Welcome to the September edition

As you are aware Alexandrina Council are transitioning out of delivering Commonwealth Home Support services in June 2021. The funding we receive from the State Government to deliver support to those under 65 supports will be ceasing in January 2021, however there will be no impact for those consumers until June 2021. If you did not receive the information please contact Community Connect staff to arrange the information to be sent you. As part of the transition plans, we are seeking feedback as to how people who attend the social support groups would like to imagine the future. We are planning to meet groups face-to-face to discuss options. In preparation for this we ask groups to consider discussing possible future scenarios for their group. Options may include:

- Join in with another similar community-based group
- Program connected to another organisation who can coordinate it, e.g. U3A
- Support to run own group
- Council to consider continuing to run the program if it was opened up to all ages and was cost effective.

Please find enclosed a factsheet about 5 Ways to Wellbeing. This evidence based method of living a good life by connecting, being active, learning, being aware and helping others is a simple method of recognising key areas which support overall wellbeing.

The Community Connect Team

NEW EFTPOS MACHINE

You can now pay via EFTPOS at the Goolwa Community Hub for all provided transport, social support groups and exercise classes. Just come in and tap, swipe or insert your card to make a payment!

MULTI-SESSION CARDS AVAILABLE

Multi-session cards are also available at the Goolwa Community Hub. You can purchase 5 or 10 exercise classes or social support group sessions at a time. Community Connect will hold your card and mark it off each time you come in.

If you have any questions come in and ask the team or call us on 8555 7230.

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Do you or a loved one get overwhelmed and frustrated trying to understand the My Aged Care systems? Julianne Smithson is the local COTA SA, volunteer aged care ‘Peer Champion’ for Goolwa and surrounding areas. Julianne can assist you in understanding the aged care systems and help you work out what the options are. Julianne is a local friendly face who offers flexible support either, chatting on the phone, seeing you at the local Community Hub or meeting at another mutually agreeable time and community location.

Call Julianne on 0476 179 609 or pop in to meet her at the Community Hub, Corner of Goolwa Terrace and Loveday Street, Goolwa on the following Mondays between 10am-11:30am:
- 21 September, 12 & 19 October,
- 2 & 16 November (more dates will follow).

This is free and independent support.

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**IT’S SPRINGTIME!**

The Crafty Creations group have been working hard throughout winter to welcome back spring this year! An array of flowers, creepy crawlies and other animals have been lovingly knitted and installed in and around the carriage house that sits on Cadell Street. Take some time to breathe in the springtime air, and wander down to the carriage house, to see all the wonderful creations.

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**NATIONAL DEMENTIA HELPLINE**

The National Dementia Helpline is a free telephone service, provided by Dementia Australia that provides information and advice to people living with dementia, people concerned about changes to memory and thinking, people living with Mild Cognitive Impairment, family friends and carers of people living with dementia, and people who work in health and aged care.

The National Dementia Helpline can be accessed via phone on 1800 100 500, webchat at dementia.org.au/helpline/webchat or email helpline@dementia.org.au

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**GET IN TOUCH!**

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<th>Community Connect Goolwa</th>
<th>Community Connect Strathalbyn</th>
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<td>The Community Hub 1 Loveday Street Ph. 8555 7230</td>
<td>1 Coleman Terrace Ph. 8555 7277</td>
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<td><strong>The Team</strong></td>
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<tr>
<td>Transition Coordinator</td>
<td>Anna Schmidt</td>
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<tr>
<td>Community Connect Transition Leader</td>
<td>Deb Gregory</td>
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<tr>
<td>Community Connect Project Officer</td>
<td>Angela Fleming</td>
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<td>Community Connect Program Development</td>
<td>Kylie Markow and Sally Geschmay</td>
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<td>Community Connect Program Support Officer</td>
<td>Ellen Walker</td>
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<tr>
<td>Community Wellbeing Administration/Support</td>
<td>Ashleigh Darrie, Carol Kusznir and John Moran</td>
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<tr>
<td>Community Wellbeing Programs Assistant</td>
<td>Julie Payne</td>
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Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.

Be Active

Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.

Keep Learning

Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a radio program or take on a new role at work. Learn to play a musical instrument or do a computer course. Learning can be fun. It can give you a sense of achievement and build your confidence.

Be Aware

Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the ‘here and now’ can help you feel calm and reduce stress.

Help Others

Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place.
Stars of Night CHRISTMAS PROJECTIONS

Do you have cherished memories of Christmas from eras gone by?

Alexandrina Council is developing Stars of Night – Christmas Projections and we need your images to bring it to life. In December a roaming projection unit will set up in Strathalbyn and Goolwa finding suitable buildings to screen rolling images provided by community to spread some Christmas cheer!

Things to know
Who can participate? Anyone and everyone. How do I send my photo? Email it to jaw@alexandrina.sa.gov.au. Each image must be at least 1MB. What if I can't use a computer? Phone 8555 7289 and we can scan it for you. How many can I send? Up to 5 per person. Will they all be used? At least one from each person will be used and maybe more. When will the projections be happening? At a date to be announced in December, keep a watch on the Alexandrina Council website and Facebook pages. Enquiries and Project Details jaw@alexandrina.sa.gov.au 08 8555 7289

Thursday 24th September
Ageing Well in Your Community - Navigating the Services
Focusing on My Aged Care and Advance Care Directives

Thursday 29th October
Ageing Well in Your Community - Living Life and Feeling Good
Focusing on physical and mental health, LGBTI transport and transitioning from driving, hazard management and local community programs.

All COTA SA events adhere to COVID-19 social distancing guidelines.

Speakers to be announced.

All COTA SA events are limited so please register now via email: events@cotasa.org.au or call 1800 182 324

COTA SA have the following FREE events happening in the Fleurieu during September, October and November.

For older Australians

SOUTH AUSTRALIA