



Project Update – April 2018



Dear Friends of the Live Well Project – I have enjoyed writing this update and sharing the interesting ways that communities are becoming more age-friendly. I hope you find items or activities of interest to you.

Shire-wide Project Areas for 2018:

Live Well Project & U3A Corangamite Partnership - Lifelong Learning

Did you know:

While there is no sure way to prevent dementia, learning new things promotes growth of neural pathways in the brain – and this helps.

Free Community Information Sessions.

ALL WELCOME; U3A members and friends

Taking Care of your Brain - Helping to reduce your risk of Dementia

1. **TERANG: Wed 6 June 11am-midday; at Rose Room, Civic Hall.** RSVP: At Josie Black Community Health Centre Reception or call 5558 6000 by Mon 4 June
2. **TIMBOON: Wed 6 June 2-3pm; at Health Service Conference Room.** RSVP: At TDHS Reception or call 5558 6000 by Mon 4 June
3. **CAMPERDOWN: Thurs 7 June 2-3pm; Killara Room.** RSVP: At Shire Civic Centre or call 5593 7100 by Mon 4 June

Structured Exercise Options to Start or Return to Exercise

Professional development for Personal Trainers and Exercise Professionals in the Corangamite Shire to be held on **Friday 11 May 12.30-4pm at Terang Fitness** Training is about best practice exercise for people wanting to safely start or return to exercise and for older adults.

Why is the project doing this training?

The biggest public health gains will come from enabling people who are inactive to become active.

By inviting exercise professionals to join the conversation about best practice exercise, we have the chance to discuss and address the barriers to exercise for older adults which include safety and suitability of exercise, location as well as cost.

Personal Trainers and Exercise professionals wishing to attend the training are encouraged to contact Clare Vaughan 0400 369 525 to discuss being involved.

Communications – sharing great ideas

Many great ideas are being generated through the Live Well Project. Thank you to those who are making them happen! **The Project website is the 'go-to' place for more project information.**

www.corangamite.vic.gov.au /Live-Well-Project

Each Town and District has their own 'grapevine' for sharing community information. Stay informed by reading your local newspaper / newsletter / noticeboards or jump online. Help spread the word about an activity by inviting others to join you.

Addressing the Digital Divide

The Live Well Project is working with local Libraries and Schools, the U3A and other groups to provide iPad/tablet training and troubleshooting sessions during May and June.

PTO for Tablet / smartphone training and 'Appy Hours' on offer in your Town or District. Contact Clare if you have queries: 0400 369 525

If you are interested in volunteering to help others learn the basics about using a Tablet / iPad, please contact Clare 0400 369 525

Community Project Actions planned to date...

<h3>Lismore and Northern Districts</h3>	<h3>Timboon & District</h3>	<h3>Terang & District</h3>
<p>Tone Deaf Choir led by Karen Robertson. Mondays 3:30-5 pm Grimwade Room, Lismore Community Health Centre. Contact Clare 0400 369 525 or just turn up</p> <p>Book a spot at the Derri Library for a session below; call 5597 6658 to join:</p> <ol style="list-style-type: none"> 1. Tablet Training 9.30-11am 18 May. Intro & intemed level welcome 2. IMovie Training 9.30-11am 25 May. Learn how to make a video from photos. It's fun and easy! A great way to promote your club or community group. 	<p><i>Taking Care of your Brain - Helping reduce risk of Dementia</i> Wed 6 June 2-3pm; at Timboon Health Service RSVP: At TDHS Reception or call 5558 6000 by Mon 4 June</p> <p>Contact Timboon Library on 5598 3394 to express interest in iPad / Tablet Training. Start date Monday 21 May 2-3.30pm More sessions available if there is interest.</p> <p>Exercise professionals from Timboon have registered interest in professional development hosted by the Live Well Project on Fri 11 May 12.30-4pm at Terang Fitness.</p>	<p>The Little Acorn Café hosted two 'Appy Hour' sessions with U3A members and others on 17 & 24 April. We shared tips and tricks for using our tablets and smartphones. To express interest in future sessions contact the Library, 5592 1397</p> <p>Terang Library & Terang College hosting Tech Savvy Seniors sessions. Book your spot for 2-3pm Tue 1 May or 2-3pm Fri 8 June at the Library 5592 1397</p> <p><i>Taking Care of your Brain - Helping reduce risk of Dementia</i> Wed 6 June 11am-midday; at Rose Room, Terang Civic Hall. RSVP: At Josie Black Community Health Centre Reception or call 5592 0300 by Mon 4 June</p>
<h3>Camperdown</h3>	<h3>Cobden</h3>	<h3>Simpson</h3>
<p><i>Taking Care of your Brain - Helping reduce risk of Dementia</i> Thu 7 June 11am-midday; Killara Centre; RSVP: Shire Civic Centre or call 5593 7100 by Mon 4 June</p> <p><i>iPad and internet training:</i></p> <ol style="list-style-type: none"> Session on Using Library Apps to borrow ebooks, magazines, audio books online. 10 May 2-3.30pm Book at Camperdown Library 55932356. Borrow 'Wimmera' by Mark Brandi as an ebook! Tablet Training. Start date Thurs 24 May 2-3.30pm. Book at Library 55932356. Stay for the Author Talk by Mark Brandi, author of 'Wimmera' Thur 24 May, 4pm. Individual internet / Computer / iPad assistance at Camperdown Community House 5593 1403 	<p>Cobdenhealth exercise options at the gym and indoor pool are suitable for starting or getting back into exercise safely - regardless of age. Contact Lee on 55951027.</p> <p>Exercise professionals from Cobdenhealth will attend professional development hosted by the Live Well Project on Fri 11 May 12.30-4pm at Terang Fitness.</p> <p>U3A members in Cobden have been involved in 'Appy Hour' sessions using iPads/ Tablets at a local café. There are plans to continue these once a month.</p> <p>iPad / tablet training - beginners TBC. Contact Clare on 0400 369 525 to express interest.</p>	<p>'Cooking for 1-2 people' sessions have started on Tuesdays 10.30am -12.30pm Simpson Community House & Men's Shed and Timboon & District Healthcare Service. Contact Simpson Community House 5594 3448 to find out more.</p> <p>Contact Simpson Community House 5594 3448 to express interest in iPad / Tablet Training. Get a group of 4 people and we will run a session for you!</p> <p>One possibly two exercise professionals from Simpson to attend professional development hosted by the Live Well Project on Fri 11 May 12.30-4pm at Terang Fitness.</p>

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Further information: Email: clare.vaughan@corangamite.vic.gov.au Phone: 0400 369 525