

What's On!

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

SWANSEA SOCIAL CALENDAR

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

OCTOBER 2025

		Wednesday 1 October	Thursday 2 October	Friday 3 October
		Sharon's group outing OR Men's Group outing OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair -2 hours to shop! OR NEW GROUP Swansea centre Join our wonderful group for company, morning tea and various activities Lunch nearby	Port Waratah Tour + lunch nearby Limited availability OR Strength, Balance, Relax 12.15 -1.00pm
Monday 6 October	Tuesday 7 October	Wednesday 8 October	Thursday 9 October	Friday 10 October
Coffee club at Murrays Beach Café OR Active, Stronger, Better 10.30-11.15am OR Strength Balance Relax 1.00pm -1.45pm	Bingo and Games Swansea centre + lunch	Men's Group Bus TBC limited availability OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.15pm	Shopping Shuttle to Lake Fair -2 hours to shop OR Budgewoi Fish and Chips	Wyong Milk Factory, Luka Chocolates, Little Creek Cheese Café lunch OR Strength, Balance, Relax 12.15 -1.00pm
Monday 13 October	Tuesday 14 October	Wednesday 15 October	Thursday 16 October	Friday 17 October
Coffee Club –Mawsons Café OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm	Bacon and Egg Brunch BBQ Blackbutt Reserve	Sharon's Group OR Men's Group, Wyong Milk Factory OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Haven – 2 hours to shop OR Swansea RSL Concert Glenn Starr with the Bublê Show \$28 plus transport Terms and conditions when booking	Fish and Chips at The Entrance OR Strength, Balance, Relax 12.15 -1.00pm-
Monday 20 October	Tuesday 21 October	Wednesday 22 October	Thursday 23 October	Friday 24 October
Coffee club- Beachside Picnic OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm	Sketching and Painting outdoors at the Swansea centre + lunch	Men's Group – Scenic drive and lunch OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair, 2 hours to shop OR Garden Terrace Café- Hunter Valley Gardens, lunch only Limited availability	Hunter Valley Zoo Picnic lunch OR Strength, Balance, Relax 12.15 -1.00pm-
Monday 27 October	Tuesday 28 October	Wednesday 29 October	Thursday 30 October	Friday 31 October
Coffee Club – Lakeside Picnic OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm	Cycling without Age Swansea + lunch tbc	Sharon's Group OR Men's Group Bus outing OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair, 2 hours to shop OR Scone Time- Milpara Social Centre	Heatherbrae Botanic Gardens + Hexham Bowling club OR Strength, Balance, Relax 12.15 -1.00pm

🌟 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! 🎵❤️



Step into the Wyong Milk Factory – Where History Meets Good Times! 🥤 Friday 10th October



Take a trip back in time as you visit the **Wyong Milk Factory, established in 1906**. Once a bustling hub of dairy production, the site has been lovingly restored and today offers a unique mix of history, charm, and modern-day enjoyment.

The old factory buildings now house a vibrant restaurant and café, making it the perfect place to relax, share a meal with friends, and soak up the warm, welcoming atmosphere. With **delicious food, great coffee, and a laid-back vibe**, it's a venue that really does have something for everyone.

Beyond the restaurant, the Wyong Milk Factory precinct is also home to boutique shops and family-friendly attractions, making it a great destination for a day out. Whether you're interested in the history of the site, eager to explore the local offerings, or simply looking to enjoy a tasty meal in good company, the Milk Factory is sure to delight.

Join us for this special outing and experience firsthand how **a piece of local history has been transformed into a community favourite – full of flavour, character, and good times!**

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 6th 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 5th 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.



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.

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

Swansea Social Centre Activities – October 2025