

Ageing Well in Nillumbik

Winter 2022



Hello readers

I'm thrilled to have been invited to write a regular, brief column for this informative newsletter.

Council and community have many events planned for you over the coming months including community catch-ups at the libraries hosted by the Eltham Lions, and Repair cafes where you can have your treasured items repaired for free, saving them from landfill. I hope you can join us.

September is Dementia Action Week. Dementia affects over 1000 people in Nillumbik, and many more carers. We're working with the Dementia Friendly Nillumbik Alliance to promote greater awareness and empathy towards people with dementia and their carers.

This edition also includes some great photos from recent events, so please take a look and enjoy the read. Until next time, stay warm,

Frances Eyre.

Cr Frances Eyre
Mayor, Nillumbik Shire Council

If you would like to be added to our mailing list or receive this document in another format email **positive.aging@nillumbik.vic.gov.au** or call 9433 3345.



Social Connections and Seniors Festival grants

Are you part of a community group with a great idea for an event or activity for older people in the Shire?

Applications are now open for:

- Social Connections Grants – for projects, events and activities aimed at:
 - Reducing social isolation and
 - Fostering social inclusion and wellbeing of older people
- Seniors Festival Grants (up to \$500) – for events and activities aimed at older people during the Victorian Seniors Festival in October.

For information and to apply visit
nillumbik.vic.gov.au/council-grants.

We want to hear from you!

Tell us what you think about this newsletter, what stories and information you'd like to read about.

Contact us at: positive.aging@nillumbik.vic.gov.au
9433 3345 or write to us at Positive Ageing
PO Box 476 Greensborough
VIC 3088.

World Elder Abuse Awareness Day

Last month we put out the call to crafty residents of all ages to get involved in creating purple yarn bombs to acknowledge World Elder Abuse Awareness Day.

A big thank you to all who took part in the yarnbombing, the pom-pom making workshops, and for joining us for morning tea with Christine Lister and Seniors Rights Victoria. It's important we continue to have conversations about elder abuse and ageism.



How to use your smart device smarter

This 10 week course is designed to help you understand the basics of smart devices, including using your phone or iPad, navigating social media, emails, using apps and software, and staying safe online.

Tuesdays 12 July – 13 September (10 sessions), 9.30am -12.30pm, Diamond Creek Living & Learning Centre, 119 Cowin St, Diamond Creek

Fees apply. Concession rates available. For more information, contact Living & Learning Nillumbik on **9433 3744**



Emergency Management Pop-up sessions

Are you a person with disability, an older person or a carer? Talk to us about your planning for emergencies such as storms, power outages, bushfires and heatwaves.

Council's Communities First team will be joined by CFA and Red Cross to offer one-on-one support. No booking required, just drop in for a free cuppa and chat with us about your emergency plan.

For more information visit nillumbik.vic.gov.au/emergency-planning or call **9433 3160**.

Thursday 21 July,
10am – 1pm
St Andrews Community Centre,
35 Caledonia Street,
St Andrews

Tuesday 16 August,
12.15pm – 3.15pm
Eltham Library,
Panther Place, Eltham

Monday 19 September,
2pm – 5pm
Hurstbridge Community Hub,
50 Graysharsps Road,
Hurstbridge

Wednesday 26 October,
9am – 12pm
Smiths Gully General Store
914 Kangaroo Ground-St
Andrews Road, Smiths Gully

Monique recently completed the Nillumbik TAC L2P program.

Monique's mum passed away from cancer when she was a teenager, and between schooling, her dad's work and both of their caring responsibilities, learning to drive took a back seat while they prioritised looking after Monique's mum and enjoying the time they had left together.

Monique's dad heard about the Nillumbik L2P program and encouraged her to apply. She submitted an application and was paired with mentor Jamie.

They kicked off with twice-weekly one-hour lessons and gradually increased them.

Monique said the experience made her a “confident, calm driver”.

“When the suggestion of the L2P program came up it sounded amazing.”

“Getting my license was important in order to get to work and university more easily as well as other commitments without needing to ask people to give me a ride home all the time.

“I would like to say a huge thank you to Jamie who drove all those hours with me. Thank you for all your time and energy and encouragement. I truly believe I am a safer and more capable driver because of it,”
Monique said.

Become a mentor driver

The L2P program relies on volunteer mentor drivers to assist learners to get their probationary license. We are currently looking for mentors who:

- Are over 21 years old
- Hold a current full Victorian driver's licence
- Can commit approximately one-two hours per week



Former L2P Learner Monique and her mentor Jamie at L2P 10 year celebration

If you think being a mentor driver may be right for you, we'd love to hear from you. You can make a big difference in the life of a young person and help them safely and confidently gain their independence.

Visit our website: nillumbikyouth.vic.gov.au/L2P-mentors or contact the TAC L2P Project Officer Mary on **9433 3111** or **L2P@nillumbik.vic.gov.au**

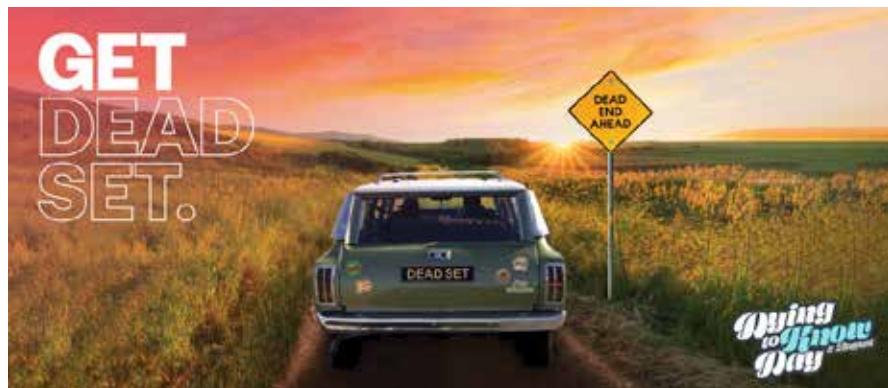
Ageing Well: A Personal Perspective

Come along and hear from Janice Crosswhite OAM, a Nillumbik resident with a long history of involvement in sport and advocacy for gender equity and her influence has been felt both locally and globally.

Hear how Janice has remained resilient despite challenges both professional and personal, and her suggestions and strategies for ageing well into the future.

Come and join in the discussion. Afternoon tea provided.
Thursday 21 July 2022, 1.30pm – 3pm
Diamond Valley Library, Civic Drive, Greensborough

Bookings: apersonalperspective.eventbrite.com.au or 9433 3138



Death Cafe Bringing Death to Life

'Dying to Know Day' encourages people to come together during August every year to have conversations around death and end of life.

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Join us for a complimentary afternoon tea where we will make time and space to talk, connect, and give people courage to broach the subject of end of life and death.

Thursday 4 August, 1.30pm – 3pm Bridges Restaurant,
1075 Heidelberg-Kinglake Road, Hurstbridge
Bookings: dyingtoknow.eventbrite.com.au or 9433 3138

For more information contact 9433 3138
or agedcare@nillumbik.vic.gov.au

Community Catchup Cuppa

Enjoy a friendly coffee and a chat at the Diamond Valley Library.

Be the first to browse the new collection items, and learn more about online resources.

Free

First Thursday of the month
(7 July 2022, 4 August 2022,
1 September 2022),
11am-12pm

Diamond Valley Library,
Civic Drive, Greensborough

For more information,
call Diamond Valley Library
on 9434 3809 or
dfisher@yprl.vic.gov.au

Community Gardening at Diamond Valley Library

Meet our volunteer gardeners in our sustainable garden to share tips and ideas, contributing to the maintenance of the community gardens.

Free

Every Thursday morning,
10am – 11am
Diamond Valley Library,
Civic Drive, Greensborough

For more information,
call Diamond Valley Library
on 9434 3809 or
dfisher@yprl.vic.gov.au

Repair Cafes

At a Repair Cafe, volunteer fixers perform simple repairs on all kinds of everyday items that would otherwise be thrown out and sent to landfill.

Bring along a treasured item that needs repairing and learn how to fix it yourself with people that expert knowledge and skills.

Whether a sewing repair, a shoe fix or a lamp given a new lease of life, you'll be doing your bit to avoid items going to landfill. Items that can be repaired include electronics, bikes, clothing, tools, toys and more!

Nillumbik Repair Café

Free

Hurstbridge Community Hub,
50 Graysharps Road, Hurstbridge
Every second Saturday

For more information email:
nillumbik.repair.cafe@gmail.com

Eltham Library Repair Café

Free

Saturday 9 July,
10am – 1pm
Eltham Library,
Panther Place, Eltham

Bookings essential:
Contact Cath Hart on **9439 9266**
or chart@yprl.vic.gov.au

Eltham Lions Community Social Lunch

Come along to the Eltham Lions Community Lunch, a monthly social gathering.

Meet some other locals and learn more about projects that the Eltham Lions are involved with.

Free

First Sunday of the month (3 July 2022, 7 August 2022, 4 September 2022),
12.30pm – 2.00pm
Eltham Lions Club rooms,
2 Youth Road, Eltham

RSVP by the Friday on **9068 3923**
or elthamlionsclub@gmail.com

Up-cycled Clothing Workshop

Learn how to upcycle your clothing. This is a workshop not a sewing class. Bring some items to upcycle.

Cost: \$11

Saturday 23 July 2022, 1pm – 4pm
Allwood Neighbourhood House,
901 Main Road, Hurstbridge

Bookings essential:
allwoodhouse.org.au or **0435 751 651**

Allwood History Afternoon

Join Allwood House for a conversation with Rob and Sarah Ferguson (son and grand-daughter of Sheila Ferguson owner of Allwood House prior to it becoming a Neighbourhood House).

Rob will share his memories of growing up at Allwood House in the 50s and 60s.
Afternoon tea included.

Cost: \$11

Sunday 24 July, 2pm - 3:30pm
Allwood Neighbourhood House,
901 Main Road, Hurstbridge

Bookings essential:
allwoodhouse.org.au or 0435 751 651

North Of The Yarra Quilt Show

The North of the Yarra Quilters (NOTYQs) are holding a quilt show and invite you to come and enjoy the skills and accomplishments of patchwork quilts made by their members.

Light refreshments will be available for sale, along with trader stalls and a quilt raffle.

Cost: \$5

Saturday 1, Sunday 2 October, 10am - 4pm
Eltham Community and Reception Centre,
801 Main Road, Eltham

For more information
facebook.com/notyquilters
or call 0408 438 391.

SAVE THE DATE: Seniors Social Lunch

To launch the Nillumbik Seniors Festival in 2022, we invite you to join us for our annual Seniors Social Lunch. Entertainment by progressive Aussie rock band Spectrum.

Mike Rudd's famous Aussie rock band was formed in 1969 and is still going strong!

Tuesday 4 October, 12pm – 2pm
(doors open at 11.30am)
Eltham Community and Reception Centre,
801 Main Road, Eltham

Cost: \$25

If you would like to attend and are currently experiencing financial hardship please contact us via bookings.

Bookings:
social-lunch-october.eventbrite.com.au
or call 9433 3295

Keep your eye out for other Seniors Festival events over the coming months:
nillumbik.vic.gov.au/Seniors-Festival
or call 9433 3345 for a printed program when it becomes available.



Spectrum

Dementia Action Week

Dementia impacts close to half a million Australians and almost 1.6 million Australians are involved in their care.

In Nillumbik, there are over 1000 people living with dementia, and in 30 years, there will be close to 3000 people living with dementia.

With so many people impacted now and into the future, it is vital we clear up some of the prevailing misconceptions about dementia.

Every year from the 19-25 September, Dementia Action Week aims to raise awareness of dementia in the community, and encourage all people to learn how they can make a difference in the lives of people living with dementia.

Visit [nillumbik.vic.gov.au/
Living-with-dementia](http://nillumbik.vic.gov.au/Living-with-dementia) for more event information or contact Council's Community Support Services on **9433 3345** to receive more info about upcoming dementia sessions.

REWIRE Musical Memories Choir

The dementia REWIRE Musical Memories Choir is for people living with dementia, their families, and carers.

Hurstbridge Community Hub
50 Graysharsps Road, Hurstbridge

Online and in-person,
Fridays 1:30pm – 3:30pm

For more information Nick Murray
(Registered Music Therapist) on **0406 485 791**
or nicholaslukemurray@outlook.com

Free Information Session: Memory Concerns, Dementia Risk Factors and Prevention Strategies

In collaboration with St Vincent's Healthy Ageing Service.

We will explore the early signs of cognitive decline, and what we can do to keep our minds active and well as we age.
Morning tea provided.

Wednesday 14 September, 11am – 12pm
Diamond Valley Library,
Civic Drive, Greensborough

Bookings: memoryconcerns.eventbrite.com.au
or **9433 3138**

Local support groups

Social support and assistance for people living with dementia.

healthAbility

healthAbility offers several dementia-specific support groups providing flexible respite options for carers, including weekly centre-based social programs for people living with dementia, and an outing program for people with younger onset dementia.

917 Main Rd, Eltham
9430 9125 | healthability.org.au

Memory Care Cafe

This group is for carers and the person they care for (with memory loss or impairment). It provides an opportunity to connect with others in a welcoming place.

Mondays 1.30pm – 3pm
Hurstbridge Community Hub 50 Graysharsps Road Hurstbridge 3099

Cost: \$5 per session (or through government or home care package funding).
Afternoon tea provided.

For more information Rachel Dunn
on **9430 9125** or email
rachel.dunn@healthability.org.au



Dear Stacie...

Do you have a question about the aged care system and the supports available to help you live and age well?

Council's Aged Care Navigation and Advocacy Officer is here to help.

If you have a question you would like answered (either in the newsletter or confidentially), please email Stacie **agedcare@nillumbik.vic.gov.au** or call **9433 3138**.

Dear Stacie,

I have noticed that my husband is becoming more forgetful and is having some difficulty doing things he used to do easily, like reading a map. He is not confident driving any more. He realises that he is having issues with his memory. I am worried he may have dementia.

What should we do next?

Thank you,

Rose



Dear Rose,

Changes in memory and thinking have a number of possible causes and seeking help is the first step. Some of the causes may include stress, depression, pain, chronic illness, medication or early dementia.

Major changes in memory are not normal at any age and should be investigated. It is better to see your doctor sooner rather than later. Your doctor may arrange a physical and neurological examination which will look at all other possible causes.

Your husband's symptoms may not be caused by dementia, but if they are, earlier diagnosis will be helpful.

An early diagnosis means that he can have access to support, information and medication.

For more information and support you can call the National Dementia Helpline **1800 100 500** or look at their website **dementia.org.au/**

If you would like any support regarding this process or any further information, you are welcome to call me on **9433 3138** during business hours.

Take care,

Stacie

Aged Care Navigation and Advocacy Officer
Nillumbik Shire Council

We're here to help

If you have a question you would like answered please email Council's Aged Care Navigation and Advocacy Officer **agedcare@nillumbik.vic.gov.au**





Gray family photo, Allwood House in 1900.

Allwood House programs:

- Self-expression through Water Colour – Thursday 1pm – 3pm
- Women's Circle first Wednesday of each month 6:30pm – 9pm
- Be Connected – Friday 10am – 12pm

Allwood House are looking for new ideas to expand their program and welcome expressions of interest for new groups and activities for term 3.

Please contact Acting Manager, Julie Johnston to discuss your ideas and suggestions on **0435 751 651** or email **manager@allwoodhouse.org.au**

If you would like to volunteer at events or in the garden let Julie know.

healthAbility Connect Well Groups

healthAbility's Connect Well groups provide activities to help older people or people with disability to live a healthier, more rewarding and socially engaged life.

Connect Well Groups run throughout the week and offer a program of activities.

Find out more by visiting **healthability.org.au/services/connect-well-groups/** or call Rachel Dunn on **9430 9125**.



Karaoke Choir of Diamond Creek performing in Eltham Town

Find your new community group

There are many community groups in Nillumbik that are low cost, friendly and looking for new members!

You can search for groups online using Council's Community Directory, or you can call Council's Social Connections Officer on **0438 834 306** to find out more.

nillumbik.vic.gov.au/community-directory



Karaoke Choir of Diamond Creek

An inclusive and like-minded group who meet to share the joy of singing, having a lot of laughs along the way. The group is low cost, including afternoon tea. People with disabilities including dementia are welcome, and carers are admitted at no cost.

No singing experience required!

Every Monday 1pm – 3pm Diamond Creek Uniting Church, corner Main Road and Wensley Street

Come and try free sessions:
Monday 4 July, Monday 11 July
Contact Graham Ford

gford@bigpond.net.au or 0419 361 487

Gibber Gabber

Sign up to the Nillumbik U3A's free newsletter, which aims to keep local retired people connected, informed, entertained and engaged.

There are currently two editions a month and they are sent out via email. You do not need to be a member of U3a to receive the newsletter.

Apply via the website: nillumbiku3a.org.au
or send Guy Palmer an email at
guy@nillumbiku3a.org.au



MyCoach

Connected Advice for Cognitive Health

We are looking for volunteers **who have noticed changes in their memory or thinking** to take part in research testing a 12-week healthy lifestyle intervention designed to support healthy brain ageing and reduce the risk of dementia.

To take part, you need to:

- Have concerns about changes in your memory or thinking OR diagnosed with Mild Cognitive Impairment (MCI)
- Be 65 years or older

Contact the research team

mycoach@neura.edu.au | (02) 9399 1853



This research has been reviewed and approved by the University of New South Wales Human Research Ethics Committee (HREC Approval number: HC210002)



A photograph of several lawn bowls on a green grassy surface. In the foreground, there are two dark blue bowls and one black bowl. In the background, there are more bowls of different colors (blue, white). The lighting suggests a bright, sunny day.

*Ever wanted to learn how to play lawn bowls?
Now is your chance!*

★ DIAMOND CREEK BOWLING CLUB ★

- 2 brand new synthetic bowling greens
- Play competition and/or social bowls
- Make new friends
- Fully licensed bar
- All ages and abilities welcome
- Full disabled access
- Clubroom available for hire

FREE
Three Month
Membership

FREE
Lessons from
Qualified Coaches

FREE
Use of Equipment

Find us on To enquire contact Pam on 0407 358 360 / dcbc@dcbc.info
or come down on a Friday night at 5pm or Saturday at 12pm
Recreation Reserve (back of Marmgook Oval)
Diamond Creek



Connecting Generations

**Are you interested in connecting with young people?
Would you enjoy the opportunity to share your skills
and experience?**

Read on for two programs run by the Banyule Nillumbik Local Learning and Employment Network (BNLEN).

Real Industry Job Interviews (RIJI)

RIJI is a career development program providing students the opportunity to develop job search skills and experience a mock interview.

The program aims to prepare young people for future employment by building their employability and work-readiness skills.

Stories From My Life

Stories from My Life is an intergenerational program that offers students the opportunity to learn about the life and background of a local older person.

The focus of this program is for students from years 9-12 to learn about the life and career journey of a local older person. This learning is documented and prepared for presentation to the older person by students at the conclusion of the project.

Interested in these programs? Contact Emma on 0452 136 087 or emma@bnllen.org.au to find out more.



Contact us

Please contact Fiona (Positive Ageing Officer) on 9433 3345 or email positive.aging@nillumbik.vic.gov.au



**National
Relay
Service**

If you are deaf or have a hearing or speech impairment, please contact us through the National Relay Service. TTY dial **133 677** or Speak & Listen **1300 555 727** or relayservice.gov.au, then enter **9433 3111**.



**Interpreter
Service**

If you need an interpreter, please contact TIS National on **131 450** and ask to be connected Nillumbik Shire Council on **9433 3111**.