

# What's On!



Take a look at what's on this month and join in the fun!

## MILPARA SOCIAL CALENDAR

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

Day trips from just \$10 plus expenses, **Special Events** and **Milpara Activities**.

For more information or bookings call us or email [milpara@novacare.org.au](mailto:milpara@novacare.org.au)

**BOOK NOW**

**4963 6356**

**or 1300 363 654**

## JULY 2025

Opening hours: 8.30am – 4.00pm, Monday to Friday. If you need to call outside of these hours call Head Office on 1300 363 654.

	Tuesday 1 July	Wednesday 2 July	Thursday 3 July	Friday 4 July
	ASB Yoga or Movies at Kotara Gold Class Or Scenic Drive & Lunch	Active.Stronger.Better & Lunch at Milpara	Morning tea at Macca's Elephant Shop Cooranbong Lunch: TBD	Morning Tea Scenic Drive & Lunch
Monday 7 July	Tuesday 8 July	Wednesday 9 July	Thursday 10 July	Friday 11 July
Morning Tea Scenic Drive & Lunch	ASB Yoga or Scenic Drive & Lunch Or Lunch: Babbington's Charlestown \$59 3 course meal	Active.Stronger.Better & Lunch at Milpara	Scenic Drive Lunch: Warners Bay Hotel	Morning Tea Scenic Drive & Lunch
Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July	Friday 18 July
Morning Tea Scenic Drive Lunch: The Boatshed Bonnells Bay	ASB Yoga Or Scenic Drive Tiligerry Art Centre Lunch: Lemon Tree Passage BC	Active.Stronger.Better & Lunch at Milpara	Morning Tea at Mawson's Café Caves Beach Lunch: The Orana	Morning Tea at MOA Lunch: Carrington Bowling Club
Monday 21 July	Tuesday 22 July	Wednesday 23 July	Thursday 24 July	Friday 25 July
Morning Tea Scenic Drive & Lunch	ASB Yoga or Morning Tea Lunch: The Gunyah	Active.Stronger.Better & Lunch at Milpara	Christmas In July At Milpara \$30	Morning Tea Scenic Drive & Lunch
Monday 28 July	Tuesday 29 <sup>th</sup> July	Wednesday 30 <sup>th</sup> July	Thursday 31 <sup>st</sup> July	
Morning Tea Scenic Drive & Lunch	ASB Yoga or Morning Tea at Hunter Valley Choc Shop Lunch: Harrigan's	Active.Stronger.Better & Lunch at Milpara	Scenic Drive Lunch: The Junction Inn Raymond Terrace	

## Important Updates from NovaCare

### The Support at Home Program and New Aged Care Act Deferred to 1 November 2025.

The Australian Government has announced a brief deferral of the start date for the Support at Home program and the new Aged Care Act, now commencing on 1 November 2025.

At NovaCare, we welcome this decision. The additional time allows our consumers, staff, and the broader aged care sector to prepare with clarity and confidence for these important reforms.

### Why the Deferral Matters

This short extension ensures:

- ✓ Older people accessing care are prepared
- ✓ Aged care workers are trained and supported
- ✓ Providers' operations and systems are ready



The new Aged Care Act is being designed to put the rights of older Australians first. It represents a significant shift in the way care is delivered—ensuring transparency, accountability, and person-centred care.

### NovaCare's Commitment

While there are no immediate changes to our current services, NovaCare is:

- Continuing to deliver the high-quality, local care that our community depends on.
- Working closely with government and sector partners to shape and implement the reforms.
- Actively preparing our people, systems, and services to align with the new expectations and rights-based framework.

With this renewed timeline, we are using the time wisely ensuring a smooth transition for our clients and a strong foundation for the future of aged care in Australia. For more information head to [www.health.gov.au](http://www.health.gov.au)

### A New Statement of Rights – What You Need to Know

From 1 November 2025, a new Aged Care Act will come into effect. As part of this change, all older people receiving aged care will receive a new Statement of Rights. This Statement of Rights builds on -but is stronger & more detailed than - the current Charter of Aged Care Rights. It puts your rights at the heart of the aged care system, with clear protections written into law. These rights are designed to make sure your care is safe, respectful, and focused on your needs & choices.

### What Are The New Rights?

Your rights include:

- Making your own decisions about your own life.
- Having your decisions not just accepted, but respected.
- Getting information and support to help you make decisions.
- Communicating your wishes, needs and preferences.
- Feeling safe, supported, and respected.
- Having your culture and identity respected.
- Staying connected with your community.

### Knowing How to Make a Complaint or Speak Up if Something Isn't Right

If you ever feel like your rights aren't being respected, you can talk to our staff, a family member or other trusted person. You can also reach out to the Aged Care Quality and Safety Commission for support. Complaints about your rights not being respected can be made to the new Complaints Commissioner.

### What Do You Need to Do?

You don't need to do anything right now – we will share your Statement of Rights with you and explain it clearly. As your provider, NovaCare is here to help you understand what these rights mean in your day-to-day care and to make sure they're upheld. If you'd like to read more, you can visit the Department of Health, Disability and Ageing website for trusted, easy-to-understand information:

### Resources for older people, their families and carers

[New Aged Care Act resources for older people, their families and carers | Australian Government Department of Health, Disability and Ageing](#)