



Project Update – Feb 2018



Dear Friends of Live Well, thank-you for your support over the last two years ☺- Becky

CORANGAMITE SHIRE

End of the Live Well Project

After almost two years working with the people of Corangamite Shire the Live Well Project comes to its conclusion at the end of March.

Created in consultation with community members, the Live Well Project goal has been to: Shine a light on social participation through lifelong learning, physical activity, volunteering, and the arts.

Five strategies were developed to work on this project goal:

Strategy 1: Life Long Learning in partnership in with the U3A

Strategy 2: Structured Exercise

Strategy 3: Addressing the Digital Divide

Strategy 4: Small Town Projects – Communication

Strategy 5: Shire wide Age Friendly actions

Each strategy evolved over the course of the Live Well project creating a number of short term and long term projects within districts and across the shire. In this final Live Well Project update I will give an overview of what happened with each strategy and what things look like going forward.

How did we do?

Attached with this update is a copy of the End of Live Well Survey that helps us to work out what went well, what could have been better, and where work still needs to be done. **It's the perfect length to do with a cuppa ☺** This survey can be completed out on this form and emailed back to me, or alternatively you can complete the same survey online at this address:

<https://www.surveymonkey.com/r/theLiveWellProject>

I will be touching base with community members at the Skipton Senior Citizens Club this Monday Feb 25th, Tone Deaf Choir in Lismore on March 4th, Terang Walking group on March 6th, and at Camperdown Community House at 11:30am on March 6th. Please get in touch if you would like to meet with me around one of these sessions or would like to arrange another time.

U3A members were given surveys to complete over summer- it's not too late to return them if you haven't quite gotten there yet.

Strategy 1: Life Long Learning with the U3A

This partnership promoted each other's activities and created programs like Appy Hours and Crafternoons. The U3A is an invaluable asset for Corangamite Shire providing a rich way for people engage socially, mentally, and physically throughout their own third age.

144 Members & 25 Programs were registered at the start of 2019. You can connect with the U3A on 0439 079 098 or u3acorangamite@gmail.com

Strategy 2: Structured Exercise

Structured exercise is a great way to go from doing nothing to something. We have some great news on this strategy – please turn overleaf for all the details....

Strategy 3: Addressing the Digital Divide

A lot of work has happened in this space- see the next page to find out where things head to next...

Strategy 4: Small Towns – Communication

The Tone Deaf Choir and the Simpson Men's Shed Cooking Program came out of this strategy. Rethinking after the 2018 St Patrick's Day fires shifted focus to Shire wide activities like structured exercise and digital training.

There was also recognition that there were already a lot of great activities across the shire – the tricky bit was making sure people knew. Live Well promoted the power of a word of mouth invite as well as the Corangamite Shire Events Calendar.

Strategy 5: Shire Wide Age Friendly Actions

* Dementia Prevention Brain Training - Dementia Friendly training for Emergency Services, Business, & Community - Virtual Reality Dementia Experiences for Corangamite Shire Staff & community members.

* Bringing *Unspoken: what will become of me* to an audience of 144 at the Camperdown Theatre Royal and the *Illuminated Angels* to the Cobden Spring Festival & Camperdown Rock the Clock

* Adding Age Friendly to the assessment process for maintaining Council buildings and assets.

Strategy 2: Structured Exercise

Corangamite Exercise Network Activation Workshop

This workshop followed on from the Live Well Professional Development Day for Exercise Instructors held in Terang last May. 16 people attended this year's event with a number of apologies who were not able to make it but were keen to stay "in the loop".

Exercise instructors working privately as well as in health services, health promotion officers, a gym owner, a Community House Coordinator, the Rural Access Officer, & a Health Service Manager joined the workshop. The workshop focused on the contribution of each of these professionals to a community that supports the physical health of our local people.

Previous Live Well Project Coordinator Clare Vaughan was the guest speaker. She shared interesting accounts from setting up a social cycling group to creating a transition pathway from hospital rehab to the gym.

The day concluded with the creation of 5 local action plans. One of these included the formal establishment of the Corangamite Exercise Network which will make it easier for exercise and health professionals to work together. We are really proud of this outcome, it will leave a lasting legacy for the Corangamite community.

The now 6 Action Plans have been tabled with the Heart of Corangamite Physical Activity working group: work is underway - look out for interesting things from Skipton Health.

An updated map of exercise offerings for older residents across the shire was also created on the day. It is included with this newsletter- & is a great resource if you or someone you know is looking to start exercising: **remember to start with a GP Check-Up**

Strategy 3: Addressing the Digital Divide: Technology has become a part of life and there is always more to learn- right when you think you've got it figured out, you find yourself back to square one with a new device.... **BUT Help is here to stay!**

Places you can turn to for help:

Corangamite Regional Library Corporation will soon become permanent custodians of the Live Well iPads so they can continue to provide FREE digital training. Derrinallum & Camperdown Libraries hold regular sessions- pop into other branches and let them know you're interested if you want to start something locally.

Camperdown Community House 5593 1403 provides regular one on one Device Advice as well as Appy Hours.

Simpson Community Centre 5594 3448 is a great partner in supporting you to solve your digital problems

U3A holds regular Appy Hours in Cobden, Timboon, and Derrinallum

Amr Rasheed of Templar Technology has worked with Derri Library to bring digital training to Skipton- give Amr a call on **0417 006 111** to find out more details.

Up-coming Digital Training

U3A MyGov Sessions There's fantastic news out of the U3A with Don McInnes working with Camperdown Library to run a series of workshops teaching people how to use **MyGov**. The services we need are increasingly online, learning how to use them is invaluable. Don is a patient & generous teacher- he will get you up to speed in no time:

Fri Mar 1st & 8th 2-3pm
Contact the Library on 55932356 or the U3A

Camperdown Library iPad for Beginners

Commencing Thursday 7th March 1:30-2:30pm
This is a great way to build your confidence using these devices

A final word:

Keep on talking about what it means to Live Well

Great things came out of the Live Well Project & there is always more to be done. It was the Corangamite Community that made the Live Well Project a success- this shire is full of passionate, intelligent people who care about the places they live and want to see their communities flourish. For Corangamite Shire to continue to develop as an Age Friendly Community we need you, the people who live here to be the voice for your own towns and communities: **KEEP Age Friendly high on the agenda.**

The Live Well Page on the Corangamite Shire Website will stay up into the future. Resources from this project will be found there- a final Live Well Info Sheet will also be available there soon.

Check the project website more project information. www.corangamite.vic.gov.au/Live-Well-Project

Enquiries: contact Corangamite Shire on 5593 7100

Funded by Age-friendly Communities Grant, Victorian Government