

BAROSSA

Ageing in Style

EXPO



Directory of Service Providers

For further information,
contact Debra Anderson

Phone: 8563 8414



**Seniors Collaborative
Action Project**

Barossa, Gawler, Light, Adelaide Plains



Supported by the Australian Government
Department of Health

www.health.gov.au

Free Event

Thursday October 25, 2018

9.00am-12.30pm

Barossa Co-op Shopping Centre Mall
1 Murray Street, Nuriootpa

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Advance Care Planning Barossa, Gawler & Light Reference Group

For further information or requests for presentations please contact Secretary Libby Weaver: 0419 890 892.

The Advance Care Planning Barossa Gawler & Light Reference Group is a voluntary group, formed in 2009 to promote and educate the community on the need to complete Advance Care Directives for future health, lifestyle and other needs.

We are a diverse and committed group with representation from Medical, Nurses from acute/aged /palliative care, SA Ambulance Service, Minister of Religion, Parish Nurse, Justice of the Peace, Lawyer (ret) and members of the community.

We believe that everyone over the age of 18 with legal capacity should consider completing an Advance Care Directive regardless of age, race or creed for future care.

Expected outcomes will be that family, medical and legal professionals will follow legally binding Advance Care Directives to

- match care received with patient's wishes
- improve patient care
- give respect of person's spiritual and cultural beliefs
- improve bereavement for families
- reduce burden on families to make decisions
- give clearer directions for health professionals
- resolve treatment dilemmas for health professionals

For a free confidential consultation to assist you to put your Advance Care Directive together, ph: 8563 8411 and make an appointment.

Aged Care at Home Information Service

The Barossa Council and Town of Gawler have responded to community need for easier access to information about how to navigate the aged care system. With financial support from the Country SA Primary Health Network to cover advertising and promotion costs, the two Councils have established the "Aged Care at Home Information Service". Anyone wishing to find out information about how they or a loved one can access support and services to maintain independence and stay in their own home as they get older can make a free appointment. The information service is available every Tuesday between 9am and 12 noon, and appointments are available at The Barossa Council office in Nuriootpa and at the Elderly Centre in Gawler. To make a free appointment call The Barossa Council 8563 8411 or the Town of Gawler 8522 1177.

Aged Rights Advocacy Service (ARAS)

ph: (08) 8232 5377

email: aras@agedrights.asn.au

website: www.sa.agedrights.asn.au

Aged Rights Advocacy Service (ARAS) supports and protects aged care consumer rights and the right for older people to live free from elder abuse. ARAS can provide you with information to help you address your concerns or we can speak on your behalf in your dealings with service providers. Call ARAS for information and advice about the rights of older people.

Angels Care Services (Australia)

ph: 0412 052 362

email: remie.angelscare@gmail.com

website: www.angels-care-international.com/about.html

Angels Care Services (Australia) provides the following:

- mobile home care services
- home care - 'Ageing in place'
- Holistic Wellness - we take care of our clients as a WHOLE
- 20mins to 24 hours services

We have nurses and carers and we do ALL care in your home - no need to enter a nursing home.

Home care services includes:

- personal care
- stroke patients
- palliative care
- wound care
- medication management
- other medical/nursing care
- domestic assistance

We are also NDIS approved.

Barossa & Light Community Transport

ph: (08) 8563 8411

email: transport@barossa.sa.gov.au

website: www.barossa.sa.gov.au

- Community Transport car service – council cars driven by volunteer drivers to get people in the community to appointments, services and events. Most of our trips are older people accessing medical appointments in Adelaide but there is no age restriction and we are happy to accommodate social appointments too. Cost of a trip to Adelaide is around \$30.00 return.

- Community Transport wheelchair accessible vehicles - we have two vehicles that are available for low-cost hire. Clients need to provide their own driver.
- Community Transport shopping bus and social outings – door to door service; weekly shopping to Gawler, \$5 return, fortnightly shopping to Elizabeth \$10 return. Calendar of social trips, various fares.
- Our buses are also available for hire to community groups at subsidised fees.

Clients must live in the Barossa Council or Light Regional Council regions.

Clients over 65 years of age (50 for Aboriginal and Torres Strait Islander people) can access our services via initial referral from My Aged Care.

Barossa & Light Home Assist

ph: (08) 8563 8411

email: homeassist@barossa.sa.gov.au

website: www.barossa.sa.gov.au

Our home assist services enable people to live safely and comfortably within their own homes. We have a team of handymen, gardeners and domestic assistants available to do cleaning, gardening, shopping, window washing, gutter cleaning and other basic home maintenance tasks.

We ask for a client contribution of \$7 per hour.

Clients must live in the Barossa Council or Light Regional Council regions.

Clients over 65 years of age (50 for Aboriginal and Torres Strait Islander people) can access our services via initial referral from My Aged Care.

Barossa Aquatic and Fitness Centre (The Rex)

ph: (08) 8563 2766

email: barossareception@belgravialeisure.com.au or

barossamemberships@belgravialeisure.com.au

website: www.barossarfc.com.au

The Rex is the premier gym and indoor swimming pool in the Barossa Valley area servicing, Tanunda, Nuriootpa, Kapunda, Angaston, Greenock, Lyndoch, Mount Pleasant and surrounding suburbs. Our modern facility is staffed by a team of exercise, aquatics and customer service professionals committed to being at your service.

The cornerstone of our Centre is our large modern gymnasium and health club equipped with state of the art fitness equipment.

Operating from the health club are a range of group fitness programs and one of our strengths is personal training so if you're looking for a

little more one on one assistance from a trainer, Barossa Aquatic and Fitness is the place for you.

With our 25 metre heated indoor pool, we offer swimming lessons for infants from 6 months of age, up to school age lessons, stroke development for older and children and even adult learn to swim lessons.

Barossa Area Fund Raisers for Cancer Inc

ph: 0415 743 683

email: tash152004@yahoo.com.au

The Barossa Area Fundraisers for Cancer Inc is a body that aims to raise funds to provide support services to people affected by cancer. Our mission is to financially assist and support cancer patients in the Barossa and surrounding areas.

Barossa Community Men's Shed

ph: John Scholes, 0417 019 950

email: community@barossa.sa.gov.au

Address: 6 Ash Street, Tanunda.

Open Monday & Tuesday 9.00am – 12 noon and Thursday 9.00am – 2.00pm.

Men of all ages welcome.

- Hone or learn new skills.
- Pursue hobbies.
- Help with community projects.
- Use great tools
- Have fun!

Barossa Hearing

ph: (08) 8562 2885

email: barossahearing@live.com.au

website: www.barossahearing.com.au

Barossa Hearing is the only independently owned and operated Hearing clinic in the Barossa Valley which is open Monday to Friday. We have both Audiometrist & Audiologist specialists available, we are able to provide independent advice and recommendations. We are accredited to provide services to Pensioner, DVA and private clients.

Barossa Public Library

ph: (08) 8563 8444

email: arossa@barossa.sa.gov.au

Website: <https://www.barossa.sa.gov.au/sections/community-cultural-services/libraries>

The Barossa Council provides library services at Nuriootpa, Angaston, Lyndoch, Mt Pleasant and Tanunda.

Library Services at a Glance:

- Free to join
- Access to books, DVDs, magazines, eBooks, audio books, online resources & local history
- Millions of items using the state-wide One Card Network
- Council payments & information available at Angaston, Lyndoch, Mt Pleasant libraries
- Internet, wireless Internet & computers
- Printing, photocopying, fax & laminating services
- Regular children's activities, story time, rattle & rhyme & little groovers sessions
- Author events, book discussion groups, and a range of programs
- Friends of the Library events and book sales
- JP Service - Friday 11.00-1.00 & Saturday 10.00-12.00 at Nuriootpa

Barossa Spinners and Weavers

ph: (08) 8562 2439 or (08) 8568 1846

email: hedy24@bigpond.com.au

Affiliated with the Handspinners & Weavers Guild of SA Inc

Barossa Spinners and Weavers meet every 2nd Monday in the Library at Nuriootpa.

We help maintain skills and techniques that have been passed down for generations and encourage the development of new techniques and ideas that make our crafts more relevant to modern lifestyles.

Our crafts know no national boundary and are as ancient as human history.

The threads of spinning and weaving bind us to our ancestors, but our crafts are as modern as today and continue to develop and change.

Our aim is to promote the growth of spinning, weaving, and associated crafts,

which are a part of the heritage of the world.

Barossa Village

ph: (08) 856 20300

email: csreception@barossavillage.org

website: www.barossavillage.org

Barossa Village is the only provider of retirement living, in-home & aged care services within the Barossa region which offers a full and comprehensive range of products to meet all of the varied needs of retired and elderly people. Barossa Village services include:

- Independent retirement living solutions;
- Support around your home and garden;
- Specialised care services within your own home;
- Fitness and other lifestyles activities;
- Transitional care when leaving a stay in hospital;
- Fresh meals delivered to your home 5 days a week;
- Community Club & Day Care;
- Respite and Residential aged care

Cancer Council SA

ph: 13 11 20

email: cc@cancersa.org.au

Cancer Council SA is a charity organisation working towards beating cancer. We work across a number of areas relating to cancer including research, cancer prevention and education, support and advocating to government. Cancer Council provides a number of services for those affected by cancer, as well as their loved ones. We also provide a range of information about treatment, cancer prevention, cancer screening and support.

Carers and Disability Link

ph: (08) 8562 4000

email: barossa@cadl.support

website: www.cadl.support

Our Carer Support Workers support carers of all ages, by providing a listening ear, connection with carers in similar situations, information and resources, liaison with community groups and service providers and opportunities to learn, socialise and relax. We provide social support services for people aged over 65. We also offer advice about accessing the NDIS, and Support Coordination and Plan Management, as well as services for people with disability.

Catalyst Foundation (formerly Seniors Information Service)

ph: (08) 8168 8776

SA Country (free call): 1800 636 368

email: information@catalystfoundation.com.au

website: www.catalystfoundation.com.au

Catalyst Foundation (formerly Seniors Information Service) is the leading provider of community information in South Australia focussing on areas such as home support, aged care services, disability services, housing, independent living, digital literacy, retirement living and connecting people to services.

We provide information on:

- Housing and low cost rental accommodation
- Residential aged care
- Concessions and benefits
- Independent living and home support
- Employment and business
- Retirement housing

We provide support to all South Australians and have a special focus on:

- Aboriginal and Torres Strait Islanders Communities
- Culturally and Linguistically Diverse Communities
- Lesbian, Gay, Bisexual, Transgender and Intersex Communities

Our services include:

- Ageing SA -accommodation placement service
- Disability Support Marketplace – new online resource for people living with disability
- Support to navigate My Aged Care, myGov, Legal Services Clinic and Legal Brokers
- Seminars including Accessing Help at Home and Financial Planning for Retirement
- IT Training and support including learning to use computers, tablets and smart phones
- Social support centre
- Tax Help

Centrelink

ph: 132 300 (re Older Australians) and ph: 132 717 (re Carers)

website: www.humanservices.gov.au

Centrelink is part of the Commonwealth Department of Human Services and delivers social security payments and services to Australians.

ConnectED Program - Uniting Communities

ph: 08 8202 5128 or 1800 615 677

Email: ConnectEd@unitingcommunities.org

Website: www.connected.org.au

ConnectEd is a community based program that assists people to understand and better manage their electricity, gas, water and telecommunication use. The program provides free home energy assessments, community education sessions, and financial counselling. We also provide workforce training. We can assist with learning to read utility bills and meters, provide running costs for household appliances, give recommendations to reduce energy consumption and refer to other assistance such as concessions, grant funding, financial counselling, hardship programs and emergency relief.

Continence Resource Centre

ph: (08) 8266 5260

email: continence@sa.gov.au

The Continence Resource Centre is a state wide continence information and advisory services located at the Independent Living Centre at 11 Blacks Road Gilles Plains. The service is affiliated with the Continence Foundation of Australia and is funded by the Department for Communities and Social Inclusion (DCSI).

Country Health Connect Barossa

ph: 1800 944 912

email: chsabarossacountryhealthconnect@sa.gov.au

website: www.countryhealthconnect.sa.gov.au

Country Health Connect offers a wide range of community, in-home and residential aged care services to support you or your loved one to stay well and independent in your community. Services include domestic and personal care, community access, therapy and nursing services as well as respite care. If you need help with everyday tasks or want to discuss other aged care service options, Country Health Connect can support you.

Country Home Services

ph: 1300 773 202

email: admin@countryhomeservices.org.au

website: www.countryhomeservices.org.au

Based in regional South Australia, Country Home Services has been supporting country people in a way that helps them to maintain the

independent life they love including the activities and community connection they have always enjoyed.

For over 27 years, we have delivered customised home care services to country communities north of Adelaide, including the Clare Valley, Yorke Peninsula, Wakefield Plains, Mid-North, Gawler and the Barossa Valley—our staff love discovering unique ways to facilitate positive customer experiences. From Valley to Coast, our services are tailored to meet individual preferences and support you no matter what stage of life you are in.

COTA SA

ph: (08) 8232 0422, Country Callers: 1800 182 324

email: cotasa@cotasa.org.au

website: www.cotasa.org.au

COTA SA is creating new images and expectations of our older years... boldly reframing the way we age.

COTA SA is the peak body promoting and representing the rights, needs and interests of 633,000 older South Australians. Our key roles are policy and advocacy, programs and activities that create opportunities for people to become involved and engaged as well as offering great savings and benefits available exclusively through membership.

More than this, we're also a one-stop-shop for exclusive member-only benefits. COTA SA members benefit when they belong in a variety of ways.

COTA SA provides a platform to ensure that older South Australians are part of decision-making by government on everything from income and employment to housing and health.

Dementia Australia – SA Division

ph: (08) 8372 2100

email: sa.admin@dementia.org.au

website: www.dementia.org.au

We represent the more than 413,106 Australians living with dementia and the estimated 291,163 Australians involved in their care. We advocate for the needs of people living with all types of dementia, and for their families and carers, and provide support services, education and information.

Dementia Friendly Communities Committee

ph: (08) 8562 4000

email: barossa@cadl.support

website: www.cadl.support

A dementia friendly community is a place where people with dementia and their families and carers are understood and supported to live a meaningful life.

Our goal is to raise community awareness of those living with dementia, their friends and families. We aim to do this by promoting inclusion, independence, social acceptance, community involvement, improvement of physical access and breaking down barriers.

One of our projects for 2018 is the establishment of a dementia friendly garden at the Barossa Bush Gardens. If you'd like to be involved in this or any DFC Committee activity please contact us.

Independent Living Centre

ph: (08) 8266 5260 or 1300 885 886

email: ilcsa@sa.gov.au

website: www.dcsi.sa.gov.au/services/disability-services/independent-living-centre and www.ilcaustralia.org.au

The Independent Living Centre provides information and advice on equipment, assistive technology and techniques to assist people in their daily living.

JNY Safety Care

ph: 0421 642 264

email: allison@jnysafetycare.com

website: www.jnysafetycare.com

Emergency alert pendants with fall detector that work anywhere, not restricted to the home.

Meals on Wheels

ph: 1800 854 453

email: meals@mealsonwheelssa.org.au

The role of Meals on Wheels in the community is simple...

We aim to assist people in our community who find problems with shopping for food, or cooking with ease.

Our Meals on Wheels service caters for people with a wide variety of support needs, not just meals for seniors.

With some 86 active branches located across South Australia, a hot, delicious, nourishing, three course meal, could be close at hand!

Mobility SA

ph: (08) 8562 2541

email: kerri@mobilitysa.com.au

website: <http://mobilitysa.com.au/>

Mobility SA supplies the latest mobility products and living aids to the South Australian region and beyond.

We also service rural and regional areas throughout South Australia making it easier for you to receive the assistance you need when distance is a problem. We make regular visits to different areas throughout South Australia. If you would like us to visit your area please contact us today to arrange a visit or let us know how we can help you.

Whether you are an individual looking for the right product in your home or for a loved one, Mobility SA can offer fast obligation free advice and unparalleled service. We supply a range of different organisations and individuals with the latest quality products. Providing the best quality, most suitable product in a convenient manner is our goal. At Mobility SA the customer is always the priority.

If you are an Occupational Therapist, Nurse or Organisation in need of Mobility products please contact us to enquire about purchasing a sample product range to bring to your clients. We can provide a range of suitable products tailored to the specific needs of your clients.

My Health Record

Help line ph: 1800 723 471

website: www.myhealthrecord.gov.au

My Health Record is an online summary of your key health information. When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

This year, you will get a My Health Record unless you opt out. If you don't want a My Health Record, complete the online process by 15 November 2018. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process.

Probus South Pacific

ph: 1300 630 488

email: admin@probussouthpacific.org

website: www.probussouthpacific.org

Probus provides you with the opportunity to meet with fellow retirees on a regular basis, listening to interesting speakers and join together in activities, all in the company of new friends.

Membership is open to any member of the community who is retired or semi-retired and is looking for friendship, fellowship and fun.

Great reasons to join PROBUS

- enjoy the fellowship of retirees in your community
- listen to interesting guest speakers
- attend monthly meetings in your local area
- participate in a wide range of activities with fellow club members
- travel locally or around the world
- enjoy exclusive discounts through Probus Member Benefits Scheme
- access to exclusive Probus Travel Insurance Plans
- stay in the loop with Active Retirees publications
- develop new interests and stay active

Public Trustee

ph: (08) 8226 9200

email: pt.enquiries@sa.gov.au

website: www.publictrustee.sa.gov.au

The Public Trustee supports South Australians, including the most vulnerable, by providing excellent service in Will making, estate management and financial administration.

Relationships Australia SA Gambling Help Service

ph: (08) 8255 3323

email: r.mawer@rasa.org.au

website: www.relationships.org.au

RASA Gambling Help Service provides counselling and support for anyone affected by gambling including partners of gamblers, family members and friends.

Respirico

ph: (08) 8250 4804

email: breathing@respirico.com.au

Respirico supplies a wide range of healthcare equipment including mobility scooters & walkers, disability aids, respiratory equipment including oxygen concentrators and CPAP equipment for the treatment of sleep apnea. From our head office at Salisbury Plain, we

service regional centres including Whyalla, Gawler, Nuriootpa, Clare, Moonta and Port Pirie. Respirico is South Australian owned and operated.

Resthaven Inc

ph: (08) 8252 6811

email: northernncs@resthaven.asn.au

website: www.resthaven.asn.au

Resthaven provides outstanding care and support for older people and their carers under various different programs. Entry level services are able to be provided through the Commonwealth Home Support Program, and higher level Home Care Packages are also available, along with services specifically for Veteran's and specialised Nursing and Vision Support Services. Services are provided with a consumer directed care focus.

SA Police Home Assist Program

ph: (08) 7322 3211

email: jane.tan@police.sa.gov.au

website: <https://www.police.sa.gov.au/services-and-events/community-programs/home-assist>

The SAPOL Home Assist Program is a Commonwealth Home Support Program that is funded by the Commonwealth and State Governments. The aim is to improve home security and personal safety of eligible service users to allow them to remain safely in their homes.

Who is eligible?

- 65 years and over; or
- Aboriginal and Torres Strait Islander people (50 years and over); or
- Under 65 years living with a disability; or
- Carers of people who meet these criteria.

What does SAPOL provide?

- Free Security Audits

A police officer will come and visit you and conduct a free security audit of your home. You will be provided with a written document highlighting security issues that could be improved.

- Free Group Presentations

Police will deliver free educative presentations to groups of 15 + people.

Contact the SAPOL Home Assist Program to book a security audit or a group presentation on 732 23211.

Smart Start Dietetics

ph: (Nuriootpa): 08 8562 1700 | (Willaston): 08 8522 4232

mobile: 0434 368 405

website: smartstartdietetics.com

Suzannah Smart is your local experienced Dietitian and Nutritionist based in the Barossa Valley and Willaston. She specialises in advice & guidance for weight loss, medical conditions and children's nutrition. Suzannah enjoys working with you to find the best nutrition strategies to fit in with your lifestyle and meet your health goals. Medicare, Private Health and DVA rebates are available.

Sonder

ph: (08) 8209 0700

email: enquiry@northernhealth.net

website: www.northernhealth.net

Sonder (formerly Northern Health Network) is a leading provider of high quality mental health services. People living in the Gawler/Barossa region experiencing common mental health concerns such as anxiety, depression and grief, including substance use can access our suite of mental health services across both metro and country South Australia. The Living Well with Serious Illness Program provides care coordination and/or psychological support for people living with a serious and progressive illness and their carer(s) aiming to improve quality of life by assisting with practical, physical, emotional and spiritual issues. Sonder is also funded to provide Closing the Gap and Healthy Eating and Active Lifestyle (HEAL) services in the region. The program which aims to identify and contribute to improved health outcomes for Aboriginal and Torres Strait Islander peoples.

Southern Cross Care SA/NT

ph: 1800 852 772

Fax: (08) 8291 8096

Email: enquiry@southernxc.com.au

Website: <https://www.southerncrosscare.com.au/>

Our comprehensive range of health & wellness and at-home services, our beautifully appointed retirement properties, and our high quality residential care will keep you connected to the life you love and provide you with the support you are looking for.

State Emergency Service

ph: 0407 794 756

email: lyn.little@sasesvolunteer.org.au

website: www.ses.sa.gov.au

The South Australian State Emergency Service (SES) is a volunteer-based organisation that responds to a wide range of emergencies and rescues across the state 24-hours a day, seven days a week, 365-days a year.

Primarily responsible for responding to extreme weather (including storms and extreme heat) and flooding events, the SES also responds to road crash, marine, swiftwater, vertical and confined space rescues.

SES members - which currently number around 1700 - also devote considerable time helping raise the community's awareness of a range of natural hazards.

SES volunteers have saved the lives and property of countless South Australians since the early 1960s when it was known as the Civil Defence.

To become a volunteer with the SES, phone 1300 364 587 or visit the Joint the SES page on the website.

Tanunda Lutheran Home Inc

ph: (08) 8563 7709

email: ilu@tlhome.com.au

mobile: 0417 351 123

website www.tlhome.com.au

- 117 bed Residential Aged Care facility that offers respite and permanent beds.
- Tanunda Retirement Living provides 69 Independent Living units at our 27 Bridge Street site and 29 homes at our offsite areas of Tanunda. The Independent Living resident committee is very active in taking an interest in the running of the retirement Village and the social committee arranges monthly programs that include outings, guest speakers and social events.
- Tanunda Lutheran Home offers to all of our residents the convenience of having onsite physio and podiatry.
- The government funded day centre is open 5 days a week for socially isolated community and Independent Living residents, where trained staff are there to provide support, activities and a 2 course meal.

- All Residents can also utilise the onsite hairdresser at 27 Bridge Street that offers beauty treatments including spa, nails and waxing, perms cuts and colours.
- We also have an onsite Café which is enjoyed by staff and residents, 5 days a week for café style meals and lovely coffee!

Taylor and Forgie

ph: (08) 8522 1734

email: info@taylorandforgie.com.au

website: www.taylorandforgie.com.au

Grief, pre-paid funerals for burials and cremations. We assist people through difficult times.

Terry White Chemmart Barossa

ph: (08) 8562 1550

email: dispensary@twcbarossa.com.au

website: <https://shop.terrywhitechemmart.com.au/>

Our friendly staff are here to assist you with your health and medications. We provide medication organisers and also facilitate the HEAL (Health Eating Exercise and Lifestyle) program for you to enjoy a healthier lifestyle.

The Vines Retirement Estate

ph: (08) 8562 1277 or 1300 308 141

email: vinesadmin@iinet.net.au

website: www.thevines.net.au

A time and place to enjoy the good life

These are the years we all look forward to.

A time of life that enables you the chance to do what you want, when you want and to savour all the good things.

To do just that there is no better place than The Vines where you can enjoy the best of retirement living in the Barossa as well as the all the familiar comforts you deserve.

The days will belong to you and how you spend them is up to you.

Fun filled or quiet and relaxed, the choice is yours.

Watch a movie, work up a gentle sweat in a fitness class, roll up your sleeves in the workshop, or enjoy a glass of wine and chat with friends at a BBQ - whatever takes your fancy.

You can even park your boat or caravan here for when you're ready for your next adventure – the choice is yours.

When it comes to choice, everyone has their own idea of what retirement should be.

Uniting Communities – Aged Care

ph: (08) 8563 3333

email: tanundaoffice@unitingcommunities.org

We provide in-home and community care for people over 65. Our aim is to encourage independence and connect people who are at risk of being isolated back into the community.

Vitality Health & Rehab

ph: 0488 180 548

email: vitalityhr@outlook.com

Providing exercise physiology and dietetic services for individuals with chronic health conditions or injuries. We establish tailored exercise and diet programs to assist you to manage your health.

Volunteering Barossa & Light

ph: (08) 8563 8326

email: volunteer@barossa.sa.gov.au

website: www.barossa.sa.gov.au

Description of service: Volunteering Barossa & Light is a community service that matches volunteers to positions and provides help and advice on all aspects of volunteering. Our service is for volunteers, prospective volunteers and groups or organisations who engage volunteers.

Your Foot Doctor Podiatry

ph: (08) 8562 1700

email: admin@yourfootdoctor.net.au

website: www.yourfootdoctor.net.au/

At Your Foot Doctor, we are dedicated to helping you with your foot and lower leg problems using our extensive, current and evidence-based knowledge to improve your quality of life. We are experienced in fitting off the shelf and custom devices such as orthotics, ankle foot orthoses, moon boots and richie braces. We enjoy seeing patients of all ages and work with other practitioners to make sure our patients have a great outcome. We are registered with NDIS and accept Medicare and DVA referrals.