



Project Update – June 2018



Dear Friends of the Live Well Project – here’s hoping you take the opportunity to keep warm over winter and be involved in some of the activities at the U3A, Community Houses, Libraries and indoor exercise venues.

Shire-wide Project Areas for 2018:

Live Well Project & U3A Corangamite Partnership - Lifelong Learning

U3A’s provide members with opportunities to be curious and explore a seemingly endless range of topics and experiences at low or no cost. [Click here](#) for a link to the Corangamite U3A website and find June Newsletter and see what’s on.

Most U3A activities and trips are in small groups. A couple of times a year members come together to simply socialise. The Mid-Year Lunch is one such event that is coming up soon making now a good time for new members to join the U3A.

Mid-Year Lunch: *Timboon Golf Club, 29 Egan street Timboon, from 12.30pm Monday 18 June. Two course meal (roast beef or turkey & two dessert) at a cost of \$27.50 per person.*

RSVP to Don McInnes – 0448 230 248

Don’t forget to register for the free community info sessions: ***Taking Care of your Brain - Helping to Reduce your Risk of Dementia.*** Sessions are on next week in Terang, Timboon and Camperdown. PTO for details.

Thanks Gary Kimber, David Mernagh and the Corangamite U3A Executive for helping to shine a light on **life-long learning** as part of living well. It’s good for the brain & socialising is good for the spirit!

Structured Exercise Options to Start or Return to Exercise

Professional development for Personal Trainers and Exercise Professionals in the Corangamite Shire was held on Friday 11 May at Terang Fitness.

What a fabulous training venue! Terang Fitness staff Kelly (Manager), Bree and Barry attended as did Belinda the group-fitness instructor from the Josie Black Community Centre in Terang. Both organisations are keen to co-ordinate and expand affordable offerings for ‘older adults’.

Personal Trainers and Exercise professionals wishing to follow up on the training are encouraged to contact Karen Cameron:

karen.cameron@dhhs.vic.gov.au or call 5226-4890

Start gently!

Have you heard the saying: **If you don’t make time for physical activity – sooner or later you will need to make time for illness?** Take care not to do too much too soon though! Start with a GP check-up to make sure you are safe to start and simply get moving – perhaps walk a little more and sit a little less. Notice how you feel during and after moving.

The benefits of joining a group.

Evidence suggests that people start group exercise for health reasons and continue for social reasons... in conjunction with feeling better. **PTO for group exercise options available near to where you live.**

Communications – sharing great ideas

Each Town and District has their own ‘grapevine’ for sharing community information. **A word of mouth invitation to join in - is gold. Help spread the word about activities you enjoy; invite others to join you.**

Addressing the Digital Divide

The Live Well Project has purchased 12x iPads for people to get online. Thanks to our local Libraries, Community Houses, Terang College and the U3A – iPad/tablet sessions are on offer across the Shire. Participants and volunteers keen to help others get online and use a tablet please **PTO for details about how to be involved near to where you live.**

Community Project Actions planned to date...

<h3>Lismore and Northern Districts</h3> <p>Keep up to date with Tablet Training sessions, call in to the Derri Library or phone 5597 6658</p> <p>'Appy Hour' at the Front Paddock Café in Derri for U3A members and others 9.30-11am on 3 Aug. Bring your device and share tips. Book a spot, contact Derri Library</p> <p>Gentle chair-based exercise Mondays 1pm - 1.45pm - \$5.00 Pilates: Mondays 2pm—3pm, Thursdays 4pm—5pm, \$10.00. Except school holidays. Grimwade Room, Lismore Community Health Centre</p> <p>Tone Deaf Choir Mon 3:30-5 pm Grimwade Room, Lismore Community Health Centre.</p>	<h3>Timboon & District</h3> <p><i>Taking Care of your Brain - Helping Reduce Risk of Dementia. Wed 6 June 1.45-3pm; at Timboon Health Service</i> RSVP: At TDHS Reception or call 5558 6000 by Mon 4 June</p> <p>We trialled iPad / Tablet Training in May and had three participants and 3 instructors! A nice start! More sessions to come so watch this space.</p> <p>'Appy Hour' at the Timboon Library for U3A members and others at 10am on 20 June. Contact: Gary Kimber 04 3907 9098 to book in.</p> <p>Wanting to start or return to exercise safely? Enquire about the referral process at Timboon & District Healthcare Service</p>	<h3>Terang & District</h3> <p><i>Taking Care of your Brain - Helping reduce risk of Dementia Wed 6 June 10.45am-midday; at Rose Room, Terang Civic Hall.</i> RSVP: At Josie Black Community Health Centre Reception or call 5592 0300 by Mon 4 June</p> <p>Terang Library & Terang College hosted successful tablet training sessions. Book your spot for the next session at the school, 2-3pm Fri 8 June by contacting the Library 5592 1397</p> <p>The Little Acorn Café hosted a successful 'Appy Hour' with U3A members and others in April. Next session is 2-3pm Fri 8 June at Terang College; book in by contacting the Library 5592 1397.</p> <p>Dates of future tablet sessions TBC</p>
<h3>Camperdown</h3> <p><i>Taking Care of your Brain - Helping Reduce Risk of Dementia. Thu 7 June 1.45-3pm; Killara Centre;</i> RSVP: Shire Office or call 5593 7100 by Mon 4 June</p> <p>Tablet Training started at Library in May; tablets provided or bring your own device. Contact Library for dates & times 55932356.</p> <p>1:1 tutoring with Lois in iPad/ tablet or computer use or completing online forms to book call Community House 5593 1403</p> <p>'Appy Hour' 12.30pm 22 June, 3 Aug, 24 Aug at Community House. Bring your device. All welcome.</p> <p>Gentle chair-based exercise and pilates - weekly at C'down Uniting Church Hall, Mon 11-11:45 am.</p>	<h3>Cobden</h3> <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 5595 1027.</p> <p>U3A 'Appy Hour' at Serenity Café /The Blue Wrens Cafe Tuesdays 10.30am. Contact: Don McInnes on 0428 230 244</p> <p>iPad / tablet training - beginners TBC. The project and the libraries have purchased iPads for those who want to trial one, or bring your own if you have one.</p>	<h3>Simpson</h3> <p>'Cooking for 1-2 people' sessions have started on Tuesdays 10.30am -12.30pm at Simpson Men's Shed.. 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 small group of 2-3 people and we will run a session for you!</p> <p>Interested in starting a gentle exercise group in Simpson? We have a local instructor interested in working with you. Contact Simpson Community House 5594 3448 to express interest.</p>

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

Enquiries: contact Corangamite Shire on 5593 7100

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