



SOUTHERN SERVICES
REFORM GROUP

SSRG Workgroup Meeting
Workgroup: Social Inclusion
Date: 10 February 2015

Present: Elaine Mathieson, Angela Bell, Tonya Mitchell, Lynda Macphail, Sadie Goddard-Wrighton, Karen McDougle, Susie Born, Vanessa Leane, Sally Warnes (Project Officer), Bev Bannister (Minutes)

Apologies: Madeleine Scicluna, Maya Raj

Agenda Items	Discussion	Actions
Welcome and apologies	<ul style="list-style-type: none">• welcome and apologies• introductions were made around the table	
Previous minutes & business arising	<ul style="list-style-type: none">• previous minutes accepted• there was no meeting in November as we had a booth at the Disability and Lifestyle Expo• In December we had a breakfast meeting	<ul style="list-style-type: none">• Sally to collate information from December meeting

<p>Elect a new chair person</p>	<ul style="list-style-type: none"> • due to a change in roles, Lisa is no longer able to chair or attend these meetings • members were invited to nominate for the role of Chair • Tonya offered to chair and Sadie as vice chair • the group supported the nominations 	
<p>Umbrella project - explanation and input</p>	<ul style="list-style-type: none"> • poster and postcards were shown to new members with brief history of the Ignite your spark project • the Umbrella project plan was given out • the project will integrate all the projects developed by the SSRG under the one umbrella to campaign against loneliness, structuring the campaign in a solution focussed framework to give people options and choice • the campaign will have the slogan - 'what's stopping you' • the aim is to promote the campaign with umbrellas bearing the chosen slogan, with a desktop calendar - incorporating health tips, wellbeing tips, inspirational/motivational sayings, quotes, useful facts, goals etc. • there will be a landing page for the campaign on the SSRG website • there will need to be some kind of event to launch the project – ideas include – a gathering of some sort – a walk with umbrellas • each workgroup to work on content for the calendar • the plan is to roll the 4 workgroups into one or two groups....one of the groups being for the 'umbrella project' • Sally will be collating a spread sheet with all the ideas from the workgroups • ideas for the project include - <ul style="list-style-type: none"> • marking special days - Left handers day, in January go play bridge etc. • have reminder dates e.g. gutter cleaning due, change your smoke detector battery • have writing easy to read 	

	<ul style="list-style-type: none"> • have something personal e.g. section for setting goals, writing birthdays • statements to make people think - eg. no one likes to be alone at Christmas • planning hints – e.g. in November have you organised... ready for Christmas • consider volunteering - or helping people who are worse off than you – make someone’s life better • target both people that are capable of getting around and doing things and those who are physically inactive due to frailness or ill health - link into volunteers - have a list of contacts - series of I Can statements e.g. I can arrange for transport, I can find someone to help me get there, I can still do this • I am or I will..... statements - space for them to write their own • the focus will be the I Can - all projects will automatically link into this theme • have links/ideas for people about how to make links with a new friend - person can be busy but still lonely • recipes - mix of old style traditional and healthy type, nutritional • recipe book recommended by Lynda – City of Mitcham have developed a recipe book consisting of traditional type recipes from clients • cooking for one – doesn’t not fit with the war against loneliness - share your favourite recipe - take your favorite recipe to your neighbour - share your gift of food/recipe/hospitality - give your favourite biscuit today - link the recipe into the action • stand at the letter box and talk to someone - wave to someone today - think of something to be grateful for - say hi to your neighbour today - sit out the front and wave to people or talk to people as they go by • just for today I will..... • knock on a neighbours door and give them an umbrella - gift it forward - give a friend an umbrella today • actual quotes from people in your programs 	
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

	<ul style="list-style-type: none"> • we have quotes from working carers • quotes from Vanessa's clients 	
Project Officer report	<ul style="list-style-type: none"> • the group were shown City of Onkaparinga's Summer Magazine January 2015 edition showcasing three projects done by SSRG – How to Deal with Dementia (the Memory Hub), Life After Caring Program and We have Ignition (Ignite your spark program) • the Office of the Public Advocate are providing training sessions on Advanced Directives – SSRG will be holding two sessions - 19 February at City of Onkaparinga, 1.30 - 3pm; and 6 May at City of Marion on 9.30 - 11am - Free - for providers - can have community members - will be other sessions in other regions • app update – there are a lot of changes needed on the app because of the reform changes - Louise has returned to work to complete the app updates 	
Information Sharing	<p>Lynda – City of Mitcham</p> <ul style="list-style-type: none"> • expanding Don Juan lunches for men – second group about to start • Light House 40 – mentoring program in conjunction with Colonel Light Gardens Primary School has started again <p>Angela – City of Marion</p> <ul style="list-style-type: none"> • one on one support for all clients – varies depending on client needs e.g. iPad training, client who cannot see wants someone to read to her • Marion Wave Makers - new aquatics program – aqua aerobics - at SA Aquatic Centre at Marion in conjunction with YMCA - volunteers transport clients and support them - free to clients - had great feedback from this group so far - HACCC funded and coordinated by City of Marion - Thursday afternoons 	

	<p>Tonya – City of Onkaparinga</p> <ul style="list-style-type: none"> • the focus of the program has changed - transitioning clients to ongoing support • want to ramp up short term shopping and social connections • thinking of ways to engage with the community to make events more social inclusive • trying to engage with people who are not in services or already going to groups <p>Elaine – Uniting Communities</p> <ul style="list-style-type: none"> • Violet’s Visitors – helps to fill the gap left in an older person’s life where they can no longer have their own dog. A volunteer and their dog make regular visits to the older person - covering all of Adelaide • flyer for Neighbourhood Support Programs given out • wanting to build up client base - have lots of volunteers <p>Sadie – City of Holdfast Bay</p> <ul style="list-style-type: none"> • Keith and Sadie looking at self-management groups – bringing together like minded people – helps form the group and then leaves them to continue the group on their own • have made a calendar with old photos from residents - then and now photos and stories • Wise Moves group - starting again for 4th year - changing the format of the group • Partridge St General Practise becoming involved and helping create a new group for men – HIM Program (Health, Information and Motivation) – Wise Move equivalent for men - eight week course starting in May • Men’s Group going to Jamie Oliver kitchen • Men’s Group continues to enjoy lunches out • making more informal – have their key community leader – volunteers pretty much run the group – notify Sadie if not attending 	
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

	<p>Susie – Baptist Care</p> <ul style="list-style-type: none"> • new in the role and has been busy since starting • finished summer program – additional recreational programs through holiday period • Lifestyle course in conjunction with TAFE – February to April - cooking, nutrition, caring for your pets, shopping on a budget, reading food labels etc. • one on one support with people - waiting list is lengthy- trying to reduce time frame on waiting list • ongoing regular groups – have a small waiting list <p>Vanessa – St John</p> <ul style="list-style-type: none"> • Position slightly changed – working more broadly and collaboratively with the Community Care group • looking for research participants - wanting to understand how older people over 80 can flourish within limited circumstances - do you have any people that would like to be part of it? - living independently in their own homes - or living with family - diversity of people – all backgrounds 	<ul style="list-style-type: none"> • Vanessa to send blurb about what she wants to Sally for distribution to workgroups
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------

Next meeting date: 10 March 2015

Time: 9.30 - 11.30 am

Venue: ACH Meeting Rooms, 17 Elizabeth Rd, Christie Downs