



Project Update – October 2018



Dear Friends of the Live Well Project ☺
 Spring has sprung and it is wonderful to feel the days getting longer once more... although the shift into daylight savings time feels like one step forward and two steps back!

I have now had the opportunity to meet many new faces across Corangamite. I have found a great sense of community and pride of place - people are warm and welcoming, they take time to look out for and after one another. These are solid foundations for an age-friendly communities. There are just a few months left of Live Well. The main goal of my role during this time is to ensure that the initiatives supported by Live Well will live on after this project has faded.

Live Well Project Worker- Becky Nevin Berger
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 0419614592 or 55937177

Live Well & Corangamite Shire are pleased to present
Unspoken: what will become of me?
 Tues Nov 13th Camperdown Theatre Royal
 Opens 1pm for a 1:30 start.
Unspoken uses performance and installation art to look at the lighter side of ageing, declining capacity and how to stay in charge of your future. The goal of *Unspoken* is to generate conversations so that people begin to discuss and voice their thoughts around their own advanced care wishes.

This production has received rave reviews around Victoria and is the Headline act at Melbourne’s Town Hall this Seniors Week.
 Join us for a FREE afternoon that includes afternoon tea and a discussion forum.

We are seeking volunteers to help present this event. Volunteers will attend a workshop with COTA. Please contact Becky for more information.



Live Well has partnered with Community Houses, Libraries, the Primary Health Network, Be Connected, and an army of dedicated digital wizards from Skipton to Simpson to present a two week program of information sessions and digital training covering My Health Records, My Gov, eSafety on Facebook, and Working with Children’s checks. Sessions are FREE and run from Oct 9th - 19th right across Corangamite. Some sessions require bookings- details including dates & venues are overleaf.

Morning & afternoon tea supplied at the My Health Records Information sessions. Please support this great initiative by spreading the word & coming along yourself.

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Things to get involved in ☺

Wendy Stapleton’s *Dusty & Me* at Camperdown’s Theatre Royal Tues Oct 9th 55937100.

Life on the Avenue, Mental Health Expo at the Clock Tower 11-3pm Wed 10th Oct

Waking the Giants, Mt Elephant Oct 12- 14

Beyond the Bell “Reading Champions”- sign-up sheet attached

Did you know.... the Corangamite Shire Website *events calendar* is so easy to use. It’s also a great starting point for finding out what’s already on across the shire if you’re planning an event or preparing a newsletter

You can find it by holding your mouse over the “Places & Events” Tab and scrolling to the bottom of the list.

Live Well will no longer post activities on its webpage, it will use this events calendar instead.

<p>MY HEALTH RECORDS INFORMATION SESSIONS</p> <p>Morning & afternoon tea supplied</p> <p>Oct 9th: Camperdown Community House 10am-11am Simpson Community House 1:30-2:30pm Port Campbell Art Space 3:30- 4:30pm</p> <p>Oct 10th: Cobden Library 11am-12noon Timboon & District Health Service 1:30- 2:30pm</p> 	<p>MY GOV PRACTICAL WORKSHOPS</p> <p>Skipton: Jubilee Centre 9:30-11:30am Tues 8th, Fri 12th, Tue 16th, Fri 19th</p> <p>Derrinallum: Derri Library 1:30-3pm Thu 18th & Fri 19th Oct</p> <p>Camperdown: Camp. Comm House 2pm Thu 11th</p> <p>Cobden: Cobden Library 12-1pm Wed 10th & 11-12noon Fri 12th</p> <p>Terang: Terang Library 2-3:30pm Wed 10th & Wed 17th Oct</p> <p>Timboon: Timboon & District Health Wed 10th 2:30-3:30pm Timboon Library 9-10am Mon 15th Oct</p> <p>Simpson: Simp. Comm. House 10:30-12 Tue 16th</p>	<p>WORKING WITH CHILDREN CHECKS</p> <p>Thur 18th Oct: Simpson Comm. House 1:30-2:30pm</p> <p>Fri 19th Oct: Camperdown Comm. House 1:30- 2:30pm</p> <p>eSAFETY</p> <p>Thu 18th Oct: Camperdown Library 11am- 12pm Morning tea provided</p> <p>APPY HOUR</p> <p>Fri 19th Oct: Camperdown Comm. House 12:30- 1:30pm</p>
<p>Lismore and Northern Districts</p> <p>FREE 1:1 Digital Device Advice Fri & Sat mornings book in with Derrinallum Library 55976658</p> <p>Tone Deaf Choir Mon 3:30-5 pm Grimwade Room, Lismore Community Health Centre.</p> <p>Gentle chair-based exercise Mondays 1pm - 1.45pm - \$5.00</p> <p>Pilates: Mon 2- 3pm, Thur 4pm-5pm, \$10.00. Grimwade Room, Lismore Community Health Centre</p> <p>Terang & District</p> <p>Tech Savvy Seniors with Terang College hosting tablet training sessions.</p> <p>2pm-3pm Tues 30th of October 2pm-3pm Tues 11th of December Contact the Library 5592 1397</p>	<p>Timboon & District</p> <p>FREE iPad / Tablet Training is planned for Timboon Library. Contact 55983394 to register</p> <p>Wanting to start or return to exercise safely? Enquire about the referral process at Timboon & District Healthcare Service 55586000</p> <p>Camperdown</p> <p>Be Connected Tablet Training Contact Camperdown Library 55932356</p> <p>Camperdown Community House 55931403 - Book in for 1:1 Device Advice iPad/tablet or computer</p> <p>Gentle chair-based exercise and pilates - Camperdown Uniting Church Hall, Mon & Thu 10am - 11:45 am, Tues 5:30-6:30 Call Carol - 55933216</p>	<p>Simpson</p> <p>Simpson Men's Shed Mons & Thurs. New members welcome. Contact 5594 3448</p> <p>Simpson & District Community House 5594 3448 - Book in for FREE iPad & Tablet Training. - Get App Savvy with Appy Hour on the last Wed of every month</p> <p>Cobden</p> <p>Cobdenhealth - Age-Friendly & Low Impact exercise from Pilates to Gentle Water Fitness Contact: Lee on 5595 1027.</p> <p>Gentle Exercise & Pilates Classes for Seniors- Mon & Thurs Morning Cobden Senior Citizens Centre Call Carol – 55933216</p> <p>Interested in iPad / tablet training for beginners? Contact Cobden Library on 55951228 to register</p>

Enquiries: contact Corangamite Shire on 5593 7100

Funded by Age-friendly Communities Grant, Victorian Government



🍎 READING CHAMPIONS 🍎 RECRUITING STORYTELLERS

Beyond the Bell are inviting community volunteers who have a love for reading to share their passion at various events with children throughout the shire. If you **enjoy reading, love children**, have the ability to obtain a Volunteer Working with Children Check and are interested in potential training opportunities on how to read with children please sign up below.

FULL NAME: _____

PHONE/MOBILE NUMBER: _____

EMAIL ADDRESS: _____

ADDRESS: _____

VOLUNTEER WORKING WITH CHILDREN CHECK: YES/NO/ABLE TO GET

Beyond the Bell is a group of people from different organisations, and individuals from the Corangamite Shire who are united in their commitment to seeing all children thrive in the Corangamite Shire. Research shows that reading with children has huge lifelong benefits that includes improved speech skills, improved communication skills, mastery of language, the basics of how to read a book, enhanced concentration and discipline, increased academic excellence, as well as knowledge that reading is enjoyable.

If you are interested in being a volunteer 'Reading Champion', please sign up and return this form to:

Beyond The Bell Project Officer, Corangamite Shire office (181 Manifold Street, Camperdown),
or via email jennifer.rowan@corangamite.vic.gov.au

If you have any further questions about Reading Champions, please contact Jennifer on
03 5593 7148.

