



LIVE WELL  
cobden

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

*Due to the St Patricks Day fires and peat smoke problems, 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 following is a summary of the Live Well conversation held on Thursday 15 March at the Civic Hall. THANKS to all who came along and joined the conversation. The afternoon tea prepared by JC's Homemade was delicious and enjoyed by all. Thanks again Jedda.

There is \$4000 available from the Live Well Project to spend on helping to make Cobden and District more age-friendly community through boosting social connection.

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.

Those who joined the conversation made the following suggestions for Live Well Project actions:

- The strongest message from the community was that there are many social activities already on offer to enable residents of Cobden to live well. Let's investigate how to strengthen what is already available.
- **Communication about 'what's on' was identified as a challenge** in Cobden and District, particularly for new residents and others with small social networks and limited mobility. The supermarket and shop windows in the main street are effective for display of fliers and the information centre has volunteers on hand for conversation about what's on if people know to ask. The local newspaper is a valuable source of district information.
- There was general agreement that Cobden and District has a strong culture of volunteering with the many **community service clubs and sporting clubs** being well supported.
- Several people expressed interest in **learning to use an iPad/tablet/smartphone. This will be a priority for action; Clare will follow up.**
- **Cobdenhealth** was noted as an important asset for residents of the Cobden District to live well as they get older with the Urgent Care and Allied Health Services, Aged Care, Fitness and Wellbeing facilities and community partnerships. The Live Well Project will be working to strengthen opportunities for people to keep physically fit and independent through joining best practice structured exercise options and Cobdenhealth Staff as well as community-based exercise professionals have been invited to **professional development scheduled for May**. *Key message: By no making time to exercise, at some point you will need to make time for illness. Exercise that is social and tailored to match interests and needs is best.*
- **Car pooling** to attend activities and events was seen as an important way for people to keep social networks strong and save on travel costs. The U3A members are regularly car pooling to travel to other towns and are enjoying the benefits of broader involvement in life and learning new things.
- One person made a detailed case for Cobden to have a **Community House** where people could drop in for advice related to welfare issues. The Uniting Church Opp Shop is a 'go-to' place for food vouchers and a general chat and a cuppa and that works well, although having a confidential space would be

better. It was noted that the Community House in Camperdown is for Camperdown and District and Cobden residents are welcome and do use this facility.

- The **Men's Shed** is a great place for older men to enjoy the company of others while making/constructing/fixing things. New members are welcome. Contact details are available from Cobdenhealth.
- One person wanted more information about what the Library offers. The **Cobden Library** is a welcoming place and residents are simply advised to pop in and ask about the services available.

## 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 the IGA supermarket, the Information Centre and Cobdenhealth or call Clare Vaughan on 0400369525 for a quick update chat.

*Clare Vaughan*

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