



Ageing Well

News & Information

Newsletter



November / December 2023

Ageing Well Showcase



Age well, the way you want
November 2023

Throughout November we will be celebrating Ageing Well in Campbelltown with a Showcase of Events and Activities. Campbelltown is fortunate to have so many ways to bring older people together to connect, socialise, stay fit and get involved in meaningful activities through social and community groups, service providers and at Council facilities. The Showcase will share this information and provide opportunities to connect older people to each other, seek information and try something new. All attendees at these events will go into the draw to win a range of great prizes!

Ageing Well Showcase Expo

Wednesday 1 November 2023 10am – 1:30pm

Ageing Well Showcase Program of Events

Throughout the Month of November 2023

Ageing Well Celebration

Thursday 30 November 2023 10:45am - 1:30pm

Now consulting on
Council's first ever
Ageing Well Plan.
See page 3 for
details!

See inside for more details!



A safe, sustainable, vibrant Community



Ageing Well Showcase



Age well, the way you want
November 2023

Expo Wednesday 1 November 2023 10am - 1:30pm

Campbelltown Memorial Oval, Corner Darley & Lower North East Roads, Paradise

Come and see more than 30 stallholders share information about ageing well, the way you want. Visit community groups and clubs, wellbeing, exercise and activity groups, service clubs, service providers, allied health providers, advocacy and research agencies, arts and culture and more!

Enjoy a series of information talks, complimentary refreshments, take a walk with the Heart Foundation walking group and find out more about Council's Community Services and facilities at the Library and The ARC .

Program of Activities – throughout November 2023

An exciting program of activities has been created, with more than 30 opportunities to try new things in Campbelltown. For more information about topics relating to our theme, *Age Well the way you want*, and connecting with others pick up a hard copy of the program at Council offices or visit www.campbelltown.sa.gov.au/ageingwellshowcase.

Ageing Well Celebration Thursday 30 November 2023 - 10:45am – 1:30pm

Campbelltown Function Centre – 172 Montacute Road, Rostrevor

Join us for coffee, lunch and good company as we celebrate all that is great about ageing.

Hear inspiring speaker Peter Nicolls share insights about making the second half of life the best. Enjoy demonstrations and performances by community groups, finishing with a fun Fashion Show brought to you by Council's Ageing Well Advisory Committee.

Winners of the Showcase Participation competition will be announced.

Cost - Free

Bookings essential: <https://events.humanitix.com/ageing-well-showcase-celebration> or call Bianca on 8366 9272.

Ageing Well Advisory Committee

Campbelltown City Council is proud to be one of the few Councils in South Australia that have a *Section 41 Ageing Well Advisory Committee*. Section 41 Committees are formulated under Section 41 of the Local Government Act 1999 and they assist Council in a variety of ways, primarily in providing advice in their specialist area. Some Section 41 Committees are a Legislative requirement for Council and others are established for Council to obtain specialist and strategic advice on certain matters.

The Ageing Well Advisory Committee provides advice on matters relating to older people in Campbelltown. The areas of focus are detailed in the draft Ageing Well Plan (see below) include neighbourhoods and age friendly communities, participation and opportunities for older people, health and wellbeing, information and valuing older people. The goal is to support all older people aged 60 years + to age well in Campbelltown.

Since it's inception in 2016, the Committee has provided advice and input into projects and initiatives including the proposed Ageing Well Plan, research into Loneliness and Belonging, Age Friendly Communities and Tackling Ageism initiatives, the *This is My Campbelltown* project, the 2021 Ageing Well Expo and Celebration, and the upcoming Ageing Well Showcase.

2024/2025 Committee Recruitment

Council is recruiting members for the Ageing Well Advisory Committee for a two-year term (2024-2025). The Committee meets at least four times per year, usually for two hours each quarter. Other meetings may also be scheduled and occasional involvement in Ageing Well projects is voluntary. We encourage members of the Campbelltown community of all backgrounds and abilities who are aged 60+ years to consider applying to be part of the new



Committee. Please see the following link for more information or call Bianca on 8366 9272.

<https://www.campbelltown.sa.gov.au/council/council-and-committees/committee-review>

Applications close 25 November 2023.

Ageing Well Plan 2025 Consultation

Council is now consulting on it's first ever Ageing Well Plan 2025. We would love to hear your thoughts on the draft plan. See us at the Ageing Well Showcase Expo, visit <https://connect2.campbelltown.sa.gov.au/> or contact Bianca on 8366 9272 for more information.

Community Spotlight: Coordinating Italian Committee (CIC) Celebrate 30 Years of Exercise and Wellbeing

In August 2023, the Coordinating Italian Committee Inc (CIC) celebrated 30 years of exercise and wellbeing, with a celebratory lunch provided by the Campbelltown Historic Society.

Back in 1988, Vincenza Ferraro, a community health worker with SA Community Health, was asked to help set up an exercise and wellbeing program for senior Italian women, living in the eastern region of Adelaide who were often isolated in their own homes. This was very early days in terms of any community support to assist older people to stay at home but given the significant Italian population in the area, she took up the challenge. Vincenza advertised this new idea widely and soon commenced a group using qualified instructors who specialised in assisting older people. The group evolved to offer not just exercise but information sessions, keeping the participants informed about issues important to them, such as wellbeing, aged care and community information, as well as offering social and emotional support. The participants also enjoyed the many outings and celebrations arranged over the years, a highlight being a special invitation to Government House in 2018 for morning tea with former Governor, the Honourable Hiew Van Le's wife, Lan.

The group adopted Ferragosto, 15 August, a Public Holiday in Italy as the official day to celebrate the commencement of their group and do this with a bus trip outing each year on that date. This year the group now known simply as 'Donne' after some deliberations, celebrated their 35th anniversary with a trip to Lochend House at Campbelltown for a history tour, morning tea and lunch.

'Donne' has now been under the auspices of the Coordinating Italian Committee, (CIC) since the early 2000's and at the event at Lochend House, President Silvio Iadorola outlined the history of the group and what it has meant to the Italian Community. It is now



believed that 'Donne' is the longest running exercise program for women in Adelaide. CIC, who run a range of support services for senior Italians, including a variety of social programs and cultural assistance and advocacy, provides transport each Monday to the classes and the women continue to exercise within their individual capacity.

Whilst many have come and gone over the years, particularly around Covid, enthusiasm has never waned and three women remain from the very early days. The group is now coordinated by Antonietta Cardinale together with CIC volunteers and also welcomes women from non-Italian backgrounds. Vincenza, after many years of organising the group now enjoys being a participant herself.

CIC also offers Commonwealth Home Support Programs funded by My Aged Care. For more information about the services CIC offer contact them on 8362 0233 or email info@ciinc.com.au. For more information about the Commonwealth Home Support Program contact My Aged Care on www.myagedcare.gov.au or call 1800 200 422.



The CIC team joined by members of the Campbelltown Historic Society

Article by Ageing Well Advisory Committee volunteer Marilyn von Thien

Be Bushfire Ready

Do you live in a street close to a Bushfire Area? Council knows that neighbourhood support is important during catastrophic weather and/or emergency evacuation situations. It is important to have a plan for your home, including pets if you live close to bushfire prone areas.

The strength and support of neighbours helps to keep everyone safe – particularly those in our community who are more vulnerable and who may live alone, don't drive or have a mobile phone or those who don't speak English well. When planning to protect your home and family don't forget to check in on your neighbours and see how you can help and support each other.

For further information or if you have any questions contact **CFS Information Hotline** - 1800 362 361.

Heatwave Ready

People in the community who are at risk during extreme weather events and require phone support during these periods are encouraged to register for the Telecross REDi service. This includes people who live alone, older people, people living with a disability and people who need help with activities of daily living. Carers of vulnerable people are also encouraged to register as they may be at risk during an extreme weather event.

Registrations for Telecross REDi can be made calling **1800 188 071**

What's on at **CAMPBELLTOWN** Library

Where indicated, event bookings are required and can be done through eventbrite

For any enquiries please contact the library on 8366 9299 or library@campbelltown.sa.gov.au

ADULT EVENTS

Themed Sewing Class – Make a Christmas or themed placemat

Saturday 4 & 11 November | 10am -1pm

Library Makerspace

Adults | \$25 + Booking Fee includes 2 session & all materials | Bookings Essential

Themed Sewing Class – Make a Christmas or themed placemat

Tuesday 7 & 14 November | 9.30am - 12.30pm

Library Makerspace

Adults | \$25 + Booking Fee includes 2 session & all materials | Bookings essential

Mindset for Life Taster Session

Wednesday 8 November | 4 - 5pm

Re-imagine the next phase of your life.

Library Meeting Room

Adult | Free | No booking needed

Author Talk: Pamela Morrison : Sheila: There's no use crying over spilt milk

Monday 13 November | 2 - 3pm

Author Pamela Morrison shares her personal journey in telling her mother's life story.

Library Meeting Room

Adult | Free | No booking needed

Campbelltown Writers Competition Final Ceremony

Thursday 9 November | From 6pm

All Ages | Free | Bookings Preferred

Grief Café

Wednesday 15 November | 11:30am- 12:30pm

Library Meeting Room

Adult | Free | Bookings essential

Local History Talk: Exploring the History of your house

Thursday 23 November | 11am-12pm

Library Meeting Room

Adult | Free | Bookings essential

Advanced Indoor Plant Workshop

Saturday 25 November | 12:30pm-2:30pm

Library Meeting Room

Adult | \$25 + Booking Fee (Subsidised Cost) | Bookings essential

Information Session: Advanced Care Directive, Power of Attorney and Wills

Wednesday 29 November | 1pm-2pm

By the Legal Services Commission SA.

Library Meeting Room

Adult | Free | Bookings essential

Bookings: www.campbelltownlibrary.eventbrite.com

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For any enquiries please contact the library on 8366 9299 or library@campbelltown.sa.gov.au

MAKERSPACE

Learn how to use a Drill

Tuesday 7 November | 6pm -7.45pm

Library Makerspace

Ages 16+ | Free | Bookings essential

Themed Sewing Class – Make a Felted Christmas Gnome

Tuesday 21 & 28 November | 9.30am - 12.30pm

Library Makerspace

Adults | \$30 + Booking Fee includes 2 session & all materials | Bookings essential

VR Sessions for 55+

Tuesday 28 November | 12.30pm -1.30pm

Library Meeting Room

Ages 55+ | Free | Bookings essential

Beginners Sewing – Zip Bag

Tuesday 5 & 12 December

10am-1pm

Library Makerspace

Adults | \$25 + Booking Fee includes 2 sessions & all materials | Bookings essential

Christmas Gift Class – Using the Cricut

Wednesday 6 December | 4pm-5.30pm

Library Makerspace

Adult | \$5 + Booking Fee | Bookings essential

Unfinished Sewing Projects – Small sewing class

Tuesday 19 December

10am-1pm

Library Makerspace

Adults | \$10 + Booking Fee includes 1 session & all materials | Bookings essential

Create a Christmas Card with Canva

Tuesday 14 November | 10am-12pm

3 weekly sessions.

Campbelltown Library IT Suite

Adult | Free | Booking essential

Introduction to Libby & Borrow Box

Saturday 18 November | 12:30-1.30pm

Saturday 2 December | 12:30-1.30pm

Campbelltown Library IT Suite

Adult | Free | Booking essential

Bookings: www.campbelltownlibrary.eventbrite.com

CAMPBELLTOWN CHRISTMAS CAROLS
AND MOVIE

Save the date!

SATURDAY 16 DECEMBER

**Our annual Christmas Carols will look different
this year with the addition of a Christmas movie!**

You'll find us at the magnificent Max Amber Sportsfield,
home of the Athelstone 'Raggies' Football Club.

More information coming soon...



If you find yourself alone this Christmas
you're invited to

Campbelltown Christmas Dinner

FOOD | FELLOWSHIP | FUN | CAROLS | COMMUNITY

25 December 2023 | 6pm Onwards

Campbelltown Function Centre

172 Montacute Rd, Rostrevor SA 5073

For catering purposes please RSVP to 8366 9222 by Tuesday 19 December

Brought to you by



**North East
Salvos**
Campbelltown & Oakden

Supported by





Community Connections Café
Christmas Lunch

Please join us for a Christmas Lunch

A traditional Two Course Christmas Lunch will be served from 12:00pm

Campbelltown Memorial Oval
Corner Darley and Lower North East Road Paradise
Wednesday 13 December 2023
10:30am – 1:00pm

Bookings Preferred ~ Coin Donation

A Local Community Initiative by


 Rotary
 Club of Campbelltown SA


 MEALS
 ON WHEELS

For bookings call 83669222

Supported By


 CAMPBELLTOWN
 CITY COUNCIL

Decorate your home with Christmas Lights

Nothing is more festive than seeing homes all lit up in lights and decorations. Council celebrates Christmas with the community by encourages people to decorate their homes. In November, you can register your home to be included in Council's Christmas Lights map with every participating home receiving a gift.

Council also runs public bus tours in December to see the participating houses.



To register your house to be included in the Christmas Lights map, or to or go on the waiting list for a bus tour in December contact Julie Tkalec on 8366 9235.

**Campbelltown City Council Staff, Management and Elected
 Members wish you a very Merry Christmas and a Happy
 New Year!**

**Council Offices are closed from Friday 22 December
 reopening Thursday 2 January**



Information Talks - Budgeting and Bills

With the cost of living continuing to put pressure on the purse strings, it's a great time to find out how you might be able to save money on bills and energy costs.

In November, Uniting Communities is hosting two information sessions at the Campbelltown Library to share information, tips and advice on budgets

and bills. Bring your bill along and have a chat about finding the best provider, ways to reduce energy usage and more.



Get on Top of your Budget and Energy Bills

Campbelltown Library

171 Montacute Road Newton

Monday 6 November 2023

10:30 - 11:30am

Get on top of your budget and energy bills.

With the cost of living impacting the financial budget, come and hear Melissa from Uniting Communities share information on how to manage budgets and consider how to manage energy costs.

Understand your Energy Bill Bring your Energy Bill Session

Campbelltown Library

171 Montacute Road Newton

Monday 20 November 2023

10:30 - 11:30am

Understand more about energy consumption and bills. Bring your energy bill and talk through how to understand your consumption and charges.

Uniting Communities also provide free in-home and phone **energy assessments** across the state. **They can help you to:**

- better manage your energy and water efficiency within the home.
- read and understand your utility bills.
- learn what to do when things go wrong with your bill or retailer.
- access assistance and concessions.

To enquire about these services or to make an appointment with an energy advisor, please contact Uniting Communities on 1800 615 677 and select option 3

Or email ConnectEd@untingcommunities.org

New Public Art

Public art plays many roles in a community. It beautifies our spaces and places and can stimulate thinking, community relationships, social messages and the celebration of our environment. Here in Campbelltown, Public Art provides opportunity for partnerships between businesses, Council, local community and artists.

A new mural has been completed in Campbelltown's Lochiel Park.

Designed by Grant Fleming and painted together with Tali de Lacy, Beiha-Malen Yáñez and Leon Ferrante, the mural is titled 'Wetlands' and features local flora and fauna. Thank you to our amazing artists! You can visit the beautiful new mural in the peaceful Lochiel Park wetlands, just across the O-Bahn bridge from Lochiel Park Golf at Geoff Heath.

Special thanks to [SA Water](#), [Dulux](#) and [Glynde Mitre 10](#) who supported this project.



CONTRIBUTE TO A CONNECTED COMMUNITY

JOIN THE TEAM!

AS A TRANSPORT DRIVER AND/OR
ASSISTED SHOPPING VOLUNTEER



The Campbelltown City Council Home Support Program (CHSP) is seeking volunteers to safely drive older community members to appointments and take them shopping locally, and contribute to a highly valued service in the community



CHSP Volunteer Peter Sullivan

It's about sharing my day with all sorts of interesting people and experiencing their profound gratitude for the help we give

For more info please contact Julie on 8366 9235
or apply online at campbelltown.sa.gov.au/volunteer

Talk to us about
your Centrelink
Requirements

What's on in Campbelltown

NOVEMBER 2023		
Wed 1	Ageing Well Showcase Expo Well 10:30am—1:30pm	Campbelltown Memorial Oval
Fri 3	Moonlight Markets 5:30 - 9:30pm	Thorndon Park
Wed 8 Wed 22	Community Connections Café 10:30am -1pm	Campbelltown Memorial Oval
Wed 8	Mindset for Life (Retirement) Taster Session 4-5pm	Campbelltown Library
Thurs 9 Thurs 23	Café Connect 12 - 2pm	Clay Cup Café, Rostrevor Baptist Church
Sun 12	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Sun 12	Diwali Lights Self-Drive (collect a map from Council Offices or website)	Campbelltown Council Area
Mon 13 Wed 22	Information Talk: Face Dementia 6-7pm (Monday) & 2-3pm (Wednesday)	Campbelltown Council Chambers
Fri 17	Coffee Chat with Mayor Jill Whittaker 10 - 11am	St Georges Bakehouse Montacute Road Rostrevor
Sun 19	Electric Vehicle Expo 10am - 1pm	Campbelltown Memorial Oval
Sun 26	A Day on the Lawn (Zap Trap Event) 1 - 6pm	Thorndon Park
Thurs 30	Ageing Well Showcase Celebration 10:45 am - 1:30pm	Campbelltown Function Centre
Fri 1	Moonlight Markets 5:30 - 9:30pm (<i>if transport is the reason you can't go call 86366 9222</i>)	Thorndon Park
Thurs 7 Thurs 21	Café Connect 12 - 2pm	Clay Cup Café, Rostrevor Baptist Church
Wed 13	Community Connections Café Christmas Lunch 10:30am -1pm	Campbelltown Memorial Oval
Sat 16	Christmas Carols and Movie Evening	Max Amber Sportsfield
Mon 25	North East Salvos Christmas Dinner From 6pm	Campbelltown Function Centre