

Reducing Your Home Energy Usage

Alexandrina Council has recently become a member of the Energy Partners Program, to give our community greater access to information that help reduce energy usage. In the next several editions of the Community Connect newsletter we will include articles from the South Australian Government's Energy Advisory Service to inform residents about ways to reduce home energy use and save money. We hope you find the first of these articles useful.

Understanding a high energy bill

If you have received an unexpected high energy bill, there are some questions you can ask to help determine the cause. These questions include:

- Have you used more heating or cooling since the last billing period?
- Have you purchased a new appliance since the last billing period?
- Is there a faulty old appliance that may be using a lot of energy?
- Have you had guests stay or an additional person move into your home?
- Is your meter reading an actual or estimated read?

- Have charges been carried over from the last bill?

If you're not sure how to answer some of these questions, contact the Government of South Australia's Energy Advisory Service on 8204 1888 for assistance.

To help you save energy, also consider borrowing a Home Energy Toolkit and tracking how much energy you are using. The toolkit contains items and information to help you do this and can be borrowed free of charge from most libraries.

If there is no obvious cause for your high energy bill, ask your energy provider to see if they can help. Also talk to them if you are unable to pay your bill on time. They may be able to offer help like a payment plan or determine if you are eligible for a concession.

If you are unsatisfied with your energy provider's response, contact the Energy and Water Ombudsman of South Australia on freecall 1800 665 565, who may be able to help resolve the situation.



Community Connect Newsletter

Spring 2018

Connecting Communities

Welcome to the Spring Community Connect newsletter.

We hope everyone is enjoying the longer days and warmer weather.

As the sun starts to come out a bit more, so do the people. There are a bevy of events happening throughout the remainder of the year, including a range of workshops, exhibitions and events that form part of the Sustainable Spring program (see page 5), and the second Community Lunch at Strathalbyn (page 6). There are also helpful information sessions, with talks on your rights by the Aged Rights Advocacy Service in Victor Harbor, and Advanced Care Directives by the Southern Fleurieu Health Service in Strathalbyn (both on page 5). We have also begun our Christmas Lunch planning and look forward to celebrating the year gone by with you at our Goolwa and Strathalbyn Christmas events (page 7).

We hope you find the information, news and articles useful, engaging and entertaining and we wish you an active, healthy and happy spring.

The Community Connect team

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Community Connect Contact Information

Community Connect Goolwa
The Hub
1 Loveday Street Ph. 8555 7230
Monday - Friday 8:30am - 4:30pm

Community Connect Strathalbyn
Strathalbyn Library
1 Colman Tce Ph. 8555 7277
Monday - Friday 9:30am - 3:30pm

Community Services Coordinator	Beth Moore
Community Connect Coordinators	Deb Gregory and Angela Fleming
Community Connect Program Development	Judy Payne, Chris Atkin and Kylie Markow

Supported by the
Australian Government
Department of Health



Aloysius Leeson & Kristie Manuel, performing at Goolwa Library for the Adelaide Guitar Festival (See page 4)

Let's Connect...

What is Community Connect?

Community Connect links people to their community, providing opportunities to participate and contribute. **Activities** foster health, social connections and capacity through participation in community life. **Services** enhance independence and wellbeing, ensuring a local response within Alexandrina Council, and may include assistance at home, transport and wellbeing activities.

Priority is given to those who are most at risk of social isolation or experiencing barriers to participation, however everyone is welcome to participate. Younger adults who experience a disability may be eligible for subsidised services which are also available to unpaid carers. If you are 65 years of age or over and are interested in participating, register with:

MY AGED CARE Ph: 1800 200 422
www.myagedcare.gov.au

For questions about the services and programs that Community Connect offers, please contact:

Community Connect Goolwa
Ph: 8555 7230
 The Hub 1 Loveday Street

Community Connect Strathalbyn
Ph: 8555 7277
 Strathalbyn Library 1 Coleman Terrace

Community Connect Survey 2018

Thank you to everyone who responded to the 2018 survey. Your input helps to shape quality community opportunities and support.

- 138 respondents — 66 people responded from the Goolwa region & 63 from the Strathalbyn region.
- Of those who responded to the survey, 124 were aged 65 years or older, with 44 being over 85 years.

In general people felt that they were given clear information, that their concerns were listened to, and that staff and volunteers were professional and responsive.

“Community Connect supports a sense of Community”

“Community Connect encourages me to come out”

“I interact with others”

“Helping me to keep fit”

“I experience better fitness and more social contacts”

“My aim is to do as much for myself”

“I have more confidence”

Results of the survey highlighted that what could be improved includes: more information relating to where else to go to raise concerns; better transport and more “free” buses.

As the weather warms and we move into summer, please remind yourself of the Community Connect Hot Weather Policy.

For **Goolwa** Community Connect programs — if the forecast for **Victor Harbor** is 35 degrees or above, all programs for the following day will be CANCELLED and will stay cancelled even if the forecast is revised by the morning. If the forecast for **Victor Harbor** is above 30 degrees all programs that are held outdoors will be cancelled.

For **Strathalbyn** Community Connect programs, the above applies but the forecast is determined by the **Mount Barker** reading.



Take care and keep cool!



Has your eyesight deteriorated? Does this stop you from playing card games you used to love? We have options for card games that cater for people with reduced vision.

Crib — using a handcrafted large crib board and large print playing cards: Thursdays, 1pm to 3:30pm, The Community Hub, 1 Loveday St, Goolwa.

Poker Rummy and other card games — using large print/braille playing cards: Second and Fourth Friday of the month, 1pm to 3pm, Café area at Strathalbyn Library, 1 Colman Tce.



Please join us to celebrate Christmas, the year passed, and the people we have spent it with.

Community Connect Goolwa — Christmas Lunch

Friday 30 November, 12noon
Goolwa Bowling Club, Goyder Street
 2 course traditional Christmas lunch of roast turkey with vegetables and gravy followed by plum pudding.

\$20 per person payable at the time of booking. Please advise of any special dietary requirements. Contact 8555 7230.

Details for our **Strathalbyn Christmas Lunch** are still being finalised. More information to come shortly.



Our last day of Community Connect programs for the year will be **Friday 14 December**. Programs will recommence on **Wednesday 2 January, 2019**.

Strength & Balance classes at Strathalbyn will continue to run until Thursday 20 December and then recommence on Monday 7 January 2019.

Exercise classes at Goolwa will run until Friday 14 December and then recommence on Monday 7 January 2019.

Please note there will be no Bus Outings, Movie Afternoons or Lunches during January due to the hot summer weather.

COMMUNITY LUNCH

Tuesday 9th October, 12pm – 2pm

Strathalbyn Lions Club, 5 Walsh Ave, Strathalbyn

\$10 payable on the day—includes lunch, coffee and dessert.
Proceeds go towards Strathalbyn Lions Community Projects.

Please RSVP by Friday 5 October to
Strathalbyn Community Connect on 8555 7277.

Transport options available. Please enquire at time of booking.

This event is organised in partnership with Strathalbyn Lions, Strathalbyn Community Table and Community Connect.

Band of the South Australia Police

Join the Band of the South Australia Police as they return to Goolwa for an afternoon of entertainment.

Where: Centenary Hall, Goolwa

When: Saturday 27 October at 2pm

Duration: 90 mins, no interval

Cost: Adult \$30, Concession \$25, Groups 6+ \$25
(transaction fee applies)

Bookings: Goolwa Visitor Information Centre, 1300 466 592 or www.visitalexandrina.com

Launch of 'WE HEAR YOU 2: Blood is thicker than water'

Sunday 28 October, 2pm – 4pm
Community Hub, 1 Loveday Street, Goolwa

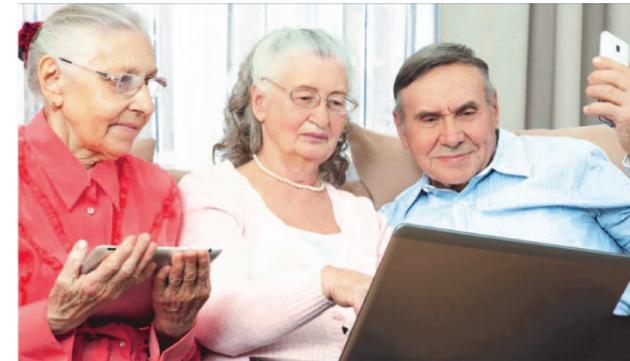
WE HEAR YOU 2 is a locally made short film that focuses on established intergenerational relationships between grandparents and grandchildren. This caring role and family dynamic highlights not only the safety of children in our communities but also the stressors and satisfaction Grandparents may experience. Storytelling through film is a powerful medium to promote health and share the experience of these people.

FREE. Light refreshments will be served
RSVP to the Community Hub on 8555 7230

*Funded by the Primary Health Network.
Supported by Fleurieu Families; Alexandrina Council and the Fleurieu Regional Community Services Alliance Committee.*



My Aged Care Free Local Support



Struggling with the My Aged Care website or phone service?

Are you a friend or relative requiring assistance in navigating the My Aged Care system? Facilitated by COTA SA and funded by Country SA Primary Health Network, trusted and trained local Aged Care Peer Champions will assist you to access the information you need and help you navigate the My Aged Care system.

Free assistance is available over the telephone initially, and a local Peer Champion can meet with you face to face if required.

Call today to arrange free one-on-one support with your local Peer Champion

Marilyn Henderson: 0456 390 059
Peer Champion for the Fleurieu Peninsula

Tim Hobbs: 0456 390 061
Peer Champion for the Murray Mallee & Strathalbyn

My Aged Care Support Program



147 older people received one-on-one support from an Aged Care Peer Champion



'A really great help'
'I do not use a computer so meeting someone was ideal'
'I was thrilled to see this service in my community'
'Now I have a direction to go'
'The Champion answered a lot of questions for me'
I had no idea what services were available to me - thanks'



350 older people
30 Aged Care service providers attended
6 Community Information Sessions in Fleurieu and Yorke Peninsulas, Murray Mallee and Mid North



Community Connect in the News

Community Connect groups have featured frequently in the Southern Argus over the last few months. The Knitting for Others group were again recognised for their significant community contribution, knitting items for children and adults in need. Well done on all your hard work ladies.

The Community Lunch, organised in conjunction with the Community Table group at the Strathalbyn Lions Club was also a feature. The Lions hosted a fantastic BBQ lunch for an intimate group of 15 who braved the wild weather on Tuesday 17 July to enjoy a hearty meal. Proceeds raised went towards supporting future Lions community projects. The positive feedback from the day has fuelled a follow up lunch for spring — see above for more details!

Adelaide Guitar Festival Comes to Goolwa

Supported by Alexandrina Libraries and Community Connect, the Adelaide Guitar Festival came to Goolwa Library on Sunday 29 July leaving the audience of 130 guests spellbound by the talent of these world renowned guitarists. The event formed part of the Resonance Program which aims to bring the sounds of the Adelaide Guitar Festival to community centres, hospitals and residential care facilities, including in regional areas. Guests were captivated by the alternative country sounds of The Yearlings' Chris and Robyn who kicked off the performance. Adelaide Guitar Festival Artistic Director and virtuoso guitarist Slava Grigoryan (pictured below) created beautiful classical sounds as his fingers glided along the fretboard. The afternoon was rounded out with Spanish guitarist Aloysius Leeson accompanied by his flamenco dancing wife Kristie Manuel, who both delighted us with their authentic style of music. Kristie dressed in a beautiful flamenco costume and danced in perfect time to



Aloysius' music.

Thank you to those who joined us for the afternoon. We hope to bring the Adelaide



Neural Knitworks Display launched

The Strathalbyn Library Reading Room and Community Centre were positively humming with the numbers of buzzing minds at the Minds in Motion event hosted by Community Connect on Friday 17 August. The Neural Knitworks display, made up of over 100 handcrafted brain neurons created by Alexandrina community members (some of them pictured above), was officially launched by Rona Sakko, Chair of the National Science Week SA board. Attendees were also treated to hints and tips on keeping your brain healthy by Lynn Field from Dementia Australia and a dance demonstration by the Fleurieu Social Ballroom Dancers. The Neural Knitworks display will be on show in the Reading Room until Friday 12 October. While you're there, have a look at the Brain Hub, the Library's collection about brain health, memory and dementia.



You are invited to attend a **Community Care talk** presented by the **Aged Rights Advocacy Service (ARAS)**

Speaker: **Deborah Bolt**

Tuesday, 9 October 2018

Time: 1.30 – 2.15 pm

Gospel Centre, George Main Road, Victor Harbor

This session is supported by the Southern Fleurieu and KI Positive Ageing Taskforce

The talk will cover:

- Advocacy
- How ARAS can assist older people to uphold their community aged care rights
- Any questions you may have about Home and Community Care support.



Sustainable Spring is here!

Sustainable Spring was launched on Saturday 8 September at the 'On the Verge of Spring' event. Sophie Thomson headlined the afternoon at Centenary Hall, Goolwa, introducing Alexandrina Council's new Verge Gardening guide, and offering tips on turning your roadside verge, the space between the road and your front fence, into a thriving garden. Throughout the remainder of spring there are a bevy of sustainable activities to get involved in, including workshops, art exhibitions, artist talks, and school holiday activities for the kids. We have also introduced the new Green Living Collection at Goolwa Library offering for loan, a range of new resources to help you live more sustainably at home. Why not pick up the full Sustainable Spring program from Goolwa Library or Strathalbyn Library, or visit www.alexandrina.sa.gov.au/sustainablespring



FREE EVENT

Strathalbyn Community Centre Room

An invitation for health professionals and community members to attend

"ADVANCED CARE DIRECTIVES"

The What, When & Why

A presentation and opportunity to discuss process and detail within an Advanced Care Directive. Everyday type scenarios will be covered to make it easier for people to understand the forms and their particular needs.

when

Thursday 18th October 2018
Time: 2:00pm – 4:00pm

Strathalbyn Community Centre Room
Strathalbyn Library & Customer Service Centre
1 Colman Terrace, Strathalbyn

Presenter:
Dr Rob Thornton
Advanced Care Directive Assist Program
Southern Fleurieu Health Services
(08) 8552 0600

