

What's On!

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

SWANSEA SOCIAL CALENDAR JULY 2025

For bookings call 4972 1318 or 1300 363 654 or email support@novacare.org.au

Opening hours: 8.30am – 4.00pm, Monday to Friday.

If you need to call outside of these hours please call Head Office on 1300 363 654.

	Tuesday 1 July	Wednesday 2 July	Thursday 3 July	Friday 4 July
ASB is Active, Stronger, Better **SBR is Strength Balance and Relax	Bingo, Games, Scrapbooking + Lunch at the Centre	Men's Group Lunch and scenic drive The Ary Toukley OR ASB 9.00am-9.45am OR SBR including gentle yoga 11.45am-12.15pm	Shopping Shuttle to Lake Fair -2 hours to shop OR Day out + Gunyah Hotel lunch	Scenic drive + lunch at Heatherbrae Pies OR SBR 12.15 -1.00pm
Monday 7 July	Tuesday 8 July	Wednesday 9 July	Thursday 10 July	Friday 11 July
Coffee club- Mawsons Café Caves Beach OR ASB 10.30am-11.15am OR SBR including gentle yoga 1.00pm -1.45pm	Scenic drive + lunch at The Ary Toukley	Sharon's small group outing Café 360 + lunch nearby OR Men's Group drive and lunch OR ASB 9.00am-9.45am OR SBR including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair – 2hrs to shop OR NEW GROUP Swansea centre Cards, Mahjong, Games + mtea OR Lee Rowans Nursey	Bus outing - Yard Brewery, Morisset OR SBR 12.15 -1.00pm
Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July	Friday 18 July
Coffee club- Swansea RSL OR ASB 10.30am-11.15am OR SBR including gentle yoga 1.00pm -1.45pm	La Belle Dancers Perform for the last time + lunch at the Centre	Men's Group- Newcastle Museum + lunch nearby OR ASB 9.00am-9.45am OR SBR including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Fair - 2hrs to shop OR Hoyts Movies Show TBC	Take Two! Hunter Multicultural Centre Visit- Waratah OR Strength, Balance, Relax 12.15 -1.00pm
Monday 21 July	Tuesday 22 July	Wednesday 23 July	Thursday 24 July	Friday 25 July
Coffee Club – Belmont 16s OR ASB 10.30am-11.15am OR SBR including gentle yoga 1.00pm -1.45pm	Christmas in July High Tea John Collins performs at centre	Sharon's Group- Binnorie Diary Lovedale OR Men's Group Bus + lunch OR ASB 9.00am-9.45am OR SBR including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Haven -2hrs to shop OR NEW GROUP Swansea centre Crochet, Knitting, Craft, Art + m/tea Mystery Tour lunch	Mex Club Mayfield OR Strength, Balance, Relax 12.15 -1.00pm
Monday 28 July	Tuesday 29 th July	Wednesday 30 th July	Thursday 31 st July	
Coffee Club – Poppy's Nursery OR ASB 10.30am-11.15am OR SBR including gentle yoga 1.00pm -1.45pm	Bus outing - Orana Hotel - Woodfire Pizza	* Men's Group Bus + lunch OR ASB 9.00am-9.45am OR SBR including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Fair - 2hrs to shop OR Mystery Tour	

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

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](#)