

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

April 2025

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President	Brian Mibus (0417 887701)	Committee	Jeanette Molde
Vice-President ..	Trevor Molde (0417 838740)		Heather Dowling
Secretary	Kathy Hancock (0432 101372)		Jenny Mathews
Treasurer	Mavis Smith	Newsletter.....	Trish Mibus (0407 605091)
Activities Coordinator	Annie McCall		

2025 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
All dates are Wednesdays		
April 23, 1.30 pm	GUEST SPEAKER – SA Police – Scams	Dawn Thomas
May 14, 12 noon	Lunch – TIROS, Regency Park	
May 28, 1.30 pm	GUEST SPEAKER – Robert Beer – the Bee Man	Jenny Matthews
June 11, 12 noon	Lunch – Palais Hotel, Semaphore	
June 25, 1.30 pm	GUEST SPEAKER – MFS – Fire Service – safety	Heather Dowling
July 9, 12 noon	Lunch – Findon Hotel – Christmas in July	
July 23, 1.30 pm	GUEST SPEAKER – Robin Jarman	Jeanette Molde
August 13, 12 noon	Lunch/Outing – Semaphore Gardens – plant swap	
August 27, 1.30 pm	GUEST SPEAKER – Alison Hicks – Genealogy Society	Kathy Hancock
September 10, 12 noon	Lunch – Plant 4, Brompton	
September 24, 1.30 pm	GUEST SPEAKER – Sarah – Scrapbooking Family Trees	Jack and Jan Dixon
October 8, 12 noon	Lunch/Outing – West Beach SLSC	
October 22, 1.30 pm	GUEST SPEAKER – Mataan Dunning (Fiducian Finances)	Katherine Papanikolas
November 12, 12 noon	Christmas Lunch for everyone – Lockleys Hotel	
November 26, 1.30 pm	GUEST SPEAKER – to be advised	Carole Smith

Our March Guest Speakers Gwenda and Annette, Hutt Street Centre

Gwenda and Annette volunteer in the kitchen at the Hutt Street Centre and speak to clubs and schools about the Centre.

- Homelessness is confronting
- The Hutt Street Centre does not provide accommodation, but has another site where accommodation is available.
- There has been a 24% increase in people sleeping rough on the streets in Sydney.
- The 2021 ABS census recorded 7,428 people homeless in South Australia, with more than 122,000 in Australia. There is another census due next year.
- Reasons for homelessness –
 - 71% report family and relationship breakdown
 - 55% - Financial debt
 - 42% - Family and domestic violence
 - 75% - Abuse and trauma
 - 82% - Mental health issues
 - 88% - Physical health issues
- Homelessness affects men, women and children and the average age has decreased.
- The rate of homelessness for females increased between the 2016 and 2021 census.
- The Hutt Street Centre helped 'Mary' get back on her feet.
 - Her husband died 18 months after they married.
 - She spent most of her life raising a child and working to provide for her family.
 - At 60 she was sleeping rough on the streets of Adelaide. She would sleep in tunnels during the day and stay awake at night for protection.
 - She came to the Hutt Street Centre and was given support by providing meals and help. A Case Manager was appointed.
 - The Centre provided gifts for her grandchildren at Christmas.
 - She is now employed, reconnected with her family and has a home.
- The Daughters of Charity started the Hutt Street Centre in 1954 in response to the need they saw in the south-eastern corner of Adelaide.
- Hot showers, freshly washed clothes and secure lockers are available for their clients.
- It is a place of connection and support, with values of dignity and support. They work to build confidence and success.
- The centre is also a family retreat.
- 4 in 10 women are seeking support, with 8 out of 10 surviving abuse or trauma.
- The centre provides breakfast and lunch for their clients and serves up to 40,000 meals per year.
- Lunch consists of a main course and desert with a take-away table available for clients to take food for later. On Saturdays they provide breakfast and a take-away lunch.
- They have 20+ health and wellbeing providers, who provide 15,000 health check-ups each year.
- Legal aid is also available to clients.
- The centre is run by volunteers and funded by donations. There are approximately 250 volunteers. Any money the government provides is for projects.
- The Hutt Street Centre takes donations other than money, but not clothing. Donations of food are always welcome, but it is best to phone the centre and ask the chef what is wanted. Monetary donations are always welcome.
- A lot of schools fundraise by organising busking, long walks and art sales, as well as other fundraisers.
- Not all clients don't have a home and may be in temporary accommodation but come in for food because they can't afford it. Some come in for showers.
- Most organisations experience a 20 – 40% growth in numbers. The Hutt Street Centre averaged 80 clients a day 2 years ago, but this has increased to 120.
- Ways we can support an end to homelessness include
 - Donate to support homeless services
 - Fundraise in your local community
 - Step up for the 'Walk a Mile in My Boots' Challenge.
 - Be kind and listen to people's stories during Homelessness Week.

National Seniors
will hold a forum with
CEO, Chris Grice
on Thursday, July 24, 2025
Time and location to be advised.
Mark it in your diary now.

Comments made in the year 1957

- "I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."
- "I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either "hell" or "damn" in it.
- "Have you seen the new cars coming out next year? It won't be long before \$5000 will only buy a used one."
- "If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."
- "Did you hear the post office is thinking about charging a dime just to mail a letter?"
- "If they raise the minimum wage to \$1, nobody will be able to hire outside help at the store."
- "When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."
- "Kids today are impossible. Those ducktail haircuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."
- "If they think I'll pay 50 cents for a hair cut, forget it."
- "I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the of the century. They even have some fellows they call astronauts preparing for it down in Texas."
- "Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president."
- "I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."
- "It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."
- "It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."
- "Marriage doesn't mean a thing any more; those Hollywood stars seem to be getting divorced at the drop of a hat."
- "I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."
- "Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress."
- "The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."
- "There is no sense going to Lincoln or Omaha anymore for a weekend. It costs nearly \$15 a night to stay in a hotel."
- "No one can afford to be sick any more; \$35 a day in the hospital is too rich for my blood."

Some helpful sites from a recent expo at Woodville Town Hall

- **The Senior & Aged Care Living Transition (SALT) Directory** – Highlights a group of professional, experienced, dedicated businesses specialising in the care of seniors during the later stages of life and those needing new living arrangements from active living to retirement living to aged care – www.saltdirectory.com.au or email info@saltdirectory.com.au - 1300 440 910
- **Catalyst Foundation – Care Finder Program** – Aged Care Navigators - support vulnerable older people to access aged care services and other supports in the community. Telephone 8168 8776 – Press Option 2
- **Aged Care Planning** – Assistance coordinating respite care, permanent care, home care package providers, self-funded help at home, ACAT referrals – 0433 897 083 www.agedcareplanning.com.au
- **Australian Men's Shed Association** – A place for men to be social active and form friendships. Find your nearest shed at www.mensshed.org – or Phone 1300 550 009