



CITY GRAPEVINE

July to September 2021



Welcome to our Winter 2021 edition of City Grapevine.

Hi everyone!

Winter is well and truly upon us; hopefully this newsletter finds you warm and well!

The past few months have been busy for the Community Wellbeing team. Excitingly in early May we celebrated as the Lord Mayor launched the **City of Adelaide's Wellbeing Dashboard**.

The Wellbeing Dashboard is a set of holistic population-level indicators with data sources chosen to show trends over time that will help inform Council's work and priorities.

The Dashboard recognises that Wellbeing is not a one-dimensional idea, but a multi-faceted concept relating to both physical and mental health as well as social, economic, environmental, and cultural factors.

The Dashboard's 34 indicators were selected following review of the many wellbeing models and measurement frameworks used nationally

and internationally. They are broadly categorised under **health, health behaviour, social connection and engagement, environment, and place**, along with **social determinants of health** such as income, employment, and housing.

This valuable information will be used to inform future decision-making for targeted action and activities to enhance community wellbeing outcomes across Council and the City community.

For more information, see cityofadelaide.com.au/wellbeing-dashboard

Consumer Survey

Recent analysis of the 2020 Commonwealth Home Support Program Consumer Survey provided some interesting insights to the consumer experience from a total of 58 survey respondents:

- Domestic Assistance is the most common service received (71%), followed by home maintenance (33%) and garden support.
- Social isolation was the greatest challenge experienced through COVID-19 (52%).
- We are pleased that most respondents commented favourably about CoA Healthy Ageing staff. Staff being courteous had the strongest levels of agreement (81%) followed by being treated with dignity and respect (80%).
- 71% of respondents strongly agreed that the service they received was of good quality.

Most people rated their current level of wellbeing highly with 77% of respondents providing a rating of greater than 7.

Adelaide to RAdelaide – Writing and Art Project Consultation



The community group that meet weekly at the Halifax Café would like to invite people to come along with their memories of the City of Adelaide (old and new) and write a short story together with support from ECH volunteers.

It is envisaged that writers and artists will work collaboratively to design a booklet to capture the stories and art and they need your help. If you'd like to get involved then please come to the Halifax Café, 187 Halifax Street on Thursdays between 10am and 12noon to join in.

This will be an ongoing project proudly supported by ECH and City of Adelaide.

Home Library



If you can't physically get to one of our libraries, don't worry, our Home Library Service will keep you connected. This is a dedicated program for City of Adelaide residents who can no longer visit the library or carry items home due to long- or short-term illness, frailty, disability, or your caring role restricting you from getting to the library.

Library staff coordinate the service and friendly and skilled volunteers deliver to your door!

The Home Library team are currently visiting CBD patrons on a Wednesday afternoon and North Adelaide patrons on Thursday afternoons every 4 weeks. If you would like to know more about this service, please contact Ben on 8203 7990.

Adelaide City Shed



On Monday 12 April, the Adelaide City Shed, an adaptation of the Men's Shed movement was launched by the Lord Mayor.

The Adelaide City Shed is located at Makerspace Adelaide, 100 Franklin Street, and will be open every Monday between 10.00am - 4.00pm.

The Shed is open to everyone and is a place to share tools and get stuck into a DIY project – all while avoiding the costs and clean-up of doing it at home. The space will be a chance to share ideas and skills, discuss your methods and pick up new techniques. Most importantly the shed provides an opportunity to meet some like-minded locals and chat about everything from metal work to heavy metal.

So, if you are keen to have a look, visit on a Monday! Your first two visits are free, annual membership is \$50 and \$5 fee per visit.

Music in The Community



The City Community Centres are looking for community members who would be interested in being part of the Music in The Community Centres. If you are a musician or know of someone who would like to share their music, please contact the community centres through the emails on the flyer or talk to the Coordinator at each community centre.

Disability Parking in Residential Permit Zones Trial Commencing



From 12 April 2021 Council endorsed a six-month trial to support people with a disability parking permit to find suitable short-term parking within the City of Adelaide.

Eligible residents can purchase Visitor Permit Booklets under the existing Visitor Booklet Scheme, and issue these to holders of valid Disability Parking Permits. Any vehicle displaying both a valid Visitor Permit and Disability Permit will be allowed to park in a Residential Permit Zone for a period of 2 hours.

In addition, residents who are not eligible for a Residential Parking Permit but do hold a valid Disability Permit, will be able to purchase Visitor Permit Booklets and use the one-off permits for their own vehicle when also displaying a Disability Permit.

To find out if you can get some vouchers, please call the City of Adelaide Customer Centre on 82037203 between 8:30 am to 5:00 pm Monday to Friday.

State government concessions, benefits and grants

Did you know that the State Government offers concessions, benefits and grants to help those on low or fixed incomes meet living costs? These include:

- Cost of Living concession
- Energy bill concession
- Water and sewerage rate concession
- Emergency (fixed property) Levy



To find out more go to sa.gov.au/topics/care-and-support/concessions-and-grants/concessions/cost-of-living-concessions

Illuminate Adelaide



A Celebration of Innovation, Music, Art, Light and Technology. Friday 16th July to Sunday 1st August 2021

Every winter, for two weeks and three weekends, Illuminate Adelaide will light up the city's streets, lane ways and architecture with a program of free and ticketed events by local, national, and international artists

An example of a free event is the City Lights. For 17 nights the light switch will be flicked to transform the city streets, lane ways and open spaces into a nocturnal playground of projections, imagination, and light.

This free light trail will span the city and bring together local, national, and international artists and innovators to present cutting edge works on a scale Adelaide has never seen.

From large scale installations to brilliant projections and immersive works you are invited to download the map and follow the lights through Adelaide's city precincts. Map details available from

www.illuminateadelaide.com.au/events/free

Plastic Free July

Plastic Free July is an exercise in reducing your use of plastic. You don't have to say you can never use single-use plastic again. It is a great way to test your problem-solving skills and challenge yourself to break a bad habit. When August comes around you might keep a handful of your new-found habits.

It is not breaking news that our environment is having a tough time with plastic waste. What might surprise you though is that these plastics, often in the form of microplastics, are ending up in our body through water, food and even air. Try to make a small difference when you go shopping and avoid the plastic wrapped items in favour of loose fruit and vegetables or, if you can, take your own clean containers to use.

Green Organics and our Resource Recovery Strategy

ORGANICS RECYCLING PROCESS

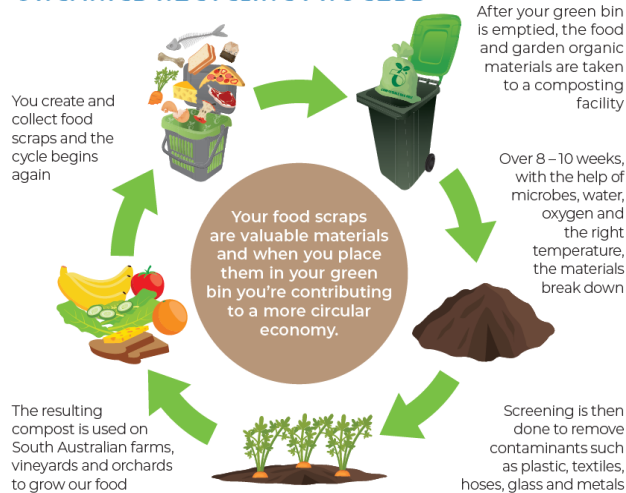


Image: whichbin.sa.gov.au

City of Adelaide residents are encouraged to make full use of Council's three bin system and, where possible, other recycling options, to divert as many resources from landfill as possible.

Our Resource Recovery Strategy and Action Plan 2020-2028 will help us work towards becoming the first zero waste city in Australia.

The City of Adelaide green organics service accepts both garden waste and kitchen scraps. The materials collected in our green bins are taken to Jeffries where large scale sorting and composting processes create products which enhance the soils of South Australia's agricultural lands, public spaces, and private gardens.

Please look over the enclosed flyer or visit our website to ensure you are using your green bin correctly; it is important that we only put compostable material in the green organic bin. You might even find an item or two you didn't know about!

If you don't yet have your free kitchen caddy and certified compostable liners, please pop into one of our libraries, the South West Community Centre, or the Customer Service Centre on Pirie Street.

If your household doesn't have a green organics bin, you can order yours by visiting cityofadelaide.com.au/waste or calling 1800 777 844.

Trial of EV Waste Truck in the City of Adelaide



A trial of an electric waste collection truck has begun, as part of the joint-council waste contract between Cleanaway and the Cities of Adelaide, Charles Sturt, Marion, and Port Adelaide Enfield.

The trial will examine how the electric vehicle performs under actual operating conditions, to ensure the ongoing delivery of a consistent service, for residents and businesses.

The electric truck is expected to run for 120 kilometres on active duty before being recharged in Port Adelaide overnight. In addition to charging from a power point, the truck captures energy from braking and stores it in a battery to power the electric motor. Its actual driving range will depend on the terrain, number of stops and driving style.

Benefits of the trial include:

- This truck emits zero greenhouse gas emissions from the tailpipe under actual operating conditions.
- The vehicle is quiet. If the trial is successful, it will significantly reduce noise, making early morning or late-night collections possible, which could help ease street congestion.

Since the South Australia electricity grid now has over 50% renewable electricity supply, and is heading towards 100%, the switch to electric vehicles is a key component of a low-carbon future.

Keep an eye out for the e-truck on our streets and read more about the trial on the **Taking Climate Action page** on City of Adelaide website.

Should you have any questions please contact Michelle English, Associate Director Park Lands, Policy and Sustainability at **M.English@cityofadelaide.com.au** or on 0435 686 324.

Halifax Café Artwork



The Halifax Café partners with ECH to provide a welcoming space for a community café every Thursday morning from 10am to 12noon for anyone who is in the area and would like a hot drink and some company. City of Adelaide recently supported the community group to create an acrylic pour artwork for the Halifax Café which was facilitated by ECH volunteer, Ros. The grand opening in April showcased the artwork on a wall of the café and it looks fantastic.

Everyone is welcome at the Halifax Café – come and meet someone new, enjoy a coffee and explore new skills at the same time as having fun.



David Donaldson History Festival presentation with State Library

The Friends of the State Library presented *Modern Media of 1951: Your Morning Paper* which was a 1951 promotional film about the early days of Adelaide's the Advertiser. A panel discussion with film and media experts took place as part of the showcase and people were able to view historical books and artefacts.



Musical Theatre at the City Library



Have you ever wanted to sing in a musical? Or find out the secrets of acting on stage? The City Library recently hosted an engaging series of workshops aimed at preparing people for an audition for a local musical theatre production.

Each week participants learnt new skills with a special focus on dance, reading music, singing, acting, working with an audition pianist and audition room etiquette. The workshops were aimed at those with little or no previous experience and were facilitated by Musical Theatre Directors in Residence James and Charissa McCluskey-Garcia. The last workshop culminated in a musical theatre showcase at the City Library in mid-June where everyone could put their newfound skills to the test.

If this is something that you would like to be involved in then please contact our Customer Centre on 8203 7203 and they will forward your details to our Library team.

Friends for Good



We call loneliness the hidden suffering of the modern age.

Loneliness does not discriminate. It is widespread and equally affects people of all ages and from all walks of life in our communities, in the city and in the bush.

Friends for Good is a volunteer-driven not-for-profit

and Australian loneliness pioneer joining the fight against loneliness.

Through research and education, service provision and research, we are helping to fight loneliness.

To reach out, please contact – FriendLine, a national support line ready for a cuppa and a conversation. FriendLine is now available seven days a week for anyone who needs to reconnect or wants a chat.

(Free call 1800 424 287) or head to Chatline
<http://friendline.org.au/>

Apartment Living in the City



Patricia and her husband Brian are relatively new residents of apartment living in the CBD and were looking for a way to connect to their neighbours. Patricia shares a great story about successfully forming a Book Club at ONE Flinders apartments in Flinders Street.

'Karen from Community Wellbeing at City of Adelaide responded to our request for information about setting up a Book Club and was instrumental in getting us started. Karen introduced us to Ben from Library Services and Ben ensures the books are delivered to Hutt Street library each month where they are collected for the group. There are now eight members who read and meet each month for a spirited discussion, followed by a cup of tea and treats.'

Patricia and Brian have also started an Exchange/Borrow set of shelves adjacent to lifts in the car park area at ONE Flinders, for residents to off load books they no longer want for others to read.

If you would like to create your own Book Club within City of Adelaide there is information about joining the Library Book Groups or using DIY Book Club sets at Books and reading on the City of Adelaide website or ring our Customer Centre on 8203 7203 and ask to be put through to the Library team.

2021 Australian Census



Australia's next national Census will be held on **Tuesday 10 August 2021**.

The Census is a snapshot of who we are and how we are changing. It is used to inform many things, from planning schools, healthcare and roads to local services for individuals, families and communities. The Census provides data on important topics such as populations, rents, mortgages, incomes, religion, languages, housing and more. It helps governments, businesses, researchers, not for profit and community organisations make informed decisions. The Council of the Ageing (COTA) uses Census data to help understand issues affecting older Australians.

For the first time in Australia's Census history there will be a window of time to complete the Census this year, rather than a single night, so you can fill in your form at a time that best suits you.

There will be new questions in the 2021 Census, on long term health conditions such as arthritis and diabetes, and on defence force participation.

You can complete your Census online, on your mobile device, or on paper, or with help from the Census team. Help is available online, by phone and in person for those who need it. There will also be translated information available in several languages.

Extra staff will be available in places where people might need help to participate. The Census team will work with community groups to make sure that everyone is counted.

Privacy is considered at every step of the Census to make sure people's information is safe, secure, and protected.

Census instructions will start to arrive in letterboxes from July 2021. For further information visit: **www.abs.gov.au**.

You are never too old to try something new



You are never too old to challenge yourself to try something new or different. One of our city residents, Anne, recently decided to do something that she had always wanted to do since she was a young girl - a tandem skydive!

For her 80th birthday earlier this year Anne booked the skydive with a friend to celebrate the big event. The jump took place at Aldinga airfield in a Cessna 6-seater (with no seats). As the plane took off Anne said that the views of the area around the airfield were spectacular. When the plane got to 10000ft the tandem skydiver asked her to move towards the edge of the plane and hang her legs over the door so that they could jump when they were instructed to. Initially she couldn't open her eyes because of the pull of the air against her face as they were freefalling and then she felt a 'jerk' as the parachute opened, and everything slowed down. Anne was able to open her eyes and said that she could see everything so clearly, the view was wonderful and the feeling as she came down to earth was amazing.

Anne said that there were no words to describe how she felt but it was 'euphoric'. She was so glad that she made the decision to do the skydive. Now she looks back and thinks 'wow – I did it'.

COTA SA Rainbow Hub Monthly Lunch

For members of the LGBTI community (50+). Bar specials are now available too.

When: Every 4th Thursday of the month

Time: 12:00 - 1:30 pm

Where: The Treasury 1860, 144 King William St, Adelaide

Bookings Essential: events@cotasa.org.au or ring 08 8232 0422.

COTA Social Connections



Grow your social network and get your love for life back, with COTA Social Connections

Would you like to be more engaged in community and social activities but are not sure how to start?

Many people say that after staying at home more due to COVID or because of personal losses, like the loss of a loved one, or lifestyle changes like losing their drivers' license, that they lack motivation or confidence to get back out and engaged with the things they love. Does that sound like you or someone you know?

COTA SA, through its Social Connections program, can provide information on what is available in your areas of interest and provide support and a connection to get you started.

There are many opportunities to connect while pursuing a hobby, keeping fit and healthy, sharing a skill, singing in a choir, fishing, day outings etc... COTA can also let you know what support services are available such as free mental health supports for older people affected by COVID (and we all are!), or My Aged Care navigation.

Being active and spending time with others is important to our wellbeing and verve for life. COTA Social Connections can link you with a Peer Volunteer to explore your personal goals and connection options, together.

This project is free and confidential and available for people 50 and over living in metropolitan Adelaide. It is run by COTA SA and funded by the Australian Government via the Adelaide Primary Health Network. To register or for more information contact COTA Social Connections Ph 8232 0422 or visit

<https://cotasa.org.au/programs/cota-social-connections.aspx>

Safety around your property

Follow these handy tips to ensure the safety of yourself and others around your property:

If you experience a shock, zap or tingling sensation when touching an electrical appliance or electrically conductive surfaces such as taps and showers, it could be a sign you have an electrical wiring issue. In this case you should:



1. Immediately contact SA Power Network 13 13 66, available 24/7.
2. Don't touch the appliance, or location again, until it is confirmed as safe.
3. A crew will attend to conduct a free inspection to determine if it is a network problem, or whether the issue is on the consumer side.
4. To ensure ongoing safety we may temporarily disconnect the power.
5. Depending on the cause, we'll either fix the issue, or let you know if you need to arrange your own electrician.
6. Keep cords in good condition, making sure you replace any that are frayed or brittle.
7. Fix broken switches or power points (and keep them covered until repaired).
8. Keep portable appliances like radios, heaters, phones, and hairdryers away from the shower or bath.
9. Switch off and unplug any appliances that cause you to feel a tingle when touched and refrain from using taps and showers until assessed as safe by an electrical tradesperson.
10. Make sure no spray cleaners or solvents are sprayed on switches or sockets.
11. Switch off an appliance before it's unplugged.
12. Ensure all electrical appliances are double insulated or earthed.

Budget Update: Once in a generation change for aged care in Australia

During May, as part of the 2021-22 Budget, the Australian Government announced a \$17.7 billion package of support for aged care in response to the final report of the Royal Commission into Aged Care Quality and Safety.

The reforms will deliver respect, care, and dignity for senior Australians, and place a critical focus on the quality and safety of care.

The reforms will be centred around 5 pillars to be delivered over 5 years:

Home care – supporting senior Australians who choose to remain in their home.

Residential aged care services and sustainability – improving and simplifying residential aged care services and access.

Residential aged care quality and safety – improving residential aged care quality and safety.

Workforce – supporting a growing and better-skilled care workforce.

Governance – new legislation and stronger governance.

More information will be available from the Government as work progresses on these reforms. If you would like to read more about the reforms, you can access the information at: www.health.gov.au/aged-care-reforms

The Retired Persons Association (Active Over 50's) BUSH BAND

The Retired Persons Association (Active Over 50's) seek singers (male and female) and instrumentalists.

These are not paid positions.

Play for community groups, Probus Clubs, Retirement and Nursing Homes etc.

Practice is on the 2nd & 4th Tuesday of each month.

(Weekdays only, no night work)

If you would like further information, please phone:

David: 8277 5676 or

Lorraine 0405 818 849



City of Adelaide

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