

# 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**

## OCTOBER 2025

|   |   | Wednesday 1 October                          | Thursday 2 October  | Friday 3 October  |
|---|---|--|---|---|
|   |   | Active.Stronger.Better<br>& Lunch at Milpara | Bingo at Milpara<br><b>Or</b><br>Lake Macquarie Cruise<br>\$65 includes cruise & lunch<br>Payment required when<br>booking.<br>Limited availability. Staff<br>training - no other outing. | Morning Tea at Dixon Park<br>Lunch: The Gates Hotel   |
| Monday 6 October  | Tuesday 7 October   | Wednesday 8 October                          | Thursday 9 October  | Friday 10 October   |
| Public Holiday<br>Closed  | ASB Yoga<br><b>Or</b><br>Morning Tea at Mt<br>Sugarloaf<br>Lunch: Maryland Tavern   | Active.Stronger.Better<br>& Lunch at Milpara | Morning Tea at Landcare<br>Native Garden &<br>Sustainability Tour.<br>Lunch: The Great Northern<br>Teralba  | Morning Tea at Bostin<br>Brew<br>Lunch: Argenton Hotel  |
| Monday 13 October   | Tuesday 14 October  | Wednesday 15 October                         | Thursday 16 October   | Friday 17 October   |
| Active.Stronger.Better<br>Lunch at Milpara<br>Games/Craft<br>With Small Groups<br><b>Or</b><br>Morning Tea at Medowie<br>Macadamia Farm<br>Lunch: Bull & Bush | ASB Yoga<br><b>Or</b><br>Scenic Drive<br>M/t & Lunch at<br>Murray's Restaurant  | Active.Stronger.Better<br>& Lunch at Milpara | Xmas Craft at Milpara<br>Lunch: TBD<br><b>Or</b><br>Morning Tea at Blackalls<br>Park<br>Wangi RSL   | Morning Tea at Catherine<br>Hill Bay<br>Lunch: Mawson's Café<br>Caves Beach                         |
| Monday 20 October   | Tuesday 21 October  | Wednesday 22 October                         | Thursday 23 October   | Friday 24 October   |
| Active.Stronger.Better<br>Lunch at Milpara<br>Games/Craft<br>With Small Groups<br><b>Or</b><br>BBQ at Corlette  | ASB Yoga<br><b>Or</b><br>Fish & Chips<br>Port Stephens  | Active.Stronger.Better<br>& Lunch at Milpara | Prawns & Oysters<br>BBQ at Karuah   | Morning Tea at MOA<br>Harrington Farm Gate<br>Lunch: The Albion                                     |
| Monday 27 October   | Tuesday 28 October  | Wednesday 29 October                         | Thursday 30 October   | Friday 31 October   |
| Active.Stronger.Better<br>Lunch at Milpara<br>Games/Craft<br>With Small Groups<br><b>Or</b><br>Cycling Without Age<br>Nobby's<br>Lunch: Swell Cafe            | ASB Yoga<br><b>Or</b><br>Marine Rescue Swansea<br>Heads<br>Tour & Morning Tea<br>\$5<br>Lunch: Baker's Den<br>Blacksmiths | Active.Stronger.Better<br>& Lunch at Milpara | Scone Time at Milpara<br>& BBQ Lunch  | Morning Tea at Café<br>Brocante<br>Pardon My French<br>Antiques<br>Lunch: Nineteen @ The<br>Vintage |



## SCONE TIME

Connecting the community through  
friendship and a cup of tea.



### 🍪🍰 You're Invited to Scone Time at Milpara! 🍪🍰

Join us for a cosy morning of **freshly baked scones, hot tea and coffee, and great company.**

It's the perfect chance to relax, catch up with friends, and enjoy some delicious treats together. We can't wait to see you there! ❤️

**DATE:** Thursday 30<sup>th</sup> October 2025

**TIME:** 10.30am – 12pm

**ADDRESS:** Milpara

**RSVP:** 23<sup>rd</sup> October 2025

### 🎄💎 Save the Date – NovaCare Community Christmas Parties! 🎄💎

Due to overwhelming demand, we're excited to announce that this year NovaCare will be hosting TWO Community Christmas Parties! 🎅📺

📅 Wednesday, 3rd December – Belmont Golf Club

📅 Wednesday, 10th December – Toronto Workers Club

Come along and celebrate the festive season with us! 🌟

The price for lunch will be confirmed soon. (Please note: drinks and transport will be

additional.) We can't wait to celebrate Christmas with you – make sure to save the date! 🎵❤️



## REMINDERS

### Seatbelts

Seatbelts must be worn when the bus is in motion, only when the bus is parked can people take their seatbelts off. We are not a public bus where you can stand before you stop.

### Labour Day Holiday Closure

The NovaCare office and all of the social centres will be closed on Monday 6<sup>th</sup> October 2025 for the Labour Day. A reminder there will be no CHSP services on the public holidays.

### Daylight Savings ⌚➡️🌞

Daylight savings begins at 2am on Sunday 5<sup>th</sup> October 2025 when clocks are put forward one hour.

## Carer's Week 12 – 18 October

Carers Week is a time to recognise and celebrate the incredible contribution of carers in our community.

Whether you're supporting a family member, a friend, or someone in the community, your dedication and compassion truly change lives. We acknowledge the challenges you face, the love you give, and the invaluable role you play each day. To all carers – thank you.



**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.**

**Supported by the Australian Government Department of Health, Disability and Ageing**

NovaCare Milpara Social Centre Activities – October 2025

# Understanding the Commonwealth Home Support Programme

## Understanding the Commonwealth Home Support Programme (CHSP)

At NovaCare, we know that staying safe, well, and connected at home and in your community is important to you. That's why many of our consumers receive support through the *Commonwealth Home Support Programme (CHSP)*—an Australian Government initiative that provides *entry-level support* for older people who need a little help to maintain their independence.

CHSP services are funded by the government and are designed to support a large number of older Australians with entry-level needs, so it must be shared carefully to ensure as many people as possible can access the help they need. Home Care Packages (HCP) Program offers more comprehensive support for those with greater care needs. Sometimes people feel confused—or even frustrated—about who is paying for what, especially when services appear similar but are funded differently.

Consumers receiving Home Care Packages (HCP) usually have more complex or ongoing care needs that require a higher level of support. Because of this, the government assigns individual funding to HCP consumers to help manage and pay for the wider range of services they may need—such as medication assistance, or daily personal support. This is different from the CHSP, where support is more limited and shared across the community. While this difference in funding can be confusing or feel unfair at times, it reflects the greater level of care required under the HCP program.

Everyone's situation is different, and sometimes it's not obvious why someone might be receiving Home Care Package (HCP) funding—especially when their needs aren't immediately visible. We're here to help clarify how your support is funded and what that means for you.

## My Aged Care

If you or someone you care for has recently had a reassessment through My Aged Care (MAC) and been approved for additional services, including a Home Care Package (HCP), it's important to let us know as soon as possible.

Staying informed about any changes to your funding or support level helps us ensure:

- Your care plan is updated appropriately
- You receive the right services at the right time
- We avoid any interruptions to your existing support
- Your transition to new funding (such as a HCP) is smooth and well-coordinated



Even if you're awaiting your HCP to be assigned, please let us know once you've been approved so we can help get additional services in place that support you to stay living in your own home safely.

If you're unsure whether your reassessment has led to changes or have any questions about what this means, feel free to reach out—we're here to help.

Please contact us on 1300 363 654 to update your information or discuss your next steps.

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