



14 FEB, 2024

Social game leads to friendship and support at Resthaven

Leader - Barossa Valley, Angaston

Page 1 of 2

Social game leads to friendship and support at Resthaven

There's a friendly but fierce competition held each Wednesday at Resthaven Northern Community Services' Gawler office, and the players are looking for more people to compete with.

The game is Rummikub, and Resthaven clients Mr Robert (Bob) Jamieson and Mr Geoffrey (Geoff) Heath have been playing the game for over a year. They are members of Resthaven's Friendship Circle, a social group that meets regularly to chat and take part in activities.

"I enjoy Rummikub as it's a great way of keeping your mind active," Bob says. "But the thing that I'm really here for is the companionship. The conversations we have while we are playing are phenomenal."

Geoff agrees, "It's a great way to get to know people. We talk about all sorts of things – sharing stories, talking about family, solving the world's problems."

Although Rummikub is the current game of choice, Resthaven Northern Community Services Coordinator, Andrea Hanson, who facilitates the group, says the activities and meals provided are chosen by the participants.

The Friendship Circle meets each Wednesday and morning tea and lunch is provided.

Bob, who lives on a farm in Lewiston with his daughter and her family, says that coming to the Friendship Circle has become an important part of his week.

"I've been coming for around 14 months now, and I'd really encourage other people in the community to join as well," Bob says.

For Geoff, time spent at Resthaven allows his wife a chance to get on with her things at home, which keeps her happy too.

"We get some help at home from Resthaven with general household tasks and physiotherapy, and it's nice to have this social support outside of the home as well," Geoff says.

Andrea says, "We welcome Commonwealth Home Support Program clients living in Gawler, Barossa and surrounds. We do, however, encourage any older people to join if they would like to—the more the merrier!"

In addition to the clubs and groups offered by Resthaven Northern Community Services, the Gawler team holds monthly bus trips for clients in the area, where they can enjoy a meal at the local pub or café.

Those interested should contact Andrea at Resthaven for further information.



Geoff Heath, Andrea Hanson, Amanda Farrelly (Northern Community Services Home Support Worker), Bob Jamieson.



14 FEB, 2024

Social game leads to friendship and support at Resthaven

Leader - Barossa Valley, Angaston



Resthaven Northern Community Services at Gawler.