



SPRING 2025

COMMUNITY CONNECTION

A WELCOME FROM JULIETTE



As Spring arrives, I'd like to extend my warmest wishes. This season of renewal and growth reminds us of the beauty and vitality around us. Our team is here to ensure you feel supported and connected through local activities, wellness opportunities, and community programs.

Take time to enjoy the outdoors and reconnect with friends and family. Your wellbeing and voice continue to guide and inspire us.

Thank you for being a valued part of our community and may Spring bring you joy, health, and new opportunities.

Warm regards,

JULIETTE

Executive Director, Aged Care Services

LEISURE & WELLBEING ACTIVITIES

We are pleased to announce the appointment of a dedicated Leisure and Wellbeing Partner – Avi Rai – who is developing an exciting new calendar of events.

If you would like to get out of the house, get moving, have some fun and meet new friends, we have a whole week of programs available. If you would like to join: The Canberra Historical Group, Weekly Walking Group or the Men's Meet and Mingle Group please contact Avi.



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INFORMATION SESSION: PALLIATIVE CARE & VOLUNTARY ASSISTED DYING



Venue: Southern Cross Club
Date: Friday 19th September
Time: 9.30am – 2pm
Information call: 02 6230 7800

Health Care Consumers Association (HCCA), Canberra Multicultural Communities Forum (CMCF) and Palliative Care ACT invite you to a community information session about palliative care and Voluntary Assisted Dying (VAD) in the ACT.

We know that care at the end of life is a very personal and sensitive topic. Different cultures, religions, and families may have different beliefs and traditions. We hope this session provides a safe space to share clear information about the services available, answer questions, and respect the values of all communities.

SENIORS & BETTER AGEING EXPO

Come along to the COTA Seniors Better Aging Expo on Wednesday 24th September – Kingston Old Bus Depot Building, 21 Wentworth Avenue, from 10am to 3pm.

CS#1 will be holding a stall with chair dancing demonstrations throughout the day so do come and say hello.

UPDATE ON THE CHSP PROGRAM

The Department of Health, Disability and Ageing have officially extended the CHSP program to current providers until 30 June, 2027. CS#1 will keep you updated on any required changes with any direct services that you are receiving. Currently these changes are all administrative and have no direct impact on the services delivered by CS#1, these include: personal care, home maintenance, domestic assistance, transport, social support individual, social support groups & assistance with housing

CS#1 has availability in all of these services. Please contact us if you need assistance.

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AGED CARE EMPLOYEE DAY

Aged Care Employees Day is held annually on the 7th of August to celebrate the thousands of dedicated workers, supporting millions of Australians.

From leaders to those providing hands-on compassionate care or working behind the scenes—volunteers, cleaners, chefs, cooks, maintenance workers, gardeners and administrators—this day is all about saying #thanksforcaring.

A huge thank you to our Aged Care Team.



Update on Transport

We are currently undertaking a review of our transport service to make it as efficient and effective as possible for our clients. Our review will look at different forms of transport including ACT Cabs and Uber Health. We welcome any feedback you may have by calling: 1800 960 938.

WOULD YOU LIKE TO ADD VALUE TO OUR CLIENT ADVISORY GROUP?

CS#1 is expanding its Client Advisory Group which is made up of valued clients and/or family members who receive services from our organisation.

If you would like to know more contact Juliette to discuss anything relating to the Client Advisory Group.

CONTACT DETAILS:
63 BOOLIMBA CRES
NARRABUNDAH ACT 2604
MON—FRI 9AM–5PM
PHONE: 1800 960 938
CHSP@COMMUNITYSERVICES1.ORG

Leisure & Wellness Program

SEPTEMBER 2025

BOOKINGS REQUIRED CALL 02 6126 4710 OR

EMAIL US: GROUPS@COMMUNITYSERVICES1.ORG



MONDAY

SPANISH SOCIAL GROUP

11AM-1.30PM

Friendship with Spanish Seniors held at various clubs across Canberra. Lunch at own cost.

TUESDAY

SOCIAL GROUP OUTING

11AM-2PM

Various Locations Transport avail Morning tea & lunch at own cost

WEDNESDAY

CROATIAN GROUP

11AM - 2PM

Friendship with Croatian seniors. Canberra clubs & Griffith Hall on the last Wednesday each month. Tea/coffee provided Lunch at own cost

THURSDAY

CHINESE SOCIAL GROUP

11AM-3PM

CS#1 Hall

Friendship with Chinese seniors

BYO Lunch tea/coffee provided Transport Available

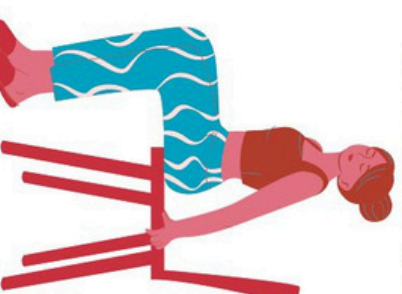
FRIDAY

SENIORS BINGO

10AM - 12PM

Griffith Hall

Join us for morning tea and bingo.



CHAIR YOGA

Weekly 1 - 2pm

Griffith Hall

Chair Yoga class helps you stay mobile.

Supporting Health Happiness & Connection



Fees apply to this program. CS#1 offers a range activities under the Commonwealth Home Support Program (CHSP). We also cater for participants to pay privately themselves or through a HCP or the NDIS. To be eligible you must be over 65, or 50 for Aboriginal and Torres Strait Islander participants, and require a low level of support.