

Barunga West, Bedford team up

BARUNGA West Council has signed a five-year agreement with Bedford's Kadina-based supported employment group.

Building on an existing arrangement, the partnership will see Bedford's grounds maintenance team continue servicing the Upper Yorke Peninsula.

This includes the ongoing management of foreshore pine debris, as well as mowing, spraying, sweeping and edging across parks and reserves from Bute to Fisherman Bay.

Barunga West Council interim chief executive Paul Simpson said the agreement reinforced council's commitment to inclusive employment and the high-quality maintenance of public spaces.

"This partnership with Bedford is a win for our community," Mr Simpson said.

"It helps keep our parks, foreshore and reserves clean and inviting, while also supporting meaningful employment opportunities for people living with disability.

"We're proud to work with an organisation like Bedford and encourage others to consider engaging their services."

The agreement aligned with council's broader focus on building a connected, inclusive and healthy community across the Top of the Yorke, Mr Simpson said.



KEEPING BWC BEAUTIFUL... Bedford gardens team supervisor Mark Griffiths, Bedford Services site manager Kadina Peter Fabian, gardens team member Dylan Bock, Barunga West Council interim chief executive Paul Simpson. BWC has signed Bedford's gardens team for grounds maintenance across the Top of the Yorke region.

Bedford chief executive Myron Mann welcomed the agreement as a positive step for the region.

"This partnership offers meaningful employment for local people with disability while enhancing community spaces," Mr Mann said.

"We value partners like

Barunga West Council who are committed to social inclusion and community wellbeing."

Bedford's Kadina site also manufactures wooden activity kits for Bunnings and delivers grounds services across regional SA.

The organisation is actively

seeking further garden maintenance opportunities to support its expanding team.

Further information about Bedford's regional commercial services is available at www.bedfordgroup.com.au/commercial-capabilities/regional-enterprises.

SACWA Ardrossan branch update

SOUTH Australian Country Women's Association Ardrossan branch is supporting Uniting Country SA Kadina by collecting blankets, quilts, rugs, bed and knee rugs, winter sheets, scarves, cardigans and jackets.

Members delivered donations on Wednesday morning, June 25, ahead of the colder weather. They will continue knitting and crocheting through winter in preparation for next year.

Flowers have been delivered to residents at the Ardrossan Seaview aged-care home.

The branch's annual meeting will be held on Tuesday, July 8.

Morning tea will be served at 10am in the park for Adrian Oster's team, who help care for the Town Square.

Afterwards, the meeting will be at 10.45am, and members are asked to bring their own lunch. The SACWA Spencer group handi-craft officer will attend to present this year's state craft projects.

Officer roles within the branch will be changing, with outgoing officers supporting new role holders to continue SACWA's work for the Ardrossan community and for women and children across South Australia.

We thank our local community and visitors for their support throughout 2024 and into 2025.

A special thank you to the editor of the YP Country Times, Antics, and SACWA Magazine for continuing to publish our reports.

SACWA Ardrossan is keeping busy through winter — working quietly, caring and sharing in our community.

The Ardrossan branch is also partnering with Drakes Ardrossan to supply fresh fruit to children, because we know how important it is to have access to healthy food.

Jose Patrick

Free fitness programs for women and girls

Advertising promotion

COPPER Coast Sport and Leisure Centre is launching two free fitness programs in July, designed to empower women and girls to get active, connect with others and grow their confidence in a supportive space.

The Thrive Tribe sessions will be delivered in partnership with Sonder and funded by the Australian Government's Play Our Way Program. These 10-week programs are all about feeling good while moving your body.

Teen gym — girls aged 15-17

This program supports teenage girls to feel more confident in the gym.

With guidance from a female trainer, participants will learn fitness basics in a relaxed, non-judgemental setting focused on strength, wellbeing and self-belief.

Sessions will be held from 3.30pm to 4.30pm Wednesday afternoons, beginning July 23.

Mums move and mingle

Perfect for mums easing back into exercise, this group session includes creche access and a free coffee.

It's a chance to move, connect and share a laugh with other local mums.



FITNESS... CCSLC staff members and gym users, Lacey Faulkner and Ella Aldridge.

The sessions will be held from 9.30am to 10.30am on Fridays, starting July 25.

"These programs are about more than just fitness," CCSLC gym instructor Shauna Olds said.

"They're about creating a community where women and

girls feel empowered to thrive — physically, mentally and socially."

Programs are completely free, with limited places available.

To learn more or register, visit or call Copper Coast Sport and Leisure Centre.

Let's move, grow and thrive — together.

Join the **Thrive Tribe!**

MUMS MOVE & MINGLE

BEGINS 25th July, 2025

Day/Time: 9.30-10.30am, Fridays
 Cost: FREE!
 CRECHE AND COFFEE INCLUDED



GYM FOR TEEN GIRLS AGED 15-17

BEGINS WEEK 1, TERM 3

Day/Time: 3.30-4.30pm, Wednesdays
 Cost: FREE



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