



LIVE WELL UPDATE 1

27 September 2017

Dear Friends of the Live Well Project

Welcome to the Live Well Project Community Update 1.

Thank you to all of you who have met with me over the past few months to help me understand how 'well' people currently live in each of the communities in the Corangamite Shire as they get older. It is inspiring to see what is already happening in each town and it is exciting to consider what is possible when we tap into previously unrealised assets among our residents.

We now have a Live Well Project webpage on the Corangamite Shire website – hooray! [Click here](#) to find it, please bookmark it and come back as often as you like. The website is the go-to place for information about the project as it evolves between now and March 2019.

The Live Well Project Goal: To shine a light on social connection through life-long learning, physical activity, the arts and volunteering so that individuals live well and communities become more age-friendly.

The first Live Well project event was the Live Well and U3A Long Lunch held on Thursday 14 September in Terang. The purpose of this event was to initiate community conversation about the project with people from all parts of the Shire. Dr Eric Fairbank gave the opening address on how to Live Well, drawing on his life experience as a GP, Palliative Care Specialist and as President of Warrnambool and District Community Hospice. It was an interesting perspective indeed.

Abbie Cameron is a facilitator of ABCD – Asset Based Community Development and she introduced the approach where we focus on identifying strengths in our communities on which to build project actions or activities. The community assets identified are summarised below:

- The friendly and generous people
- Nature including parks, lakes, the local 'mount', avenues/trees/bushland
- Health services and community support services
- Being part of clubs and community groups
- Having close proximity to a highway or railway line – in the towns that have them.
- Beautiful historic buildings, streetscapes and avenues – in the towns that have these too.

WHERE TO FROM HERE?

There will be open invitations to community members to come to a Live Well gathering in your town or group of towns, during October or November 2017. Dates and times are currently being negotiated to avoid clashes with existing events and commitments and will

be available soon. The Live Well gatherings will be promoted in your community newsletter and/or local newspaper, on the Shire website and Facebook page as well as by hard copies on community noticeboards. Please share the invitation widely among your family, friends and neighbours. The purpose of these events will be to continue the conversation about what it means to Live Well in our Communities as we get older and develop the actions to be undertaken to boost social connection. In reality this means we work to prevent and address isolation and loneliness which is said to be more damaging to health in the long term than avoiding smoking.

Themes for the Live Well project actions that I am hearing so far are listed below and will be discussed further at the community gatherings in October and November.

- Boosting awareness of existing opportunities to Live Well in each town/surrounding district and encourage support of activities in other towns of the Shire.
- Life-long learning; including links to the University of the Third Age Program, the Libraries and intergenerational activities related to using online and digital technologies.
- Enjoying nature and the outdoor environments; getting together with others in the community to take care of and beautify outdoor public places to boost their use.
- Community Arts activities such as murals, singing, drama.
- Strengthening the links between Health Services and community-based physical activity opportunities for people to start or return to low-moderate intensity exercise as they get older.
- Promotion of the well-being benefits of volunteering and participation at every age.

Some Live Well Project actions that have evolved so far are:

Trial of a session on using the internet to access online community newsletters and or receive newsletters by email in Terang with volunteers from the Walking Group and Senior Citizens Club and students from Terang College. (We will share what we learn from this trial).

Instructors of low-moderate intensity group exercise classes from across the Shire will come together to share their expertise, identify any gaps in the types of classes on offer and to promote all efforts that cater for community members to be healthy and strong as they get older.

We will host a Live Well Timboon community conversation afternoon tea with catering provided by volunteers as a Timboon Relay for Life fundraiser. Date: Tues 31 Oct, 1.30-3pm, venue TBC.

Continue to link some Live Well Project presentations with the U3A by inviting members and the broader community, to attend sessions during 2018. Topics TBC.

Thanks for your interest in the Live Well Project so far. Feel free to contact me if you have good ideas for the Live Well Project that you wish to explore.

Clare Vaughan

Clare Vaughan, Age-friendly Communities Project Officer, Corangamite Shire
Phone: 0400 369 525 or email: clare.vaughan@corangamite.vic.gov.au