

City Grapevine Spring 2023

Niina Marni



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

You've probably noticed some of the city's fragrant flowers in full bloom.

The Park Lands are bursting with green and gold from the blossoming wattles, and our jacarandas are unfurling a purple carpet in our city streets.

It's the best indicator that the bitterly cold winter days are behind us and our city is slowly easing into spring's warmer weather.

Aside from having the chance to go on long walks through the Park Lands and enjoy a drink outside, there's also plenty of big-ticket events for those working or living in the city to enjoy.

For me, the show feels like the start of spring and the beginning of the run up to Christmas and for many of us seeing the National Pharmacies Christmas Pageant, now in its 90th year, roll through our city on the first week of November.

Spring also marks the arrival of the beloved OzAsia Festival, bringing with it a jam-packed program of the best in dance, music, food, theatre, and fun along the Riverbank Precinct. Artists descend on our city from across the globe, including Japan, Korea, Malaysia, the United States, and France.

WellFest gets underway in October, a three-day event promoting wellbeing across our city which includes face and body treatments, yoga sessions, and soap-making classes. So, embrace the warmer weather and go check out some of the exciting events hosted in our city – I promise you won't be disappointed.

Dr Jane Lomax-Smith, Lord Mayor

TOP STORIES

MEET YOUR TEAM



Image: (Left to Right): Kayla, Tom and Sadie

Sadie Goddard-Wrighton **Coordinator, Healthy Ageing**

Sadie has spent the past 22 years working at a variety of councils leading aged and disability programs, including the Commonwealth Home Support Program. With her wealth of knowledge in event management and community wellbeing, Sadie brings her creativity skills and passion for social connection and supporting residents to stay independent and well. Her work so far at the City of Adelaide has been successful and impactful. Sadie is our new Coordinator Healthy Ageing in the City Lifestyle team.

Kayla Harris **Business Administration Trainee**

Kayla works in the Community Lifestyle team and is assisting in the Healthy Ageing team. She is completing tasks such as booking transport for clients and liaising with the Central Market Shopping Bus group. She works closely with residents and enjoys speaking with them when she has the opportunity.

Thomas Beales

Acting Team Leader Community Wellbeing

A special thank you to Thomas Beales for his continued support while Sadie and Kayla settle into their roles in the Healthy Ageing team. Thomas is currently Acting Team Leader Community Wellbeing and has worked at City of Adelaide for over 9 years and continues to be a supportive leader in the Healthy Ageing team.

COTA PLUG-IN SESSIONS

In partnership with City of Adelaide's Healthy Ageing team, The Plug-in has undertaken a series of workshops to speak with residents about what council programs and activities they would value to support a positive ageing experience in the city.

Thank you to everyone who took part! We were able to hear about the features of the city that are working well for residents, including the parklands and free transport options.

Participants shared their current activities and social events that they were taking part in and local services that they were using. We also learnt more about what might help people to get more involved in the community, such as more awareness of what is available.

We look forward to sharing the findings from this project very soon.



Image: Left to Right: Sharmilla, Sadie and Elyse

CONNECT AND LEARN

ANTI-AGEISM TRAINING SESSION FOR OLDER PEOPLE AND THEIR ALLIES

Ageism is the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) toward others or ourselves based on age.

Ageism can be pervasive and can infringe on the rights and freedoms of older people. Tackling ageism is everyone's business.

That's why the City of Adelaide worked with Office for Ageing Well, SA Health to develop Bystander Action for Ageing Well training sessions for community members.

This session will give you the tools to call out ageism safely in a range of settings (e.g., community, workplace, business, and health etc.) to ensure that you or the person experiencing age discrimination is treated with respect and dignity.

The training will be delivered by Jemma Taylor Cross from Gender Equality Solutions and is suited to both older people and community allies.

See our Events Calendar on the back page for booking information about all our events. Seats are limited so don't miss out!



CALLING ALL DOG LOVERS!

The City of Adelaide is launching Pooch Pals, a program that will enhance the wellbeing of our residents, volunteers, and four-legged fur friends.

Pets provide companionship and emotional support and help reduce stress. The City of Adelaide wants to help those needing assistance to walk their dog so they can continue benefiting from being a pet owner.

If you're a resident seeking assistance to walk your dog, reach out using the details below. After an initial assessment, your pooch will be paired with a dedicated volunteer that will take them on enriching neighbourhood walks.

We also need volunteer dog walkers.

Training is provided so experience is not necessary. You just need a love of animals and being active outdoors. To express your interest, call or email us at the details below.

Both dogs owners and volunteers are invited to a Meet and Greet at the Follow My Lead on Hutt Street.

When:

Saturday 14 October 2023

Time:

10am – 11:30am

Location:

Next door to Coffylosophy Café
196A Hutt Street, Adelaide

Contact us with your enquiries and expressions of interest on 8203 7282 or at volunteers@cityofadelaide.com.au

Physical Activity Anyone?

Research shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress and disease.

WellFest
ADELAIDE

6-8 Oct

Find out more at www.wellfest.com.au

EVENTS CALENDAR



ANTI-AGEISM TRAINING SESSION FOR OLDER PEOPLE AND THEIR ALLIES

Learn new skills and strategies to support older people in your local community.

After a successful training session in 2022, you are invited to attend this **FREE** training session and learn about the importance of supporting other older people in the community when it comes to ageism.

When:

Tuesday 31 October 2023

Time:

10:30am - 12:30pm

Venue:

Digital Hub, City Library
Level 3 Rundle Place
Adelaide

You will get to meet Sadie from the Healthy Ageing Team who is co-hosting this event and planning another session in mid-2024.

ADELAIDE'S BIGGEST SHALLOW WATER AQUA CLASS

Help the Adelaide Aquatic Centre team achieve their goal of Adelaide's biggest ever shallow water aqua class (and have some fun while you're at it)!

Punch, kick and jump your way into fitness with this fantastic 45-minute workout designed for all fitness levels.

When:

Friday 6 October 2023

Time:

11:30am – 12:15pm

Cost:

FREE to attend, bookings essential.

More information and to book your free tickets: experienceadelaide.com.au/biggest-aqua-class or call the Centre 08 8203 7665.



BOOK A SEAT TODAY!

Transport provided to residents who have limited access to other transport options.

For more information or to book a ticket, phone or email the Healthy Ageing Team on:

P: 8203 7203

E: CHSP@cityofadelaide.com.au