



Campbelltown HSP Newsletter

August 2023

Support at Home program to commence from 1 July 2025

The Federal Government new Support at Home program will now be implemented from 1 July 2025. An extra 12 months will allow time to refine the program, with input from experts across a range of design elements and further consultation with older people and providers. The 1 July 2025 start date will also ensure providers are well prepared for the reforms and avoid disruption for care recipients.

Seeking Volunteers

With the high volume of transport request, we are recruiting new volunteers to help clients in the community with transport to help them get to their medical appointments and food shopping. Do you know someone that is looking to volunteer? Please contact Marjon our Transport coordinator for more information mburgess@campbelltown.sa.gov.au

Aged Care Quality Standards Audit

The Aged Care Quality and Safety Commission will be visiting Campbelltown Home Support Program to conduct a Quality Standards audit on the 21st, 24th and 25th of July 2023. The purpose of the visit is to assess whether the quality of care and services being provided to you and other consumers meets the Aged Care Quality Standards. Clients may be contacted for feedback.

Tell your Story: Seeking Stories and Experiences of Ageism

Council is developing a training tool for Local Government staff that focuses on the ageist assumptions and unconscious bias that impacts older people in our community every day. As part of this project, we want to share stories of older people in our community who have been treated in negative ways solely because of their age.



An Example

In a customer service environment, an older person begins a conversation with the customer service officer. The officer begins to speak in a very slow, loud and condescending manner to the older person, making assumptions that the older person is hard of hearing and has difficulties understanding. This decision is made purely based upon the assumptions that because of their age, they need to be spoken to in this way. The behaviour makes the older person feel upset, embarrassed and inadequate.

Your story might be something that has happened as part of a customer service experience, in the workplace or in a voluntary role, whilst exercising and keeping fit, using technology, or just going about your daily business. If you would like to help contribute to the development of the training and share your story, please contact Bianca on 8366 9272 or email bconnelly@campbelltown.sa.gov.au by the end of July.



SCAM ALERT

Fake mySAGOV account e-mail

Service SA has been advised that an email is in circulation requesting that customers update their mySAGOV account.

- These emails are not legitimate and have been reported to the departments ICT Security Team.
- This is a scam and Service SA will not initiate contact with a customer to update their mySAGOV account details.
- If you receive this email, do not visit the “click here” link and immediately delete it.
- If you are unsure about the legitimacy of correspondence received from the department or Service SA, please fill in the feedback form on the Service SA website at www.service.sa.gov.au or email us at servicesafeedback@sa.gov.au.

New myGOV Scam

Scammers are attempting to take advantage of the Budget night with a false offer of a bonus payment from the Australian Government. People are receiving a SMS message which pretends to be from MyGov advising of a one-off payment to help with living expenses. The message includes a fake internet link to myGov.

- there is no \$750 payment on offer
- if they receive a SMS like this, do not click on the link
- text messages from myGov will never include an internet link
- all legitimate myGov messages can be accessed from the customer’s myGov inbox.

What to do if you receive an email or text like this:

If you receive such an email, do not respond or click any links. Report the incident to www.scamwatch.gov.au.

Online Security & Scams Awareness Information Workshop

Tuesday, 25 July & Tuesday, 1 August 10am – 12pm at the Campbelltown Library.

Discover some of the essentials of cyber safety like how your browser can help keep you safer online, how to create and remember strong passwords, spot common scams like phishing scams.

Bookings essential. For enquiries and bookings contact Robert Sturgul on 8366 9358.



Example of scam message



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

| | |
|--|---------------------|
| Ingle farm Shopping Centre | Monday 7 August |
| Virginia Nursery | Monday 14 August |
| West Lakes Shopping Centre | Monday 28 August |
| Royal Adelaide Show | Monday 4 September |
| Golden Grove Shopping Centre | Monday 18 September |
| Marion Shopping Centre | Monday 25 September |
| Munno Parra Shopping Centre | Monday 9 October |
| Bottle Tree Café garden & Aquarium (Kilburn) | Monday 16 October |
| DFO Parafield Airport | Monday 30 October |

Cemeteries

| | |
|----------------------|----------------------|
| Enfield/Dudley Park | Tuesday 8 August |
| Centennial Park | Tuesday 15 August |
| Enfield /Dudley Park | Tuesday 5 September |
| Enfield/Dudley Park | Tuesday 26 September |
| Centennial Park | Tuesday 3 October |
| Enfield/Dudley Park | Tuesday 17 October |

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.

What's on in Campbelltown

Community Connections Café

Held on the 2nd and 4th Wednesday of each month at 10.30am -1pm

Meet friendly faces and connect with the Campbelltown Community whilst enjoying a chat over coffee & morning tea.

10.45am Cooking demonstration

11am Chair exercise

11.30am Speaker

12pm Lunch

Where: Campbelltown Memorial Oval cnr Lower North East rd & Darley Rd Paradise (enter via Crowle Rd)

Cost: Coin Donation

Leek & butter bean soup with crispy kale & bacon

Butter beans give this a dairy-free, healthy soup a creamy texture and the starchy liquid from the can helps to thicken it into a comforting supper. (Recipe from BBQ Good Food). Serves 4.

Ingredients

4 tsp olive oil
500g leeks, sliced
4 Thyme sprigs, leaves picked
2 x 400g cans butter beans
500ml vegetable bouillon stock
2 tsp wholegrain mustard
½ small pack flat-leaf parsley
3 rashers streaky bacon
40g chopped kale, any tough stems removed
25g hazelnuts, roughly chopped (can use any nuts)

Instructions

1. Heat 1 tbsp oil in a large saucepan over a low heat. Add the leeks, thyme and seasoning. Cover and cook for 15 mins until softened, adding a splash of water if the leeks start to stick. Add the butter beans with the water from the cans, the stock and mustard. Bring to the boil and simmer for 3-4 mins until hot. Blend the soup in a food processor or with a stick blender, stir through parsley and season.
2. Cook bacon for 3-4 mins until crispy, then set aside to cool. Add 1 tsp oil to the pan, and tip in the kale and hazelnuts. Cook for 2 mins, stirring until the kale is crisping at the edges and the hazelnuts are toasted. Cut the bacon into small pieces, then stir into the kale mixture.
3. Reheat the soup, adding a splash of water if it is too thick. Serve in bowls sprinkled with the bacon & kale mixture.

Enjoy!



Campbelltown Library Programs and Events

Decluttering Workshop with Tracey Warren

Saturday 16 September | 12pm-1.30pm

Do you feel overwhelmed by clutter and disorganisation? This fun, inspiring presentation provides lots of practical advice on transforming your home into a calm and organised space.

Services Australia Presents Information sessions for Those approaching or at Retirement Age

2 sessions presented by Services Australia

Monday 23 October | First session starts at 10am

- **Session 1 – Financial Information (10am to 10.50am)**

This session will cover Planning to retire well and build a stronger financial future for retirement.

- **Session 2 – Aged Care (11.10am to 12pm)**

This session will cover Help at home including Commonwealth Home Support, Home Care Packages and Residential Aged Care.

All sessions held at the Library Meeting Room. For Bookings call 8366 9333 (BOOKINGS ARE ESSENTIAL).

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.