



SOUTHERN SERVICES
REFORM GROUP

SSRG Social Programs Workgroup

Date: 12/03/20

Present: Lisa Elder, Jen West, Kelly Quinlan, Helen Sims, Angela Bell, Janine Callegari, Karen Reilly, Karen Glover

Apologies: Maria Shialis, Deb Whitford, Carol Ganley, Helen Carmichael, Justine Jackson, Mark Kruszynski, Sadie Godddard-Wrighton, David Jacquier, Fay Millington, Cathy Wiseman, Debra Beeby, Jo Blaess, Paul Van Adrighem

Agenda Items	Discussion	Actions
Welcome, apologies, introductions	Welcomed group members and Karen Reilly from City of Adelaide and Karen Glover, social work student with Care and Share	
Information and sharing	Angela Bell – City of Marion <ul style="list-style-type: none">- Volunteers get matched with a client to go out fortnightly one on one for shopping, coffee or chat – to visit places of importance, help with using their computer or decluttering- Social programs include:<ul style="list-style-type: none">o Wave Maker aqua session – have a waitlist – medical form needs to be completed prior to starting.o Fish Feeders meet weekly at Brighton Jettyo Bus trips that pick up from home	

- Neighbourhood Centre for friendship, blokes brekkie, cyber safety information
- Twilight dinners on Wednesday evenings
- Wacky Wednesday at Mitchell Park
- Cuddly companion dog walking
- **Action:** Angela offered to forward an example list of excursions from January to June.

Lisa Elder – City of Onkaparinga

- Social programs are going really well and includes:
 - Weekly half hour low impact aqua session in the afternoon for those with chronic conditions or mobility difficulties
 - Ten pin bowling – great group that get together weekly with oldest participant 87 years old.
 - Night Owls evening meal with a mix of CHSP requiring transport and community members that get themselves there
 - Three colouring in sessions at different locations around the city
 - Meditation
 - Kayaking sessions went well with the oldest participant 92 years old.
 - Outfit program – personal trainer shows how to use outdoor fitness equipment.
 - Canasta card game fortnightly – set up after request was received from a resident for a local group.

Helen Sims - Anglicare

- Bus outings seem to be a popular request so will look at this as an option.
- Numbers are low so looking at ways to increase interest.

Kelly Quinlan – ACH Group

- Working with people who are disconnected and finding out what they want to achieve.
- Linking people into wellbeing workshops if required.
- The ACH Group social directory provides information on all the social activities.
- Sing for Joy Choir held a Fringe show which was sold out.

	<ul style="list-style-type: none"> - Looking at redesigning the McLaren Vale Club. - Will be working with City of Onkaparinga to find out what community groups and Allied Health services are in the local area. - Have funding for NDIS recipients. <p>Jen West – City of Adelaide</p> <ul style="list-style-type: none"> - Social program review – completed a range of focus groups and one on one interviews. The key findings included conversation groups in local cafes that have a real community feel with volunteers to lead those conversations. - Friendly visitor program to bridge the gap from people being isolated to getting out. <p>Janine Callegari – Care and Share</p> <ul style="list-style-type: none"> - Discussed how the community aspect is very important to connect each week, to make friends and grow. - They look at goal setting and strengths. - Still struggling with referrals and already promoted through the RAS, GP’s and local pharmacies. - Work on a new website has commenced which will be separate from the church. - Welcomed Karen third year social work student from Uni SA who has been looking at the marketing of the group. <p>SSRG</p> <ul style="list-style-type: none"> - SSRG website has been updated with upcoming wellbeing workshops and flyers and new projects. 	
Brainstorm:	<p>Eating Together:</p> <ul style="list-style-type: none"> - Discussion about a new social project for the group to look at that promotes eating together. 	

	<ul style="list-style-type: none"> - This could include getting people together for lunch in community spaces like a designated area in the food court that staff/volunteers could support by welcoming people to come and eat with them. - Agreed that the timing of a project that promotes eating together isn't ideal with the increased spread of the virus, however it could be something that we could start thinking about to be ready when things return to normal. 	
Any other business	<p>COVID-19:</p> <ul style="list-style-type: none"> - Discussion around what steps programs are putting in place in response to the virus including infection control advice. - All agreed the need to be proactive rather than reactive and social groups will be cancelled if necessary as a non-essential service. - Checking to see who is vulnerable and needs assistance with shopping or who has family support. - Considered volunteers losing out with their retirement fund and may need to return to work. 	

Next Meeting: Thursday 9 April, 2:00 to 4:00pm at Mitcham Council (Committee Room)