

## KNOX ACTIVE AGEING ADVISORY COMMITTEE

To champion the voice and needs of seniors. Ensuring Knox is a welcoming, inclusive and connected community for all ages, where addressing loneliness and social isolation is a shared priority of Council and community together

**Thursday 3 October 2024**

**Time: 6pm (catering service), Meeting commencement: 6.30pm to 8.30pm**

Eastgate North Conference Room, Eastgate North Building,  
Knox City Council, 511 Burwood Hwy, Wantirna South and via MS Teams

<b>Attendees:</b>	<b>Present</b>		<b>Present</b>
Cr Nicole Seymour (Chair), Knox Councillor	Yes	Cr Meagan Baker, Knox Councillor	Apology
Catherine Balaz – Community Rep	Yes	Christine Pow – Community Rep	Apology
Eddie Atacador – Community Rep	Apology	Fen Peng – Physiotherapist	Yes
Gary Cantwell – Community Rep	Yes	Geoff Deacon – Community Rep	Apology
Gerard Meagher – Outplacement & Transition to Retirement Coach	No	Lawrie Gaylard – Community Rep	Yes
Linda Lim - EACH	No	Peter Burns – Bridges Connecting Communities	No
Pranee Birch – Community Rep	Apology	Shoua Liu – Community Rep	Yes
Gail Power - KCC Manager Community Access and Support	Yes	Anna Lawton – KCC Healthy Ageing Specialist	Yes
Sheridan Stone – KCC Social Connections Specialist	Yes		
<b>Guests</b>	<b>Present</b>		<b>Present</b>
Nil due to Caretaker Period			

Item #	Topic	Lead
<b>1.0 Meeting Opening: [6:38pm]</b>		
1.1	Welcome & Apologies	
1.2	Conflict of Interest Disclosures	
1.3	Acknowledgement of Country	
<i>Cr Nicole acknowledged that we are on the traditional land of the Wurundjeri Woi-wurrung and Bunurong people of the Kulin Nation and paid respects to Elders past and present.</i>		
1.4	Previous Minutes	
1.4.1 Confirmation – these were confirmed by general consensus.		
1.4.2 Matters Arising / Action List – all items now complete		
1.4.3 General business:		
Cr Nicole noted that in her role as a director on the Your Library board, she sees there are sometimes duplication in programming between Council and external third parties, and that it is important that we are working together. Gail reported that we have been working on this, an example is the Youth Hive offering the same program and Your Library, except that we each covered different age groups to expand the service offering.		
It was noted that the Knox Library currently does not have a display stand for brochures, which previously was available and exists in other libraries.		
<b>Action: Follow up with Your Library to see if there is opportunity for a community brochure display at Knox Library</b>		
<b>2.0 Matters For Decision</b>		
<b>Due to caretaker period there were no matters for decision</b>		
<b>3.0 Matters for Discussion</b>		
3.1	<b>KAAAC Workplan 2024</b>	
Create meaningful and empowering avenues for defeating loneliness and isolation		
<ul style="list-style-type: none"> <li>• Summary of planning, programs and events Community Access &amp; Support have created this year in alignment of this feedback was provided see PowerPoint slides for the information;</li> </ul>		
<ul style="list-style-type: none"> <li>• <i>The overall outcome sought:</i> to discuss what else do we need to be doing/ considering for future programs/events/engagement</li> </ul>		
Discussion Points included:		
<b>Ageism awareness presentation</b> – Could this be recorded for others to watch back who can't make the event?		
<b>Find Your Joy</b> – one of the best events ever attended because of topics covered, expo of stall holders, opportunity to speak with community members		
<b>Community Transport Bus - Club booking process</b> – what is the process?		
Could there be an Intergenerational theme for future fishing trip?		
<b>Keeping it Reel Program</b> – question raised regarding the facilitator of this event? It will have support crew from Living our Best Life, Infolink and the two bus drivers.		
<b>Programs need more reach</b> – feedback is that brochures such as Zest4Life and the Seniors Festival foldout could be promoted more widely. Suggestions included: Bunnings, Westfield Knox information desk, local gyms, chemists, cafes (specifically Crave and Café Bronto's in Boronia who both support community groups and fundraise).		

**Bus Trips are great** – but some people can't get to the meeting place. How can we get those who can't drive/no PT to the meeting place? Gail shared that we are exploring reintroducing an on-demand bus service using the KIA, and/or partnering with groups such as Bridges to support the community get to medical appointments etc.

Feedback from the group is that people are more lonely at night and on weekends. Events that are held in these times could help fill a gap.

**Evening/weekend ideas:**

Solo Dining night – see group in Mooroolbark who have introduced this.

Book reading evenings may be appealing.

Knitting – YouTube has brought knitting back into vogue

Armchair Travel nights – potentially VR options, photobooks, slides, videos and talks.

Movie festival idea from Bright Ideas could fit into this theme.

Cooking classes (potentially tie in with Armchair travel, which also supports educating our community of the diverse world we live in!)

Reminder that our comms needs to be reflective of our diverse community members, thus image choices should be more considerate of this for future publications.

**CHSP support gap** – Cr Nicole highlighted that there appears to be a gap for Social support clients who have transitioned across to alternate providers and not receiving true social support, and potentially getting lost in a complex system.

**Action – send the Fees and Charges information for the Community Transport Bus booking to Catherine Balaz for her club**

3.2 **Bright Ideas Network Planning**

Feedback was sought from committee members on the ideas generated from the recent Bright Ideas Network Planning meeting. Including:

- Wellness and Health promotion is very important – not just preventative programs but those that help people manage their chronic conditions (such as the GLAD program. Supports those who's condition has led them to potentially requiring surgery, but ways to mitigate this need exist, but not well known. Promote managing chronic conditions better reduces need for surgical intervention.) Gary is speaking at a conference in Adelaide on this topic as well. Strength programs such as at the Seniors Exercise Park help here too.
- Cr Nicole suggested that it could be time to review the charter of the Bright Ideas Network and (re)define its purpose, think about the gaps that it is designed to fill. It was highlighted that it was originally set up to be a think tank. Many wonderful and impactful programs have come about because of this network, including the Challenging Ageism Stereotypes, Voices of over 55s photography exhibition, the Housing Expo (2022) and more recently the Find Your Joy event.
- It was noted that we seem to have a number of different programs – Zest4Life, Bright Ideas, Seniors Festival. Maybe there is opportunity to put them into streamed programming, and include Wellness and Health as one of those.
- It was acknowledged that during the pandemic, the Bright Ideas also brought people together on Zoom, and was an effective and appreciated way to connect people. Additional ideas then flowed into whether we could introduce online events such as a Sat night sippers group.

**Action: Active Knox Plan could include elements such as fishing a water boating activities.**

**Action: Communications to remind people of appropriate dog ownership responsibility when dog on leash required.**

The contribution from members to this discussion was sincerely appreciated.

### 4.0 Matters For Noting

#### 4.1 Committee Contribution Acknowledgements

- Staff who sought advice from the Committee on both the Knox Cycling and Active Knox 2024 plans extended their gratitude for the committee's contribution to the final versions of these plans.
- Specific feedback incorporated into the final versions are included in the PowerPoint presentation.

#### 4.2 Bright Ideas / Dementia Advisory Group / Upcoming Events (standing item)

- Seniors Festival – flyer is available for all to take back to their groups. Feedback from all was that the events look great.

One question around the bus tours – how are we managing the registration list for this because the some feedback that Cr Nicole has heard is the previous process created favoritism. It was noted that this time we are trialing the calls going through Customer Service so that all who call at 9am go into a queue and are answered in order of their call time.

Dementia Choir – this starts on Monday 7<sup>th</sup> October (members are invited to reach out to The Haven Day Care Centre for more information)

#### 4.3 Farewell and thank you, Cr Nicole Seymour

We went through the minutes and annual reports of KAAAC meetings to compile a list of the many topics, plans, policies and ideas that Cr Nicole presided over throughout her time as Chair. (this is in the PowerPoint presentation).

Thank you and farewell wishes from absent committee members were also shared.

**The Committee send best wishes and thank you also to Cr Meagan Baker**

#### 4.4 KAAAC Recruitment and timelines

It was noted that there are a number of members whose terms are coming to an end, and the process and timelines are listed in the PowerPoint slide. Many thanks to members who have already advised their intentions.

### 5.0 Meeting Finalisation

5.1 Next Meeting: Thursday 5 December 2024

5.2 Meeting Close [8:35pm]

**Appendix 1**

<b>Action</b>	<b>Who</b>	<b>Status</b>
Follow up with Your Library regarding opportunity for community brochure display at Knox Library	Anna	
Send the Fees and Charges information for the Community Transport Bus booking to Catherine Balaz for her club	Anna	
Active Knox Plan could include elements such as fishing a water boating activities.	Anna	
Communications to remind people of appropriate dog ownership responsibility when dog on leash required.	Anna	