



# COMMUNITY HEALTH AND WELLBEING NEWSLETTER

## LIVING WELL

### June and July 2025 Wellbeing Newsletter

You can encourage your friends, family, work colleagues and neighbours in the City of Salisbury to sign up for an electronic copy of the newsletter at [www.salisbury.sa.gov.au/CHWNNews](http://www.salisbury.sa.gov.au/CHWNNews).

This edition is packed with health and wellbeing tips, upcoming events and valuable information.

#### Blokes Over 50: 'Shoulder-to-Shoulder' Health Event

Blokes over 50, join us for a day dedicated to your health and wellbeing!

Enjoy free health checks, car and bike displays, interactive activities including pinball, Virtual Reality etc, and a delicious buffet lunch.

Hear from expert speakers on mental health, easy health tips, plus Barry O'Brien shares fascinating stories and photos from his 40-year career with *The Advertiser*. Arrive before 10am to go in the draw for a special prize!

**Friday 20 June 2025** 9.30am to 2pm  
Location: Jack Young Centre, 2 Orange Ave, Salisbury

Cost: \$15 - bookings essential. Payment required prior to the day to secure spot  
Bookings and enquires: 8406 8525

#### Falls Session



Over 50 and feel that you might be susceptible to a fall?

COTA is running an information session which will focus on improving balance and increasing strength. They will talk about Falls Prevention and Better Balance and the positive impact these can have on your life.

Book yourself into the session on Monday 23 June 1pm to 2.30pm (FREE session) at the Jack Young Centre, 2 Orange Ave, Salisbury.

JYC Reception 8406 8525

## 'Tips to stay active during Winter'

Staying active during winter is essential for both physical and mental health. Here are key tips to staying active during winter:

1. **Layer up:** wear moisture-wicking base layers and warm outerwear to stay comfortable outdoors.
2. **Make a routine:** set a regular schedule to build consistency and stay motivated.
3. **Outdoor activities:** walking, cycling, golf and other sports are still enjoyable activities to take part in.
4. **Use indoor options:** join a gym, swim in heated pools, or try indoor fitness classes.
5. **Stay social:** exercise with friends or groups for accountability and fun.
6. **Set goals:** keep focused by setting achievable, seasonal fitness goals.
7. **Take advantage of daylight:** be active during the sunniest parts of the day.

Staying active boosts energy, improves mood, and strengthens the immune system. Dressing in layers, staying hydrated, and setting achievable goals can help maintain motivation throughout the season and support overall well-being.

---

### Action for Happiness Calendar

June's theme is *Joyful June: 'Let's look for what's good'* and July is *Jump back up July: 'Let's find ways to bounce back!'*

Find the Calendars when they are ready at [Meaningful May | Action for Happiness](#)

The **Action for Happiness** calendars are well-regarded for several reasons, particularly in how they promote mental well-being and positive daily habits.

## Build water confidence for free!



Free

Intercultural  
**Water Safety Program**

Join our Intercultural Water Safety Program at The Salisbury Aquatic Centre! Gain essential skills in floating, moving through water, and staying safe in a welcoming and supportive environment

**Thursday 15 May to 26 June**

Time: 7pm to 8pm

Cost: FREE

Where: Salisbury Aquatic Centre

Book here:

[www.eventbrite.com/e/1323324682749](http://www.eventbrite.com/e/1323324682749)

---

### Salisbury Aquatic Centre



The Salisbury Aquatic Centre is a great place to visit for a refreshing dip, swimming to build fitness, workout at the gym or an extended visit by the whole family.

If you haven't been we strongly encourage you to check it out. Plenty of classes and programs for all ages.

[www.salisburyaquaticcentre.com.au](http://www.salisburyaquaticcentre.com.au)

---

### Feedback

To provide feedback on this newsletter please call Jim Binder at the City of Salisbury on 8406 8251 or email [jbinder@salisbury.sa.gov.au](mailto:jbinder@salisbury.sa.gov.au)

Here's what makes them stand out:

1. **Simple, actionable tips:** each day features a small, achievable action rooted in psychological research, making well-being accessible without being overwhelming.
2. **Themes for each month:** every month has a unique, uplifting theme (e.g., *Mindful March*, *Joyful June*), helping users focus on different aspects of happiness and personal growth.
3. **Positive psychology-based:** the calendars are grounded in evidence from positive psychology, encouraging habits that are proven to boost mood and life satisfaction.
4. **Visually friendly:** the design is colorful, cheerful, and easy to digest—ideal for both adults and children.
5. **Community focus:** many suggestions promote kindness, gratitude, and connection, which not only benefit the individual but also strengthen relationships and communities.
6. **Free and accessible:** they're available for free download in multiple languages, increasing their reach and inclusivity.
7. **Daily structure for mental health:** for those feeling stressed, anxious, or unmotivated, having a small goal each day can add a sense of purpose and direction.

---

## Editor's Note

Welcome to our June and July edition. Yes the weather is starting to turn cold and with this edition we are providing suggestions on how you can still stay active and connected.



Enjoy this edition and take advantage of these fantastic wellbeing opportunities!

## 'Ride Her Way'



Bike SA are creating a supportive community that connects, empowers and inspires women to be active and ride a bike.

Social Rides Salisbury Aquatic Centre

7 and 14 June 9am to 10.30am

All sessions are free, but registrations are essential. Visit the link to view all sessions and secure your spot!

<https://brnw.ch/21wSbbG>

---

## What's on?

Visit [www.salisbury.sa.gov.au/events](http://www.salisbury.sa.gov.au/events) to see a range of events coming up in the City of Salisbury.

---

## FREE Walking groups across the City of Salisbury.



Looking for a walking group near you? Visit [www.salisbury.sa.gov.au/walking](http://www.salisbury.sa.gov.au/walking) or call JYC on 8406 8525 to receive the local flyer with groups and times



## Maintaining wellbeing during Winter

In Adelaide, where winters are cool and can be grey and damp, involves a mix of physical, mental, and social strategies. Here are some practical, locally relevant tips:

### ☀️ 1. Get natural light when you can

- **Why:** less sunlight can lower mood and energy.
- **How:** try to get outside mid-morning or early afternoon—walk along one of our wonderful trails (Little Para River, Dry Creek, Cobbler Creek) when it's not raining.

### 🏃 2. Stay physically active

- **Why:** exercise boosts endorphins and keeps you warm.
- **How:** join a local gym, do yoga at home, or try winter walks/hikes. Group classes can also help with social connection. Check out the programs at The Jack Young Centre of Para Hills Seniors Centre for those of you Over 50.

### 🥗 3. Eat nourishing seasonal food

- **Why:** comfort eating can be tempting, but balance is key.
- **How:** make warm, veggie-packed meals with in-season produce like pumpkin, carrots, and kale. Go to your local fruit and veg shop or weekend market for fresh ingredients.
- Tap into the wonderful meals on offer at the Jack Young Centre

### 😌 4. Boost mental wellbeing

- **Why:** Winter blues or SAD (Seasonal Affective Disorder) can occur.
- **How:**
  - use tools like Action for Happiness calendars.

- practice gratitude journaling or mindfulness apps.
- create cozy, uplifting spaces with warm lighting and calming music.

### 👥 5. Stay connected

- **Why:** isolation can increase in winter.
- **How:** schedule regular catch-ups, even simple ones like coffee at Plant 4 Bowden or a movie night. Consider volunteering if you're feeling disconnected.

### 🛏️ 6. Prioritise sleep

- **Why:** shorter days can throw off your rhythm.
- **How:** keep a regular bedtime, limit screens before bed, and make your bedroom warm but not overheated.

### 🧥 7. Dress for the weather

- **Why:** feeling cold can drain energy.
- **How:** layer up with warm, breathable clothing. Invest in waterproof shoes or a good coat for unpredictable winter rains.

## Coming up at the Jack Young Centre (2 Orange Ave, Salisbury)



Meet and Greet Friendship group for the Over 50's. Mondays 1pm to 2.30pm

Upcoming guest speakers – FREE

**2 June:** *Surviving Bowel Cancer* by Brian Gillies. An inspirational story, plus understanding that regardless of family history and lifestyle, we need to be vigilant with our health checks.

**16 June:** *My Aged Care* by Rebecca Barr  
Find the help you need with My Aged Care.