

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 5 December 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**

Or via MS Teams:

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Meeting ID: 494 934 282 306

Passcode: jAj5ET

Phone: Gail on mobile: 0466 556 747

Attendees:	Present		Present
Cr Meagan Baker (Chair), Knox Councillor	Apology	Cr Parisa Considine, Knox Councillor	Apology
Catherine Balaz – Community Rep	Yes	Christine Pow – Community Rep	yes
Eddie Atacador – Community Rep	yes	Fen Peng – Physiotherapist	apology
Gary Cantwell – Community Rep	yes	Geoff Deacon – Community Rep	apology
Gerard Meagher – Outplacement & Transition to Retirement Coach	yes	Lawrie Gaylard – Community Rep	apology
Linda Lim - EACH	yes	Peter Burns – Bridges Connecting Communities	Apology
Pranee Birch – Community Rep	yes	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	Lana Harris – KCC Social and Inclusive Communities Lead	apology
Guests	Present		Present
None			

Estimated Time	Item #	Topic
20 mins *6.30pm – 6.50pm	1.1	Meeting started at 6:38pm. Gail Power, Manager Community Access and Support, Chaired the meeting
		Acknowledgement of Country <i>Gail acknowledged that we were meeting 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>
	1.2	Welcome & Apologies Gail welcomed the committee, and explained we have a new Council, and we have returning Councillor, Cr Meagan Baker, returning to this advisory committee and will be the Chair, and a new Councillor, Cr Parisa Considine, who is joining the committee as well.
	1.3	Conflict of Interest Disclosures – no conflicts of interest
	1.4	Committee Member Introductions Introduce yourself, your aspirations for being on KAAAC, proud achievements. This item will be carried over into the next meeting due to the Councillors not able to attend this meeting.
	1.5	Previous Minutes 1.4.1 Confirmation – confirmed by Gary Cantwell and seconded by Eddie Atacador. 1.4.2 Matters Arising / Action List - there is one item ongoing, and all other matters have been complete.
30 mins 6.50pm- 7.20pm	2.1	Terms of Reference amendments (Matter for Discussion) The proposed changes for the advisory committee’s feedback: <ul style="list-style-type: none"> Aligning the purpose of the committee to a broader list of objectives, where members provide advice to Council on strategic issues, policies and action planning that support the voices of seniors across the municipality. Changing the number of meetings from bi-monthly (6 meetings per year (scheduled approximately every 8 weeks) to 5 meetings per year (scheduled every 10 weeks). <p>Key points raised:</p> <ul style="list-style-type: none"> Whilst it is not time to review these Terms of Reference (TOR), there are a number of Strategic Plans due to retire, which would mean the TOR would only reflect current plans as to 30 June 2025. Changes are made to align KAAAC with other Knox Advisory Committees and with the overarching Advisory Committees Policy. Changes being proposed make the TOR smarter, and will not change how the Committee operates, as the Committee already provides advice and the seniors perspective on a broader level on strategic issues, policies and action plans being developed for Knox residents. The annual workplan that the Committee will develop, will define what its focus will be for the year over. <p>Action: Anna to circulate current versus proposed TOR to committee in the minutes</p>

- Number of meetings was discussed, and the general consensus was 5 meetings per year is an appropriate number, allowing for enough time to consider a breadth of topics and provide for discussion and advice.
- Opportunity to circulate materials on matters that require feedback or for noting, out of meetings where required.
- Feedback from a member who was unable to attend requested presentations from speakers could be circulated with the agenda to allow for pre-reading prior to the meeting. This would also enable more time to consider the matter by the committee at the meeting.

15 mins
7:20pm –
7:35pm

3.1 Information to share & Emerging Issues

Committee members were invited to share information relevant for the group and raise emerging issues affecting seniors in their respective circles.

The committee raised a number of emerging issues:

- Helping people transition to retirement – would be great to have something we could support seniors with to help them retire into (eg volunteering, social connection opportunities). Retirement can be hard and may lead to depression and isolation in seniors. Having something that helps with this would be great.
- Need to keep a focus on social health issues – mental health challenges in seniors continues to be challenging for many; although we are starting to see more people get out and about, but there are still many who do not.
- Beating boredom is key – having something to do is so important. The Chess club began with just 2 people and now it is a community of over 1000 people! It has created a community for those attending – “Chess family”. The growth of this club has demonstrated the need to expand, but recruiting volunteers is difficult.
- Recruiting volunteers across many programs delivered by community organisations in Knox is an overall challenge, particularly for programs and events that are trying to expand.
- Communication is key with our seniors, and committee members are community connectors, and this is extremely important to helping people discover what’s on, and how to find services.
- Suggestion that we need a transition to retirement kit full of what’s happening in Knox, things to do, where to volunteer etc.

ACTION: AL/SS and Eddie Atacador to explore ways to expand the Chess Club

20 mins
7:35pm-
7:55pm

4.1 Keeping it Reel – Fishing Program wrap up

Sheridan went through the positive impact of the fishing program.

15 mins
7:55pm –
8.10 pm

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

Sheridan took the committee through the overall impact of the Seniors Festival programming and how many Knox seniors attended and thanked the committee for their contribution to the programming. Further detail in the attached slides.
The Dementia Choir – The Haven Rewire Choir, is running in Term 1 2025. Details in the attached flyer to please circulate.

10 mins
8:10-
8:20pm

Farewell to outgoing committee members:

Catherine Balaz, Gary Cantwell, Lawrie Gaylard, Peter Burns, Shou Liu.

On behalf of the committee, Gail thanked our outgoing committee members for their contribution over the years, and for the impact their voices have had representing seniors of Knox.

10 mins
8:20pm –
8.30pm

General Business

- 5.1 A summary of the 2024 achievements for the committee was provided – see attached slides – which highlight all the areas our committee have influenced and shared feedback.
- 5.2 Next steps with KAAAC recruitment – recommendations for the committee will be discussed with the selection panel and for all returning members, if your last police check was done more than 2 years ago, then another one will be organised. Further information will be provided as this progresses. Recommendations will be presented at the 28 January 2025 Council Meeting for Council approval. However, please provisionally diarise 20 February 2025 for our next meeting.
- 5.3 Next Meeting: Thursday 20 February 2025
- 5.4 Meeting Close [8:30pm]

2025 Proposed Meeting dates:

- Thursday 20 February
- Thursday 1 May
- Thursday 10 July
- Thursday 19 September
- Thursday 27 November

Appendix 1

Action	Who	Status
Follow up with Your Library regarding opportunity for community brochure display at Knox Library	Anna	Ongoing
Circulate current versus proposed TOR to committee in the minutes	Anna	Complete (attached with minutes)
AL/SS and Eddie Atacador to explore ways to expand the Chess Club	Anna/Sheridan/Eddie	
Provide slides from the meeting	Anna	Complete (attached with minutes)
Provide flyer for The Haven Rewire Choir	Anna	Complete (attached with minutes)