



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Workgroup Meeting**  
**Workgroup: Social Inclusion**  
**Date: 14 October 2014**

Present: Lisa Elder - City of Onkaparinga (Chair), Karen McDougle - Resthaven, Lynda Macphail - City of Mitcham, Karen Beeching - ACH, Heather Trainor - Baptist Care, Anisa Leaver – Red Cross, Sally Warnes (SSRG Project Officer), Bev Bannister (Minutes)

Apologies: Kathy Wiseman – City of Marion, Angela Bell – City of Marion, Sadie Goddard-Wrighton – City of Holdfast Bay

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none"><li>• welcome and apologies</li><li>• Lisa has changed roles – she is now the Community Passenger Network (CPN) Project Officer at City of Onkaparinga and Tonya Mitchell is replacing Lisa as the Social Programs Coordinator – Lisa introduced and welcomed Tonya to the group</li><li>• introductions were made around the table</li></ul>	

<p>Previous minutes &amp; business arising</p>	<ul style="list-style-type: none"> <li>• previous minutes accepted</li> <li>• actions completed</li> </ul> <p>Expo:</p> <ul style="list-style-type: none"> <li>• a brief rundown of the Expo booth requirements was given</li> <li>• need brochures from group members</li> <li>• created a roster – members nominated when they would be available</li> <li>• have received an extensive information/instruction kit - Bev is working her way through it</li> <li>• the kit includes a list of all stall holders</li> <li>• the promotional torches have arrived and were shown to the group</li> </ul>	
<p>Project Update</p>	<ul style="list-style-type: none"> <li>• the group chose a name for the Expo booth – <b>Southern Social Connections</b></li> <li>• provide bottles of water and lollies to give away</li> <li>• have a snap-shot of what all programs do to help those manning the stall - all to email blurb for cheat sheet to Sally or Bev</li> <li>• A-Z cheat sheet - eg m = movie day by City of Holdfast; f = fishing by ACH etc</li> <li>• discussion on other resources e.g. seniors guide showing independent groups in region</li> <li>• use websites ‘Connecting Up’ and ‘SA Community’ on the iPads - to look things up as you talk with people</li> <li>• Tonya has email address to get up to date Seniors Guide pdf online</li> <li>• no meeting in November as we have the Expo</li> <li>• keep a count of people that we talk to on the stall and count the postcards we give out</li> <li>• design a feedback form for group members to fill in after the event...as part of the evaluation</li> <li>• Social Programs new brochure is based on the Ignite your spark project and will be available at the booth</li> <li>• have had enquiries from the Ignite your spark postcard project – Onkaparinga Social program and ACH had a joint home visit - person joining the fishing group</li> </ul>	<ul style="list-style-type: none"> <li>• Bev to make A-Z cheat sheet</li>   <li>• Sally to create evaluation form</li>   <li>• Bev to print maps and stall holders guide</li> </ul>

<p>Project Officer Report</p>	<ul style="list-style-type: none"> <li>• <b>Carer Issues Workgroup</b> - post carers online resource - group wanted a marketing tool - developing book marks. In White Space are making a film titled Life After Caring - Onkaparinga respite team supporting and funding it. Showed printed images of the film so far.</li> <li>• <b>In Home Services Workgroup</b> - I Can(t) workshop was presented to the workgroup – workshops based on empowering older people and increasing their confidence in decision making, taking control, setting goals – have trialled a 3 week workshop and a 3 hour workshop – trials still happening</li> <li>• Seniors Information Service in collaboration with SSRG have applied for funding to write a train the trainer package for I Can(t)</li> <li>• <b>Dementia Workgroup</b> – Memory Hub launch 20 October @ 2pm – reminder and flyer has been sent to all by email and given out in meeting – guest speaker Rex Lipman “Don’t Miss the Bus’ - “ What if you could employ a few simple measures to fight cognitive decline, and to remain mentally and physically fit in your golden years? In easy-to-understand language, author Rex J Lipman presents insights and exercises that are proven to work.</li> <li>• still putting together reminiscence packs and buying resources for the Memory Hub</li> <li>• members were told about a story and video on you tube about Glen Campbell’s story with Alzheimer’s – can be viewed on SSRG you tube page</li> <li>• <b>SASMA Symposium</b> - good feedback - people got a lot out of it – the group are meeting to work out where to next and will invite interested people to join the group - discussion on holding another symposium in the future - people are willing to pay for a future symposium</li> </ul>	
<p>Information Sharing</p>	<p>Karen - ACH</p> <ul style="list-style-type: none"> <li>• have a new volunteer on board to help with the fishing group</li> <li>• have vacancies – send referrals in</li> </ul>	

- looking to build up Aldinga and Sellicks groups
- iPad and seniors groups at Coromandel Valley still going well
- Riverside Artists has some new referrals in
- McLaren Vale Club – art and painting classes on Tuesday afternoons, also doing computer tuition
- Elkanah Village – health sessions and tai chi happening – short courses
- staff members learning Chi Ball and will then hold classes
- yoga starting soon
- at the Aberfoyle Park Community Centre AGM there was a session on laughter yoga – exploring this to run at ACH for next year

Heather – Baptist Care

- Community Links going well
- funding has been changed to allow for two extra days of support
- group programs have capacity
- transport is full
- potential grant to buy a new vehicle – to be available to be used by different groups
- planning for summer program activities over December and January
- had student who developed a successful program with the cooking group

Karen - Resthaven

- Saturday's at Lane Cottages are going OK – have a few new clients
- Respite weekend at Silver Sands – have not had clients stay there yet - hopefully will be booked in November
- Lane Cottages - most programs have vacancies

Anisa – Red Cross

- trying to get more support to do volunteer engagement
- have ten volunteers now - all really engaged – have had seven matches with clients and volunteers so far
- talking with people about social support transport needs

	<ul style="list-style-type: none"> <li>• Mate's Program and Mental Health programs running</li> <li>• hoping to look at doing more group programs and activities – resources not available at present</li> <li>• Red Cross transport flyer has been rewritten by Anisa - <b>will email flyer to Bev to send to all</b></li> </ul> <p>Tonya – City of Onkaparinga</p> <ul style="list-style-type: none"> <li>• thank you for welcoming me into the group - looking forward to learning from you all</li> </ul> <p>Lynda – City of Mitcham</p> <ul style="list-style-type: none"> <li>• revisit the art of letter writing - Anam Cara - working across boundaries with Campbelltown and Unley Councils - looking at broadening the program - for people who have enjoyed letter writing and the art has died away - Denise Menzies at Unley is the main contact for anyone that wants to take part in the project - <b>send Bev copy by email to send out</b></li> <li>• went to Community Transport Conference in Canberra - over 20 industry speakers from different areas and with different backgrounds, this conference provided insight into the current state of community transport and the direction it is heading in. Took away a few themes which applied to most HACC funded programs - increased collaboration – being creative and entrepreneurial in terms of making more than one income stream – not being reliant totally on HACC funding – business enterprise model - decreasing contracts - website <a href="http://www.cto.org.au/">http://www.cto.org.au/</a></li> </ul> <p>Lisa – City of Onkaparinga</p> <ul style="list-style-type: none"> <li>• has moved into the Community Passenger Network Officer role</li> <li>• the Social Support program is developing a new brochure based on the Ignite your spark project</li> <li>• travel companion flyer being redone - hope to have by the Expo – Adelaide Metro are keen to promote in the Onkaparinga region</li> <li>• handout about new transport service – Options Transport provided</li> </ul>	
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	<p>by Red Cross in partnership with the City of Onkaparinga. Options Transport assists residents who have no other means of transport to remain independent - for Onkaparinga residents only - \$12 each way to travel outside of region - priority is medical transport but can include social as well - discussion on new program – can assist higher needs - addressing gaps found in the Onkaparinga region - under 65 with a disability - eligibility criteria applies</p>	
	<ul style="list-style-type: none"> <li>• Lisa will not be continuing on as chair – she will however be joining the steering group – thank you Lisa for all your hard work and commitment to the workgroup</li> <li>• no meeting in November – next meeting to be held in February and we will elect a new chairperson at that time - could rotate chair role amongst group members?</li> </ul>	

**Next meeting date: Cancelled November 2014**

**Christmas Breakfast Meeting: Tuesday 9 December, 8:30am @ the Espy Café – Jetty Road, Brighton**