



City Grapevine Autumn 2024

Niina Marni



Image: courtesy City of Adelaide
Dr. Jane Lomax-Smith, Lord Mayor

As a keen walker, Autumn is one of my favourite times to pound the pavement across our city.

From the cooler temperatures and the colourful falling foliage across North Terrace and Frome Road, it's a beautiful time to live in the city.

While it can be tempting to bundle up under the covers as winter creeps up, as you'll see from this edition of the City Grapevine, there are plenty of reasons to get out and about in the City of Adelaide.

If you're a bit of a green thumb, you'll enjoy horticulturist and media personality Sophie Thomson's talk this month on growing veggie patches in small spaces, such as balconies and apartment courtyards.

If you want to focus on your wellbeing, the Council's Community Wellbeing programs and services aim to link to tackle those while also fostering a sense of belonging.

Our Healthy Ageing team are also asking you to take part in the Harvesting the Social Seed survey, focused on how we can increase your sense of wellbeing in our city.

If you want to warm up while also getting some exercise, the Adelaide Aquatic Centre hosts a 45-minute pool workout program designed for all fitness levels.

With such an exciting line-up of events and programs, I encourage you to embrace one of the best times to be living in the City of Adelaide.

Dr Jane Lomax-Smith, Lord Mayor

TOP STORIES



From Left to Right: Sadie (City of Adelaide), Gertrude Glossop, Miranda (COTASA)

CONVERSATIONS IN THE CITY

COTA SA is hosting a series of Conversations in the City events in partnership with the City of Adelaide, focused on positive ageing.

The February Conversations in the City event featured two fantastic and entertaining speakers, Keith Conlon OAM and Dr Gertrude Glossop. Keith's presentation helped guests uncover the historical gems of Adelaide as he shared all he has discovered in his 'Ride with Keith' cycling tours, while Gertrude guided the audience through the essentials of gay Adelaide history, discovering significant Adelaide queer historical moments from Gertrude's unique point of view.

We're now looking forward to the next session on 23 April with media presenter, author, environmentalist, and self-described 'obsessive-compulsive gardener,' Sophie Thomson sharing her exceptional knowledge of "small space veggies", growing food in small courtyards and balconies in our changing climate. We'll also learn how we can all make a positive difference to our environment with COTA SA's Climate Change Group.

HARVESTING THE SOCIAL SEED

The Healthy Ageing team invite you to be part of the creation of new ideas to support you to stay connected with your local community.

The Harvesting the Social Seed survey will highlight the things that are meaningful to you and that evoke memories or a feeling of belonging.

We are passionate about providing opportunities to older residents which focus on the **5 Ways to Wellbeing**.

Positive wellbeing links to a sense of connection, being active and aware, learning, and helping others. You can find out more about the '5 ways to wellbeing' by turning to Page 3 and learn new ways to increase your sense of wellbeing.

It is easy to suddenly feel isolated due to a myriad of reasons and our sense of wellbeing can alter depending on how we are feeling. We would like to engage with you and ask you:

- Would you like to reconnect with a past hobby or pastime?
- What interests do you have and what would you like to do more of if you had a buddy to do it with you?
- What does **being social and active** look like to you?

We would love to hear your feedback and ideas. Send your completed survey (enclosed) to Sadie and the results will be shared in the Winter edition of the Grapevine newsletter. Or complete online by clicking: [Harvest the Social Seed Survey](#)



CONNECT AND LEARN



SUPPORT AT HOME GUIDE TO SERVICES IN SOUTH AUSTRALIA

The Healthy Ageing Team have ordered 40 copies of the Support at Home Guide. The guides provide information about the community and in-home care services available to you to stay at home, and most importantly information about navigating the current aged care system.

To grab your copy, phone Sadie on 8203 7203 or email chsp@cityofadelaide.com.au. We will then pop a copy in the post for you.

“Our Support at Home Guide is positioned to be an essential companion, guiding, and educating anyone trying to navigate care options in Australia.

- Research
- Preparation
- Getting Assessed
- Finding Providers Locally
- Managing your services

You will find articles that take the reader through building a network of support to make living at home easier and more manageable when accessing Home Care Services regardless of the level of care you are approved for” - DPS Publishing

HOW ARE YOU FEELING ABOUT YOUR OWN HEALTH AND WELLBEING?

There is a wealth of information in the health and wellbeing space, locally and internationally. One of the focuses we have in the Healthy Ageing team is the 5 ways to wellbeing, and we wanted to share this with you too.

Council’s Community Wellbeing programs and services aim to link to the ‘5 ways’ and foster a sense of belonging to the key themes:

- Connect
- Be Active
- Keep Learning
- Take Notice
- Give

Can you think of ways where you resonate with any of the 5 Ways to Wellbeing?

The 5 Ways to Wellbeing website is very user-friendly and interactive. It is full of tips and strategies to connect, be physically active, ideas on finding time in your day to be mindful of your surroundings, and much more.

Visit the website and have a look around at the tools and recourses available at <https://www.5waystowellbeing.org.au/>



Venue: Adelaide Aquatic Centre, Jeffcott Road, Adelaide
Bookings essential. Phone Sadie on 8203 7548 or email chsp@cityofadelaide.com.au

EVENTS CALENDAR



AUTUMN AQUA WELLNESS

Be Mindful • Live Well • Stay Active

Being at our best can sometimes feel overwhelming and our brains feel like a revolving snow globe of feelings, emotions, and thoughts.

Listen to Sadie sharing tips to managing overwhelm and staying mindful rather than 'mind full'. Living well and staying active mentally and physically as we age is key to many aspects of our lives.

This is an interactive safe space to chat about the importance of staying positive and resilient in life, relationships, and overall health. Join us for some fun in the water afterwards!

When:
Wednesday 10 April 2024

Time:
10am – 11am

Cost:
FREE (bookings essential)

Immerse yourself in Adelaide Aquatic Centre's Hydrofit program using the shallow water as resistance, punch, kick and jump your way into fitness with this great low intensity session and enjoy the 45-minute workout designed for all fitness levels.

Adelaide Aquatic Centre is helping you meet all your lifestyle and fitness goals! Hosted by Parastoo Vessal.

Afternoon tea and light refreshments will be served at 12.30pm after the aqua class.

When:
Wednesday 10 April 2024

Time:
11:15am – 12pm

Cost:
FREE (bookings essential)