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# Knox Bright Ideas Network

**Wednesday, 7 June 2023 - 2.00 pm - 3.30pm**

**CityLife Church – 1248 High Street Road, Wantirna South**

*We are the voice of Over 55s in Knox. We work on events, projects and issues that are important.*

Knox City Council acknowledges that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders both past and present.

## Welcome and Introductions

Sheridan Stone conducted the Acknowledgement of Country. Introductions for this meeting included welcoming any new members who were attending their first Bright Ideas Network meeting. As this was an in-person meeting, we took the time to go around the room and introduce ourselves.

## Guest Speaker – Lisa Castle with an overview of services at CityLife

Lisa Castle shared with the group that she works at CityLife Community Care (which is the community facing support service of CityLife.) Community Care supports the Knox community with emergency relief (providing a food pantry which is open Tuesday – Fridays.)

This relief is offered to anyone needing support in the Knox Community – open to all. Non-perishable items can be donated and are most welcome. These can be placed in the wooden box at the entry of the CityLife building (near the carpark.) Other items to donate include towels, blankets, toiletries and toilet paper. No second hand clothing is being accepted at this time.

Lisa shared other supports provided by CityLife Community Care including a regular Friday social group – an opening and welcome space for community members that may be experiencing social isolation or anxiety; Kids for Hope program at Boronia Heights Primary School and various Playgroups. The ‘Mummy and Me’ is another program offered. Community Care provide mentors for families to assist families who have children up to the age of 12 years. Mentors are available to assist with support for children, meal preparation or light cleaning. Mentors are not trained in counselling – their role is more about supporting the family.

CityLife Community Care also offer a subsidised counselling service (if cost is a barrier for some members of the community.) Domestic cleaning assistance is no longer available.

Lisa also shared with the group that the applications for the Victorian Power Saving Bonus ends in August. Should you wish to claim this bonus, be sure to submit your applications before it is too late!

Go to - [Power Saving Bonus](https://compare.energy.vic.gov.au/)

## Seniors Week Activities: The theme is Love, Learn, Live.

## Developing this year’s program – suggestions and discussion time.

Sheridan shared with the group that the Victorian State Government will not be providing a booklet of events this year. An 8-page booklet – detailing URLs to each Local Government Area with the various events/activities will be produced instead. Knox City Council will still publish a Zest For Life booklet, detailing all scheduled activities/events in Knox for the Seniors Festival.

Group suggestions for Seniors Festival Launch Day, Monday 2nd October 2023, Carrington Park, 20 O’Connor Road, Knoxfield:

* Living options in Knox for Over 55s - “Challenging our traditional way of living options.”
* Parks Victoria - to share different parks/lakes/tracks for the community to learn about
* Seniors Exercise Park – showcasing the exercise park and for the community to come and try. Senior Champions to be available to support community with using the equipment. \*\*Please refer below for Anna Lawton’s contact details should a community group be interested in coming and trying the Senior’s Exercise Park before launch day.\*
* Guide to our Street Libraries in Knox. Where they are within our municipality.
* Eastern Regional Libraries – information table
* Knox Emergency Management Services – information table
* Sustainability/Waste/Environmental Services – information table
* Volunteers @ Knox – information table
* Ensure there are a good variety of activities on offer – sports, arts, culture, media etc.

Potential Topics for future meetings might include:

* Scams - information on scams and how to identify these.
* Knox Rainbow Action Group – presentation on Pronouns and supporting LGBTQIA+ community
* Senior Rights Victoria – a representative to come and present to the group.

## Upcoming Events

* “Making a splash! at every age” – [Making a Splash](https://www.knox.vic.gov.au/whats-happening/news/make-splash)
* Photography Exhibition – Voices of Over 55s – Challenging Ageist Stereotypes –[Photography Exhibition - Challenging Ageist Stereotypes](https://events.yourlibrary.com.au/event?id=43187)

## Planning – making changes to our meetings

Discussion around meetings to be every 6 weeks, with every 3rd meeting to be offered as a hybrid/face to face meeting at a Knox City Council meeting room. Sheridan will also send a survey out to the group requesting information regarding any topics they would like covered in upcoming meetings.

## 2023 Meeting Schedule

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| **Date** | **Format** |
| Thurs 13 July | Hybrid option and In person @ Knox City Council |
| Tues 29 Aug | In person @ Millers Homestead |
| Wed 27 Sept | In person @ TBC |
| Thurs 02 November | Hybrid option and In person @ Knox City Council |
| Tues 12 December | In person, End of Year Celebration (Venue – TBC) |

Contacts details for the following Council staff:

Sheridan Stone

Program Lead, Social Connections

Ph: 9298 8828

Email: [socialconnections@knox.vic.gov.au](mailto:socialconnections@knox.vic.gov.au)

Anna Lawton

Healthy Ageing Project Officer

Ph: 9298 8045

Email: [anna.lawton@knox.vic.gov.au](mailto:anna.lawton@knox.vic.gov.au)

Breeana Bloomfield

Intergenerational Project Officer

Ph: 9298 8060

Email: [intergenerational@knox.vic.gov.au](mailto:intergenerational@knox.vic.gov.au)