



## Dear Friends of the Live Well Project Terang, Noorat and Districts

The Live Well conversation and afternoon tea held on Wednesday 15 November at the Terang Senior Citizens Centre was another great success.

Over 40 people attended the event which was brilliant. THANKS to all who came along and joined the conversation. Special thanks to Lyn White, Cheryl and David Ham, Ben Dennis, John Keane and Dominique Fowler for your input and promotion. Also thanks to Judy Blackburn, Margaret McIntosh, Sandra Noonan, Kelly Wooster, Helen Durant and Eve Black who could not attend this event but provided advice at different times.

Wow, the morning tea prepared by Kath Fidler and her team from Coinda was magnificent. Thank you so much for the fresh sandwiches and savouries plus the bite-sized slices and cakes were perfect tasters. It was a great way to promote The Little Acorn, where we all now know we can purchase the food we taste tested.

As I have said many times now, it takes community involvement to address community issues such as social connection. Lack of social connection leads to loneliness and social isolation and as more of our population live longer, working together for prevention is best. Live Well project actions have potential to be great fun and of benefit to all ages in the community when they are planned with care.

### What did we talk about?

- 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.
- Live Well Project – what’s happened so far? The Live Well Project Officer has had many conversations with residents and representatives of community organisations about what it means to be age-friendly and to live well as we get older. Check the website for details. [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) Residents without online access can call Clare Vaughan on 0400369525 for a brief update.
- What does it mean to Live Well and what advice would you give to your younger self about how to live well. We talked a bit about physical health and the fact that *‘if you don’t make time for exercise then sooner or later you will need to make time for illness.’* Taking care of the brain was also mentioned as important and concern was expressed about the increasing prevalence of cognition issues including dementia and how we deal with this as a community. There was broad agreement that maintaining independence, interests and involvement beyond the home are key components of living well as we get older.
- Asset based Community Development:  
The Live Well Project will build on assets or strengths in the community. The main assets are our people. Matching people’s skills and interests with actions is the key to community development and while it may be warranted at times to grumble about lack of volunteers or having the same

people 'doing everything' in a community, this can be overcome to some extent by inviting people to be involved in things that they like to do.

All who attended the morning tea and community conversation were invited to write down their personal assets/gifts related to their Head, Hands or Heart that they would be willing to share.

What do we mean when we refer to personal assets or gifts?

**Gifts of the head** - things I know something about, and would enjoy talking about, or teaching others about (birds, art history, movies, solar energy...)

**Gifts of the hands** - things I know how to do and enjoy doing (carpentry, sports (be specific) gardening, cooking...)

**Gifts of the heart** - things I care deeply about (protection of the environment, civic life, children...)

There was absolutely no pressure to nominate a personal asset or gift. Many people did though and also provided their contact details for follow up. Good outcomes are more likely to come from involving people in community actions that they like to do rather than feel obligated to do.

Other assets identified in Terang, Noorat and District included the Health Service, the Schools, the Library, the main streets, local businesses, the sporting and recreation facilities. Mount Noorat is a special place for local residents and the beautiful trees, parks and avenues are also highly valued. The Little Acorn Café was specifically mentioned as an asset that brings people together in Terang.

- The following list includes Live Well Project suggestions for consideration:
  - The strongest message from the community conversation was that there are many social activities on offer for residents of Terang, Noorat and Districts, nevertheless loneliness was still seen as a concern for the older people who have limited contact with others outside their home or aged care facility. There were several offers to visit people and even to look into having companion dogs to take on visits. Contact Clare if you would like to explore this idea further.
  - Participating in Tech Savvy Seniors sessions with students from Terang College was a popular project action after the trial held in October was so well received by the participants and the students. [The next session is planned for 15 December 2017](#), with ongoing sessions during 2018. More than half a dozen people provided their contact details to be involved in these sessions and anyone interested is welcome to follow up by contacting Clare by email or phone.
  - Jenny O'Keefe from The Little Acorn spoke about the café being a place that many people catch up over coffee. Jenny made the offer that the café can be used for informal 'crafternoon' sessions or even 'appy-hour' where people can come together to do craft or share ideas about apps for tablets and smartphones. Feel free to follow up directly with Jenny or contact Clare.
  - Terang Library is another asset that has great potential for less formal social gatherings related to books and sharing stories, building digital skills because there is access to free wifi. Chat to Clare or Margaret at the Library about your ideas.
  - The Terang Mortlake Health Service exercise sessions at the Josie Black Community Centre were identified as assets for residents - including older residents, to keep themselves fit and well. Laura Stevenson, the Health Promotion Officer invited people to pop into the Centre Reception, to enquire about classes available. The Terang Fitness Centre also offers exercise options suited for people of all ages and residents can simply pop in and enquire there also. Richard Weymouth is happy to help.
  - Abbie Cameron from the South West Primary Care Partnership joined the community conversation in her role as project officer to support the health of dairy farmers. Anyone

wanting to find out more about this project is encouraged to contact Abbie: [acameron@swpcp.com.au](mailto:acameron@swpcp.com.au) or call 55645851

- Several Live Well project suggestions involved art and more specifically murals to beautify Terang. Anyone interested in exploring this idea should contact Clare.
- Is there anyone local who could lead a community singing group in Terang?
- Would anyone like to learn how to use the IMOVIE APP to make small video clips of local activities for use on our Live Well website or for Facebook posts? It's easier than any people might think and great fun.

## 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 a total of 214 people listed as of the 22 November 2017, with 35 friends from Terang, 3 from Noorat and 1 from Garvoc!

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 Terang Library and the Terang Opportunity Shop or call Clare Vaughan on 0400369525 for a quick update chat.

*Clare Vaughan*

Clare Vaughan, Age-friendly Communities Project Officer, Corangamite Shire  
Phone: 0400 369 525 or email: [clare.vaughan@corangamite.vic.gov.au](mailto:clare.vaughan@corangamite.vic.gov.au)