

AT HOME

CHRISTMAS 2025

WITH
HELPING
HAND

FREE

*Paws, relax
& celebrate
the season!*

PEOPLE | PASTIMES | PUZZLES



Helping Hand

Editor's note



Season's greetings and welcome to this mini Christmas edition of *At Home*!

Thank you to everyone who shared their experiences and collective wisdom in the

magazine this year. Your voices bring *At Home* to life, reminding us that "You are never too old to set a new goal or to dream a new dream." (C.S. Lewis.)

We'll be back in the New Year with our usual collection of in-depth personal stories from across our residential, retirement, and home care communities.

In the meantime, we hope you enjoy this festive treat as we wrap up 2025.

Sonia

Sonia De Nicola

Philanthropy and
Communications
Specialist



Welcome

Helping Hand provides services across many lands traditionally owned by the Kurna, Narungga, Peramangk, Ngadjuri, Nukunu and Barngarla people.

Helping Hand acknowledges the traditional owners of the land on which we work and provide services. We pay respect to their culture and heritage, and to Elders past, present and emerging.



In November 2025, Chris (far right) and staff welcomed members of the McKeough Family to North Adelaide to acknowledge the family's donation to purchase these two shade structures for North Adelaide Residential Care Home and furnishings for the Port Pirie Home Care Office in memory of their sister, Miss Tess McKeough.

From the Chief Executive Officer

As 2025 draws to a close, I am reflecting on what has been a significant year for Helping Hand.

Across our organisation, we have continued to adapt to changes and legislative reforms.

We have embraced new technologies to enhance our services and embarked on legacy-making projects – while staying true to our purpose of delivering personalised care and creating communities where people always feel at home.

This time of year offers each of us a chance to celebrate what brings people together and acknowledge what makes us unique.

I particularly value the celebrations taking place across residential care homes and through our Social Connections programs.

Every event is inspired by the creativity and dedication of our teams and the rich blend of cultures, traditions and memories that make up our communities. Families and visitors are especially welcome at this time of year.

This year, our Social Connections team will be hosting a special lunch on Christmas Day for Home Care clients.

This time of year offers each of us a chance to celebrate what brings people together and acknowledge what makes us unique.

This initiative celebrates connection and belonging and we hope it can become a new annual tradition.

To all our clients, residents, families, volunteers, and supporters, thank you for choosing Helping Hand.

Whether you welcome us into your own home, visit our Wellbeing Centres, or live in a Helping Hand community, your trust and partnership enables us to deliver care that places you at the centre of everything we do.

On behalf of everyone at Helping Hand, I wish you a safe, healthy, and happy festive season. I hope you enjoy this Christmas edition of *At Home*.

Chris Stewart
Chief Executive Officer

There to Care Awards

In November 2025, Helping Hand held its first *There to Care Awards* awards presentation, celebrating the extraordinary team members who go above and beyond, delivering personalised care that truly embodies our values of excellence, respect, compassion and community.

Some names and faces will be familiar to our readers and the nominees and winners represent the very best of our Helping Hand community. This year's recipients come from across our organisation, shining brightly as examples of dedication, kindness, and the impact one person can make in the lives of many.

Meet our 2025 winners:

Bishal

Care Worker,
Residential Services

Excellence Award

“



“I don't think it's about me, I always feel it's a team effort. I don't want to take all the recognition, everyone is helpful. I'm very grateful to the residents, staff and co-workers.”

Matt

Domestic Services
Manager, Home Care

Respect Award

“



“It's not just a job, it's a community. Helping Hand is an organisation that truly values people. That culture of care is something I see in every team member, every day.”

Rob

Lifestyle Coordinator,
Residential Services

Community Award

“



“My motto is we're all in this together – residents, staff and families, we have a beautiful community in Whyalla.”

Jyoti

Care Worker and Chef,
Residential Services

Compassion Award

JOINT
WINNER

“



“I always come home with a smile, I think about the highlights of my day and it's always the residents.”

Erin

Exercise Physiologist,
Allied Health

Compassion Award

JOINT
WINNER

“



“I was very surprised and shocked, but it's nice to be acknowledged for the hard work we do put in”

Debbie

Care Worker,
Residential Services

CEO Award

“



“My motivation for this work isn't recognition, it's because I genuinely care for the residents and their families.”

Miki

Care Worker,
Residential Services

Excellence in Dementia Care Award

JOINT
WINNER

“



“I feel like being a care worker is something truly worthy, it gives me a sense of satisfaction because I'm doing something for society.”

Hannah

Care Worker,
Residential Services

Excellence in Dementia Care Award

JOINT
WINNER

“



“Supporting residents and guiding my colleagues is something I'm very passionate about. It's a privilege to work alongside such dedicated people.”

Jodie

Learning and Capability
Consultant, Corporate Services

Board Chair Award

“



“Empowering our dedicated team to deliver person-centred, compassionate, and exceptional care is my greatest reward.”

Family album

L-R: Margaret and Jan

Jan and Margaret have an indelible connection to Helping Hand. Their father Rev Arthur Strange, OBE, was the driving force and founder of Helping Hand.

At this time of year, when many of us reflect on family and friends, Jan and Margaret open their cherished photo albums and share memories of their father, their remarkable mother Stella and the values of community and service that shaped their parents' lives – and their own.

They begin by explaining how their parents met.

Stella was training to be a nurse at the Port Pirie Hospital. At that time, Arthur was married to Freda. They had a little boy called Ron with a second child on the way, a daughter who would be named Betty.

Stella and Arthur did marry, forming a lasting partnership grounded in shared values and dedicated to helping others.

During her pregnancy, Freda received a devastating diagnosis – she had breast cancer. Stella was rostered to provide nursing care for

her during those final months. As Margaret retells it, "When Freda was dying, she told dad he would need a wife and her children would need a mother and Stella would be a good choice for both."

In time, Stella and Arthur did marry, forming a lasting partnership grounded in shared values and dedicated to helping others. Jan was born in 1939

and Margaret in 1942. Life in the blended household was harmonious and the four siblings were raised as a strong family unit.



Margaret on her wedding day

Jan describes a household where her parents had incredibly busy workloads. "Dad was seemingly tireless and Mum's workload was no lighter. Having been a country girl, raised on a farm, she was a very competent seamstress and an amazing cook," recalls Jan. "As well as raising four children, and sometimes having to be both mother and father, she supported Dad's work. For example, for years she washed all the laundry for the men's hostel that Dad had established."

Arthur was often known to invite returned service men and women home for afternoon tea. During the Second World War, the family lived in Glenelg and Stella regularly catered for 30 or 40 people in their home; an effort they continued when the family moved to North Adelaide. "My recollection is they did try to make Christmas Day a family-only affair, but alleviating loneliness was such an important part of Dad's mission and we usually shared our Christmas with people who would otherwise have been on their own," says Jan.

Alleviating loneliness was such an important part of Dad's mission and we usually shared our Christmas with people who would otherwise have been on their own.

Beyond Helping Hand, Arthur and Stella were involved in countless charitable and fundraising endeavours. A leading figure in the Methodist Church, Arthur established men's hostels, created an employment agency for homeless

men, supported post-war migrants, organised bus tours to enrich the lives of older people and so much more. He was an incredible fundraiser using his charisma and powers of persuasion to raise money. For many years, 'Padre Strange' was a familiar voice on radio stations 5KA and later 5AD.

Aged 88, he was still shaking a collection tin at shopping centres, standing for hours, before Stella would pick him up in the car at the end of the day.

Both sisters agree, he could not have achieved all that he did without Stella.

Jan and Margaret followed in their mother's footsteps and chose careers in nursing,

"Back then, nursing students trained in hospitals and lived in onsite accommodation. It was like a strict boarding school. You had to be in by 11pm on weekdays and 12pm on Saturdays."



“*In 1915, Dad was in his early twenties and studying to be a Minister when he enlisted in the Medical Corps in World War One. He was in Trafalgar Square, London, and feeling so lonely. He was also struck by the sight of so many homeless men. That's when he vowed that if he survived, he would dedicate his life to, as he put it, 'helping lonely people'.*” **Jan**

“Dad was an Airforce Chaplain during World War Two and became known as – and often referred to himself as 'Padre'.” **Jan**

If you missed the curfew and couldn't get a friend to let you in, you would have to present yourself to Matron at 7am the next day and explain yourself," says Jan. Both went on to have fulfilling nursing careers and married and raised children of their own. Margaret went on to become a Director of Nursing. "It was so demanding, but I loved it and Mum and Dad were so supportive," she says.

Jan also believes her parents' outlook shaped her instincts to serve. When she and her husband moved into a retirement village, she joined committees and helped neighbours. "Getting involved was part of my upbringing."

"I am happy to be here. I wanted to come home." Margaret.

Growing up in the Strange household may not have been typical, but Jan and Margaret delight in the memories and are so proud of what their parents achieved together.

Earlier this year, the sisters turned full circle, when Margaret moved into North Adelaide Residential Care Home. Jan remains the steady older sister, a constant visitor and keeper of the family stories. For Margaret, living in the home that is so closely connected to her parents' legacy means so much to her.

"I am happy to be here. I wanted to come home." says Margaret

“



"Dad could not have done what he did, without mum. Mum believed a Methodist Minister's wife had a certain role to play and that was to support the Minister and the Church. She was a humble person and didn't seek recognition for herself." **Margaret**

In 1955, Stella laid the foundation stone, in North Adelaide for what was known as the "Infirmary" which provided nursing care for residents of Westering and Seymour wings. The first stage of the project was known as Stella wing.

“



"Dad passed away 13 years before Mum. In her later years she was able to relax and spend quality time with family and friends in Adelaide and interstate. A good friend to many and a supportive and loving Nanna to her children and grandchildren; she moved with the times."

Margaret

Golden moments

Pam is one of the Golden Girls who meet up every Monday at Gillies Plains as part of the Social Connections program. For this lively group of friends, Mondays are all about fun, laughter, learning new things and spending time together.

According to Kelly from the Social Connections team, Pam is always up for anything, especially dressing up for themed events. "Pam always comes in bright and cheery and just brightens up the room," says Kelly.

It was Pam's children who first suggested she join a group. "My family really encouraged me to get involved. I also realised that being at home on my own so much wasn't good, so we reached out to Helping Hand," says Pam.

The first group she tried wasn't quite the right fit. That's why the Social Connections team offers a variety of groups and activities instead of a one-size-fits-all program. Kelly suggested she join the Golden Girls, and Pam thought she'd give it a go. She hasn't looked back.

"I love the people there and I love to make people laugh. That makes my day and being part of the Golden Girls sets me up for the week.

I think the girls never quite know what I am going to do, or say next," Pam laughs. "I have become more outgoing

Kelly suggested she join the Golden Girls, and Pam thought she'd give it a go. She hasn't looked back.

as a result of joining the group, it just makes me feel good."

Family traditions remain just as important.

For years, Pam hosted Christmas at her home, right up until she turned 80. While she has now passed on hosting duties to her children, one tradition stays firmly in her hands: the Christmas pudding.

Every year, her daughter and two grandchildren gather at her house while Pam supervises. "In some ways, it was a difficult decision not having Christmas lunch at my house, but it was getting a bit much and this way, I still feel I can contribute," she says.



Pam continues to use her mother's original recipe, which makes three puddings—a small, medium, and large. It's a lot of work, as anyone who has made a traditional Christmas pudding knows. "I like to say that they crack the eggs, while I try and crack the jokes."

And the secret to a perfect pudding? Pam smiles. "My mother's recipe has never let me down. Not once."

“

"I have become more outgoing as a result of joining the group, it just makes me feel good." **Pam**

What's on?

Christmas Day Lunch Connections

Helping Hand's Social Connections team is hosting a special Christmas Day lunch for clients living in the community who might otherwise spend the day alone. Staff are volunteering their services on the day and a traditional Christmas Day lunch will be served.

Some conditions apply. To find out more, call **1300 444 663**.

Venue:

Parafield Gardens Wellbeing Centre
Billabong Room
422 Salisbury Highway
Salisbury South

Retirement Living

The Retirement Living team will be available during business hours throughout the Christmas / New Year period apart from public holidays. If you are a Retirement Village resident and require emergency maintenance assistance on public holidays and outside of business hours, please call the afterhours emergency maintenance service relevant to your location.

Allied Health

Allied Health Groups and clinics

Some Allied Health groups will be taking a short break during Christmas / New Year period.

If you regularly attend one of the groups below and need to confirm or reschedule, please call the Welcome Team on **1300 444 663** and let us know.

Hydrotherapy

Hydrotherapy at Parafield Recreation Centre will not be running from Monday 15 December 2025 and will restart Monday 5 January 2026.

Chair Yoga

Chair Yoga classes at Golden Grove Wellbeing Centre and Harrison Court North Adelaide will not be running from Tuesday 9 December and will restart on Tuesday 13 January, 2026.

Social Connections

Social Connections Groups will finish on Friday 19 December and resume on Monday 5 January, 2026.

Home Care

The Home Care team will continue to provide services over the Christmas / New Year period apart from public holidays. Essential services only are provided on public holidays. If you would like to cancel or reschedule your services during the festive season, please call the Home Care Welcome team on **1300 444 663**.



L – R: Pam, Jill, Lisa, Hotel Service Site Manager (acting), Alma and Val

Homemade Pasties

Golden Grove Residential Care Home recently whipped up a delicious storm, inspired by a simple conversation that brought a group of bakers together.

When Val (pictured here in orange), a valued member of the Consumer Advisory Body, mentioned how much she had missed cooking Lisa, the acting Hotel Services Site Manager, was quick to turn that wish into action. The result? A fun-filled cooking session where Val could reconnect with her love of baking, surrounded by friends and laughter.

Thank you, Val, for sharing your recipe for your homemade pasties, they're sure to be a real treat!

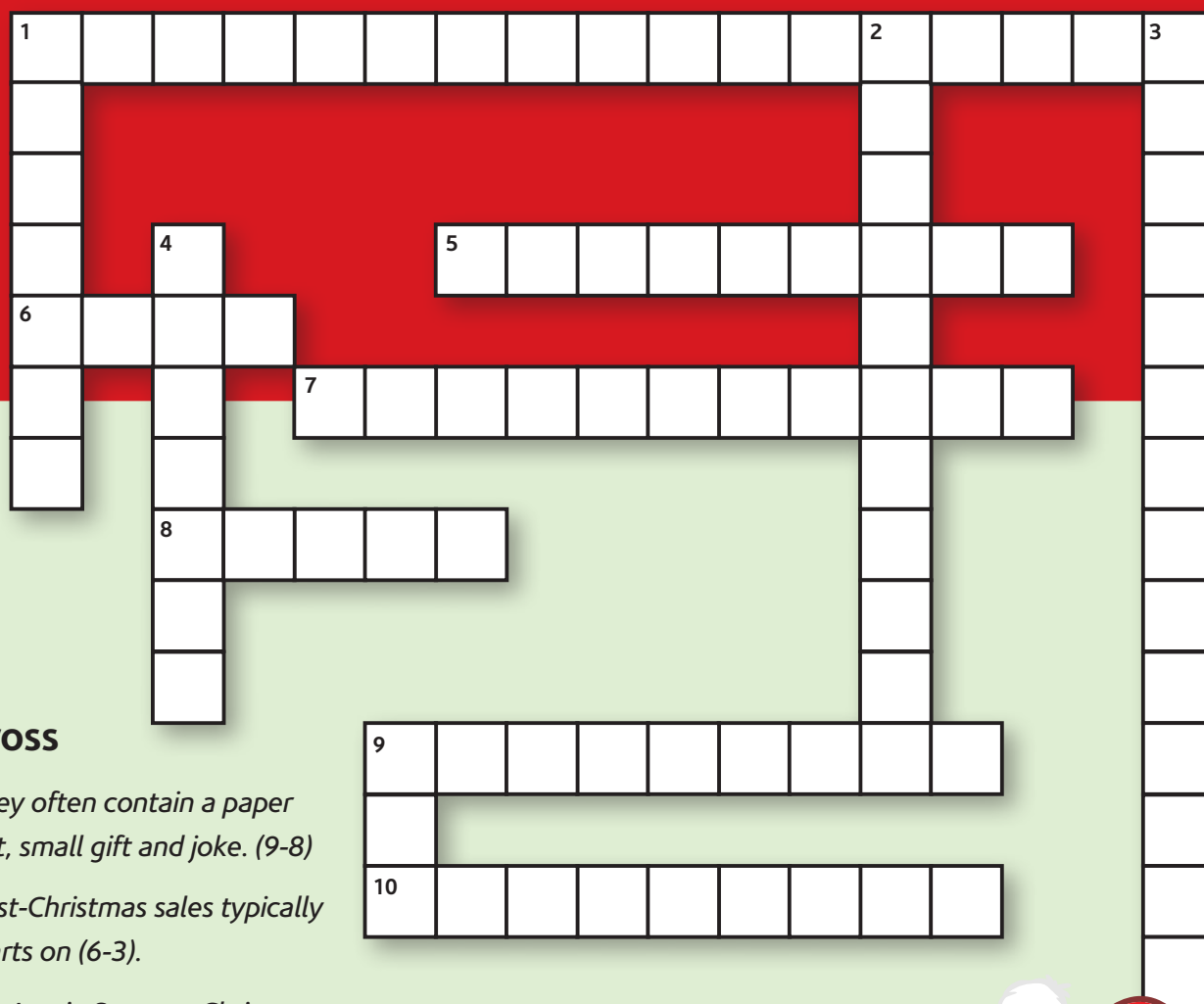
Ingredients

- shortcrust pre-made pastry, cut into saucer-sized rounds
- 500g beef mince
- cubed carrot and potato (use double the amount of vegetables to beef)
- salt and pepper to taste
- milk for brushing the tops.

Method

1. Place the filling mixture in the centre of each pastry round.
2. Fold the pastry over and crimp the edges firmly to seal.
3. Brush the tops with milk.
4. Bake at 180°C fan-forced until golden brown.
5. Once the desired colour is reached, reduce the oven temperature and bake for a further 10 minutes to ensure the filling is cooked through and the pastry is nice and crunchy.

Aussie Christmas crossword



Across

1. They often contain a paper hat, small gift and joke. (9-8)
5. Post-Christmas sales typically starts on (6-3).
6. An Aussie Summer Christmas means sun, sand and ____ (4).
7. Kids like to decorate this house around Christmas (11).
8. Shopping Centres are a popular place to get photos with who around Christmas (5).
9. Aussie version of a sleigh (6-3).
10. The Australian City that holds the traditional Boxing Day Cricket Test match (9).

Down

1. Another way to describe the colour of Santa's hat (8).
2. Carols by _____ is an Australian Christmas tradition, originating in Melbourne (11).
3. The _____ Yacht Race is a sporting event beginning on Boxing Day (6-2-6).
4. At Christmas, ladies put on their party _____ (7).
9. A festive food often served on a Christmas table (3).





Hidden equation

Get started by searching left to right, one row at a time. You can make it more challenging by working vertically, diagonally, backwards, or using two-digit numbers, for example ($2 \times 4 + 6 = 10 - 3 \times 2$).

9	5	6 + 3 = 9	1	8	7	5	7		
2	2	9	0	1	5	1	6	2	9
8	6	2	8	2	4	6	2	1	5
8	4	6	5	1	6	8	4	3	4
3	3	6	2	4	4	3	7	7	5
9	6	3	9	7	9	2	4	1	4
9	6	5	5	5	8	8	8	1	9
3	3	3	8	5	1	6	6	7	6
8	9	3	8	2	6	6	2	8	9
6	6	3	9	3	4	1	9	9	1

Riddle rousers!

1. This gift can't be bought, but can be exchanged. It's something you can give to yourself, but is better when given to someone else. What is it?
2. December and January both have 31 days. How many months have 28?
3. Why does Santa bring an extra pair of pants when he golfs?
4. What does December have that no other month has?
5. Why is Santa so good at karate?
6. What do cats say to each other on New Year's Eve?

Puzzles and Brainteasers



Create your own festive bunting with this simple, craft activity that brightens any room for the holidays.

What you'll need:

- string
- scissors
- paper or upcycled christmas cards
- stapler or glue.

Steps

1. Measure the space where you want to hang the bunting and cut a length of string or ribbon.
2. Cut your paper or cards into rectangles. Fold each one in half and trim the bottom edge into a triangle.
3. Hang the triangles over the string.
4. Secure each triangle by stapling or gluing at the top and sides.
5. Hang up your personalised bunting and enjoy your festive creation.

Answers

Aussie Christmas crossword

Across

1. Christmas crackers
5. Boxing Day
6. Surf
7. Gingerbread
8. Santa
9. Holden Ute
10. Melbourne

Down

1. Crimson
2. Candlelight
3. Sydney to Hobart
4. Dresses
9. Ham

Hidden equation

9	5	6 + 3 = 9	1	8	7	5	7
2	2	9	0	1	5 + 1 = 6	2	9
8	6 + 2 = 8	2	4	6	2	1	5
8	4	6	5 + 1 = 6	8	4	3	4
3	3	6	2	4	4 + 3 = 7	7	5
9	6 + 3 = 9	7	9	2	4	1	4
9	6	5	5	5	8	8	8 + 1 = 9
3	3	3	8	5 + 1 = 6	6	7	6
8	9	3	8	2	6	6 + 2 = 8	9
6	6 + 3 = 9	3	4	1	9	9	1

Riddle rousers

1. Love.
2. All of them.
3. In case he gets a hole in one.
4. The letter "d".
5. He's got a black belt.
6. Happy Mew Year.

Christmas in Australia wordsearch

Decorations
Sunshine
Celebration
Carols
Seafood
Swimming
Cricket
Barbecue
Shorts
Candlelight
Hat
Beach
Fruitcake
Nativity
Pudding
Seagull
Goodwill
Santa
Summer
Heat

A	Z	S	C	A	N	D	L	E	L	I	G	H	T
V	C	U	S	A	N	T	A	E	E	Y	V	N	C
L	A	M	H	C	E	E	N	U	T	N	O	S	H
Q	R	M	L	A	U	I	C	I	N	I	N	O	E
L	O	E	H	M	H	E	V	K	T	O	B	V	A
G	L	R	R	S	B	I	G	A	I	G	D	S	T
B	S	W	N	R	T	N	R	T	N	O	T	G	C
E	W	U	A	A	I	B	A	I	O	R	J	O	R
A	S	B	N	M	E	R	D	F	O	C	I	O	I
C	Q	F	M	L	O	D	A	H	H	V	I	D	C
H	P	I	E	C	U	E	S	Q	W	A	A	W	K
X	W	C	E	P	S	O	S	V	W	V	T	I	E
S	G	D	S	E	A	G	U	L	L	X	X	L	T
R	S	F	R	U	I	T	C	A	K	E	S	L	Q

Spot the difference



1. Green and red bunting.
2. Red ornaments on tree.
3. Child in the front.
4. Different coloured stripes.
5. Missing pom-pom.
6. More drinking glasses.



From all of us at

Helping Hand,



we wish you all a

*joyful and peaceful
Festive Season*

*We hope the new year brings comfort,
connection and moments to cherish.*

*Thank you for being part of our
community.*



Helping Hand

We hope you enjoyed this issue of *At Home*, please share it with family, friends and neighbours.