



LIVE WELL  
camperdown

## Dear Friends of the Live Well Project Camperdown and District

*Due to the St Patricks Day fires, I have held off from sending this update. It has been, and continues to be, a tough time for many people and therefore if this project can assist the community, particularly the older residents in recovery, I would be pleased to discuss how to help this happen.*

The Live Well conversation and afternoon tea held on Thursday 22 February at the Guide Hall was another great success. Over 40 people attended – including about ten relatively new residents, which was brilliant. THANKS to all who came along and joined the conversation. The afternoon tea prepared by the CWA team was magnificent and the Guide Hall as a venue was really suitable. Thanks again.

What is an age-friendly community: Age-friendly communities are places where people stay involved in community life, enjoy good health and feel safe. They are also communities where older people are treated with respect and feel they can contribute and belong.

The following list includes suggestions for Live Well Project action for consideration:

- The strongest message from the community was that there are many social activities already on offer to enable residents of Camperdown to live well. **There was general agreement that we should find out about and strengthen what is already on offer before we search for new things to start.**
- A couple of residents who have moved to Camperdown over the past few months said that they found information about ‘things to do’ via the **Courthouse and the Community House**. Both places have display space for fliers and volunteers who usually have time to chat. The Supermarkets and the Library were also identified as a place to find fliers. The Library displays fliers on the external windows meaning they are accessible even when the library is closed.
- **The local newspapers** are also important sources of information about ‘what’s on.’ Half a dozen people attended the Live Well afternoon tea because they read about it in the paper.
- **Communication about ‘what’s on’ was identified as a challenge** in Camperdown and a few people volunteered to continue this discussion. Clare will follow up.
- **Camperdown Community House and the Men’s Shed** are key places for people to join social other activities that match interests; either as a leader/volunteer or a participant. Contact Emily on 5593 1403
- **Several people offered to help others learn how to use the internet and five people expressed interest in learning to use an iPad. This will be a priority for action; Clare will follow up.**
- Two people expressed interest in **singing**. They’ve been notified that they are welcome at the Lismore Tone Deaf Choir on Mondays 3.30-5pm. Contact Clare for more information about singing.
- One person wanted to join a **cooking group** and find others keen to **play cards** ie: 500. Emily at Community House is able to help so others interested should also contact Emily on 5593 1403
- A **Ukulele group** meets fortnightly and welcomes new players of any ability. Contact Clare for more info.
- A lady who loves to garden has offered to share this love with 1-2 others. Another has knowledge of **gardening** – particularly of soils, that she’d be happy to share. Contact Clare to find out how to link up.

- One person wanted others to know that the **Universtiy of the Third Age (U3A)** offers many learning /social programs that suit people 50years+. Conact Clare for U3A contact details.
- We have a volunteer who is willing to teach others to **sew basic patchwork blocks by hand**. Community House is the place to do this; contact Kay or Emily on 5593 1403
- One person enjoys **English Literature – partularly women’s writing** and is intersted in sharing this interest with others. Camperdown Library is an asset that has great potential for less formal social gatherings related to **books and sharing stories, building online skills** because there is access to free wifi. Chat to Clare or Helen at the Library about your ideas.
- Nick Hose Fitness, Carole Manifold and Peter Conroy (Slipper Camp) **offer exercise sessions for people of all ages and fitness levels**. Simply contact them directly or chat to Clare if you want contact details.

## Where to from here?

The suggestions listed above will be reviewed and a timeline for actions negotiated with those who have provided contact details. If you would like to express interest in any of the ideas listed, just let Clare know. Follow up actions will be promoted to all via email and the project website: [www.corangamite.vic.gov.au/Community/Public-Health-and-Wellbeing/Live-Well-Project](http://www.corangamite.vic.gov.au/Community/Public-Health-and-Wellbeing/Live-Well-Project)

The *Friends of the Live Well Project* email list has over 300 people listed. To all project ‘Friends’, thanks for your involvement in the Live Well / Age-friendly Communities conversations to date and for your willingness to be informed about project progress. Anyone wanting to join the friends list can email [clare.vaughan@corangamite.vic.gov.au](mailto:clare.vaughan@corangamite.vic.gov.au) with a request.

For residents who are interested in reading Live Well Project Updates, but do not access the internet, copies of updates will be available from noticeboards at Camperdown Community House, Camperdown Library and the Courthouse or call Clare Vaughan on 0400369525 for a quick update chat.

*Clare Vaughan*

Clare Vaughan, Age-friendly Communities Project Officer, Corangamite Shire

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