

## Merry Christmas Word Search

Search for the words going up, down, left and right.

tinsel  
sack  
lights  
Rudolph  
glitter  
angel  
stocking

presents  
Santa  
tree  
sleigh  
Christmas  
twinkle  
star

[www.superduperkidsblog.com](http://www.superduperkidsblog.com)

## Easy Christmas Pudding

- 5 cups (1kg) mixed dried fruit
- 3 eggs
- 1 cup firmly packed brown sugar
- 300ml sour cream
- 2 1/4 cups (335g) plain flour
- 1 tsp ground nutmeg
- 1 tsp bicarbonate of soda



1. Grease a pudding steamer or basin (1.75-litre/7-cup capacity), line base with a round of baking paper.
2. Place mixed fruit into a large bowl, stir to separate fruit.
3. Beat eggs and sifted brown sugar in a small bowl with an electric mixer until thick and creamy. Add egg mixture to the mixed fruit then stir in the sour cream and sifted dry ingredients.
4. Spoon pudding mixture into the prepared steamer. Place a 30cm x 40cm sheet of foil on bench, grease foil; top with a sheet of baking paper. Fold a 5cm pleat crossways through the centre of both sheets.
5. Place sheets, baking paper-side-down, over steamer, secure with lid or string. Make a handle with excess string. Crush surplus foil and baking paper firmly around rim to help form a good seal.
6. Place the pudding in a large boiler with enough boiling water to come halfway up the side of steamer. Cover the boiler with a tight-fitting lid; steam for 5 hours. Replenish with boiling water as necessary to maintain boil and water level during cooking. Stand the pudding for 15 minutes before turning out. Cool.
7. Wrap the pudding thoroughly in plastic wrap then place in an airtight contain

<http://www.foodtolove.com.au/recipes/easy-christmas-pudding-17769>

November, December 2017 and January 2018

Welcome to the Summer edition of the BPSC Community Newsletter, it is hard to believe that the holiday season is upon us already. We are looking forward to our Community Christmas Celebration on the 5th of December at Burgate Street Reserve- details pg. 2, last year we had such a great afternoon and we are hoping for another fun filled celebration.

The School holidays are also coming up so if you have Children or grandchildren between the ages of 0-12 get in contact the AnglicareSA's Playford Communities for Children to see what fun activities you can link in with during the big break. Call 8209 5754 or email [cfc@anglicaresa.com.au](mailto:cfc@anglicaresa.com.au) for further information.

Did you hear we held a Forum on Drugs on Friday the 20th of October at the Elizabeth Vale Soccer Club? Approximately 30 individuals from different organisations and the broader community came to the forum which was an initiative of the Community Leaderships group. They had concerns around the number of people taking drugs in the community and wanted some information to increase their understanding of the issues and why it is so difficult for people to break the cycle.

SAPOL presented information about what they are doing with early interventions and what their response is when called out to drug related crimes. We were also very lucky to have Vita Berghout who is a Co-morbidity Specialist specializing in Drugs and Alcohol and Mental Health. She is a lecturer on the topics of mental health & drugs & alcohol, and she works collaboratively across both Government and Non-Government sectors providing training in an effort to promote best practice and service excellence. She has degrees in Social Science and Social Work, and a graduate diploma in Addiction & Mental Health. The information provided was very informative and there was a lot squeezed into the two hour time slot.



### AnglicareSA Awards:

I am so pleased to share with you that the Community Leadership Group won an award at the AnglicareSA awards.



The Award the CLG won was for High Achievement Recognises a program or project that has strengthened external links resulting in significant benefits to customer, community, a partner organisation or AnglicareSA. This may include partnership with other agencies, community, industries and businesses, parishes or indigenous communities. We were lucky enough to get four members of the CLG to attend on the day to accept the award.

The CLG have become instrumental in driving initiatives and activities in the area- moving from a deficit based headset to a strengths base model. In the last couple of months the group have come up with so many ideas, some already coming to fruition as you will see throughout the newsletter-including but not limited to;

- Book Swap shelf pg.5
- Community Drug Forum pg.1
- Gardening Competition pg. 10
- Community Craft group pg.7

If you would like to get involved in future planning and driving of initiatives in your local area please see details on page 7 or just call the Community Development Team on 1800 252 772.

**From all of the team have a safe and happy festive season and we look forward to seeing you somewhere soon!**



**Why not give these craft ideas a go?**



'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](mailto:lfuchs@anglicaresa.com.au)

If you wish to receive this Newsletter electronically please email [lfuchs@anglicaresa.com.au](mailto:lfuchs@anglicaresa.com.au)



INVITATION

# Community Christmas Celebration

**WHEN**

Tuesday 5th December 2017  
4.00pm to 6.30pm

**WHERE**

Burgate Park  
Corner of Fairfield Rd & Burgate St  
Elizabeth Grove



- \* Free BBQ & raffle
- \* Bouncy Castle
- \* Children's activities
- \* Face painter
- \* An appearance by Santa with gifts
- \* Cooking demonstration & community information
- \* Craft activities for young and old
- \* Gospel Choir performance
- \* Something for everyone!

**RSVP**

Please register your children to receive a gift from Santa to either Denise or Leonie on 8409 3666

The winner of the Solar Panels and Battery Storage System raffle will be drawn at 5pm!



**RU OK? Day at Secombe Reserve**

On the 14th of September we held a R U OK? Day celebration at Secombe Reserve, Elizabeth Grove.

We had a lovely BBQ and played some good old fashioned games that got the conversations and the laughter going.

We were joined by City of Playford staff and staff from AnglicareSA Grief and Loss team, they shared information and joined the conversations.

**What is it all about?**

R U OK DAY is a national reminder, that we've all got what it takes to ask, "are you ok?" and support those struggling with life. It is held on the second Thursday of September every year. On this day AnglicareSA held a BBQ to recognise and raise awareness on mental health and bring people in the community together. R U OK's mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life. To raise awareness in a world where we're all connected and are protected from suicide.

**The goals of the day are to:**

- Boost our confidence to meaningfully connect and ask about life's ups and downs
- Nurture our sense of responsibility to regularly connect and support others strengthen our sense of belonging because we know people are there for us be relevant, strong and dynamic



ANGLICARESA



**Supports available.....**

AnglicareSA provide a large number of support services if you ever feel as though you need help ask for help. Below are some of the many services available.

**Loss and Grief Counselling**

Our loss and grief services provide sensitive, caring, professional support and assistance to adults, children and families experiencing grief. Most people, at some point in their lives, will experience a significant loss. The grief that follows is a normal emotional response to loss. Grief can seem overwhelming at times, but with time and patients and caring support most people can adjust to their new circumstances.

AnglicareSA loss and grief services also offer support groups and grief counselling for children and young people. In situations where additional support is needed, loss and grief counselling can provide the necessary support in an environment that is caring and empathetic.

For further information please visit the AnglicareSA website or call 8131 3400



**Supports available.....**

**Suicide Prevention Service**

AnglicareSA Suicide Prevention Service is a free program providing specialised support to individuals who have attempted suicide, or have strong suicidal ideation. The service offers intensive support for 3 months, helping people to develop strategies to prevent further suicide attempts. The program also works with individual and their families to identify and connect with community and social groups that can specialised support to assist with the unique needs of each individual and family.

It is estimated that for every suicide there are at least 30 attempts – 236 people died by suicide in 2015 in South Australia

The program also provides information and support to family and friends of suicide attempt survivors. Families and friends can assist with the process of supporting individuals who are recovering from a suicide attempt.

For further information please call 8305 9200





COMPETITION

# Better Places Stronger Communities Garden Competition

Nominations for the 2017 Better Places Stronger Communities Garden Competition are now open!

The Garden Competition is held to recognise local gardeners and encourage community interest in local gardens which enhances the presentation and liveability of our community.

The competition is an opportunity for tenants to showcase their gardens and have their enthusiasm and hard work recognised. **If you dig gardening**, it's time to showcase your green thumb and enter the Garden Competition.

We strongly encourage entries from young aspiring green thumbs to older green thumbs, individual gardeners, families, community groups, different cultural groups, gardeners with different abilities.

Nomination forms are available at the Elizabeth Grove local AnglicareSA office.

The categories are:

- Best small garden or container garden;
- Best produce garden;
- Best lawn;
- Best colourful garden;
- Best overall garden; and
- Best community garden.

Win 1 of 6 Bunnings Vouchers



## Hot weather risks and staying cool.

We live in a sunburnt country where hot days and heatwaves can stress our bodies. Here's a few tips on how to stay cool and hydrated.

Heatwaves have killed more Australians than all other natural hazards combined. There were 430 deaths during the severe heatwaves in south-eastern Australia in 2009 .

Who is most at risk from hot weather?

While most people find extremely hot weather and heatwave uncomfortable, some people have a higher risk than other of becoming ill. These include:

- People over the age of 75
- Babies and young children
- People with long term health conditions like diabetes, circulatory disease or respiratory disease
- People who are obese
- People that are socially isolated
- People who are not acclimatised to the heat eg.; visitors from overseas.

## Tips to help you stay well during hot weather

### Drink plenty of water

One of the best ways to avoid heat-related illness is to drink plenty of water. It's important to keep drinking water even if you don't feel thirsty because this can prevent you from becoming dehydrated. Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse.

### Keep your body cool

Keeping as cool as possible can also help you prevent heat-related illness. Make sure you stay out of the sun. Drinking cold drinks and eating smaller, cold meals such as salads and fruit, can also help you to keep cool. Other things to do include wearing light-coloured and loose-fitting clothes made from natural fibers such as cotton, and taking cool showers or baths.

### Keep your house cool

You can help keep your house cool by shutting curtains and blinds during the day. If you don't have air-conditioning, go to a place such as a library, shopping centre, cinema or swimming pool. Stay in the coolest room in the house and use the stove oven as little as possible.

### Take care of others

Visit or call elderly friends, neighbours or relatives at least once a day. Check they have water in the fridge and encourage them to drink it. Offer to take them out to the places where the buildings will be well air-conditioned. Children also need to be reminded to drink water, and babies, children or animals should never be left alone in a car, even if the air-conditioner is on. Ensure animals have water and plenty of shade if they are outside.

For Further information go to [www.health.sa.gov.au](http://www.health.sa.gov.au) or call 8226 7115

## TENANT DEBT INCENTIVE SCHEME

### 1st INCENTIVE PRIZE DRAW

On August 24th the 1st Incentive Prize Draw was undertaken at midday at the BPSC office at Elizabeth Grove. Tenancy Officers have been working closely with tenants to reduce the amount of non-rent debt mainly contributed to by water invoices and tenant property damage invoices.

### WINNERS

Sue from Elizabeth Vale was the winner of the **\$100 Reading Cinemas Gift Card**

Mervin from Elizabeth Grove was the winner of the **Adelaide Show Family Value Pass**

### OUTCOMES

The overall level of non-rent debt has **decreased** for the same time as last year

At the time of the draw 466 properties were housed

Of the 466 properties, **364 households** were **eligible** and entered into the draw

Since the commencement of this incentive in April 2017;

- ◆ **63 households** have moved from a **debt balance to a credit balance**
- ◆ **42 households** have entered into **acceptable payment plans**



### Equipment for loan!

Do you ever feel like having a hit of tennis or you would like to shoot a few hoops but don't have the equipment? We now have some tennis rackets/balls and a basketball available for you to use for FREE from the Elizabeth Grove office. With Secombe Reserve at your door step and the basketball hoop at Burgate Street Reserve please come and use them and enjoy the beautiful summer.



Devote some time in the day just for you!

## FUN FREE OUTDOOR FITNESS CAMPS

**ON NOW**  
**ELIZABETH GROVE PRIMARY SCHOOL**  
**NORTHERN END OF SCHOOL OVAL**  
**20 HAYNES 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.livelifegotactive.com](http://www.livelifegotactive.com)

CLASSES START AT 5.30PM DAILY - EACH RUNS FOR 45MINS

Mon	Tue	Wed	Thurs	Fri
X	Y	B	X	B
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 83 182 823 071

### Grenville Community Connections Hub

*The Hub is a vibrant and welcoming Centre bringing people together in the spirit of friendship and shared interests."*

The Grenville Community Connections Hub provides a single point of contact for a broad range of services for people 50 years and over, including:

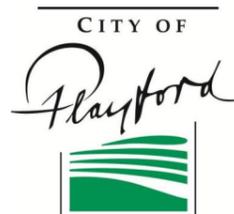
- Leisure and Recreation activities
- Health education forums and events
- Entertainment and outings
- Links to services and information
- Therapy services, including massage and counselling
- Grenville Day activities
- Grenville dining is open Monday to Friday for delicious low cost meals, including some low cost and tasty frozen take-home meals Grenville café is open Monday to Friday for morning and afternoon teas and healthy nutritious snacks
- Respite programs
- Home assist services
- Community Passenger network

The Grenville Centre aims to provide a place which encourages and promotes lifelong learning, physical activity, healthy living, social connections, participation and enjoyment.

We also provide information, knowledge and support to assist people to remain independent in the community and to live life to the fullest.

Check the links on the left hand menu for the weekly activities program and information about the wide range of services we provide.

The Grenville Community Connections Hub is conveniently located next to the Elizabeth Shopping Centre and the Civic Centre on Playford Boulevard, Elizabeth.



For further information please visit:  
<http://www.playford.sa.gov.au/grenville>  
 or phone **08 8256 0377**.

### It's been a busy year...



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# Community Co-Design

The Community Development team are kicking off some beautification works around the Elizabeth Grove shops and **WE NEED YOU!**

The idea of Community Co-Design is that you, community members, are the ones who have the majority say into what goes into the area. Make sure you come down to the office to cast your vote on what you would like to see at your local shops.



 <h3>Bench Seating</h3> <p>Areas to sit down while waiting for the doctor or for food from 'Dinner at the Grove' or just somewhere to take a much needed rest.</p> <p>The designs above are purely concepts and not indicative of what will be put in if this option is selected.</p>	 <h3>Community Grow Cart</h3> <p>Food grown by the community for the community. A set up that allows you to give away the excess fruit, veg, eggs or flowers that you produce and also pick up items that someone else has dropped off.</p> <p>The designs above are purely concepts and not indicative of what will be put in if this option is selected.</p>	 <h3>Tile Mosaics</h3> <p>Inject some colour and life through tile mosaics and patterns on the footpaths and furniture that will be installed.</p> <p>The designs above are purely concepts and not indicative of what will be put in if this option is selected.</p>
 <h3>Planter Boxes/Herb Gardens</h3> <p>Community herb gardens or planter boxes that can be accessed and enjoyed by all.</p> <p>The designs above are purely concepts and not indicative of what will be put in if this option is selected.</p>	 <h3>Table and Chairs</h3> <p>Furniture so you can sit down and eat or even just to chat with some friends.</p> <p>The designs above are purely concepts and not indicative of what will be put in if this option is selected.</p>	 <h3>Shady or Fruit Trees</h3> <p>At the front of the carpark we could plan some nice shade or fruit trees, please indicate what you would prefer</p> <p>Shade _____ Fruit _____</p>



Votes are made by putting a sticker on the item or items (pictured above) that you would like to see in the area.

Voting closes November 17th and from there we will consolidate the votes and make a plan of action.

If you are interested in helping with the manufacturing of furniture or getting your hands dirty with the hands on stuff please call Aaron on 8409 3658.



We are super proud to have initiated another Community Leaderships Group project in the area. Next time you come to the Elizabeth Grove Shopping Centre make sure you come and grab a book from the Book Swap Shelf...

Book swapping has been around for decades and we are now supporting the idea by having a book shelf with books available for people to utilise locally.

The way it works it easy.....

1. Bring your old books
2. Swap them for something on the shelf
3. Repeat and enjoy!
4. Tell your friends and fellow book lovers



## So Why Read?

### 1. Mental Stimulation

Studies have shown that staying mentally stimulated can [slow the progress](#) of (or possibly even prevent) Alzheimer's and Dementia, since keeping your brain active and engaged prevents it from losing power. Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy, so the phrase "use it or lose it" is particularly apt when it comes to your mind. [Doing puzzles and playing games](#) such as chess have also been found to be helpful with cognitive stimulation.

### 2. Stress reduction

No matter how much [stress](#) you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax

### 3. Knowledge

Everything you read fills your head with new bits of information, and you never know when it might come in handy. The more knowledge you have, the better-equipped you are to tackle any challenge you'll ever face. Additionally, here's a bit of food for thought: should you ever find yourself in dire circumstances, remember that although you might lose everything else—your job, your possessions, your money, even your health—knowledge can never be taken from you

### 4. Memory Improvement

When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember, but brains are marvellous things and can remember these things with relative ease. Amazingly enough, [every new memory you create forges new synapses \(brain pathways\)](#) and strengthens existing ones, which assists in short-term [memory](#) recall as well as stabilising moods. How cool is that?

### 5. Improved Focus and Concentration

In our internet-crazed world, attention is drawn in a million different directions at once as we multi-task through every day. In a single 5-minute span, the average person will divide their time between working on a task, checking email, chatting with a couple of people (via gchat, skype, etc.), keeping an eye on twitter, monitoring their smartphone, and interacting with co-workers. This type of ADD-like behaviour causes stress levels to rise, and [lowers our productivity](#).

When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you're absorbing. Try reading for 15-20 minutes before work (i.e. on your morning commute, if you take public transit), and you'll be surprised at how much more focused you are once you get to the office.

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**ANGLICARESA**

## Women's Health Service



**Welcome**

**About Women's Health Service**

**Information for Women**

**Information for Service Providers**

**Crisis Services**

**Resources**

### Welcome to Women's Health Service

We provide clinical and emotional health and wellbeing services as part of the Women's and Children's Health Network.

Our services are provided by women for women in welcoming, safe and culturally respectful health centres across metropolitan Adelaide.

Our services are for:

- Women experiencing domestic and family violence (related health issues)
- Aboriginal and/or Torres Strait Islander women
- refugee and newly arrived migrant women
- women experiencing challenging health or life issues who have significant difficulty in accessing health services

Our service locations can be booked through **8444 0700**

- 47 Dale Street, **Port Adelaide** – phone 8444 0700
- GP Plus Centre, 16 Playford Boulevard, **Elizabeth** – phone 8444 0700 - ask for Elizabeth

Outreach services are provided at:

- GP Plus Super Clinic, 1 Gilles Crescent, **Hillcrest** - phone 8444 0700 - ask for Gilles Plains

Phone your local service site for information on our services and appointment times. Interpreters can be arranged. Please ask when making an appointment.

Do you know about The Women's Health Service, with clinics located at Elizabeth, Port Adelaide and Gilles Plains?

At our Women's Wellbeing Group held on August 16, 2 Nurses from The Women's Health Service visited us and gave the group an interesting and informative presentation on women's health. Topics covered on this Presentation included menopause, contraception, the importance of pap smears and the effects of domestic violence on both mental and physical health.

The clinics are free and are run by women for women. There are medical and Nurse clinics as well as counselling provided by social workers. See the pamphlet below which provides more information on the services available.

No referral is needed. To make an appointment or to find out more about The Women's Health Service call 8444 0700 Monday to Friday 9am-5pm Or visit the website for further information at;

<http://www.whs.sa.gov.au/>

### Tool Library....

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 your 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! Please call the Community Development Team if you have any questions on 1800 252 772

<b>Haslam Complex</b> <b>Caretaker Hut</b> 22nd November 20th December	<b>Secombe Street Reserve</b> 11th October 13th December
	<b>Mahood Street Open Area</b> 15th November





Peachey Place Living Skills Centre  
 20 Heytesbury Road  
 Davoren Park SA 5113  
 Tel: 08 7070 6711  
 Email: [davorenpark@lccare.org.au](mailto:davorenpark@lccare.org.au)



## ANGLICARESA INVITATION

### Community Cooking & Chat

Join us fortnightly for **FREE** coffee, chats & cooking! Crèche available

**WHERE**  
 Elizabeth Vale Soccer Club,  
 Mofflin Road, Elizabeth Vale

**WHEN**  
 11.00am to 2.00pm

**DATES**  
 27<sup>th</sup> October  
 10<sup>th</sup> November  
 24<sup>th</sup> November  
 8<sup>th</sup> December  
 22<sup>nd</sup> December



For more information or to register your interest please call Denise or Leonie on 8409 3666

**ANGLICARESA INVITATION**

## ANGLICARESA INVITATION

### Haslam Projects & Initiatives Group

Looking for a way to get involved in your community?  
 Do you have some skills you can share?  
 Do you want to learn some new skills?  
 Do you want to help with improving the area you live?

Join the Haslam Projects and Initiative Group to tackle some of the identified problem areas and look for ways to improve the look and feel of the place you call home.

Bring your ideas and expertise and if you don't have either then just bring yourself and get involved.

We will be looking to get our hands dirty with consultation, design, construction and management of projects big and small, the opportunities are endless.

**WHEN**  
 Wednesdays at 1.00pm

**WHERE**  
 Haslam Caretakers Hut

**CONTACT**  
 Aaron on 8409 3658



**Better Places Stronger Communities**

## ANGLICARESA INVITATION

### 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**

For more information or to register your interest please contact Keri on 0431 765 806

**PLASTER 'N' THINGS, SHOP**  
**3/60A FAIRFIELD ROAD,**  
**ELIZABETH GROVE, 5112**



**Better Places Stronger Communities ANGLICARESA**

## ANGLICARESA INVITATION

### Come along in 2017 and get involved in the Community Leadership Group

*(formerly known as Tenant Advisory Group)*

You are invited to share your ideas on how to shape your community at AnglicareSA's Community Leadership Group. Come along and voice your thoughts, ideas about how together we can improve spaces and places in the your local area.

Why join the Community Leadership Group?

- Meet other likeminded people
- Get involved in your community
- Have your ideas heard and discussed
- Develop new skills and access supported professional and personal development opportunities
- Develop a sense of ownership and responsibility for your local area.

Meetings will be held on Fridays, 11.00am - 1.00pm

February 24th	August 11th
April 7th	September 22nd
May 19th	November 3rd
June 30th	December 17th Christmas Celebration!

Please contact the Community Development Team on 8409 3666 for venue location and to register your interest

**- LUNCH IS PROVIDED -**

**Better Places Stronger Communities**