

PROJECT UPDATE FEBRUARY 2018



LIVE WELL
project

Dear Friends of the Live Well Project

There are over 300 people on our project 'Friends' list since it was started in June 2017. Thank you all for your interest. Here's hoping that 2018 provides new and interesting insights into living well as we get older. Feel free to share this project update with family, friends, neighbours in your community.

SHIRE WIDE PROJECT AREAS FOR 2018

CORANGAMITE U3A PARTNERSHIP & LIFELONG LEARNING

The Term 1 2018 Course Guide is full of interesting opportunities to learn new things - including art, travel, singing, mah-jong and cycling. Industry trips and lunch outings boost our knowledge and appreciation of our local area.

DID YOU KNOW?

While there is no sure way to prevent dementia, it helps to learn new things to promote growth of neural pathways in the brain

FREE COMMUNITY INFORMATION SESSIONS

**TAKING CARE OF YOUR BRAIN -
HELPING TO REDUCE YOUR RISK OF DEMENTIA**

TIMBOON

Wednesday 21 March, 2-3 pm
Timboon & District Health Service
RSVP: In person at TDHS reception or
phone 5558 6000 by Monday 19 March.

CAMPERDOWN

Thursday 22 March, 2-3 pm
Killara Centre, Camperdown
RSVP: In person at Civic Centre or
phone 5593 7100 by Monday 19 March.

ADDRESSING THE DIGITAL DIVIDE

The Digital Divide: the gap between those that have / don't have access to, use of, or knowledge to use information communication technologies.

As more government, education and community services information is available online, those without access are missing out. The Live Well Project is working with local libraries and schools to provide access opportunities to boost skills.

More information available soon.

STRUCTURED OPTIONS TO START OR RETURN TO EXERCISE

Keeping physically active is key to maintaining independence as we get older. Activities like golf, bowls, swimming and walking are popular - however, structured exercise sessions are unique for helping people start or return to exercise and stay involved for the long term.

Tailored gym programs, water-based exercise, chair-based exercise, strength training and circuits or gentle exercise for falls prevention are some examples of structure exercise sessions.

The Live Well Project will provide Professional Development for Personal Trainers and Exercise Professionals in the Corangamite Shire.

Exercise professionals who deliver services suited to older adults are encouraged to contact Clare Vaughan on 0400 369 525 to discuss being involved.

COMMUNICATIONS - SHARING GREAT IDEAS

There are already many opportunities in Corangamite communities for people to be involved and Live Well. There are also multiple ways to promote events online and via newspapers, newsletters, community noticeboards, fliers in shop windows etc. Word of mouth works best.

The Live Well Project is exploring how to do this better. Your ideas are welcome. Call Clare on 0400 369 525 to discuss sharing of great ideas between people and other towns.



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COMMUNITY ACTIONS PLANNED SO FAR...

LISMORE AND NORTHERN DISTRICTS

- Afternoon tea and community meeting held 14 November 2017
- Tone Deaf Choir led by Karen Robertson. Start-up supported by Lismore Progress Association
- Derrinallum Library - Tech Savvy Seniors activities being planned
- Using iMovie to make short video clips to promote community activities. Trial clip of Lismore Water Aerobics January 2018
- Videos of Lismore Men's Shed and Skipton Community Shop are being considered

TIMBOON & DISTRICT

- Afternoon tea and community meeting held 30 October 2017
- Community Information Session. 'Take Care of Your Brain - Helping reduce risk of Dementia'. Wednesday 21 March, 2-3 pm at Timboon Health Service. RSVP: In person at TDHS or call 5558 6000 by Monday 19 March.
- Tech Savvy Seniors activities are being considered



TERANG & DISTRICT

- Afternoon tea and community meeting held 15 November 2017
- Tech Savvy Seniors sessions - two trial sessions in October and December 2017 at Terang College with students and volunteers from Seniors Walking Group. More planned for 2018.
- Promotion of exercise sessions at Josie Black Community Health Centre and Terang Gym
- The Little Acorn Cafe is interested in hosting social gatherings like 'crafternoons' and 'appy hours'
- Terang Library - Tech Savvy Seniors activities are being considered

CAMPERDOWN

- Afternoon tea and community meeting. Thursday 22 February 1:30-3 pm at the Guide Hall, cnr Manifold and Brooke Streets. All welcome for this initial consultation
- Community Information Session. 'Take Care of Your Brain - Helping reduce risk of Dementia'. Thursday 22 March, 2-3 pm at Killara Centre, Camperdown. RSVP: In person at the Civic Centre or call 5593 7100 by Monday 19 March.

COBDEN

- Afternoon tea and community meeting. Thursday 15 March, 1:30-3 pm at the Civic Hall, cnr Victoria and Silvester Streets. All welcome for this initial consultation
- So far, Cobdenhealth and the Library are interested partners for Live Well actions in Cobden. Other partnerships are most welcome.

SIMPSON

- 'Cooking for 1-2 people' sessions being planned thanks to Simpson Community House, Men's Shed and Timboon & District Healthcare Service
- Tech Savvy Seniors sessions being planned with Simpson Community House. More information available soon.

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VICTORIAN GOVERNMENT

WWW.CORANGAMITE.VIC.GOV.AU/LIVE-WELL-PROJECT

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