



Flourishing on the Fleurieu

Health check up for blokes next week

Men's Health Week is from June 15-21. It is about individuals, families and communities reflecting on the state of male health and wellbeing in the region.

The Men's Engagement Network will host a free local men's health week event. They have support from the Australian Men's Shed Association, Victor Harbor Men's Shed, Victor Harbor Cancer Support, the Positive Ageing Taskforce, Victor Harbor Spa Clubs Fitness, Hearing Australia, and Victor Harbor Chemplus.

'Spanner in the Works' will be held on Friday, June 19, at Carrickalinga House, Torrens Street, Victor Harbor. Doors will open at 5pm for people to browse displays, gather information and talk to service providers.

A Men's Health Tool Box resource will be available for all men.

Hearing checks will be conducted by Australian Hearing and fitness tests and tips will be provided by Spa Clubs gym trainers, along with complimentary nutritious food and drinks. You are invited to go along to this informative evening and hear guest speaker Dr Clive Fowler share his reflections on 'What I've discovered about men and their health'. For more information contact Bill Harris 8552 3004 or deachbill@dodo.com.au

Life goes on after work

Retirement may conjure up visions of extended holidays, sleeping in and more frequent catch ups with family and friends.

However, this is not always the reality and for many men, retirement can be challenging.

Not everybody retires by choice. Some people are forced to do so due to illness, injury or redundancy. Others may need to take on a caring role for a partner, family member or friend.

These forced or early retirements can result in a big financial burden and a not so positive start to retirement.

Even if you do retire by choice, you may find that retirement isn't all that you thought it would be.

Most people take time to adjust to retirement. A job not only provides money, but also lifestyle, self image, purpose and friendships.

Planning your retirement can assist with a positive transition.

Create a budget
Seek reliable advice from reputable sources. Good financial management can enable you to plan and save for things you would like to do such as travel, home renovations, purchase of a special item, or simply to have more money for fun and hobbies.

Invest in relationships
Loneliness and isolation are a risk as people age. If most of your social relationships were work-related you may need to explore opportunities to develop new social networks.

Getting involved in community activities and events or joining a special interest group may be a great way to meet new people in your local area.

Retirement can also put a strain on your relationship with your partner.

Both parties may struggle to adjust to the increased time available to spend in each other's company. Tension may also arise as you adjust to new roles and responsibilities.

The key is effective open communication, including the capacity to compromise and negotiate.

Relationship support is available via Relationships Australia SA 1800 182 325.

Get involved in your community

Getting involved in your local community is a great way to meet new people and feel connected.

Men's Sheds offer a space to share ideas and skills and participate in practical activities such as woodwork, metalwork and restoration.

Service club groups and community organisations also offer an opportunity to connect to your community.

Find clubs and other events in the 'What's On' section of this paper or pick up a copy of the local Community Guide available from *The Times*.

Consider part-time work or volunteering

Some people may find a gradual transition into retirement more appealing by reducing work hours to part time. This may help with the challenges of finances, social connections and sense of purpose.

It also provides an opportunity to continue to share and build your skills and experience.

To find out more about volunteering, contact Volunteering SA on 8221 7177 or 1300 135 545.

Explore new things

Retirement provides more available time to explore new things. You may decide



HAPPY: Victor Harbor-Port Elliot Lions June Albon, Ruth Pearsons, Ian McCallum, Brian Martin, Ray Klecko, Bexvan Daniel, Meg Klecko and Geoff Pfeiffer, keep active by volunteering for the club.

to learn a new skill or take up a new hobby. Some people may welcome the opportunity to study a course with University of the Third Age, TAFE, University, or investigate other adult learning opportunities.

Take care of your mental health

Retirement can free up time of responsibilities, but once the 'honeymoon' period wears off, you may feel down or depressed. Here are some positive things you can do:

Redefine your sense of self, think beyond your work role. Consider 'who am I now?'

Maintain connections with friends, family and the community. This can help prevent feelings of loneliness and help us to stay mentally healthy.

Create new routines. Spend time outdoors in nature.

Plan meaningful activities to engage in on a daily basis.

Schedule physical activity into each day. Being physically active can help improve mood and create more energy.

Discuss your feelings with others. If you feel depressed or are experiencing anxiety, seek help from a

professional counsellor or psychologist, or call Beyond Blue on 1300 22 4636.

Be active

Regular physical activity can benefit your mental and physical health. Active seniors have better balance, agility and strength and are less prone to falling.

Muscle and bone strength can be increased through regular use of major muscle groups. Change your routine so you stay active.

Find activities you love to do. Participate in your favourite sport or activity or try something new. Check out this local directory: www.sfkibeactive.com.au/activity_directory

Find a partner or a group of friends who enjoy similar activities. This can help motivate you.

Try day hiking or join a local walking group. There are a number of Heart Foundation Walking Groups in the Fleurieu region. For more information phone Jeremy Bell on 0427 015 845.

Try to accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

For more information speak to Michelle Fuller on 8551 0500.

Adrian PEDERICK MP
Member for Hammond

Thanking all members of the Hammond Electorate

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THE TIMES, Thursday, June 11, 2015 - 37

THE TIMES, Thursday, June 11, 2015 - 51