

Some useful Apps:



EZYREG – for all your vehicle registration needs



SAPOL – for all information on the South Australian Police



Crime Stoppers – for easy reporting of crime and nuisance, can be logged anonymously



Affordable Living SA – an initiative of the Salvation Army, this app gives options for a wide variety of services and entertainment which are affordable or even free.



Public Toilet in Australia – find the nearest public toilet when you are in desperate need



First Aid-Australian Red Cross – basic information on how to deal with various physical injuries



Dob in a Litterer – Protect the environment you live in by sending a report to SAPOL



Report lost shopping trolleys for a chance to WIN one of 5 monthly \$1000 prizes



MyWaste App - this is the NAWMA app— download for local information and updates



Sends reports through to authorities in your local area, eg, Coles and Woolies for lost trolleys, Playford council for roads/signs etc. You just take a picture, write a note, leave the location and send

Do you have an app or a great facebook page that would be useful to share please let the Community Development Team know!



Better Places Stronger Communities News

August, September and October 2017

It is hard to believe we are over half way through the year already, this year is flying by. So far this year we have held over 65 activities in the local area with over 1200 people attending which is fantastic!

The Community Leadership Group is really putting forward some great ideas this year and have been keeping AnglicareSA well informed about local successes and challenges. I would like to thank all of the people that have been involved so far. I am very excited to inform you the Community Leadership Group has been nominated for an AnglicareSA award under partnerships and have made it to the finalist list. The awards will be held on the 22nd of August and I look forward to sharing the outcome with everyone after that. If anyone is interested in getting involved please contact Leonie or Denise.

We held another Affordable Living Initiative Workshop with another 27 households now receiving ceiling fans, door seals, window tinting and insulation. The workshop was really informative with lots of energy saving tips and hints. For details on the final workshop being held in September please contact AnglicareSA on 8409 3666.



Remember August is hard rubbish month for Elizabeth Vale tenants and Elizabeth Grove will have hard rubbish again in December. Hard rubbish is a great opportunity to get rid of unwanted items in your property with no cost to you. To book yourself in please contact; NAWMA on 1800 111 004.

If you would like further information on anything you see in the Newsletter or you would like to get involved please contact the Community Development Team on 8409 3666.



Refugee Week Celebration!

Taking Ramadan into consideration, BPSC held an event for Refugee week on the 29th June 2017 once Ramadan was finished. The event was an opportunity to recognise the journeys and the contribution that people from refugee backgrounds have made in enriching our culture here in Australia.

The Community enjoyed a plate of Syrian food provided by Reemo's Kitchen (**John Khateeb and his wife Reem**), who also spoke about their journey in arriving to Australia. We had a Syrian singer, Zohar, who played the Oud guitar and an Iraqi singer who played the Darbuka. After their lovely performance we had Egyptian Belly Dancer Nayima Hassan who did some great belly dancing and got a few people from the crowd involved.

There was also Blessing Gospel Choir who performed some beautiful uplifting songs. Many people danced and sang as they watched the performances. There was Henna provided by Bhumika and NDIS came to support the event and provide information on their services. CFC were there applying glitter tattoos on some very excited children.

The weather was enough to consider cancelling the event as it was raining and quite off putting for an outdoor event. However we went ahead and ended up getting a turn out of 40 children and 40 adults. It was a great afternoon and everyone seemed to enjoy themselves. We even had one of the children make a thankyou card to Anglicare for holding an event that he enjoyed. He gave it to his mum who attends our women's wellbeing group and asked her to pass it on to AnglicareSA.

It's these little things along with the lovely feedback and smiling faces that help make what we do so great!



NOW OPEN!

Plaster'n' Things

Create **Play Imagine Paint Explore Treasure**

Plaster'n' Things Offers Beautiful Plaster Statues, Plaques, Magnets and Gift Boxes for you to Paint, Decorate and Treasure - We have something for everyone!

Trading Hours

- Weekdays: 9.00am - 4.00pm
- Saturdays: 9.00am - 3.00pm
- Sundays: 11.00am - 3.00pm

Shop 3/60A Fairfield Road, Elizabeth Grove, 5112
www.plasternthings.com
 PH (08) 8255 1342 | E plasternthings@outlook.com

August Market Day
 Saturday 12th August

Breakfast Sizzle | Raffle Prizes
Market Stalls | Gift Ideas
Craft Stalls | Hot Donuts
Food | Drinks | Shop Specials
Henna Tattoos | And Much More!

Elizabeth Grove Shops, Fairfield Road
 9.00am to 3.00pm
 Phone: 8252 0040

Entry: \$5.00 for Stall Holders – Free Entry for public

Proudly Sponsored By:

'Better Places Stronger Communities News' is produced for BPSC tenants by the BPSC Team
 Shop 1, 60 Fairfield Road, ELIZABETH GROVE 5112, Phone: 8409 3666

Contributions and suggestions are most welcome....

Coordinator: Leonie Fuchs (8409 3660) or lfuchs@anglicaresa.com.au

If you wish to receive this Newsletter electronically please email lfuchs@anglicaresa.com.au



Haslam Complex—upgrades and a fresh start

You may have noticed a lot of work happening within the Haslam Complex lately. We have had UrbanVirons cleaning up the garden areas— cutting back plants, cleaning up leaf litter and spreading fresh gravel in the common areas. We have had a second clean up day which was a huge success thanks to the hard work of the tenants and the Projects Group that supported those who needed a hand, all enjoying a BBQ at the end of the day.

The lights have been upgraded to LED lights and should be keeping the complex well lit and safer in the evenings. The Haslam Projects group have started working in the area and new faces are always welcome this is a great way to get involved in the beautification and activation of the common areas in the complex.

There have been a large number of trades in the area as well—installing window tinting, ceiling fans, upgrading water and power fittings for those that have attended the Affordable Living Workshops.

For more information please contact Leonie 82093660

Haslam Projects Group

After some discussions around the overall looks and usability of the common spaces in the Haslam Complex AnglicareSA wanted give the tenants greater opportunities to be involved in the decision making about place making projects and sustainable solutions. After all tenants are the best placed to inform us on what is needed and what will work in their community.

Thus the Haslam Projects and Initiatives Group was born. Comprising predominantly of tenants in the Haslam complex the group has put together ideas to engage the residents with some planter boxes, a gazebo and some seating as well as creating a tidy garden and seating area near the caretakers hut. All participants in the group will be getting a sponsored membership to the Playford Men's Shed and will have the opportunity to be involved in the construction of some of the items and furniture that will be placed in the area. If you would like to get involved please contact Aaron on 8409 3658.

“People coming together as a community can make things happen!”

Jacob Rees-Mogg



AnglicareSA and Community Working together!

Living in a community environment gives a feeling of safety and comfort. This is the feeling that has been relayed to me from various tenants due to the work that is being carried out by both AnglicareSA and the community (everyday tenants) in general.

Working together on the supply and spreading of the mulch, to help beautify the area and also gives a sense of pride (yeah I live here and care about my surrounds). In general terms we are all working to make it better and every small gesture helps.

As members of the community we have input into what we would like to see being done to improve the overall look and safety of our homes, which we have done. We are talking to our neighbours now and aren't afraid to talk to people from around the area asking for and getting help where needed.

In the future we hope to plant some more around the area and make it look a whole lot better, so far we have plans to mark out a walking track to allow some of us a guide as to how far we are going. Also we hope to make a series of planter boxes around with vegies and flowers.

AnglicareSA and Community working together to erase the past and make a bright safer future.

By Tony

ANGLICARESA

Secombe Street Reserve

Have you been down to Secombe Street Reserve in Elizabeth Grove?



If you haven't been down to Secombe Street Reserve yet you really should go down and utilise the amazing facilities! There are BBQ's, water fountains, basketball courts, tennis courts, football goals and a measured walking/running track.

After school and school holidays activities run from this space so if you have children get them involved by contacting City of Playford on the details below. At all other times the space is available for community to use so make it a place to meet your friends for a hit of tennis, shoot some hoops or just enjoy the FREE BBQ facilities.

Playford Council have a range of programs, supports and plans that you can view by visiting;

<https://www.playford.sa.gov.au/> or follow City of Playford on Facebook



Secombe Street Reserve

FREE Sports Clinics – Term 3

at

Secombe Street Reserve, Elizabeth Grove

Day	Date	Time	Activity
Tuesday	1 August – 26 September	3:30pm – 4:30pm	Tennis
Thursday	3 August – 28 September	3:45pm – 4:45pm	Football
Friday	4 August – 29 September	3:45pm – 4:45pm	Basketball

Sports clinic sessions may be cancelled in the event of inclement weather or coach availability

Open to all young people aged 5 –16 years

All skill levels welcome

For more information or bookings please contact Louise on:

8256 0192 or lbenoit@playford.sa.gov.au



playford.sa.gov.au



Craft Group starting soon!

We are lucky enough to live in an area where people care about each other and because of this, two fantastic ladies have started volunteering at AnglicareSA to run a community craft group. Thank you Keri and Debbie for making the group happen!

It's nice to have a hobby that allows you to express your inner artist and design something beautiful and/or useful. Hobbies are a great way to take your mind off of work or challenges you might be having in your life. They are a wonderful distraction if you need one

Nothing like a new project to get the juices of creativity flowing. Are you ready to make something for yourself or as a gift? What colours will you use? How big should it be? Should it be practical or frivolous? How will you feel as you're creating it? How will you feel when it is finished?

Community – Often you can find a group in your area that shares similar crafting interests. Around here there are lots of homesteaders who enjoy sharing tips and suggestions on how to make things so we can all be more self-sufficient and/or live off-the-grid. It is a lovely way to meet people with similar interests and even make a new friend or two.

The beautiful jar and Christmas tree on the right is just an example of what was made at the Women's Wellbeing group—celebrating Christmas in July. Kerri and Debbie ran the craft activities on the day!

<https://katrinamayer.com/benefits-arts-crafts-adults-plus-pic-new-poncho/>



'Craft & Activities in the Grove'

A new and exciting group is starting in the area! Get out the house and lose yourself in two hours of craft and activities. No craft experience necessary. All welcome.
 Starts: August 11th 2017
 When: Every Friday Fortnight
 Time: 10am to 12pm
 Cost: Free
 Where: Plaster 'n' Things—60 Fairfield Road, Elizabeth Grove
 For more information or to register your interest please contact Keri on 0431765806



Tool Libraries!

Did you know AnglicareSA is working with Lutheran Community Care to provide FREE lawn mower and whipper snipper hire in your local area? Every fortnight you will find the team out and about in Elizabeth Vale and Elizabeth Grove area with a trailer full of mowers and whipper snippers. They are fully serviced, fuelled and the friendly volunteers will give you the rundown on how they work! Bring down some ID and you will be ready to go.

So if your lawn is in need of a tidy please pop down and utilise this great resource!

Haslam Complex Caretakers Hut

2nd August
 30th August
 27th September
 25th October
 22nd November
 20th December

Secombe Street Reserve

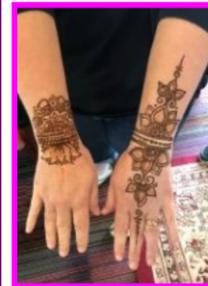
16th August
 11th October
 13th December

Mahood Street Open Area

13th September
 15th November



Womens Wellbeing Group



If you're feeling sad, depressed, worried or anxious, or if you are coping with difficult situations in your life, there are many places you can go for help to try and increase your wellbeing. These include talking to family or friends, counselling, support from your GP and/or medication, regular exercise and various alternative health practitioners. Some women have also found women's groups very helpful. A good way just to get out the house and interact with others.



WWBG is dedicated to initiating education, consciousness and empowerment raising activities for the health and wellbeing of women. This includes things that most women are so busy being super women that they don't make time for themselves. This group was created to allow 2 hours a week where you give time for you. We do things such as facials, massage, information sessions, craft, henna, meditation, yoga, self defence lessons etc.

We create a safe, supportive space for meeting, greeting, friendship, sharing and learning with like hearted women through our programmes, circles, events and gatherings. Join us every Wednesday during School terms at St Mary Magdalene School, 82 Fairfield Rd, Elizabeth South. Crèche (children supervision and care) is available so if you need to, you can get a bit of time to enjoy yourself whilst the little ones are being looked after.

The women's wellbeing group has been running for nearly a year. We have our regular group attendees who started off as strangers but have formed great friendships and connections through the group. We are always open to anyone joining us. It is absolutely free and all women are welcome.



Community Cooking and Chat

The Community Cooking and Chat Group is a group of people who gather together on a regular basis to take on cooking recipes and explore unfamiliar cuisine. Other reasons are that one person may have expertise in a certain area that they're willing to share with others. The main reason is that there's enormous fun to be had when a group of people gather together, roll up their collective sleeves, and get something delicious done.

Why cook?

We can learn to cook for many great reasons. Here are a few reasons why cooking can be beneficial for your health and why we should all try to learn how to do so.

Taste- They say there is nothing like home cooking. Learning to cook can help us achieve flavour greatness by learning what works and what doesn't work in the kitchen, Also how certain foods interact with each other. Cooking can help make the somewhat bland and uninteresting ingredients turn into decadent and enticing meals.

Experience- We can broaden our horizons by cooking from different ethnic cuisines. Different foods can take us to different places and experience different tastes than what we are used to and so we can learn about different cultures through food.

Health- When we cook for ourselves we can make more nutritious foods than we would find in packaged foods. We can even learn how to prepare foods so they are more nutritious!

Food Brings People Together- Its no wonder so many holidays are centred around or are celebrated with food. Food brings people together.

Independence- Learning to cook can give us a great sense of freedom and independence. Knowing you are able to cook for yourself can give you the satisfaction that you are looking after

yourself and you can provide nourishing meals for yourself and or families.

Cost- So many foods cost a lot more when bought pre-packaged. Its amazing how much cheaper it is to make your own versions of certain foods!

Cultural Lineage- Teaching your family and/or loved ones to cook recipes or your favourite culinary creations can be a way to pass down information that will live on forever through food.

Expression of Love- One of the greatest benefits of cooking, especially for others, is that by cooking you can express to others your love and show how you care for them.... It doesn't have to be a chore!

The Community Cooking and Chats group has been running for 2 years. It is held at the Elizabeth Vale Soccer Club on Mofflin Rd and runs every fortnight between 11am and 2pm. There have been many people join the group and not only learn great skills but also create friendships. All are welcome. Come along and join us for some fun and delicious meals.



NATIONAL CHILD PROTECTION WEEK 2017

3rd – 9th September

PROTECTING CHILDREN IS EVERYONE'S BUSINESS



Child abuse and neglect is one of Australia's most significant social problems. Last year over 35,000 Australian children were proven to have been abused or neglected.

The term 'child abuse' includes:

- **Physical abuse:** non-accidental aggressive act towards a child including slapping, shaking, punching, kicking etc.
- **Psychological abuse:** includes rejecting, ignoring, terrorising and/or not providing emotional support and care.
- **Sexual abuse:** any sexual activity between a child and an adult or older person (5 or more years older). Includes fondling, oral or anal and vaginal penetration, exposing or involving a child in pornography, voyeurism etc.
- **Neglect:** failure to provide for a child's basic needs, including not enough food, shelter, clothing, supervision, medical attention etc.
- **Children's exposure to Family Violence:** a child being present, either hearing or seeing, while a parent or sibling is subjected to physical, sexual or psychological abuse or is exposed to damage caused by the abuser.

Child abuse is rarely a one off incident and is always harmful. Tens of thousands of children are psychologically and/or physically harmed each year or die from the impact of child abuse and neglect. Far too often that damage lasts a lifetime. Child abuse is known to increase the risks of:

- Substance addiction
- Crime
- Homelessness
- Poor physical health
- Educational failure
- Poor employability prospects
- Depression & suicide

As a result, past victims of abuse and neglect are grossly over-represented in the populations of our prisons, as perpetrators of crime and violence, and amongst the economically and socially disadvantaged members of our society.

Given the size of the problem, and the psychological, emotional and physical damage that can result, child abuse and neglect represents one of the greatest barriers and threats to the wellbeing of Australian children, young people and the next generation of children and adults. It affects mental, emotional and physical health, levels of violence and crime, addiction, educational attainment and employment. The consequences can be lifelong and it has been found that the perpetration of violence and abuse can also be passed on to future generations (Tomison, 1996). Proven cases of abuse and neglect affecting Indigenous children average six times greater than the broader population.

For this and further information please go to the NAPCAN web-site;

<http://napcan.org.au/>



PROTECTING CHILDREN IS EVERYONE'S BUSINESS



NEIGHBOUR

Talk to your neighbours & take the time to build relationships with families in your street, apartment, building or community.



TEACHER

Engage students & families in school activities to create a shared space where children can learn & grow.



POLICE

Be approachable & involve yourself in community events to build trusting relationships with families, children & young people.



AUNT/UNCLE

Spend time with the children in your life. Make your influence positive.



DOCTOR/NURSE

Check in with parents & families on how things are going & link them to local services.

PLAY YOUR PART
START A CONVERSATION TODAY



TO FIND OUT ABOUT YOUR ROLE VISIT NAPCAN.ORG.AU

Supported By: Department of Families, Housing, Community Services and Indigenous Affairs

Child-safe environments

Our community response to child abuse and neglect

"Reducing vulnerability of families and protecting children from abuse and neglect begins with developing a shared understanding of and responsibility for, tackling the problem of child abuse and neglect."

(National Child Protection Framework, 2009)

Do you need your Child Safe Environments certificate?

AnglicareSA staff will be delivering a FREE child safe environments training for Community members on the Tuesday the 29th August in your local area. Places are limited so please register your interest by calling 8409 3666.

Bookings are essential and places are limited.

Devote some time in the day just for you!

FUN FREE OUTDOOR FITNESS CAMPS

ON NOW

ELIZABETH GROVE PRIMARY SCHOOL
SCHOOL GYM (entry via black gates off Smitham Street)
ELIZABETH GROVE

NO JOINING FEE, NO CLASS FEE, IT'S ALL FREE!



REGISTER TODAY TO BOOK YOUR SESSION AND GET A FREE TAILORED NUTRITION PLAN!

www.livelifeggetactive.com

CLASSES START AT 5.15PM DAILY - EACH RUNS FOR 45MINS

Mon	Tue	Wed	Thurs	Fri
				
X-TRAINING	YOGA	BOXING	X-TRAINING	BOXING

PROUDLY SUPPORTED BY






Live Life Get Active is a community initiative that is facilitated and funded by Corporate Australia and Local Government.
Live Life Get Active Pty Ltd ABN 53 152 823 071

Did you know there are FREE fitness camps available in your local area?

AnglicareSA's Better Places Stronger Communities team is supporting this initiative ensuring there are local opportunities for tenants and the wider to community to participate and stay healthy and fit! Get involved today!



Government of South Australia
Department for Communities and Social Inclusion

Are you eligible for a concession?

Do YOU have a **Commonwealth Seniors Health Card?** Are YOU on a **low income?**

Are YOU a **pensioner?** Yes?

Do YOU receive a benefit from **Centrelink?**

The South Australian Government provides a range of concessions, here is a brief overview of concession information;

These Include	2017-18 financial year	
Cost of living (for tenants)	\$101.40	
Cost of living (Commonwealth Seniors Health)	\$101.40	
Energy	Up to \$217.90	
Water and sewage	Min	max
Water (home owner occupier)	\$187.50	\$298.90
Water (for tenants)	\$121.60	\$233.10

Cost of Living Concessions: Are you eligible?

- Rent your accommodation and it is your principal place of residence
- Hold a Pensioner Concession Card or a Department of Veterans Affairs Gold Card
- Are in receipt of an eligible Centrelink allowance
- Are on a low income
- Hold a Commonwealth Seniors Health Card
- If you are tenant, you must not be sharing a house with someone with an income of more than \$3,000 per annum unless that person is a spouse/domestic partner/dependant or is in receipt of a Centrelink benefit or pension, or a pension from the Department of Veterans' Affairs

Water Concessions: Are you eligible?

- The water concession is calculated at 30% of your total water account over the financial year, subject to minimum and maximum amounts.
- Are a home owner and occupy the property as your principal place of residence;
- Hold a Pensioner Concession card or a Department of Veterans' Affairs Gold Card(TPI, EDA, War Widow or with 80 or more overall impairment points under the Military Rehabilitation and Compensation Act 2004 (Cwith)), or Centrelink Low Income HealthCare Card.

- are in receipt of an eligible Centrelink Allowance
- are on a low income and do not hold a Centrelink Low Income Health Care Card

Energy Concession: Are you eligible?

- are claiming the concession for the address of your principal place of residence and your name appears on the electricity account
- do not live with anyone who has an income of more than \$3,000 per year, unless they are a spouse/ domestic partner/dependant, or receive an allowance from Centrelink or the Department of Veterans' Affairs (DVA);
- hold a Pensioner Concession Card, or a Department of Veterans' Affairs Gold Card (TPI, EDA, War Widow or with 80 or more overall impairment points under the Military Rehabilitation and Compensation Act 2004

You may be eligible for other concessions including Medical Heating and Cooling Concession, Transport Concession, Emergency Services Levy

Concession Hotline: 1800 307 758
Medical heating and cooling hotline; 1300 735 350
Email: concessions@sa.gov.au
Website: www.sa.gov.au/concessions

Concessions Eligibility	Cost of Living	Sewer	Water	Energy	ESL
Pensioner Concession Card	✓	✓	✓	✓	✓
DVA Gold Card	✓	✓	✓	✓	✓
British and NZ War Widow	✓	✓	✓	✓	✓
Centrelink Beneficiary	✓	✓	✓	✓	✓
Austudy, ABSTUDY	✓	✓	✓	✓	✓
Low Income	✓	✓	✓		
Commonwealth Seniors Health Card	✓			✓	✓
Centrelink Low Income Health Care Card	✓	✓	✓	✓	✓

What is Communities for Children and what do they do?

Communities for Children work in partnership with existing services and networks to improve outcomes and the well-being of children in the areas of Healthy Young Families, supporting Families and Parents, early learning, school transition and engagement and child friendly communities.

Communities for Children works within the community to address the needs of children 0-12 years and their families to give them the best possible start in life, both directly and within the contexts of their family and their community!

Programs are varied and change depending on the needs of the communities including; Arts based programs, theatre, playgroups, one on one support, school based programs, school holiday activities and many more.

If you have children 0-12 and would like to know more about programs that are **free** for you and your Family, including free local school holiday activities or to go on the community mailing list please contact the Communities for Children Playford on;

8209 5754 or
email: cfcplayford@anglicaresa.com.au



United We Read...

AnglicareSA, Playford Communities for Children are proudly funding United We Read in the Elizabeth Grove and Elizabeth Vale area.

1 in 5 children from low socio-economic backgrounds start school unprepared with the basics to succeed. To combat this United Way have partnered with the Dolly Parton Imagination Library seeking to improve pre-literacy skills of children aged 0-5 in the Playford area and are rolling out the United We Read program.

The focus is on children 3 years and under and by signing up to the program each participant will receive 1 free book every month for a 12 month period. So far in Australia over 90,000 books have been distributed to over 6300 children in various communities.

There will be a launch event at the Elizabeth Vale soccer club on Thursday the 10th of August at 3:30pm– 5:00pm with games and activities for all the family, plus a visit from some Central Districts football players and children's author Katrina Germeinto read one of her books, all are welcome so come and enjoy the day.

The Elizabeth Vale and Grove program will cater for 60 children and we still have some vacancies available so if you have a child that is 3 or under and you would like to receive a free book to encourage reading then please call Aaron on 8409 3658.



playford communities for children
ANGLICARESA

playford communities for children



Funded by the Australian Government Department of Social Services



DISABILITY SERVICES

AnglicareSA NDIS Customer Advocate

'NDIS is more about you'

Are you or someone you know applying for supports through the National Disability Insurance Agency?

National Disability Insurance Scheme (NDIS) is an important change, and AnglicareSA is here for you.

NDIS is focused on creating an equitable service with greater choices for you.

We can support you to navigate through the NDIS process supporting you to achieve your goals.

AnglicareSA has employed an NDIS Customer Advocate who can assist you to understand NDIS and how it will affect your personal situation.

The NCA can be contacted either by phone or email and you can organise to meet with them in person at a time and place convenient to you.

If you or someone you know have any concerns about the NDIS process or would like support from AnglicareSA please contact us on 1800 953 001 or email NDIS@anglicaresa.com.au and we will endeavour to get back to you within 24 hours of contact.

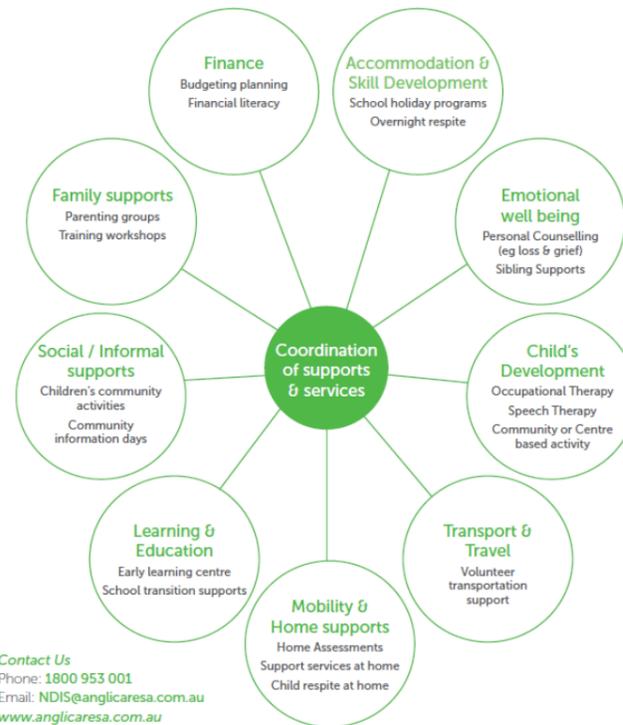
More info on NDIS is available
Go to: www.ndis.gov.au for the FAQs.



DISABILITY SERVICES

AnglicareSA's Disability & NDIS Services are more about you

Access our services to support your goals.



Contact Us
Phone: 1800 953 001
Email: NDIS@anglicaresa.com.au
www.anglicaresa.com.au

Financial Counselling – Did you know we have our own financial counsellors here to help you?

From time to time, many people find themselves struggling to buy food, pay the rent and can be juggling numerous debts. If you're in this situation, a financial counsellor can help you understand your options so that you can get back on your feet.

A financial counsellor can...

- Look at your financial situation
- Help you organise your budget
- Suggest ways to manage your debt
- Negotiate with your creditor/s
- Talk to you about your rights and responsibilities as a consumer
- Discuss bankruptcy and its alternatives
- Refer you to other services if needed

For further information and or to make an appointment please call 1800 759 707



Free NDIS information session

Are you confused about the NDIS system?

Do you need some assistance with eligibility and where to start?

Are you overwhelmed by the thought of the NDIS?

Playford Communities for Children will be hosting an information session which will be headlined by Feros Care. Feros Care are the NDIS Local Area Coordinators for the Playford region and they will be answering your questions and giving some general advice on the new system.

The session topics will include;

- What is the NDIS
- My First plan
- Can I access the NDIS
- Starting my plan
- Reviewing my plan

After the formal session representatives from Feros Care and AnglicareSA's NDIS Customer Advocate team will be on hand to answer more pointed questions and assist with your enquiries.

For information on Feros Care you can go to <https://www.feroscare.com.au/>

When: Tuesday 15th August, 2017
10:30am-12noon
Where: AnglicareSA - The Platform
73 Elizabeth Way, Elizabeth
(next to Northern Sound System)

Light refreshments, tea and coffee will be provided free of charge, all are welcome.

For more information or to make a reservation please contact Aaron from AnglicareSA
Ph: 08 8209 5440
E: acooke@anglicaresa.com.au



Communities for Children is funded by the Australian Government Department of Social Services



- Is remaining in your own home important to you?
- Do you need some assistance to stay independent and in control?
- Would you like some help at home but don't know where to start?
- AnglicareSA's Aged Care Customer Advocate may be able to assist you.

The AnglicareSA Aged Care Customer Advocate is able to provide free information, support and advocacy for individuals and groups about the aged care system and aged care services.

Types of assistance include:

- Assistance with contacting My Aged Care
- Attending in-home assessments
- Supporting individuals (as well as their families and other representatives) as they enter the aged care system
- Provision of information and education sessions to the public



The Aged Care Customer Advocate is contactable Monday to Friday via:

P: 1800 317 009

E: agedcareadvocacy@anglicaresa.com.au



Did you know AnglicareSA provide Age Care services in your local area? There are a great deal options to choose from and remember we are here to support you.

Residential Aged Care Facilities: Canterbury Close, Dutton Court, Ian George Court.

Allied Health Services (Elizabeth): Home Support Services, Assessment and Assertive Case Management, Podiatry, Physiotherapy, Exercise Physiologist, Ongoing Allied Health and Therapy Services, Other Allied Health and Therapy Services, Restorative Care Services, Occupational Therapy, Hydrotherapy.

Homecare Packages Level 1-4: A homecare package is a coordinated package of services tailored to meet your specific care needs to help you stay in your own home as you get older and give you choice and flexibility in the way your care and services are provided to you at home.

Commonwealth Home Support Programme: The Commonwealth Home Support Programme is an entry level home help program for older people who need some help with daily tasks to live independently at home. Services provided in this program include cleaning, laundry, shopping, personal care assistance, meal preparation, social support, transport, provision of goods and equipment, home maintenance, home modifications, nursing and respite care

Assistance with Care and Housing Support: Assessment, Referrals, Advocacy, Financial, Legal

Centre Based Respite: The Guesthouse: Centre Based Day Respite, Community Access - Group, Residential Day Respite, Individual Respite, and Other planned respite.

