

## Community Connect Goolwa Outings

Monday Meandering	ABC	Pub Lunch
8 May	18 May	4 May
22 May	15 June	1 June
26 June		6 July

Please book at Reception or call **8555 7230**

\*Please note that outings will be cancelled when the Hot Weather Policy is activated.



### Important Numbers:

- Life Line **13 11 14**
- Emergency Mental Health Triage-Rural and Remote/Glenside **13 14 65**
- Crisis Care –Families SA after hours line **13 16 11**
- Carers SA: Commonwealth Respite & Carelink Centre **1800 052 222**
- Women's Information Service **1800 188 158**
- Mensline **1300 789 978**
- Financial Counselling – Salvation Army **1800 722 363**
- Southern Communities Transport Scheme **8551 0760**
- Alcohol and Drug Information Service **1300 131 340**
- Gambling Helpline **1800 858 858**
- SA Concessions Hotline **1800 307 758**
- Cancer Council SA **13 11 20**
- Alexandrina Council **8555 7000**
- Welfare Rights Centre –For independent advice on Centrelink problems **1800 246 287**
- SA Elder Abuse Prevention **1800 372 310**
- Hills Community Transport **8391 7234**
- Women's Domestic Violence Court Assistance Scheme **1800 842 846**

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

**Community Connect Strathalbyn**  
9 High Street Strathalbyn 5255 Ph. 8555 7277  
Tuesday—Friday 9:30am - 3:30pm

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



# Community Connect Newsletter

## Autumn 2017

Connecting Communities



Our Strathalbyn participants game up a storm playing Cribbage and Poker Rummy

### In this issue:

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Maralyn knits Snails for the upcoming Cittaslow Assembly in May while Marlene creates a display of Poppies for Goolwa's ANZAC Day Commemorations.



Supported by the Australian Government Department of Health



## THE HUB, Goolwa — We're a hive of activity!

Did you know that aside from hosting our Community Connect programs, The Hub at Goolwa is a meeting place for a number of community groups who offer a range of services and programs to the community. Have a look at the timetable below to see if any of these may be of interest to you. Enquiries can be made on the details provided.

Program/Group	Dates/Times	Contact
<b>U3A</b> Various programs including: 'For the Love of Words' 'Shakespeare for Beginners' 'Connecting through Conversation' 'Discovering History: Lost Civilisations'	Wednesdays and Fridays Various dates and times.	Bryce (U3A Fleurieu Program Committee) 8554 2384 u3aprogcom@internode.on.net  Website: www.u3afleurieu.org
<b>Smile and Drum</b>	Mondays, 1:30pm to 2:30pm (in school term)	Hub Reception, 8555 7230
<b>Dance 2 Move</b>	Thursdays, 11am to 12:30pm	Tammy, 0432 849 981
<b>Dance Through Life</b> with Move Through Life Dance Studio	Thursdays, 6pm to 8pm	Jo, 0402 070 021 mtl-dancestudio.com.au
<b>Alcoholics Anonymous</b>	Tuesdays, 7pm to 9pm	1300 222 222 www.aa.org.au
<b>Country Women's Assoc.</b>	Fourth Friday of every month, 2pm to 5pm	Ann, 0407 078 038
<b>Strength For Life</b> with COTA	Mondays (classes on the hour, 9am to 12noon) Thursdays, 5pm to 6pm Fridays, 1pm to 2pm	Hub Reception, 8555 7230
<b>Heart Foundation Walking Group</b>	Thursdays, 9am to 10am	Hub Reception, 8555 7230
<b>No Interest Loans and Financial Counselling</b> with Uniting Communities	Mondays, By Appointment Only	Uniting Communities Christies Beach, 8202 5010
<b>Youth Advisory Committee</b>	Various	Lucretia, 0418 811 780
<b>Dutch Aged Care</b>	Fortnightly Thursdays, 1pm to 4pm	Jeffrey, 0434 797 783

## Strathalbyn Community Connect Outlook

Lunch at the Local	Shopping/ Scenic Drive	Movie Day
15 May	25 May	5 May
19 June	8 June (Scenic Drive)	2 June
17 July	22 June 27 July	7 July

### Join us to celebrate Men's Health Week

Men's Health Week is for us all — whether you're a man or you are a woman with a special man in your life (partner, brother, son, friend, etc.). In 2017 Men's Health Week will be celebrated 12th to 18th June and this year's theme "*Healthy Body—Healthy Mind: Keeping the Balance*" explores the different ways men and boys are managing to keep healthy, physically and emotionally, in a busy and sometimes challenging world. Balancing these challenges means taking time to look after yourself.

'**Toastie Tuesday**' to celebrate Men's Health Week. We'll be tucking into a delicious lunch of warming soup and toasted sandwiches.

**Tuesday 13th June**  
**12:15pm to 1:30pm**  
**Community Hub, 1 Loveday Street, Goolwa**  
**Cost: FREE**  
**Please RSVP by Friday 9th June including any dietary requirements to Kylie Markow on 8555 7230.**

Please join us at the Community Hub for a

We look forward to seeing you here!

### Female Tour Down Under wrap up!

On Monday 27th March we had a special session with Women's Health Physiotherapist Ann Traeger-Spees from Full Circle Physiotherapy who took us on a captivating and humorous "Tour" of the Female Body and all its mysteries and mishaps. For those ladies who missed this spectacular session we have collated three highlights from Ann's talk:

- Incontinence affects a significant proportion of the Australian population across many age groups. 1 in 3 women who have ever had a baby are affected by incontinence. In the majority of older adults it can be improved and often cured irrespective of the underlying condition.
- Pelvic floor exercises as well as other conservative measures have been shown to prevent and treat urinary incontinence. Unfortu-

nately 70 % of people with urinary incontinence do not seek advice or treatment for their problem

- Pelvic organ prolapse is an extremely common condition and does not necessarily require surgery for symptom relief. Conservative treatment includes pelvic floor muscle strengthening, modifications to lifestyle habits and bowel management. The use of vaginal pessaries can be an excellent conservative management approach for many women.

For further information and support please contact Ann at Full Circle Physiotherapy on 8555 3766.



## Advocacy Services

Community Connect staff encourage consumers and their families to raise any concerns they may have so that we can work together to resolve them. The first person to see would be the program Coordinator. If you feel like the issue has not been resolved at this level you can follow up with Program Management. If at any point you feel that you need any support or encouragement to voice any concerns, or to ensure your rights are upheld you can engage an advocate to help you.

**Advocacy** is: *'the process of standing alongside an individual who is disadvantaged and speaking out on their behalf in a way that represents the best interests of that person.'* This may involve speaking, acting or writing on your behalf.

**If you are 65 YEARS OR OVER**  
**Aged Rights Advocacy Service (ARAS) - 1800 700 600**

ARAS is a FREE service available for those over 65 years old and can provide:

- Information about rights, entitlements and responsibilities.
- Support to help you resolve your concerns or to speak on your behalf
- Strategies to assist you to protect yourself.

**If you are UNDER 65 YEARS**  
**Equal Opportunity Commission SA—1800 188 163**

Level 10, 30 Currie Street  
 Adelaide SA 5000  
 Email: [eoc@agd.sa.gov.au](mailto:eoc@agd.sa.gov.au)

The Equal Opportunity Commission SA provides a free and impartial service. If you think you have been unlawfully discriminated against, sexually harassed or victimised the Equal Opportunity Commission can assist you to:

- Identify if you are able to make a complaint under the Equal Opportunity Act
- Assist you in making a complaint and resolving the complaint through a conciliation process.

## Firey Women Course

CFS Community Engagement Officers Vanessa Geerts and Jackie Horton will be running a **FREE Firey Women** workshop this winter at Goolwa. The workshop is being run over **2 consecutive Sundays commencing June 18<sup>th</sup> and concluding on the 25<sup>th</sup>**.

This workshop has been designed to enable women to learn new skills to help them protect their families and properties in the event of a bushfire. Filled with both information and practical skills these workshops will provide you with information for life.

Areas surrounding Goolwa are high bushfire risk areas and **Hindmarsh Island** is an **EXTREME** bushfire risk area. Goolwa is the perfect venue to come and find out more to ensure you and the community can make lifesaving decisions in the event of a bushfire.



**Sunday 18th June & 25th June**  
**9am to 4pm both days**  
**Community Hub, 1 Loveday St, Goolwa**  
**Cost: FREE**  
**Register online at [www.cfs.sa.gov.au](http://www.cfs.sa.gov.au) or by contacting Community Engagement**

## The Caddy Project

The Southern Fleurieu Positive Aging Taskforce works with the community to ensure the voice of older people and their aspirations are at the forefront of service provision in the region.

The Taskforce is currently developing a Dementia Caddy project as part of the ongoing Dementia Friendly Communities work group. The project will pilot training of volunteers to walk beside people who are experiencing memory loss who may need just a little assistance to stay engaged within their community.

If you are interested in being part of this innovative pilot please contact Beth Moore at The Community Hub on 8555 7230.



## Crafty Creations visit Goolwa Children's Centre

Our Tuesday afternoon Crafty Creations group have been taking their crafting skills over to Goolwa Children's Centre throughout Term 1 where they have been cultivating a love of craft in the next generations. Kindergarten and child care children alike enjoyed sessions with these ladies where they honed fine motor skills through gluing, sticking, colouring, painting and cutting. A big thank you to Caroline Giles who sewed backing onto the art works which we used to make bunting to display in the passage at the Centre.

Meanwhile, Joyce has been busily knitting away, creating quite a collection of knitted Australian animals for the Goolwa Children's Centre. Can you spot the unique Tassie Devil amongst them?



## Celebrating Carers!

Carers are incredibly important members of our community! They contribute so much, not only to the people that they care for but to the community more broadly by providing unpaid care to those who need it most. Many people who ensure that the needs of a family member, a friend or a neighbour who may experience a chronic illness, a mental health condition or are frail aged, are met would not consider themselves a carer. However if you do take care of someone, either part-time or full-time, you are considered to be a carer and you are highly valued! Carers come from all walks of life; they can be of any culture, ethnicity or age, either male or female, live in the city or rural/remote Australia and can be either employed or unemployed.

Many people that care for someone say that it is an incredibly rewarding experience and that they wouldn't have it any other way. However in the process of trying to take care of someone else, carers often forget to make sure that their own health and well-being needs are also being met. Carers report higher levels of stress and anxiety and are often at greater risk of declining health.

As a carer it is important to remember that your health and well-being is important as well! Although you may feel quite isolated, there are many services in the community that can help to support you in your role. This may be financial assistance, respite care for your loved one that enables you to take some time for yourself, counselling support, or it may be social support to connect you with others that are experiencing similar circumstances.

There are many things that you can do at home to maintain your health. These include talking with other family members, making sure you get enough sleep, ensuring that you are eating a balanced diet that limits processed foods and drinks, drinking enough water and ensuring that you make time regularly to exercise.

It's good to feel valued and that you are supported! Please contact the Community Connect staff at any time!

### CELEBRATING CARERS EVENT!



Join us for an afternoon of celebrating your invaluable contribution to our community!

2-4pm May 11 at **The Community Hub,**  
1 Loveday St, Goolwa

Come along and share an afternoon that's all about caring for others and yourself!

Guest Speaker: **Josephine Carroll**

Also featuring a performance by astounding **Susan Brame** as her alter ego **Beautician Dr Ironica Canyonfiller.**

Afternoon Tea Provided  
RSVP by 7 May on 8555 7230

### Did you know?

- There are approximately 2.7 million carers Australia wide
- There are about 245,000 carers in South Australia
- Approximately 60,000 of these carers live in rural/regional SA
- 42% of carers are aged 45-64 years of age, and 44% of carers are 65 years of age.
- 89% of carers put the needs of the person they are caring for before their own.
- 96% of carers care for a family member

### Carers Services

Aged Rights Advocacy Service	(08) 8232 5377
Beyond Blue	1300 224 636
Carer Gateway	1800 422 737 www.carergateway.gov.au
Carers SA	1800 242 636
Community Connect	(08) 8555 7230
Commonwealth Respite and Carelink Service	1800 052 222
My Aged Care	1800 200 422

### Join us for A Biggest Morning Tea at Mount Compass

Join us on Monday 22nd May in Mount Compass where we will be sharing a cuppa for a cause. Mount Compass Lifestyle Group are inviting the Fleurieu community to attend their Biggest Morning Tea to raise money for the Cancer Council. Our Monday Meander Group will be heading over on the Community Connect Bus while those who are willing and able to drive are able to make their own way there. Take part in morning tea, peruse the trading table and participate in some fun games—with all proceeds going to support the important work of the Cancer Council.

**Monday 22nd May**  
**10:30am start**  
**War Memorial Hall, Peters Terrace**  
**Mount Compass**  
**Cost: A donation**

**Please RSVP (whether taking the Community Connect Bus or driving directly) for catering purposes by Monday 15th May.**

For further information and to **RSVP** please contact Kylie Markow on **8555 7230.**

