KNIT FOR ORPHANS AND VULNERABLE CHILDREN OF THE WORLD

If you’re looking for something to do during these tough times, get together any leftover wool and put your knitting needles together to knit for orphans and vulnerable children of the world.

The jumper can be knitted all in one using 8 ply wool (acrylic can be used) and 4.5 needles. Any colour left over’s in bright colours can be used. Knit in stripes of colour.

Cast on 70 stitches
Work 18 rows K2, P2 rib
Work 48 rows of stocking stitch
Cast on 40 stitches at beginning of next 2 rows for sleeves
Work 30 rows in K2, P2 rib
Rib 55, cast off 40 stitches loosely in rib, rib remaining 55 stitches
Work 55 stitches, cast on 40 stitches, rib 55 (this forms neckline opening)
Work 30 rows as before.
Cast off 40 stitches at the beginning of next 2 rows.
Work 48 rows in stocking stitch
Cast off and sew up side seams and under arms.

Thank you!

Please keep any completed jumpers until Community Connect is open to the public again. Jumpers can then be dropped off at the Community Hub Goolwa or the Community Connect office in Strathalbyn.

NINE STEPS TO A POSITIVE OUTLOOK

Try this exercise for 10 minutes a day, and build up to 20 minutes.

1. Instead of focusing on negative thoughts, focus on your breathing.
2. Feel the beating of your heart and imagine it pumping blood around your body.
3. Now you’re ready to meditate. Focus on your anxious thoughts. Consider them objectively.
4. You don’t need a blank mind to meditate. Trying to stop thoughts emerging will only lead to more struggle.
5. Treat the thoughts during meditation like having a radio on in the background. You can hear it, but your main focus is elsewhere.
6. Don’t judge a thought as good or bad. Watch your thoughts with curiosity and kindness and they will become easier to bear.
7. When your mind wanders, accept it has meandered and gently bring it back to observing your thoughts.
8. Continue working with your worries in this way for the period of time you have chosen. Working mindfully can be challenging, so it’s good to practise for short periods at first.
9. The more you practise, the more your mind can deal with worries without panicking.
**HOT WEATHER FIRE DANGER POLICY**

All programs and transport services will be cancelled on days where a forecast of 35°C and over or a Catastrophic, Extreme or Severe fire danger rating has been issued for the Goolwa and Strathalbyn region.

The decision is determined by the Victor Harbor and Mount Barker forecast on the 6:00pm news services, the previous day.

On a day where a Catastrophic, Extreme or Severe fire danger rating is issued by the CFS (i.e. a Total Fire Ban) for the Mount Lofty Region Fire District or the Murraylands Fire District which includes Alexandrina Council area, Community Connect will cancel all programs and services including transport.

If you have any questions, please call 8555 7230 or 8555 7277

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**FREE ENERGY SAVING PRODUCTS**

Call Global Help on 1800 045 622 to have up to; 40 free indoor and outdoor LED globes (including sensor and spot lights) and/or three water saving showerheads installed in your home. There’s no catch! It’s all about reducing energy in our homes!

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**WE’RE ALL IN THIS TOGETHER — NEIGHBOUR DAY**

By Nick Tebbey, National Executive Officer, Relationships Australia, 24 March 2020

The concept of what it means to be a neighbour is changing, both as a result of advances in technology and in response to rapidly changing world events. Today, a ‘neighbour’ can include anyone with whom you share a community and is no longer limited by physical location.

Neighbour Day was started to address loneliness and social isolation within society and its message is more important than ever. Australia is amidst a loneliness epidemic with many in our population suffering from a lack of social connection, which can result in a range of negative health effects for an individual and have negative impacts within society more broadly. With the current crises facing us, as well as the rest of the world, it has never been more important to focus on how each of us can build and strengthen social connections and community while maintaining safe and healthy relationships with those in our life.

Celebrations of Neighbour Day have traditionally been face-to-face gatherings, however, given the challenges the world is currently facing in the light of COVID-19, getting together physically at this time is no longer appropriate and Relationships Australia encourages everyone to find other ways to connect and engage with their neighbours and communities. Examples include online/virtual connections through social media or important acts of kindness such as leaving ‘calling cards’ in neighbours’ letterboxes with a kind message and your phone number so that they can call you for a chat.

Sometimes just checking in can be the most important step you take.

Social connection and safe, healthy relationships are vital to a functional and productive society. It is up to each of us to help build the relationships, communities and, ultimately, the world we want to live in. Neighbours matter, and now, more than ever, is the time to find creative connections.


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**MY AGED CARE PEER SUPPORT**

**Need advice on My Aged Care?**

COTA SA is still here to help you

COVID-19 is placing many restrictions on all our lives. However, during this time we know you, more than ever perhaps, will be requiring independent guidance & support with My Aged Care, how to access it and understand what is available to you, including keeping socially connected if you are remaining indoors away from family and friends.

It is very important to COTA SA that you know we are still available to help you, not in person for now, but in some different ways! We strongly encourage you to phone one of our COTA SA Aged Care volunteers or staff to get the assistance you need. We really want to hear from you, so please ring and we will call you back.

**Fleurieu Peninsula Volunteer Aged Care Peer Champions**

Julianne Smithson 0476 179 609
Marilyn Henderson 0456 390 059

For more information or support: Helen Morley, Aged Care Specialist Support Worker, COTA SA, 8232 0422 or 0484 143 772 or [hmorley@cotasa.org.au](mailto:hmorley@cotasa.org.au)

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In this edition of the Community Connect newsletter, we’ve included the GetUp! #viralkindness slip that you can cut up, put your details on and slip into your neighbours or friends letterboxes, to let them know that you can help them in many different ways during these struggling times.

You can do a range of things for your neighbours, family and friends like:
- Picking up their shopping
- Walking their dogs
- Doing some gardening
- Collecting urgent supplies, or
- Giving them a friendly phone call each week

We can’t wait to hear all about your #viralkindness acts!

The Older Persons Advocacy Network (OPAN) is made up of nine estate and territory based service delivery organisations. OPAN organisations support you and your representatives to effectively access and interact with Commonwealth funded aged care services and have your rights protected.

Advocacy
We offer free, independent and confidential services to support you and your representatives to raise and address issues relating to accessing and interacting with Commonwealth funded aged care services.

Information
We provide free information about aged care service provision, referrals and the rights and responsibilities of consumers of Commonwealth funded aged care services, their carers, family members, service providers and members of the public.

Education
We deliver free information and education sessions to consumers and providers of Commonwealth funded aged care services.

Call 1800 700 600 or visit www.opan.com.au for more information

Why become a Dementia Friend?
An estimated 425,000 Australians are living with dementia. It impacts the individual living with the condition as well as their loved ones who often provide the support and care.

People living with dementia can find it challenging to participate actively in the community due, in part, to a lack knowledge or understanding of the condition among the general public and how it can impact people.

By becoming a Dementia Friend, and increasing your awareness of dementia and its impacts, you can help a family member, friend, neighbour or co-worker living with dementia feel accepted, safe, included and involved.

A little understanding and kindness can go a long way.

Why not refer a friend to be a friend?
Most people know someone who is impacted by dementia. It is likely one of your friends may be impacted directly, or know someone who is.

Why not refer a friend to be a Dementia Friend?
Together, we can be the change more than 425,000 Australians deserve.

Head to dementiafriendly.org.au and start making a difference today.
Hello and welcome to the Autumn Newsletter,

The news is all about the COVID-19 pandemic and we are all experiencing challenges as we go about our daily lives. We encourage you to draw upon your personal support networks like family and friends, to assist with your daily living needs. Community Connect staff will be available via phone 8555 7230 Monday to Friday to answer any questions and to support you through this time.

Take the opportunity to get out into the sunshine, enjoy the garden or read a book. It’s still OK to go for a walk, while maintaining physical distancing as recommended by the Government. If you live in Goolwa you may like to walk by the Easter-themed “yarn bombing” of the historic train carriage next to the Visitor Information Centre (pictured below). Take the time to call a friend and have a chat, especially those who live alone, or start that life story you have always been meaning to write.

Following are some contact details for support services that you may find helpful, especially if you are feeling worried or anxious about the impacts of Coronavirus:

- **Healthdirect** provides easy online access to trusted, quality health information and 24 hour health advice over the phone. To speak to a registered Nurse, call 1800 022 222 (24 hour service).
- **Lifeline** is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Ph: 13 11 14.

As we navigate our way through these times please stay safe and well and we will see you on the other side.

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**GET IN TOUCH!**

<table>
<thead>
<tr>
<th>Community Connect Goolwa</th>
<th>Community Connect Strathalbyn</th>
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<tbody>
<tr>
<td>The Community Hub</td>
<td>Strathalbyn Library</td>
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<tr>
<td>1 Loveday Street Ph. 8555 7230</td>
<td>1 Colman Terrace Ph. 8555 7277</td>
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<tr>
<td>Monday - Friday 8:30am - 4:30pm</td>
<td>Tuesday - Friday 9:30am - 3:30pm</td>
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</tbody>
</table>

**The Team**

- Community Services Coordinator: Anna Schmidt
- Community Connect Team Leader: Deb Gregory
- Community Connect Program Officer: Angela Fleming
- Community Connect Program Development: Kylie Markow
- Community Connect Program Support Officers: Annie Willsmore and Judy Payne
- Community Wellbeing Administration/Support: Ashleigh Darrie and Julie Payne

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**ELDER ABUSE AWARENESS DAY**

World Elder Abuse Awareness Day is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

In many parts of the world elder abuse occurs with little recognition or response. It is a global social issue which affects the health, wellbeing, independence and human rights of millions of older people around the world, and an issue which deserves the attention of all in the community.

If you, or someone you know, is experiencing some form of mistreatment, abuse or neglect you can call the South Australian Elder Abuse Prevention Phone Line on 1800 372 310 Monday to Friday 9:00am - 5:00pm. Trained staff will provide you with free, confidential, culturally sensitive advice, or you can leave a message and they will contact you.

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**Elder Abuse Awareness Day**

In this issue:
- Get Up! #viralkindness
- New regional Carer Gateway
- Knit for Orphans project
- My Aged Care Peer Support
- Older Persons Advocacy Network (OPAN)
- Become a Dementia Friend
- Elder Abuse Awareness Day

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Supported by the Australian Government Department of Health