewing - Learn to Sew

**Tuesday 12, 19, 26 September 9:30am -
12:30pm**

Makerspace | Adult | \$35 + booking fee
includes all sessions/materials | Bookings
essential

Intermediate Sewing — Make a Velvet Teddy Bear

**Saturday 30 September, 7, 14 October
10am - 1pm**

Makerspace | Adult | \$50 + booking fee
includes all sessions/materials | Booking
essential

Sewing and Craft

Every Thursday 10am-12pm

Makerspace | Adult | Free | No bookings
needed

Bookings: www.campbelltownlibrary.eventbrite.com

Local Events

Art Exhibition: 'Through my Eyes'

Campbelltown ArtHouse proudly presents 'Through My Eyes' an exhibition by artist Ursula Lucas. The exhibition is an eclectic collection of acrylics, painted within the last five years says Artist Ursula Lucas. Ursula Lucas is a self-taught artist who first started with a fascination of painting old advertising signs on wood. She developed a love for artists such as Pollock and began painting acrylics on canvas approximately 16 years ago.

Opening Event

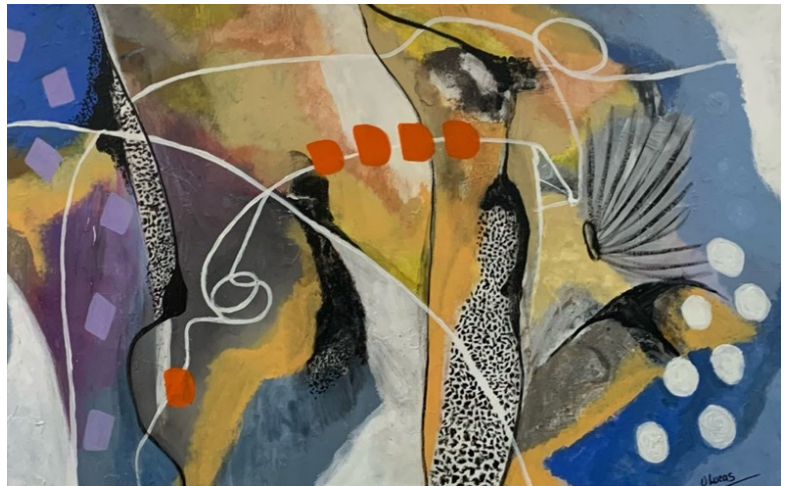
Sunday 10 September 2023, 2 - 4pm

Exhibition Runs

Saturday 2 September - Sunday
24 September 2023

Exhibition Times

Thursdays 10am - 3pm
Weekends 12 - 4pm



This is a free exhibition

Brookside Cellars Community Arts Centre, 17 Moore Street Tranmere

TONG DE Association

Campbelltown

Mid-Autumn Festival

Moon Cake Celebration

Share the Joy | Fun for All Generations!

**September
10th**

10:30_{AM} - 5:00_{PM}

Campbelltown Function Centre

📍 172 Montacute Road, Rostrevor

*Welcoming Mid-Autumn, Embracing Community,
Exciting Activities Awaits!*

Creative Crafts

Handcraft Lanterns, Make Mooncakes,
Immerse in Asian Artistry!

Cultural Elegance

Traditional Song and Dance Performances,
Immerse in the Charm of Mid-Autumn Culture!

Street Meets

Did you know Council supports *Street Meets & Street Play* on quiet local roads? Now is the perfect time to start planning a spring activity on your street!

What is a Street Meet?

Residents work with Council to close their street for two hours to let neighbours meet on their street. People of all ages gather on their street safely and freely. You might share a BYO cuppa and afternoon tea, a BBQ or whatever your street decides to do! Through traffic is diverted but car access on the street is allowed at walking speed.

Is it just for kids to play?

Street Meets & Street Play is for everybody! The kids will bring the energy and fun of play to the street, and parents, grandparents, neighbours and friends of all ages are welcome to join in the fun if they wish, or enjoy a chat and great company of others.

How do I organise a Street Meet & Street Play on my street?

The process is easy & involves 4 steps:

1. Contact Council for support & permission
2. Talk to your neighbours and set a date
3. Tell everyone! Hand out *Street Play* or *Street Meet* fliers to your neighbours
4. Play and Meet on your street

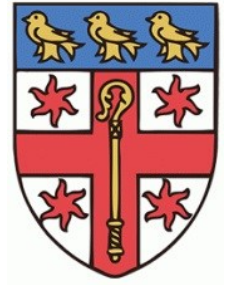
For more information go to [Street Play | Campbelltown City Council](#). A Street Meet page is coming soon.

Email GFairbrother@campbelltown.sa.gov.au or call 8366 9336.



Community Spotlight

St Martin's Anglican Church Campbelltown



St. Martin's Anglican Church, Campbelltown is located on the corner of Gorge & Lower North East Roads. The Church offers a range of community programs and initiatives that are available to all Campbelltown residents.

Community Programs and Initiatives at St Martin's

Reggies Shed Op Shop

Open every Thursday from 9am - 1pm

Foodbank Mobile Hub and Op Shop

The Foodbank Mobile Food Hub provides help in the form of low-cost grocery items, fresh fruit, vegetables and bread. With the cost of living increasing, individuals and families might find purchasing these items difficult at times. The



Foodbank mobile van is at St Martins Anglican Church, 3 Gorge Road Paradise every second Wednesday. The Op Shop is also open during this time.

Foodbank and the Op Shop is open from 12:30 - 1:30pm on the following dates for 2023:

6 September	18 October	13 December
20 September	1 November	27 December
4 October	15 November	

Chat and Chew Café

Everyone is welcome to attend the Chat and Chew café, open 11:15am—1:30pm on the following dates for 2023:

20 September	15 November
18 October	27 December

Car Boot Sale

Fourth Saturday of the Month 8am - 12pm on the following dates for 2023:

23 September	25 November
28 October	

For more information contact St Martin's on 8337 2993 or email saintmartins@bigpond.com

CAMPBELLTOWN

WRITER'S COMPETITION

Do you have a great story to tell?

Enter your short story and go in the running for great prizes! Entries can be fiction or non-fiction and must have a link to the Campbelltown area and reflect the theme 'seasons'. All genres and styles welcome, with junior, youth and open categories.

Entries close Saturday 30th September, 2023



writerssa.org.au/campbelltown-writers-festival

Diwali: Festival of Lights Competition 2023

Diwali is primarily a Hindu Festival celebrating the victory of good over evil, light over darkness and knowledge over ignorance. The main day of the Diwali Festival is on Sunday 12 November 2023. The festival includes celebrants illuminating their homes with lights.

For the first time, Campbelltown City Council is running a Diwali Festival of Lights competition and invites people who would like to participate to register their homes. For more information on the terms and conditions and how to register, contact Sophie on 8366 9303 or email skavoukis@campbelltown.sa.gov.au



<https://councilmagazine.com.au/blacktown-city-councils-diwali-lights-competition-dazzles-locals/>

What's on in Campbelltown

SEPTEMBER 2023		
2-24	'Through my eyes Art Exhibition (2 - 24 September) Thursdays 10am-3pm, Weekends 12pm-4pm	Brookside Cellars Community Arts Centre
Wed 6 Wed 20	Foodbank SA and Op Shop 12pm - 1:30pm	St Martin's Anglican Church Campbelltown
Sun 10	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Sun 10	Mid-Autumn Festival Moon Cake Celebration 10:30am - 5:00pm	Campbelltown Function Centre
Wed 13 Wed 27	Community Connections Café 10:30am -1pm	Campbelltown Memorial Oval
Thu 14	Coffee Chat with Mayor Jill Whittaker 2 - 3pm	Bar Mercato, Campbelltown
Thu 14 Thu 28	Café Connect 12 - 2pm	Clay Cup Café, Rostrevor Baptist Church
Wed 20	Chat and Chew Café and Foodbank SA 11:15am - 1:30pm	St Martin's Anglican Church Campbelltown
OCTOBER 2023		
Sun 1	Lochend House Open Day 2 - 4pm	Lochend House, Lochend Drive Campbelltown
Wed 4 Wed 18	Foodbank SA and Op Shop 12pm - 1:30pm	St Martin's Anglican Church Campbelltown
Sun 8	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Wed 11 Wed 25	Community Connections Café 10am -1pm	Campbelltown Memorial Oval
Thu 12 Thu 26	Café Connect 12 - 2pm	Clay Cup Café, Rostrevor Baptist Church
Wed 18	Chat and Chew Café and Foodbank SA 11:15am - 1:30pm	St Martin's Anglican Church Campbelltown

If you would like to receive an electronic copy of this newsletter directly to your inbox, contact Bianca on 8366 9292 or email bconnelly@campbelltown.sa.gov.au