

# WAKEFIELD HOUSE

## Positive Ageing Centre

JULY – DECEMBER 2020

Our mission is to create a warm, stimulating environment where people feel relaxed, accepted and encouraged to get active.

Respite • Friendship • Fun

## FRIENDSHIP CLUB

**Mondays and Thursdays**  
**9.30am–2.30pm**

Friendship Club is an over 65s respite program based at Wakefield House providing meaningful activities for the person you care for.

If you live in the City of Onkaparinga, you can take some time out, while the person you care for enjoys a range of activities in a safe and welcoming environment.

Activities include outings, social engagement, meals, exercise, entertainment and guest speakers, with the support of staff and volunteers.

For more information contact the Friendship Club Coordinator on 8186 5501.

## OUR WEEKLY TIMETABLE

Due to COVID-19 restrictions, any events held in the centre are subject to change.

For the latest information phone us on 8384 6158.

## NEWS FROM THE CENTRE

What a start to the New Year for Wakefield House! This year has certainly been more eventful than most and not without its challenges for all of us. Here's a recap of some of our events from the early part of the year, along with our latest news and information.

## NEW ARRIVALS

We have welcomed the following new groups to our centre – Creative Writing Group, Men's Group, Southern Circle, Come and Try Ladies 8-ball/Snooker, Strength and Fitness, and We Care, We Cook – PHEW! The addition of these groups brings excitement plus new and friendly faces. If you would like to know more about these groups, please phone the centre on 8384 6158.

## NO ORDINARY LUNCH



On Friday 6 March, we hosted an International Women's Day lunch, but this event became much more as it was also a fundraiser for the Bushfire Fund Appeal. With 70 community members at the lunch, the event was well attended, we sold raffle tickets and also held a silent auction.

Through the generosity of our community we raised just over \$1000 with the funds going to help and support those affected by bushfires in South Australia. Many thanks to everyone who supported this appeal.

## ORGANIC GARDENING WITH SOPHIE THOMSON

Back in February, we welcomed horticulturist, TV host and author, Sophie Thomson, to Wakefield House. Sophie is a presenter on ABC TV's Gardening Australia and she shared her skills and knowledge of organic gardening with us.

We would like to thank the Green South Group of Sustainable Communities SA (supported by the City of Onkaparinga) for helping to arrange Sophie's visit as guest speaker.

## A SPECIAL WORD OF THANKS FROM VERNA



I am grateful and in admiration of how our community has responded and rallied during these COVID-19 times. My thanks go to the team here at Wakefield House, who never cease to amaze me with their commitment, drive and enthusiasm in supporting our community.

## CARING FOR OUR COMMUNITY DURING COVID-19

Who would have thought, after such an amazing start to the year, that everything would come to a standstill. COVID-19 resulted in us having to temporarily close our programs to the community.

We may have been forced to close our doors but as a team here at Wakefield House, our priority was to ensure that the community still had access to healthy and nutritious frozen meals. Over the following weeks, our team was kept busy preparing and delivering hundreds of meals. Meal packs, which included a soup, main meal and a small dessert were available for \$8 with free delivery if required.

We also set up a wonderful working relationship with local Aboriginal organisation, Neporendi to support families in need of food assistance, including Aldinga Beach B-7 School and Christie Downs Kindergarten. Mayor Erin Thompson, Katrine Hildyard MP and Senator Andrew McLachlan, kindly gave some of their valuable time to lend a hand with packing meals which our team really appreciated.



## CHRISTMAS CLOSURE

Thursday 17 December, 4pm – Monday 11 January 2021

We will be back in 2021 full of life and ready to have a fantastic year. From all the staff and volunteers of Wakefield House we would like to take this opportunity to wish you and your family a very Merry Christmas and a Happy New Year. We look forward to seeing you in the New Year.

## OPENING HOURS

Monday to Friday, 9am–4pm

Phone 8384 6158 or  
8384 6258

**CITY OF ONKAPARINGA**  
www.onkapingacity.com

## HOW TO FIND US

**WAKEFIELD HOUSE**  
64 Acre Avenue  
Morphett Vale SA 5162

Adelaide Metro bus service 725 is accessible from the front of the centre.

The centre offers a free bus service for local residents.

