



## Campbelltown HSP Newsletter May 2023

### Volunteers

We are fortunate enough to have more than 50 volunteers who make a positive difference in our community. Our volunteers support clients to live life their way by accompanying them on social support outings as well as transport services and assisting with their shopping.

A big thank you to John Heffernan who has recently retired as a volunteer driver and shopper. John has volunteered with the Campbelltown HSP for 19 years and we wish him all the best in his future plans.

**Thank you to all our volunteers for all that you do to support our community.**

### Changes to fees

We wish to advise all clients that there will be an increase in our fees for all domestic assistance and spring cleans. As of 1 July 2023 our hourly rate will increase from \$11 per hour to \$12 per hour.

In addition we have increased our maximum subsidy for home maintenance, gardening and home modifications from \$150 to \$200. This means we will pay half the contractors fee up to a maximum of \$200.

**If you have any concerns about these change, please contact our Campbelltown HSP Team on 8366 9203.**

---

### Advance Care Directive

An Advance Care Directive is an important step in planning for future health care and allows you to write down your wishes, preferences and instructions for your future health care, end of life, living arrangements and personal matters.

It replaces the existing Enduring Powers of Guardianship, Medical Powers of Attorney and Anticipatory Directions with a single Advance Care Directive Form.

If you have previously completed one of these documents, they will continue to have legal effect unless you complete a new Advance Care Directive which will replace your old documents.

It will give you peace of mind that those caring for you will know what you want when you are unable to make your own decision or communicate your wishes and values.

**The Advance Care Directive Form and DIY kit can be downloaded from the website [www.advancecaredirectives.sa.gov.au](http://www.advancecaredirectives.sa.gov.au) for free or purchase a kit from Services SA centre or by calling Service SA on 13 23 24 (cost and delivery fee applies).**



## COVID – 19 Protection

Below is a list of things we can all do to protect ourselves and others:

- Stay up to date with your COVID-19 vaccinations
- Wear a mask in crowded indoor places when infection rates are high
- Take a test if you have COVID -19 symptoms and follow the SA Health advice if you test positive
- Stay home if you have symptoms or feel unwell

If you test positive to COVID -19, you may be eligible for antiviral treatments if you are:

- 70 years of age or older, regardless of risk factors and with or without symptoms
- 50 years of age or older with 2 additional risk factors for developing severe disease or have had past COVID-19 infection resulting in hospitalisation.
- First Nations people, 30 years of age or older and with 1 additional risk factor for developing severe disease or have had past COVID-19 infection resulting in hospitalisation.

Contact your GP for advice about eligibility first and if your doctor recommends oral antiviral treatments, you will need a prescription. Medications are available at your local pharmacy.

## Intergenerational Projects

Council is supporting a range of Intergenerational Projects in 2023, bringing together older and younger people, children and families, kindergartens and schools to connect, play, have fun and build relationships. We would love to work with you! This is inspired by the ABC's Old People Home for Four Year Olds and Teenagers programs.

If you want more information or are interested in getting involved, contact Bianca Connelly on [bconnelly@campbelltown.sa.gov.au](mailto:bconnelly@campbelltown.sa.gov.au) or 8366 9272.



# CAMPBELLTOWN ART SHOW & SALE

6-13  
May  
2023

Paintings, Pottery,  
Porcelain, Photography,  
Youth, Aboriginal and  
Islander Peoples' Art.

Open 10am – 5.30pm Daily from  
Saturday 6 May – Saturday 13 May

[www.campbelltown.sa.gov.au/artshow](http://www.campbelltown.sa.gov.au/artshow) or 8366 9222



Rotary  
Club of Campbelltown



2022 First Prize Winner –  
Growing Up by Lyn Anstey





## 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?

### Shopping Centres

Mitcham Shopping Centre	Monday 1 May
Burnside Shopping Centre	Monday 15 May
Central Market	Tuesday 30 May
Tea Tree Plaza	Tuesday 13 June
Marion Shopping Centre	Tuesday 20 June
Karkoo Nursery (Oakbank)	Monday 26 June
Rundle Mall Shopping Precinct	Monday 3 July
Harbour Town/ Ikea	Tuesday 11 July
Hahndorf	Tuesday 25 July

### Cemeteries

Enfield/Dudley Park	Tuesday 2 May
Payneham	Tuesday 16 May
Enfield /Dudley Park	Monday 29 May
Enfield/Dudley Park	Monday 5 June
Centennial Park	Monday 19 June
Enfield/Dudley Park	Tuesday 27 June
Enfield/Dudley Park	Tuesday 4 July
Centennial Park	Monday 10 July
Enfield/Dudley Park	Monday 24 July

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.**

## Campbelltown Repair Café

A Repair Café is a place where you can bring your broken items for fixing by skilled volunteers. Repair Cafés help you to reduce landfill, save money, meet new people and even learn new skills! The Campbelltown Repair Café is on once a month at the same time as the Magill Sunrise Markets.

**Every second Sunday of the month, 9.30am to 2pm.**

### Campbelltown Memorial Oval, Paradise

Corner Lower North East Road & Darley Road, Paradise (access via Crowle Road).

Repairs available usually include:

- Textiles/clothing/darning
- Jewellery
- Mechanical/bicycles
- Electrical
- Wooden
- Locks/safes



**Note:** the Repair Cafe will not be operating on Easter Sunday 9 April 2023 or Mother's Day 14 May 2023.

**For more information or to get involved contact the Repair Café on [reccampbelltownsa@gmail.com](mailto:reccampbelltownsa@gmail.com) or Sophie on 8366 9303.**

## One-Pot Vegetarian Spaghetti

Vegetarian spaghetti with mushrooms, spinach and tomatoes makes an easy, healthy one-pot pasta dinner that's ready in 25 minutes!

Serves 2

### Ingredients

2 teaspoons extra-virgin olive oil  
1/4 medium yellow onion, chopped  
115 grams button mushrooms, sliced  
1 clove garlic, minced  
Salt  
Black pepper  
1/4 teaspoon red pepper flakes (optional)  
1 1/2 cups low-sodium vegetable broth  
1/2 can diced tomatoes  
150 g thin spaghetti noodles  
2 cups fresh spinach or baby spinach  
1/4 cup grated Parmesan cheese, plus extra for serving  
1/4 cup fresh chopped basil or parsley (optional)  
You can add any extra vegetables you have on hand as well as stir in some cooked, shredded chicken with the spinach if you wish.



### Instructions

1. Heat olive oil in a medium pot over medium heat. Add onion and mushrooms and saute for 5-7 minutes, until tender and the liquid from the mushroom has been mostly cooked off.
2. Add garlic and season with salt, pepper and red pepper flakes (if using) and saute another 30 seconds.
3. Increase heat to high then add canned tomatoes and vegetable broth. Bring to a boil.
4. Add spaghetti noodles and stir until they wilt and fit in the pot. Cover the pot, reduce heat to medium-low and cook for 5 minutes. (Your liquid should be at a low boil this whole time)
5. Remove lid and add fresh spinach, a couple of handfuls at a time, stirring to get the spinach mixed in and wilted.
6. Remove from heat and let spaghetti sit, covered, for a few minutes
7. Stir in parmesan cheese, taste and adjust seasonings
8. Serve with fresh basil or parsley and extra Parmesan cheese, if desired.

Buon Appetite!

---

## Road Safety Community Forum

Presented by RAA, Hosted by John Gardner MP along with Campbelltown City Council.  
Designed to give people valuable information to help keep them safe on the road.

The presentation covers:

- Road safety tips for drivers and pedestrians
- Road rules
- Importance of choosing a safe vehicle
- Importance of being fit to drive
- Impact of health and medications when driving
- How to access your own driving ability

**Time:** 11am

**Date:** 18 May 2023

**Where:** Campbelltown Function Centre, 172 Montacute Road, Rostrevor

**RSVP:** TryBooking – [www.trybooking.com/CELLN](http://www.trybooking.com/CELLN) or by phone 8365 4224

---

## Safe and Inclusive Service

Campbelltown HSP ensures that our services are safe and inclusive for everyone including people from all cultures, genders, faiths, backgrounds, abilities and sexualities. If you have special requirements for us to support you better, do not hesitate to contact us on 8366 9203.