



SOUTHERN SERVICES
REFORM GROUP

SSRG Social Programs Workgroup
Thursday 8 July 2021

Present: Maria Shialis (SSRG), Janine Callegari (Care and Share), Justine Jackson (Housing Choices SA), Mel Kazerani (City of Marion), Tracy Reed (Beyond Blindness), Lisa Elder (City of Onkaparinga), Lauren English (City of Mitcham)

Apologies: Denise Menzies (City of Holdfast Bay), Carol Ganley (City of Marion), Cathy Wiseman (City of Marion), David Jacquier (Volunteering SA-NT), Fay Millington (RSB), Helen Carmichael (Eastern Collaborative Project), Helen Sims (Anglicare), Joanne Blaess (City of Unley), Kelly Quinlan (ACH), Mark Kruszynski (Housing Choices SA), Sandy Johnson-Jones (City of Onkaparinga), Sadie Goddard-Wrighton (City of Mitcham), Deb Whitford (City of Mitcham), Mitch Fox (Simple Healthcare Solutions)

Agenda Items	Discussion	Actions
Welcome, apologies, introductions	Welcomed group members June meeting cancelled due to low attendee numbers	
Discussion	<p>a. Social prescribing and tackling loneliness</p> <p>The workgroup viewed and discussed the article that was published on HelloCare website - “What is ‘social prescribing’? And how is it tackling the loneliness epidemic?”</p> <p>The impact of COVID has highlighted a further need and initiate creative service practices.</p>	<p>Action: Maria Contact Bolton Clarke Institute to see whether they can attend next meeting and talk about their project on social prescribing</p>

	<p>b. Previous SSRG projects on social isolation</p> <p>SSRG has previously carried out projects aimed at social isolation (such as the War Against Loneliness) and social prescribing (such as Reaching the Unreachable). The workgroup looked at these projects on the SSRG website and discussed them further.</p> <p>The workgroup discussed the potential collaborative initiative on social prescribing.</p> <p>There are different forms of prescribing and therapies, such as green prescribing, horticultural therapy, pet therapy, etc.</p> <p>There is difficulty for someone to put up their hand to seek social programs. Taking the first step is so hard.</p> <p>RAS and doctors/nurse practitioners/pharmacies are a great starting point.</p> <p>Face-to-face contact is so beneficial to building relationships.</p> <p>It must be an individual approach and finding a common interest.</p> <p>It must be meaningful, and the person involved in that process.</p> <p>Some of the questions to ask can be:</p> <ul style="list-style-type: none"> • What / how to make first steps? • What are the barriers for you to make the first steps? – i.e. physical, emotional, transport. • How can we remove barriers? <p>c. Goal setting for participants/recipients</p> <p>People’s main goal tends to be attending social support programs.</p> <p>The workgroup discussed aims or objectives of the goal setting and how to unpack them.</p> <p>There are some challenges for older people to identify their own goals.</p> <p>Perhaps rewording the question of “goals” to “what would you like to do?” but not watering down the concept to much – communication will be key to achieve that outcome.</p>	
<p>Information and sharing</p>	<p>Lauren English (City of Mitcham)</p> <ul style="list-style-type: none"> • Bus trips are currently underway. • Men’s lunch group day out on the bus trip was a great success. • Looking forward to getting revamped programs up and going. 	

	<p>Tracy Reed (Beyond Blindness)</p> <ul style="list-style-type: none"> • Working from home, but Beyond Blindness might be moving to a shop front in the community in the south. • Creating a video on guiding skills, an upcoming project for carers, friends, etc. • Connected up with a sailing group and will be going on a sailing trip later in the year. <p>Janine Callegari (Care and Share)</p> <ul style="list-style-type: none"> • Business as usual <p>Justine Jackson (Housing Choices SA)</p> <ul style="list-style-type: none"> • Holding a Residence Day in September. • Holding a Games afternoon, bringing residence together every fortnightly. • Holding a Connected Communities Day, invited local neighbours and local council. Getting people connected, breaking down barriers within the community. <p>Mel Kazerani (City of Marion)</p> <ul style="list-style-type: none"> • Started first wellbeing group. Excited to bring people together. • Social support programs back and seeing participants and being involved. <p>Lisa Elder (City of Onkaparinga)</p> <ul style="list-style-type: none"> • The two Positive Ageing Centres closed for maintenance. • Held an information session hosted by Adelaide Metro and Busways around bus timetables, getting on and off, etc., and participants got to go for a trip. • Held WEAAD lunch and Office for Ageing Well attended and shared information. • Social Connections holding a dinner celebration on the 31 July. • Developed Active Ageing video and shared with libraries, community centres and GP surgeries. <p>Maria Shialis (SSRG)</p> <ul style="list-style-type: none"> • Held SSRG 21st Birthday, celebrate and collaborate event on 21 June 21. • Co-designing a wellbeing resource with the Dementia Carers Co-Production Workgroup. • New SSRG website launched. 	
--	---	--

Next Meeting: Thursday 12 August, 2.00 – 4.00pm