



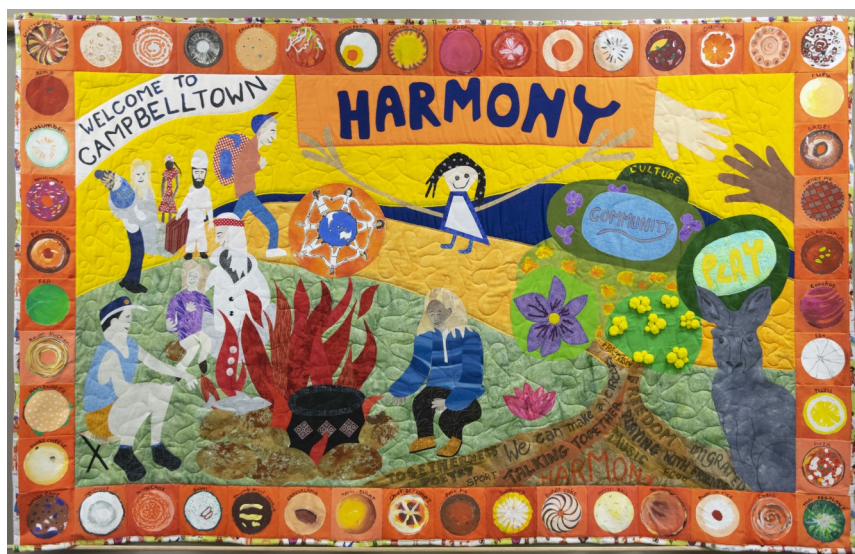
Ageing Well News & Information

Newsletter
May / June 2023

Campbelltown Harmony Quilt

Did you know that 36.4% of Campbelltown residents were born overseas? The top five countries in order are Italy, China, India, UK and Malaysia. One of the ways Campbelltown celebrates our diverse community is through Harmony Week, a celebration that recognises our diversity and brings

together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. Harmony Week is observed for a week in March and includes 21st March, which is the United Nations International Day for the Elimination of Racial Discrimination.



Throughout the last year, members of the Campbelltown community have made a quilt to celebrate the diversity and cultures that make up Campbelltown. Designed by an array of residents including school students, veterans, people from a diverse range of cultures, backgrounds and ages, the quilt represents the people of Campbelltown: colourful, diverse, interesting and fun! A quilt project was chosen as it is a cross cultural craft, is intergenerational in involving people of all ages and can now be enjoyed by all. Lead artist James Packer helped the Community come up with a design for the quilt, and the Campbelltown Quilters then took on the job of making it!

The Harmony Quilt has been on display in the Campbelltown City Council Customer Service area in April 2023, and will be at the Campbelltown Art Show in May 2023 and then in the Campbelltown Library in June 2023.

National Volunteer Week

The work of volunteers is celebrated during National Volunteer Week, held from 15 - 21 May 2023. As part of Council's new Ageing Well Plan 2024, we recognise that older people in Campbelltown want to be in control of their lives, from pre-retirement onwards. They want to work and contribute to society in ways that provide purpose and meaning, using their skills and knowledge, and finding ways to learn and to grow. This can be in either a paid or a voluntary capacity. In whatever way they choose to spend their time, older people want to find ways to learn and to grow, and to connect with people of all ages. Strong social connections are one of the most important factors in living a happy and healthy life. Meaningful social connections are essential to ageing well.



Volunteering is a great way to get involved in community life and explore opportunities in retirement. Volunteers improve the quality of life for local people and strengthen connections between the community.

Volunteering in Campbelltown includes working with local community groups, sporting clubs, service clubs, churches and services such as the CFS, SES and Meals on Wheels.

Every person can participate in volunteering by serving others and exploring passions and

areas of interest. Volunteering can be a regular activity or can be undertaken as a one-off activity such as planting trees on National Tree Day. It can be done formally through an organisation such as Council, or informally by helping a neighbour mow their lawns or collect rubbish at a local park.

Those who bring sunshine to the lives of others cannot keep it from themselves.

- James Matthew Barrie

There is a role for everyone to play regardless of age, ability, or experience. Volunteers often find that whilst they are giving to others, they gain a personal benefit. This can be an improvement in self-esteem and confidence, helping to share talents, learning new skills, and helping to combat stress, loneliness, social isolation and depression. Volunteering also helps you meet new people, which can help you feel more connected and valued. What great reasons to think about making volunteering a part of your regular schedule!

Campbelltown City Council thanks everyone who volunteers their time to our community.

Visit: www.campbelltown.sa.gov.au/volunteer

Email: rtelfer@campbelltown.sa.gov.au

Call: 8366 9235

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

Mental Health and Wellbeing

We know that older people in Campbelltown want to remain in control of their health and lifestyle, and decisions relating to their wellbeing. Loneliness and social isolation can often increase with age, with harmful health impacts to mental health and wellbeing. Older people in Campbelltown want access to local resources and activities to support their physical and mental health and wellbeing. Council's Ageing Well Plan includes the following two areas of focus relating to maintaining mental health and wellbeing:



Information and control over physical and mental health: Older people want to maintain their health by accessing local, affordable physical activities that support them physically and mentally.

Wellbeing activities: Older people want to have access to opportunities to support their physical, emotional, creative, environmental, financial, occupational, intellectual, social, and spiritual wellbeing.

The research is clear: physical activity and connecting with others is good for mental health and wellbeing. Studies show that greater physical activity levels are associated with lower scores on the Geriatric Depression Scale. Engagement in structured and group exercise can improve aspects of psychological wellbeing such as mood, self-perception, and social connection. In contrast, time being sedentary can have a negative impact on mental health, wellbeing and loneliness.

Council is reviewing two very popular publications that help support physical exercise and connectedness. The *Staying Active in Campbelltown* and *Staying Connected in Campbelltown* guides are very popular and we want to ensure that they can continue to help support older people in maintaining their mental health and wellbeing.

The guides can be viewed online at www.campbelltown.sa.gov.au/activeageing

Printed copies can be collected from Council's Customer Service and at the Library.

If you would like more information on how to get active and connected in Campbelltown contact Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au.



BENEFITS OF PHYSICAL ACTIVITY

- Enhances life span**
- Boosts confidence**
- Maintains social connection**
- Improves sleep**
- Assists weight loss**
- Allows flexibility**
- Improves cardiovascular health**
- Supports healthy living**
- Assists cognitive function**
- Improves strength & bone density**

Tackling Ageism

It is commonly accepted that ageism is a global challenge. It has been identified as a key cause of poor health, social isolation and death, potentially costing economies billions. Government organisations and agencies at all levels have been discussing ageism and its impact for many years with wide ranging initiatives and campaigns to tackle it. Campbelltown City Council has committed to the 'Every Age Counts' pledge to end ageism (www.everyagecounts.org.au) and continues to explore ways to work with the community in addressing this issue.

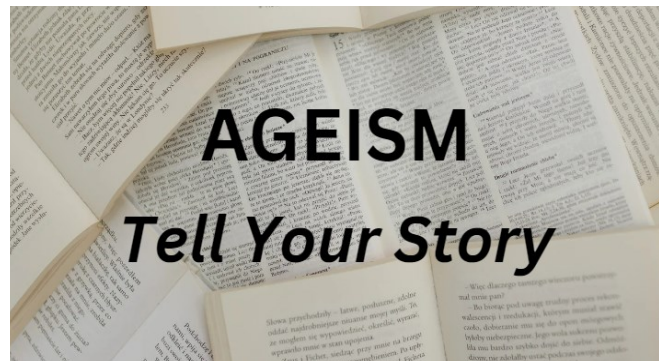


Local government is connected to people of all ages, including individuals and community groups, providing services, and offering volunteering opportunities and employment for those aged 60+. They have a unique capacity to take a leading role in providing awareness, lifelong learning and starting the conversation around ageism, as it is so embedded in culture, behaviours and beliefs and impacts every citizen at some point in their lives.

One of the key priorities for 2023/24 for Council's Ageing Well Advisory Committee is 'Tackling Ageism' by providing Elected Members, Staff, and Volunteers with 'Ageism Awareness Training'. Developing this training is included in the Ageing Well Plan 2024, a plan that recognises the value that older people bring to our community. Council has been granted funds through the SA State Government's Office for

Ageing Well Age Friendly SA Grants, to produce a bespoke online training module that will seek to inspire and motivate the learner to stop and think about ageism, to have a 'light-bulb' moment and to see ageism through a new lens.

A key aim of the training is to demonstrate the impact of ageism on older citizens using storytelling techniques in both audio and visual ways. Using real stories that demonstrate the real impacts of ageism, the training will highlight how prevalent ageism is, the impact it can have on individuals and how small changes in attitude and behaviour can make a material difference in the lives of older people.



If you would like to share your story on how you feel ageism has impacted your life, in big or small ways, we would love to hear from you.

This could be:

- how you feel limited to do the things you want to do because of your age.
- how you are treated or spoken to in a certain way because of your age.
- how an age-related joke might make you feel or act a certain way.
- or it could be something more.

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

Reconciliation

In 2020, Campbelltown Council and Campbelltown's Reconciliation Advisory Committee have stated their commitment to the Uluru Statement from the Heart. It's important for our local Community to know what Voice to Parliament is, what the referendum means and how to inform your vote. You are encouraged to ask questions, read about it and attend one of the many forums available.

Reconciliation Australia provides this information about the referendum 'Voice to Parliament':

Why do we need a First Nations Voice?

A Voice to Parliament will give Indigenous communities a route to help inform policy and legal decisions that impact their lives. Giving people a say will lead to more effective results.

Embedding a Voice in the Constitution would recognise the special place of Aboriginal and Torres Strait Islander people in Australia's history, but importantly would also mean that it can't be shut down by successive Governments.

Referendum

To change the constitution we need a Referendum. This is a bit like an election, but instead of voting for people to be Members of Parliament, Australia will be asked to answer a simple question – like the one proposed by the Prime Minister – with a YES or a NO.

For a referendum to be successful it requires a majority of voters across the nation and a majority of voters in a majority of states—this is known as a double majority.

The proposed question by the PM that you will need to answer yes or no to may be (this still needs Government approval).

A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?

Find out more at www.ulurustatement.org or Contact Tracy on 8366 9214.

ARC GYM Presents

Free Nutrition Session, Morning Tea and ARC Campbelltown Tour

Come and hear Nutritionist Mel Gillard (Bachelor Food and Nutrition Science) speak about good nutrition as we age, enjoy morning tea and a chat, and a tour of the ARC Campbelltown.

Friday 26 May 2023 9:30am - 11:00am

ARC Campbelltown Meeting Room

RSVP to Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au

9:30am Nutrition Presentation

10:00am Morning Tea

10:30am ARC Tour

Where indicated, event bookings are required.

Event enquiries to Nicole on 8366 9333 or nleaver@campbelltown.sa.gov.au

REGULAR PROGRAMS

Digital Help Drop Ins

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

Campbelltown Library IT Suite

Adult | Free | No bookings needed

Absolute Basics—Computers for Beginners

Every Thursday 10am-12pm

Campbelltown Library IT Suite

Adult | Free | Booking essential

Beyond the Basics—Intermediate Computing

Every Tuesday 1pm-3pm

Campbelltown Library IT Suite

Adult | Free | Booking essential

Makerspace Drop In

**Every Tuesday 6pm-8pm,
Every 2 weeks on Sunday 1:30-3:30pm**

Makerspace

Adult | Free | No bookings needed

Sewing and Craft

Every Thursday 10am-12pm

Makerspace | Adult | Free | No
bookings needed

Introduction to Virtual Reality

**Every 1st Tuesday of the Month
5:30pm, 6:15pm, 7pm**

Makerspace

Adult | Free | Bookings essential

Campbelltown Gardening Group

**Every 1st Tuesday of the Month
11am-12pm**

Makerspace

Adult | Free | No bookings needed

Hosted by Campbelltown Gardening
Group

English Conversation Class

Every Tuesday 10:30am-11:30am

Campbelltown Library

Adult | Free | Booking essential

School term time only

What's on at **CAMPBELLTOWN** Library

Where indicated, event bookings are required.

Event enquiries to Nicole on 8366 9333 or nleaver@campbelltown.sa.gov.au

ADULT PROGRAMS

Basics of Bee Keeping

Thursday 4 May | 11am—12:30pm

Library Meeting Room | Adult | Free

No booking needed

Apple iPhone Basics

Tuesday 9 May | 10:00am-12:00pm

Campbelltown Library IT suite

Adult | Free | Bookings essential

Android Phone Basics

Tuesday 16 May | 10:00am-12:00pm

Campbelltown Library IT suite

|Adult | Free | Bookings essential

AGE 50+ ADULT PROGRAMS

Online Games (age 50+)

Tuesday 23 May | 10:00am-12.00pm

Campbelltown Library IT suite

Adult | Free | Bookings essential

Creating with Canva (age 50+)

Tuesday 30 May | 10:00am-12.00pm

Campbelltown Library IT suite

Adult | Free | Bookings essential

Introduction to Libby (eBooks/ Audio Books - age 50+)

**Wednesday 21 June | 11:00am
12:00pm**

Campbelltown Library IT Suite

Adult | Free | Bookings essential



Bookings: www.campbelltownlibrary.eventbrite.com

Local Events

History Festival 1 - 31 May 2023

Hosted by the Campbelltown Historic Society in conjunction with Campbelltown Library, a program of tours and talks will reflect on life from another time and take you on a journey to yesteryear.

Contact the Library on 8366 9299 for bookings.

Bus Tours - Cost \$15

- 7 May 2023
10:00am - 12:00pm and 1:00 - 3:00pm
- 27 May 2023
6:30 - 8:30pm

Information Talks

- 10 May 2023 - Jack Panitz - Gentleman Thief: a charming jewel thief, found hiding out in Magill in 1920.
- 16 May 2023 - Trams on the North-Eastern Lines of Adelaide.



Campbelltown Solos - Dinner Outing

Are you:

- ✓ Living in the Campbelltown Area
- ✓ Living Alone
- ✓ Interested in going out for an evening meal with individuals in a similar situation
- ✓ In need of more social options to improve social connectivity

Council is trialling a new initiative for those that live alone and would love to go out of an evening but don't want to go solo. Sometimes the thought of going out and returning at night to an empty house, or driving at night, stops some people from doing the things they love to do.

The outing would include free transport to and from home, and great company of others. Costs for meals/tickets are paid by the attendee.

Contact Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au.

Hosted by Campbelltown City Council

Register your interest for the next outing:

Thursday 25 May 2023, 6:30pm

Dinner at Zayt & Zaatar
(Lebanese cuisine)

601 Lower North East Road
Campbelltown

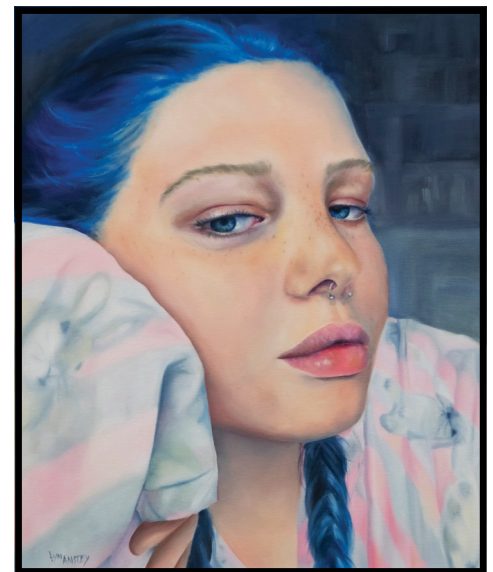


Campbelltown Art Show

The Campbelltown Art Show and Sale is run in conjunction with the Rotary Club of Campbelltown and will be held over 9 days from the opening night on Friday 5 May to its conclusion on Saturday 13 May 2023. When you enter the Campbelltown Art Show you will find hidden artistic treasures including paintings across a number of media, photographs, pottery and porcelain. The art show also features Campbelltown Reflections which highlights the Campbelltown local area. Artwork in this category depict a scene, a building, an historic landmark or similar within the suburbs of Campbelltown City Council.

The eclectic arrangement of artwork, staffed by voluntary Rotarians, includes watercolour, youth, Aboriginal and Torres Strait Islander Peoples art, photography and pottery. The Art Show is an inclusive and affordable event that supports professional and emerging artists alike.

Rotarian Margaret Beare is the Art Convener for this year's Campbelltown art show. Margaret is excited to be organising the 40th year of the Campbelltown Art Show in collaboration with Campbelltown City Council, a partnership that represents one of South Australia's largest art shows and is a major fundraising event for the Rotary Club. All funds raised are distributed to Rotary projects including supporting youth initiatives and disadvantaged families, the CFS, and international projects including eye care and ending polio.



Artist Demonstrations

Saturday 6 May (1pm to 3pm)

Three of Arts: V Rolinski – Acrylic,
G Parker - Pastel
Erryn Munchinburg - Watercolour

Sunday 7 May (1pm to 3pm)

Lyn Robins - Acrylic

Monday 8 May (1pm to 3pm)

Betty Hermel - Porcelain Painting

Tuesday 9 May (1pm to 3pm)

Keeley Brown – Acrylic Paint Pouring

Wednesday 10 May (1pm to 3pm)

Robin Hicks - Watercolour

Thursday 11 May (1pm to 3pm)

Judith Kittel – Acrylics with gessoes and
glazing techniques

Friday 12 May (1pm to 3pm)

Amy Hamlyn - Acrylic

Saturday 13 May (1pm to 3pm)

Nikki Carabetta – Aboriginal Dot Painting

Campbelltown Art Show

Campbelltown Function Centre
172 Montacute Road, Rostrevor

Opening Hours

6 May to 13 May 2023, 10am-5:30pm

For more information visit
[www.campbelltown.sa.gov.au/
community/arts/artshow](http://www.campbelltown.sa.gov.au/community/arts/artshow)
or call 8366 9222.

Neighbour Day 2023

Neighbour Day is Australia's yearly celebration of community, encouraging people to connect with those who live in their neighbourhood. This year's Neighbour Day theme was 'Create Belonging' and is all about building communities.

This year Council did something different – we invited community to work with Council staff to plan and organise our 2023 Neighbour Day Celebration event. A Community Working Group was made up of 20 residents who helped to plan, organise and host the celebration.

Campbelltown Neighbour Day was held at Gurners Reserve, Rostrevor on Saturday 18 March and included the launch of the Campbelltown Harmony Quilt (see page one for more details). On the day there was a free BBQ lunch cooked by Rotary Club of Campbelltown, a coffee van, live music, information about local activities to get involved in, history boards with interesting facts about our local areas, a children's play area with tug-o-war, ball games, frisbees and a sand pit and a free raffle draw. With over 300 residents coming along it was our biggest Neighbour Day celebration to date!

Feedback shows it truly was a day of connections with residents sharing stories of how they re-connected with old school friends, teachers re-engaging with their old students, and John the coffee van man who was revisiting the park he grew up playing in.

“We can all help eliminate loneliness and isolation. Sometimes all it takes is a simple hello to a neighbour to start a conversation.”

Connecting with your neighbours doesn't need to be a once-a-year activity. Connecting with neighbours on your street or around the corner has so many benefits, including feeling safe, feeling like you belong and sharing local experiences together. Say hello to a new neighbour, share a cuppa on your driveway, offering to collect post or putting a bin out when someone is away all contribute to creating belonging.



Gurners Reserve Rostrevor

Campbelltown has a hidden gem located on Kurna land, tucked away in suburban Rostrevor. Dominated by giant, beautiful, shady Moreton Bay Figs, Gurners Reserve sits just off Montacute Road, in between Hamish Grove, Leabrook Drive and College Drive by the Fourth Creek/Morialta Parri walking trail in Rostrevor. It provides a lovely spot to sit in the shade and enjoy the leafy trees, to enjoy some sunshine on the luscious green grass, or to watch children climb the trees' giant limbs and enjoy the local playground. Recently hosting the Neighbour Day BBQ, many residents said they had never been to the park in the many years they had lived in Campbelltown and would now visit more regularly to enjoy its many charms.

as 'Orange Grove'. From 1863 the property was bought and sold by a number of private owners, the last being in 1948, when it was purchased by Colin Marshall Gurner, a medical practitioner.

Orange Grove' circa 1950



In 1961 the property was acquired by the then Minister for Local Government, who transferred it to the City of Campbelltown in 1962. Approximately two acres of the original property were landscaped as a public reserve by the Council and the house was demolished in 1962. Rubble stone walling and a large Moreton Bay Fig tree form the central feature of this reserve. A plaque on the wall reads "From a garden founded by Charles William Stuart in 1839".

Today Gurners Reserve in Rostrevor is a picturesque and shady park with large grassed areas, a toilet, a playground, drinking fountain, BBQs, picnic areas and a 1-on-1 basketball court.

The playground is fully fenced and wheelchair accessible with a gently sloping ramp. Dogs are permitted to be exercised off leash at this park from 6am-10am and 5pm-8pm daily.



Gurners Reserve marks the site of the house built by Charles Stuart, who acquired the property in 1838. Stuart built a house of stones collected from the nearby creek, which was completed in April 1839, and established a garden, which included the Moreton Bay Fig tree which remains in the reserve. Later the property became part of the 'Stradbroke House' estate. It was extended and improved and became known



What's on in Campbelltown

MAY 2023		
Sat 6	'A World of Colour' Art Exhibition (6 May - 4 June) Thursdays 10am-3pm, Weekends 12pm-4pm	Brookside Cellars Community Arts Centre
Sat 6	Campbelltown Art Show (6—13 May) 10am - 5:30pm	Campbelltown Function Centre
Sun 7	Repair Café 9:00am - 2:00pm	Campbelltown Memorial Oval
Wed 10	Jack Panitz –A Gentleman Thief Information Talk 11:00am - 12:00pm	Campbelltown Library
Wed 10	Community Connections Café	Campbelltown Memorial Oval
Wed 24	10:30am -1:00pm	
Thu 11	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Thu 25	12:00 - 2:00pm	
Sun 14	Magill Sunrise Market 9:00am - 2:00pm	Campbelltown Memorial Oval
Wed 22	Trams on the North-Eastern Lines of Adelaide History Talk 1:00pm - 2:00pm	Campbelltown Library
Thu 18	Road Safety Community Forum 11:00am - 1:00pm	Campbelltown Function Centre
Wed 24	Coffee Chat with Mayor Jill Whittaker 10:30 - 11:30am	Settebello, Newton
Fri 26	Nutrition Presentation, Morning Tea and ARC Tour 9:30 - 11:00am	ARC Campbelltown
Sat 27	Haunted Lochend and Other Campbelltown Ghosts, 6:30 - 8:30pm	Lochend House, Campbelltown
JUNE 2023		
Sun 4	Lochend House Open Day 2:00 - 4:00pm	Lochend House, Lochend Drive Campbelltown
Thu 8	Café Connect	Clay Cup Café, Rostrevor Baptist Church
Thu 22	12:00 - 2:00pm	
Sat 10	'Flourishing' Art Exhibition (11-25 June) Thursdays 10am-3pm, Weekends 12pm-4pm	Brookside Cellars Community Arts Centre
Sun 11	Magill Sunrise Market and Repair Cafe 9:00am - 2:00pm	Campbelltown Memorial Oval
Wed 14	Community Connections Café	Campbelltown Memorial Oval
Wed 28	10:30am -1:00pm	

Ageing Well Campbelltown 8366 9272 ~ bconnelly@campbelltown.sa.gov.au