

COMMUNITY HEALTH & WELLBEING NEWSLETTER

Living well

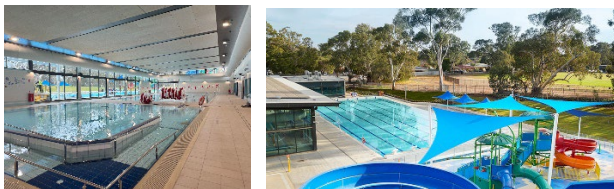


WWW.SALISBURY.SA.GOV.AU/LIVINGWELL

Edition 78: July, August, September 2024 Wellbeing Newsletter

You can get your friends, family, work colleagues and neighbours living in the City of Salisbury to sign up for an electronic copy of the newsletter at www.salisbury.sa.gov.au/CHWNews. This edition is full of health and wellbeing tips, events and information.

Salisbury Aquatic Centre is Open!



Discover the Salisbury Aquatic Centre, where fun meets fitness. Enjoy the heated indoor 4 lane pool, leisure pool and program pool for aqua-aerobics. Stay active in the state-of-the-art health club or unwind at the café. They offer convenient change rooms, lockers and a dedicated changing places facility to ensure accessibility for all.

Starting in October, summer season visitors can enjoy the 8-lane, 50-metre outdoor pool with a shaded area, as well as a large splash pad water play area complete with a tipping bucket and junior water slides, a 10-metre-high waterslide tower, a lawned picnic area, and an outdoor kiosk. For more information, visit www.salisburyaquaticcentre.com.au

BAFYW Cards



Motivate yourself and help someone else by giving them a 'Be Active - Find Your Why' (BAFYW) postcard. Encourage them to think about why they would like to move a little more! Support them by inviting them for a walk, joining a movement class, or accompanying them to an activity suited to their level. Grab a postcard at Jack Young Centre or Para Hills Seniors Centre or at www.salisbury.sa.gov.au/why



www.salisbury.sa.gov.au/livingwell

Cycle Salisbury Milestone



On Wednesday, 19 June, with 11 riders at the Para Pedallers ride, the Cycle Salisbury Social Ride program recorded its **10,000th individual ride!** Congratulations to Ann Kenrich, our 10,000th rider, and a BIG thank you to our volunteer ride leaders: Elaine Davies (Coordinator), Nigel Griffiths, Bryce Routley, Brian McDonald, Cam Rungie, Ash Baxter, Elaine Barnes, Des Brown, and Jim Binder. This achievement wouldn't be possible without them and our regular riders. Your support, encouragement, and friendship are invaluable.

Our next goal is to break the 12-month record of 1,271 riders. We're on track, only 148 rides short with two months left (July and August). If you haven't joined us recently, see you soon!

In other news, we've recorded an incredible 56,485 individual walks for Heart Foundation Walking groups in Salisbury. Our first Heart Foundation Walking group at JYC (Salisbury) will celebrate its 20th anniversary on Sunday, 16 February 2025.

Meals

Jack's Cafe at Jack Young Centre is open for lunch Monday to Friday.

Enjoy dine-in or take away delicious meals including soups, mains, and desserts. We also offer a wide variety of meals from our freezer. Contact us at **8406 8525** for the menu and current month's specials, or at www.salisbury.sa.gov.au/jyc



Men's Health Week



Men's Health Week is a great time to focus on men's wellbeing. Here are some resources and highlights from our recent outing:

Resources to Check Out

<https://healthymale.org.au/>

- Healthy Male | What Every Man Should Know
- Good Health Heroes | Men's Health Week 2024 | Healthy Male
- The Shed Wireless Episode 4 (Season 6) Men's Health Week on YouTube

Men's Health Week Outing

A great bunch of blokes enjoyed a fantastic day out! The day began with health checks courtesy of Uni SA, ensuring everyone was in top shape. Afterward, we visited the Community Health Expo at Parabanks, gathering useful information and resources. Our next stop was the Greenock Aviation Museum, where our host Lincoln and his mate thrilled us by firing up the V12 Rolls Royce engine, complete with roaring sounds and flames. The adventure continued with a relaxing lunch in Nuriootpa, providing a perfect setting for socialising. Finally, we ended the day with a sweet visit to the Barossa Chocolate Factory.

Men's Health Week is about addressing health and celebrating camaraderie. Let's prioritise men's health all year round!

Salisbury Prostate Cancer Support Group

This group is affiliated with the Prostate Cancer Foundation of Australia and meets on the first Wednesday of each month in the Salisbury Community Hub, Room G2b (34 Church St, Salisbury) at 10am. All welcome.

Enquires: Group Leader Ian Dawkins 0409 512 373

Women's Health 2024: Girls just wanna have fun

Save the date: Wednesday 11 September 2024

As part of Women's Health Week, you're invited to this fun event at Para Hills Seniors Centre from 10am to 2.30pm.

Come and join in for some entertainment, women's health info and delicious lunch.

Cost: \$20-\$25

Location: Para Hills Community Hub

Enquiries: Sue 8406 8587

Community Breast Screening Success



BreastScreen SA recently visited the City of Salisbury, raising awareness about the importance of cancer screening and increasing breast screen bookings. A highlight was the group screening days for the local Bhutanese Community, supported by volunteers, interpreters, and Cultural Program Coordinator Mary Ceravolo.

For women over 40, a free 15-minute breast screen could save their life. For more information or to book, visit www.breastscreen.sa.gov.au or call 13 20 50.



Strength for Life at Jack Young Centre

The Jack Young Centre hosts COTA's 'Strength for Life' (SFL) program on Friday mornings for almost two years. SFL helps older South Australians stay fit with affordable, personalised group sessions led by accredited fitness providers.

New Tuesday Class:

- **Time:** Tue 2.40pm to 3.40pm
- **Cost:** Up to \$6/week

To enrol, complete the forms (including doctor's sign-off) and an individual assessment. Interested? Register with Jim at 8406 8251 or leave a message with the JYC receptionists.

Cycle Salisbury Social Rides 11th Birthday



Save the date! Join us on Saturday, 7 September 2024, at Carisbrooke Park Shelter Shed from 10 am to 12 noon for this FREE event. Various rides will suit all abilities:

- Family ride in Carisbrooke Park & Jenkins Reserve
- Slower ride along Little Para Trails to Salisbury Swim Centre and back
- Fast ride along Little Para Trails to Pt Wakefield Rd and back
- Mountain bike ride to Cobblers Creek

Children must be accompanied by a parent/guardian. Hybrid and mountain bikes preferred. Join us for lunch (at own cost) at the Old Spot Hotel from 12 noon. Enquiries: Jim at 8406 8251.

Walking Wins



Heart Foundation

Walking offers free, supportive programs to help you start and maintain a walking routine, with groups suited to various abilities and Personal Walking Plans available. Jim at JYC can help you get started. For more information, visit www.heartfoundation.org.au/walking-wins or call 8406 8251.

'Step into Spring' Promotional Walk

Save the Date: On Friday, 20 September, join us at Carisbrooke Park at 9.30 am for a community group walk led by our Heart Foundation Walking group members.

Be Connected – Be Informed

Salisbury Seniors Community (Facebook page) Are you aged over 50 and either live or work in the City of Salisbury? Join our protected Facebook page to get the latest information about what's happening for seniors in Salisbury.

Friendship Groups at JYC and Burton

Socialise and hear from a great line-up of guest speakers.

Cost: First time FREE, then \$3 or \$4.

'Meet & Greet' Group - JYC

Mondays 1pm to 3pm at Jack Young Centre (JYC), 2 Orange Ave, Salisbury.

- 15 July: 'Four Wheel Stories from Pakistan and Afghanistan' by Grant Lock
- 29 July: 'Stroke Foundation'
- 12 August: Financial Wellbeing Program by Anglicare
- 19 August: 'Creaky knees & Achy Joints' by Arthritis SA
- 2 September: Aged Rights Advocacy Service (ARAS)
- 23 September: Aged Care Directive by Legal Services Commission of SA

Bookings: 8406 8525

Burton Over 50's Friendship Group

Wednesdays 10am to 11.30am at Burton Community Hub, 380 Waterloo Corner Rd, Burton.

- 24 July: 'Sleep Apnea' by CLM Sleep
- 7 Aug: EmergencyRedi Workshop by Australian Red Cross
- 21 Aug: 'Strength for Life' by COTA

Bookings: 8487 1820

Feedback

To provide feedback on this newsletter please call Jim Binder at the City of Salisbury on 8406 8251 or email jbinder@salisbury.sa.gov.au www.salisbury.sa.gov.au/events to see a range of events coming up in the City of Salisbury.

JYC's 'Sounds in the Courtyard'

Our very popular 'Sounds of the Courtyard' returns in Spring. Join us Thursday lunchtimes, 12noon to 1pm on the 1st and 3rd Thursdays of the month.



FREE to listen or join us for lunch (pre-order by 11.30am). Phone 8406 8525 or visit www.salisbury.sa.gov.au/jyc for the menu.

Burton Communal Garden



Connect with other gardeners and enjoy working with plants. Weekly programs for over 50s and occasional special activities for all ages.

- **Friends of Nature Over 50's Program:** Tuesdays, 9.30am to 11.30am.
- **Pottering in the Garden Over 50's Program:** Wed and Thu, 9am to 12noon.
- **Gardener's Gathering:** Open to all ages. Meet other local home food growers to share experiences.

Full details available at

www.salisbury.sa.gov.au/gardening or pick up a flyer from Burton or one of our centres.

For more info, contact Garden Coordinator Shannan Davis on 0401 984 785 or sdavis@salisbury.sa.gov.au

Editor's Note

Welcome to our July, August, and September newsletter! This edition highlights our ongoing commitment to community wellness with programs like 'Strength for Life,' social rides celebrating Cycle Salisbury's 11th birthday, and the Heart Foundation's walking initiatives.



We're excited to bring you more ways to stay active, connected, and informed. Enjoy the read and see you at our upcoming events!