

# Knox Bright Ideas Network

Thursday, 12 December 2024 - 2.00 pm - 3.30pm  
Knox Regional Netball Centre – 9 Dempster St, Ferntree Gully

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

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*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

## 2. BIN sharing session – If you would like to contribute, please advise via the RSVP.

- Lynda Carroll provided details on Knox's Waste information, including flyers on Rubbish and Recycling Guides, FOGO (Food Organics and Garden Organics,) Battery recycling and Mobile phone recycling bags. Lynda also highlighted that requests for larger bins can be applied for online.
- Empty medical blister tablet packs and empty asthma pumps can be dropped off for recycling at any Chemist Warehouse. Hard copies of this information can be obtained from Knox Customer Service and accessible in different languages. This information can also be accessed online at: [Bins, rubbish and recycling | Knox](#)
- Community Transport Outings are popular and are great to attend. Brochures are available for the different outings in hard copy or you can visit the Knox City Council website for more information: [Community transport and outings | Knox](#)

## 3. Recap of previous meeting

- Meeting times for 2025 will start at 1.30pm and end at 3pm
- Members to provide feedback on their top 4 destinations for Bus Trip Ideas for 2025. This will be used to inform the Zest4Life bus trips from the list below.

Bus trip idea's

Western Port	Mornington Peninsula	Ballarat
Frankston Market (Wed)	Victoria Market	Melton Botanic Garden (Thur)
Dandenong Ranges	Royal Botanic Garden	Cranbourne Botanic Garden
Gulf Station open day	Jayco Manufacturing	Knox Parks
Historical sites	Bush parks with KES help	Darnum Musical Village

#### 4. Bright Ideas project 2025

Expo ideas

- groups that provide services
- accessing your home
- Senior Inventors
- Skill networking

Recognitions of contributions to community

Welcome pack

The consensus is that the Bright ideas Network will work on the **Welcome Pack** as the main action for 2025.

**5. Knox Regional Netball Centre information** Sarah Miller from the Knox Regional Netball Centre provided information about the centre and discussed the popularity of walking netball. The centre has 4 indoor netball courts and 18 outside netball courts. The Mountain District Netball Association (link here: [MDNA - Mountain District Netball Association](#)) run competitive and non-competitive walking netball comps.

Tuesday evenings are competitive and seasonal with a cost associated. Wednesday mornings are also available for a 'Come & Try' session (non-competitive) and is free with no booking required. Should you wish to have morning tea – all that is asked is a gold coin donation. You can also visit the Knox website for more information: [Knox Regional Netball Centre | Knox](#)

#### 2025 Proposed Meetings

Date	Venue
Tuesday, 11 February	The Basin Community House, 21 Liverpool Rd, The Basin
Wednesday, 26 March	TBA
Thursday, 8 May	TBA
Tuesday, 17 June	TBA
Wednesday, 30 July	Miller's Homestead, Dorrigo Dr & Melrose Crt, Boronia
Thursday, 11 September	TBA
Thursday, 6 November	TBA
Tuesday, 9 December	TBA

## Intergenerational Programs in Knox

### What are intergenerational programs?

Intergenerational programs aim to provide many benefits and learning opportunities for older and younger people in the same setting at the same time. The aim is to strengthen intergenerational linkages and foster connections between older and younger generations in our community over activities and have a shared learning: together.



### What is the purpose of a program like this?

The purpose of an intergenerational program is to provide meaningful roles for everyone involved as well as learning opportunities, care and social support for children, young people and their families and older adults in the same setting, at the same time.

Regular visits and interactions over a well-developed and meaningful program is not only fun for all involved, but the benefits of positive social connections/interactions and friendships, acceptance, decrease in social isolation and loneliness, information sharing and learning - highlights the richness of engaging in this type of practice. Evidence also suggests that intergenerational programming “helps to combat ageist attitudes within all participants.” (2019 Cornell Study.)

### Does Knox City Council support these types of programs?

Knox City Council is committed to supporting the community in this space as well as increasing intergenerational contact within the community and below are a list of current programs and partnerships:

- The Basin Kindergarten and Martin Luther Homes Aged Care
- Knox Children & Family Centre - Bayswater & Homestyle Aged Care Clarendon Grange
- Knox Children & Family Centre - Wantirna South & Balmoral Over 55s Lifestyle Village
- The InterGen Program – students from Boronia K12 College, members from our community and Knox Library – Westfield Knox.
- Intergenerational Playgroup – families and residents from Glengollan Village.



Should you wish to know more about the above programs, get involved or know of another intergenerational program in the Knox community – we would love to hear from you!

## I'm interested! How do we start?

Should you be considering developing this type of program it's important to start to think about who you want involved, how often you would like the program to run (weekly/fortnightly) and who you may wish to partner with in a program like this. Other considerations include developing a scope for the program and thinking about outcomes, objectives and benefits for all involved. Start to consider where you might conduct this program and ensuring that the space is accessible and inclusive for all participants.

A risk assessment should be undertaken before the program commences and a current Working With Children Checks would be required by all older participants.

\*\* Please note: An Intergenerational resource toolkit has been developed by RMIT and Swinburne University, funded by VicHealth. The purpose of this toolkit is to provide information about how to run a successful intergenerational program as well as important considerations around planning, design, implementation and evaluation. The toolkit is available online and can be accessed here:

[Welcome | The Intergen Project](#)

## Resources:

[Addressing ageism | Knox](#) (refer to the information under the Intergenerational activities tab.)

[Home - Australian Institute for Intergenerational Practice \(aiip.net.au\)](#)

## My contact details

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