

## Knox Bright Ideas Network

Thursday, 2 November 2023 - 2.00 pm - 3.30pm  
Knox City Council, Eastgate North

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

---

*We acknowledge that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders past and present.*

---

**Attendees:** Names withheld

**Apologies:** Names withheld

1. **Welcome and introductions** – Welcome and introductions provided and attendees advised if they participated in any of the Seniors Festival activities.
  - Several people attended the launch in a volunteer capacity and one attendees group made use of a grant to put on a successful local event.

### 2. **Guest Speaker – Alan Sewell, Latest happenings in Your Library**

The new library will have several meeting rooms and spaces that community groups and people will be able to book and book online. We encourage community groups who are looking to recruit new members or are looking at new ways to engage with their community to reach out to the library. Feel free to email me directly for any enquiries

- Community groups looking to host an event that the library can promote on our website and be open for the public to participate can book a space in consultation with the library for free
- Smaller meeting spaces (2 to 4 people) can also be booked online in 2 hours blocks much like our Study Pod at Knox Express
- Bigger spaces used for private events will incur a charge as part of a pricing structure that is yet to be determined

### 3. What's important to over 55's & what can we achieve in 2024

- Pro-ageing
- Intergenerational event
- Biodiversity in Knox (reserves, KEW, nursery & friends group)
- Celebrating local residents (volunteers that sell poppies & ANZAC badges in the community)
- Education on various aspects of health
- Getting community together to know each other
- Follow up volunteers/ mentors involved in L2P
- Feature local residents that contribute in quiet and impactful ways (ie collect rubbish around area)
- Where do I go for.....? As we transition from our working career to the next life stage, there are many issues which have not needed to be faced previously and our knowledge of where to get help is limited. Some of the issues we face are- personal; as in loss of identity, sense of belonging, sense of autonomy. Financial; how do I cope with limited funds/savings. Emotional; loneliness, loss of previous social network.
- Am I healthy? We are faced with a lot of information about health and often it can be confusing and contradictory. Attending G.P/specialist/ alternative medicine/etc. is becoming very costly - where does our local council sit in amongst all of this? We also need to take a holistic approach and take care of our physical, mental, emotional, psychological, social and spiritual needs.
- Am I happy/satisfied with my life? Often, there is a change in your lifestyle - downsizing/tree change/ retirement living/etc and this can mean getting to know new communities which can be challenging. Some people wake in the morning and wonder how they are going to fill in the hours before going to bed at night.

4. **Zest4Life bus tours** - Looking to resume Zest4Life bus trips from Jan 2024. Currently have 2 dates assigned for first part of the year. There will be an expression of interest go out in the next Bright Ideas Newsletter once a payment option has been provided. January and March tours to be advised. Ideas for tours proposed at meeting include- Waste & recycling tour, gardening tours and workshops, cemetery tours.

### 5. Council business – What's happening at Knox City Council

#### **HAVE YOUR SAY ON HOUSING AFFORDABILITY IN KNOX**

Knox City Council is seeking participants for a focus group on the topic of housing affordability in the eastern suburbs. Your thoughts and experiences will help us better understand the views of our community on this important topic.

### 6. Other business

Follow up on waste bags in parks for dog walkers

Bev recommended the Running Rabbits Military Museum to find out more please follow link [Running Rabbits Military Museum](#)

2023 Next Bright Ideas Meeting:

Date	Format
Tues 12 December	In person @ Carrington Park

