

SPRING 2025

AZALEA HOME SUPPORT SERVICES

NEWSLETTER

MONTHLY SUPPORT NEWS



A MESSAGE FROM OUR CEO



AZALEA HOME SUPPORT SERVICES
When you need care most.

As we welcome the fresh energy of Spring, I'm delighted to share the latest updates from Azalea Home Support Services.

This season is all about growth, connection, and wellbeing, and we have some exciting things happening across our community.

In this edition, we celebrate our Support Star of the Season, introduce our wonderful new team members Dakota and Kellie-Ann, and highlight Social Saturdays (mark your calendars for September 6th and 20th!).

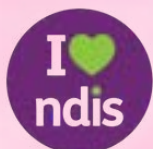
In this issue, you'll find tips for staying hydrated, managing seasonal allergies, and practicing safe sun exposure. We also share gentle ways to boost mental health by spending time in nature and enjoying outdoor activities suited to all abilities.

Finally, we have some important awareness dates coming up, including World Suicide Prevention Day (10 September), R U OK? Day (11 September), World Mental Health Day & World Homeless Day (10 October), and International Men's Day (19 November).

These dates are a powerful reminder of the importance of community, support, and starting meaningful conversations.

Thank you for being part of our Azalea community – together, we continue to grow stronger each season.

- Shelly Daniel



REGISTERED
NDIS
PROVIDER

**Certified Child Safe
Environment**



SUPPORT STAR OF THE MONTH

At Azalea Home Support Services we honour a team member as the
“Support Star of the Season”



Support Star of the Season

Congratulations to Ryan
for being recognised for his
reliability, consistency,
positive attitude and empathy
with clients

more about [Ryan](#) here.

NEW EMPLOYEES



Dakota

Southern Support Worker

Find out more [here](#).



Kellie-Ann

Southern Support Worker

Find out more [here](#)



UPCOMING EVENTS



BRICKS

CREATIVE WORKSHOP

THURSDAYS

ADULTS: 1:00pm - 2:30pm

KIDS: 3:00pm - 4:30pm

BOOKINGS REQUIRED:

email Kristen on
pm@azaleahss.com.au



SOCIAL SATURDAY

6th and 20th September

Azalea Home Support Services organises a Social Saturday event. Clients are welcome to reserve a spot for various activities or excursions from 10 AM to 4 PM.

You have the option to receive support in one of three ways:

1.1, 1.2 or 1.3.

We can pick you up in our minivan, or you can join us at the designated meeting point.

To book your spot please call the office on 08 7260 3150 or email us at info@azaleahss.com.au



Azalea Home Support Services

CRAFTING CONNECTIONS

Explore, Create, Connect in
Our Craft Workshops for Adults.



Tuesdays



10:00AM-12:00PM

\$10

per person

Join Now → www.azaleahss.com.au/group-activities

Located at Azalea Home Support Services, 8/130 Main Road, McLaren Vale (next to BWS)





SPRING IMPORTANT DATES

World Suicide Prevention Day | 10
September

R U OK Day | 11 September

**World Mental Health Day & World
Homeless Day** | 10 October

International Men's Day
19 November

COMMUNITY SUPPORT



FOOD PANTRY

**Hackham Community Centre
44 Glynville Drive,
Hackham West, SA 5163
Tuesday – Thursday
12:30 pm – 2:00 pm**

Our Community Food Pantry provides free and low-cost food to those in need every Monday, Tuesday, Wednesday, and Thursday.

Foods donated by OzHarvest, Kiwanis and The ESPY Bakehouse Christies Beach.

More information [here](#).



Here's to Strength Community Support Fund

Here's to Strength recognises that at times, taking care of yourself can feel overwhelming. That's why the not-for-profit organisation is dedicated to creating opportunities for Australian communities to feel empowered in their self-care journey.

Guided by its vision to bridge gaps in access regardless of circumstance, Here's to Strength is working to develop diverse pathways of support, ensuring no one is left behind.

More information [here](#).

Community Pantry Available

SPRING 2025

1. Go to a
nature
preserve.

2. Spring
clean your
place.

3. Decorate a
bird house.

4. Get a fuss-
free house
plant.

7. Listen
to the rain
fall.

5. Make your
own flower
arrangement.

6. Lie on the
grass and
daydream.

8. Refresh
your
skincare.

9. Start a
spring
reading
list.

10. Cook with "in-
season" fruits &
veggies.



Self Care Spring Ideas

11. Enjoy a
relaxing picnic.

12. Unplug from
social media.

13. Write
a poem
about the
season.

15. Buy a
cute
water
bottle -
hydrate!

14. Declutter
your closet.

16. Draw
with
side-walk
chalk.



NEW SERVICES AVAILABLE



TRANSPORT AVAILABLE

Azalea's caring staff provide safe, on-time transport for medical appointments, social outings, community events, and shopping trips – with support every step of the way, from preparation to companionship and assistance throughout.

To find out more or to book a transport shift visit our [website](#)

WE HAVE A VACANCY

At our Supported Living Home at Seaford Rise.

This bedroom and living space can be used for a permanent residence or temporary Respite.

To find out more please visit our website: [Respite](#)



CONTACT US

We are ready to support you. Reach out now:



08 7260 3150

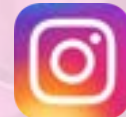


reception@azaleahss.com.au or



Shop 8, 130 Main Rd, McLaren Vale
McLaren Vale Shopping Complex

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