



Campbelltown HSP Newsletter November 2023

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

Christmas Closure

With Christmas so close and this being our last newsletter for the year, we would like to advise our closure dates for the Campbelltown HSP Office, Council Office, Library and Depot.

Dates closed:

Monday 25 December 2023	Thursday 28 December 2023
Tuesday 26 December 2023	Friday 29 December 2023
Wednesday 27 December 2023	Monday 1 January 2024

All services such as Domestic Assistance, Home Maintenance, Community Bus and Volunteer Services will cease during these times and recommence on Tuesday 2 January 2024.

Campbelltown HSP team would like to take this opportunity to wish you and your families a Merry Christmas and a safe and Happy New Year.

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 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 Expo and information talks: 10am-1.30pm
Ageing Well Program of Events:	1 - 30 November 2023 Throughout the Campbelltown area
Ageing Well Showcase Celebration:	30 November 2023 Campbelltown Function Centre



Let's Change Aged Care Together

With all the changes being made to aged care services, did you know you can have a say!

Your voice will help design and implement these changes by getting involved through surveys, webinars, online workshops and consultation papers.

For more information visit

www.agedcareengagement.health.gov.au

2024 Australia Day Award Nominations – Now Open

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

Winners will be announced at Council's 2024 Australia Day function. Community Members are invited to submit nominations to Council by 5pm Friday 17 November 2023

Nomination forms are available from

www.campbelltown.sa.gov.au/coy

Campbelltown City Band

Come along and enjoy the Campbelltown City Band fundraiser "Made in the USA" on Sunday 29 October 2023 at the Campbelltown Function Centre, 172 Montacute Road, Rostrevor.

From 4pm till 6pm. Cost \$15

Foodbank Mobile hub

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 located at St Martins Anglican Church, 3 Gorge Road Paradise every second Wednesday of the month. Next date will be 4 October 2023 from 12.30pm – 1.30pm.

CAMPBELLTOWN CITY COUNCIL
DIWALI
Festival of lights
COMPETITION 2023

Decorate your home for Diwali
Join in South Australia's FIRST Council
run Diwali Festival of Lights Competition

Sunday 12 November 2023

Prizes to be won!

**FOR MORE INFORMATION
AND TO REGISTER :**

Scan the QR code or go to
campbelltown.sa.gov.au/diwali



2023 Referendum – 14 October 2023

Saturday 14 October 2023 the nation will go to the polls to vote on whether to enshrine an Indigenous Voice to Parliament in the constitution.

Polls will be open from 8am to 6pm and it will be mandatory for all Australian citizens aged 18 and older.

You'll be required to write out either Yes or No in English and not to do a tick or a cross on your ballot paper. A cross would be considered an informal vote and won't be counted. However, a tick would be considered a Yes vote.

There are a few ways to cast your vote.

Polling booths

Usually set up in public places like schools, churches, public halls and public buildings. To locate the polling booth nearest to you check the AEC website

Postal votes

You will need to apply for a postal vote by 6pm on Wednesday 11 October 2023 through the AEC website. Last day for the receipt of postal votes is Friday 27 October 2023.

Early voting

Early voting centres, also known as pre-polling stations, will be set up before the referendum and will begin from Tuesday 3 October 2023. Refer to the AEC website for more information.

If you are unable to attend the polling booths on Saturday 14 October 2023 due to transport restrictions and you have a transport referral with the Campbelltown HSP, please give Marjon a call on 8366 9283. We can arrange transport to the early voting centres from Tuesday 3 October 2023.

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

Hahndorf	Monday 14 November
Virginia Nursery	Tuesday 21 November
Glenelg Shopping Precinct	Friday 24 November
Norwood parade/ Shopping centre	Monday 11 December
Tea Tree Plaza	Wednesday 20 December
Pasadena	Monday 15 January
Ingle Farm	Tuesday 31 January

Cemeteries

Enfield/Dudley Park	Wednesday 8 November
Enfield /Dudley Park	Tuesday 12 December
Enfield/Dudley Park	Friday 19 January

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

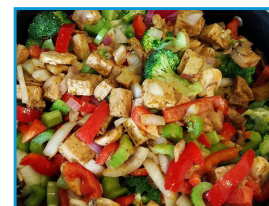
Standard transport costs will apply. To find out more information please contact, Volunteer Transport Coordinator on 8366 9283.

Vegetable Stir-fry

This quick dish can be adapted to whatever ingredients you have on hand and made in one pan for easy cleanup.

Ingredients

1 tablespoon olive oil
225g protein,
(such as cubed chicken breast, sliced steak or tofu)
2 cups mixed vegetables
(such as peppers, zucchini, broccoli, onions,
snap peas and mushrooms)
For the sauce
½ cup orange juice
¼ cup water
2 tablespoons low-sodium soy sauce
1 tablespoon honey
1 teaspoon fresh ginger or a sprinkling of ginger
powder



Instructions

1. Heat oil in a large wok or skillet over medium heat. Cook the protein, stirring regularly, until lightly browned and cooked through. Add vegetables and cook for another 5 – 10 minutes, until soft. Remove protein and vegetables from the pan and set aside.
2. Mix all sauce ingredients in a small bowl. Add the mixture to your pan and bring to a simmer over medium-high heat. Simmer for about 3 minutes or until slightly thickened.
3. Add vegetables and protein back to the pan and stir to combine.
4. Serve over brown rice or noodles for a filling meal.

Do you enjoy our healthy meals we share each newsletter? Do you have a healthy favourite recipe that you would like to share with everyone? Let us know by emailing us at chsp@campbelltown.sa.gov.au

Campbelltown Library Programs and Events

Absolute Basics – Computers for Beginners

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

When: Every Thursday 10am – 12pm
Bookings are essential – call 8366 9333

Digital Help Drop-Ins

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

When: Monday, Wednesday, Friday (1pm – 3pm)
Saturday (10am – 12pm)

All sessions are held at the Library IT Suite, 171 Montacute Road, Newton

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.