



Campbelltown HSP Newsletter

November 2022

Christmas Closure



As this is our last newsletter for the year, we would like to advise that the Campbelltown HSP Office, Council Office, Library and Depot will be closed from 1pm on Friday 23 December 2022 and will reopen on Tuesday 3 January 2023

All services such as Domestic Assistance, Home Maintenance, Community Bus and Volunteer services will cease from Thursday 22 December 2022 and will recommence on Tuesday 3 January 2023

On behalf of the Campbelltown HSP team & myself, we would like to take this opportunity to wish you and your families a Merry Christmas and a safe and Happy New Year.

Maria Coppola
Team Leader

Volunteer Gardening Service

Do you love gardening but struggle to manage on your own? With spring upon us why not work with 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 will require a garden maintenance referral to receive this service. For further information please contact the Campbelltown HSP Team on 8366 9203.

Foodbank – Mobile Food Hub



Foodbank is a not-for profit food rescue organisation that provides people on a low income with affordable, low cost groceries.

Foodbank Mobile Hub visits St Martins Anglican Church, 3 Gorge Road, Paradise every fortnight on a Wednesday 12.30 to 1.30pm.

If you need support with low cost or free food visit St Martins Anglican Church on the following dates:

19 October 2022	14 December 2022
2 November 2022	28 December 2022
16 November 2022	11 January 2023
30 November 2022	25 January 2023

Update on the Commonwealth Home Support Program (CHSP)

The Australian Government has recently announced that it will return to the timeframe put forward by the Royal Commission to deliver a reformed and improved in-home aged care program by 1 July 2024. This represents an extension from July 2023.

No one will lose any in-home aged care services they currently have in place through CHSP or Home Care Packages Program.

On the back page of this newsletter is a letter from Aged Care Quality and Safety Commission for all clients on the Australian Government's aged care reforms for your information.



The 2022 Love My Garden Competition – there is still time to enter!

This is a community based competition run by the Lochiel Park Community Garden and Athelstone Community Garden at Padulesi Park and supported by the Adelaide Bee Sanctuary and Campbelltown Council.

Entry is FREE and the competition is open to all residents of Campbelltown, young and old, who love their gardens, no matter how big or small.

You can enter your garden in one or more of the following categories:

- **Native** – mainly local native plants
- **Traditional** – lawns and garden beds with foliage and flowers
- **Edible** – mainly edible plants (eg vegetables, herbs, fruit trees etc)
- **Collectors** – the passion and special interest garden – focus on specific plant types or themes (eg. succulents, indoor plants).

There are great prizes for winners of each category – so if you love your garden, or if your neighbours or family have great gardens why not encourage them to enter today!

Entries close Friday 14 October 2022.

Winners will be announced and prizes awarded by Jon Lamb from ABC Radio Talkback Gardening show at Lochiel Park Community Garden Open Day Saturday 5 November 2022.

Online entry forms - www.campbelltown.sa.gov.au/community/localfoodprojects/love-my-garden-competition

For more information contact Sophie on 8366 9303.

2023 Australia Day Award Nominations – Now Open

Nominations are now open for the Campbelltown Citizen of the Year, Senior Citizen of the Year and Young Citizen of the Year Awards.



Winners will be announced at Council's 2023 Australia Day function.

Community Members are invited to submit nominations to Council by **5pm Friday 18 November 2022.**

Nominations forms are available from www.campbelltown.sa.gov.au/coy

 **#MyLifeChoices**



DISABILITY, AGEING & LIFESTYLE EXPO

**FREE
entry!**

Fri 28 & Sat 29 October | Adelaide Showgrounds | 10am-4pm



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?

We will be visiting the following sites:

Shopping Centres

Marion Shopping Centre	Monday 14 November
Harbour town/Ikea	Tuesday 15 November
Brickworks Markets	Monday 21 November
Virginia Nursery	Tuesday 22 November
Burnside	Monday 28 November
Adelaide Central Market	Tuesday 29 November
Newman's Nursery	Monday 12 December
Pasadena Shopping Centre	Tuesday 13 December
West Lakes Shopping Centre	Monday 19 December
Rundle Mall	Tuesday 20 December
Burnside	Monday 9 January
Tee Tree Plaza	Tuesday 10 January
Henley Square	Monday 23 January
Noarlunga	Tuesday 24 January

Cemeteries

Centennial	Tuesday 1 November
Enfield/Dudley Park	Monday 7 November
Enfield/Dudley Park	Monday 5 December
Centennial	Tuesday 6 December
Centennial	Monday 16 January
Enfield/Dudley Park	Tuesday 17 January

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

Standard transport costs will apply. To find out more information please contact, Volunteer Transport Coordinator on 8366 9283.

Volunteers

Campbelltown HSP always welcomes new volunteers to join our team and assist our clients with transport, shopping and social programs. With more than 40 volunteers already on board we are always happy to recruit more to assist in making a positive difference in our community and support clients to live life their way. Below are recently recruited volunteers to join our team with what they love about being a volunteer:

Sidney Robinson – “I enjoy the connection between people from the community. Especially when I hear people look forward to seeing or enjoying my company, this always make me feel so happy”.

Kristine Leonard – “I love helping in any way I may be of assistance to them. I am very excited about being a part of the CHSP Team and look forward to the opportunity of meeting you through a social activity as one of your social hosts or driving you to medical appointments or shopping”.

Greg Sharp – Enjoys helping people and being active in the community.

Sin Ling Chung – Passionate to be able to support the community with her experience, knowledge and multicultural background.

Jackie McEwen – involved in lots of services in the local community, enjoys giving back to the community through volunteering.



Dear aged care consumer

I am writing to tell you about important changes that will improve the safety and quality of aged care. You do not need to take any action in response to this letter.

The Australian Government is concentrating on addressing key recommendations of the Royal Commission into Aged Care Quality and Safety.

Some changes start on 1 December 2022. Aged care services will have to meet new requirements from that date. The Aged Care Quality and Safety Commission (the Commission) will have more powers to make sure that aged care providers meet their responsibilities.

The changes that start on 1 December include:

- Improving the way aged care services are run through stronger governance requirements. This includes residential aged care services asking consumers whether they would like to have a Consumer Advisory Committee to give people who use the services a say in how they are run.
- A new Code of Conduct that describes how the people in charge of aged care services, and their aged care workers, must treat people receiving care. The Commission will have powers to take action where a provider or staff member breaches the Code.
- A Serious Incident Response Scheme applying to aged care provided in the home or the community. All providers will need to show that they have a systematic approach to minimising the risk of things going wrong and can respond quickly and effectively if something does go wrong that affects a consumer. Home care providers will now also have to report serious incidents to the Commission and take action to make sure they don't happen again. (Residential aged care providers are already required to do this.)

There will be more changes during 2023, including improved Aged Care Quality Standards.

The Commission will work with aged care providers to make sure the changes are made smoothly. Your service provider should keep you updated about what they are doing.

You do not need to do anything in response to this letter. We will provide more detailed information for people who receive care and their families closer to 1 December. If you would like to stay in touch with us, you can visit our [website](#) and subscribe to the monthly [Aged Care Quality Bulletin](#).

I hope this letter has boosted your confidence that your aged care provider, and the Commission, are working hard to ensure that you will have the best possible experience of aged care.

Yours sincerely

Janet Anderson PSM

Commissioner

31 August 2022

