



## Dear Friends of the Live Well Project – Timboon & District

The Live Well conversation and afternoon tea held on Tuesday 31 October at the Timboon and District Healthcare Service was a great success.

Forty-two people attended the event which was wonderful.

THANKS to Ria Holmes, Sue Wilson, Jean Giblett, Faye Groves and the team from 'Timboon Rail Trailers and Lions Club Relay for Life' for the delicious home-made afternoon tea. These ladies also helped promote the event, as did Tracey Heeps, Kerryn Charman and Staff from Timboon and District Healthcare Service and Maryanne Puli-Vogels and John Renyard from the Healthcare Service Board. Also thanks to Councillor Neil Trotter for his contribution.

It takes community involvement to address community issues such as loneliness and social isolation and none of us can do this on our own. Working together for prevention is best.

### 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 an update.
- What do we love about living in Timboon and District?  
The first three responses from the group were: The People, The Community, Friends here!  
Other assets mentioned included: the beautiful natural environment including the Rail Trail and Power Creek Reserve, the Health Service, the Library, the School, Timboon Action, local businesses, Park Run! In the district, the farming communities, the coast and estuaries were mentioned as being well loved. These are all assets on which to build the Live Well Project.
- 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.
- The following list includes action areas to be explored further in Timboon and District:
  - Strengthen opportunities for people to use online and digital technologies. Timboon Library and the U3A are partners in the project and Michael Scholtes (CEO Of Corangamite Library Corporation) and Gary Kimber (U3A President) outlined how they

could work with the community if there was interest from residents. Half a dozen people indicated interest in learning more about digital technologies and there was a volunteer willing to mentor students to teach older members of the community to use digital technology. Contact details were provided.

- There was interest from several people in establishing a book club. Anyone aware of existing book clubs – please let Clare know.
- Recording oral histories of residents via video clips; perhaps we could have training sessions on using smartphones/tablets to make recordings. Who would like to learn?
- Promotion of the well-being benefits of volunteering and participation at every age. Specific mention was made of Men's Shed, Meals on Wheels and Health Service Social Support Groups (previously know as PAG) being fabulous community assets with scope for more volunteers. Follow up with support for articles in the local paper suggested.
- Specific mention was made of promoting the natural assets such as the Rail Trail and protecting the coast through Estuary Watch. Contact details were provided.
- More shows like 'An Evening of Celtic Music' held locally.
- Craft days to make things and chat. Like a Ladie's Shed! Crafternoon in a café! Drop in for a chat and coffee.
- 'Makers'days for men and women; an art group for genuine beginners
- Offers to visit older people whose first language is Dutch or Maltese, and just chat.
- An offer to teach beginners to play golf – Fridays at 10am at Timboon Golf Club
- Casual music sessions; one lady plays the violin; would like to meet other musicians.
- Be great to have slow movement to music for really frail people.
- An offer to host a session about meeting procedures and community leadership.
- Assistance to elderly community members in need of handyman help around dwellings, such as cleaning gutters, washing external windows, matenance of gardens, etc.
- Transport issues are a concern for older people living in the district; EG: Simpson.
- Boosting awareness of existing opportunities to Live Well in each town/surrounding district and encourage support of activities in other towns of the Shire.

## Where to from here?

Planning will commence for a Tech Savvy Seniors trial in partnership with Timboon Library. Those who indicated that they would like to be involved and provided their contact details will be invited to the trial initially and open invitations will be planned for 2018. Residents from Simpson, Port Campbell, Princetown and districts are most welcome to be involved; or contact Clare - to host a local group.

The *Friends of the Live Well Project* email list has a total of 152 people listed as of the end of October, with 31 from Timboon, 4 from Port Campbell, 2 from Princetown, 1 from Newfield and another from Gellibrand Lower! Thanks for your involvement in the Live Well / Age-friendly Communities conversation and for your willingness to be informed about project progress. Anyone wanting to join the friends list can email [clare.vaughan@cornamgamite.vic.gov.au](mailto:clare.vaughan@cornamgamite.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 display boards at Timboon Health Service Reception and the Timboon Library or call Clare Vaughan on 0400369525 for a quick update chat.

*Clare Vaughan*

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