Ageing Well in Nillumbik

Summer 2019

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LGBTI people with
community

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Hello readers

Welcome to Ageing Well in Nillumbik, a quarterly newsletter to keep residents up to date with Council, community news, events and information to help you live well, and age even better.

Take care, Katie Camilleri Positive Ageing Officer

If you would like to be added to our mailing list email positive.ageing@nillumbik.vic.gov.au or call 9433 3345 and leave your preferred contact address. If you need this document in another format please contact us on 9433 3111.



Save the date

1 March 2020

The inaugural **Healthy and Active Ageing Expo** is a **free** event for Nillumbik and Banyule residents, to showcase a range of health and wellbeing activities and services within the local community including:

- Healthy cooking demonstrations, tastings and recipes
- Bike n Blend smoothies
- Health checks

- Massages
- Information sessions
- Fun exercise activities
- Giveaways and so much more!







Free

event



Connecting older LGBTI people with community

Out & About is a free volunteer visiting service for lesbian, gay, bisexual, transgender and/or intersex (LGBTI) older people.

Being connected with community is good for our health, wellbeing and pride. We all deserve the chance to have meaningful connections with others who understand and respect our experiences and identity. Yet research shows many LGBTI people are not connected with their communities and often experience social isolation and loneliness as a result.

Out & About is a free community visiting service linking lesbian, gay, bisexual, transgender and/or intersex (LGBTI) older people across Victoria. Our friendly trained volunteers offer friendship and social connection to reduce isolation and loneliness for LGBTI people.

Anyone can refer themselves or another person to our service. You don't have to be open about your sexuality, gender identity and/or intersex status to use our service.

Just contact the Out & About Coordinator on 0466 218 921 or 03 9663 2474 or email at outandabout@switchboard.org.au.

Craig is an older gay man living at home in Northern Victoria:

"I live in a rural town where I don't have any contact with LGBTI people. My partner of forty years passed away several years ago and I was so lonely. My contact with my Out & About volunteer visitor has been fantastic. It's as if we have known each other for many long years."

Kate is an older transgender woman who lives in an aged care facility in Melbourne's outer south-east:

"Coming into residential aged care is a really big adjustment for anybody and it takes time. I feel very isolated, I've got really no-one I can talk to at the same level... One of the best things that's happened in the last few years is being involved in Switchboard's Out & About Program."

Out and About is a program of Switchboard Victoria. We are a specialist LGBTI Community Visitor Scheme funded by the Commonwealth Department of Health.

Watch Haydn and Clynton's story on ABC Live:

www.facebook.com watch/?v=368148574104373 www.facebook.com/OutandAboutVictoria switchboard.org.au/out-about

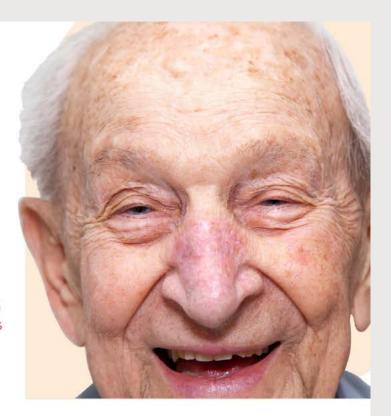






'Master your mind' is a FREE community information session about managing symptoms of stress giving you the tools to recognise, manage and help prevent unhealthy levels of stress. It will also teach you mindfulness techniques to help you deal with challenges like hearing loss or feelings of stress.

Take a deep breath, mindfulness starts now.



BE HEALTHY & ACTIVE

Next free session

Diamond Creek Living & Learning Centre

(Peppercorn Room, 119 Cowin St, Diamond Creek)

Wednesday 4 December 10.00am – 11.00am

Bookings essential contact 9433 3345 or online via http://ageing-well-in-nillumbik.eventbrite.com/

Proudly supported by





Master your Mind

Australian Hearing will provide free hearing checks after the session

The new face of + rdns boltonclarke.com.au



Summer 2019-2020

Living & Learning Nillumbik

We provide a positive, inclusive and supportive learning environment for everybody, no matter your age, gender, culture or ability.

We offer a range of courses from arts and crafts to technology and computers. Activities include social groups, cooking, gardening, exercise classes and walking groups.

Don't miss the January-June 2020 Course and Activity Guide, available from Monday 2 December at our centres, local libraries and general stores.

Enrolments for Term 1 also open on Monday 2 December.

Visit our website for detailed descriptions of courses, dates, times and fees. You can book online at a time that's convenient to you or in person or over the phone during office hours.

Centre locations: 119 Cowin St. Diamond Creek, 739 Main Rd. Eltham, 18 Bishops Rd. Panton Hill.

LivingLearningNillumbik.vic.gov.au info.livinglearning@nillumbik.vic.gov.au 03 9433 3744



What's on at Living & Learning Nillumbik

Adventuring online

Launch your adventure into the world of phones, computers, websites, emails and new friends.

Whether you're looking for help in navigating the online world or already know your way around and would like to help others, the Be Connected program has the resources and people to guide you on your journey.

Living & Learning Nillumbik provides FREE one-onone digital tutoring at Diamond Creek, Panton Hill, Hurstbridge and St Andrews.

Technology and the internet can feel foreign and daunting. Our friendly and supportive tutors can help you learn the basics of using digital devices and engaging with the internet, including:

- How to use your device or laptop
- Communicating with family and friends who live far away
- Finding new friends who share interests and hobbies
- Researching your family tree
- Being safer while online
- Accessing online services

To participate or volunteer, call 03 9433 3744 or email info.livinglearning@nillumbik.vic.gov.au

LIVING & LEARNING NILLUMBIK



First Aid for seniors

This entertaining and informative session is specifically focused on the first aid needs of seniors and those who care for them.

The course will give you the skills and confidence to take control and help until the paramedics arrive.

We will show you how to perform CPR without you being on the floor and first aid for conditions such as:

- falls and fractures,
- minor wound care infection, burns and how to apply direct pressure,
- CPR Cardiac arrest,
- stroke.
- heat and cold related illness,
- poisoning and snake bites,
- airway obstruction choking,
- diabetic emergency.

Contact us to find out more: info.livinglearning@nillumbik.vic.gov.au 03 9433 3744



What's on at the Yarra Plenty Regional Libraries



International Day of People with Disability: Swimming Up Waterfalls

The fear, pain, shame, isolation, disappointment and distress of an illness or disability can be like underwater snags and whirlpools holding you back from the 'river of life' or you may feel like you've been dumped over a waterfall. Dr Christine Durham OAM presents stories, ideas and tips about coping through life's challenges.

Eltham Library Tuesday 3 December 7pm-8pm

First Friday Chat

Join us for a cuppa and chat in this friendly social group.

Eltham Library

- Friday 6 December
- Friday 7 February 10.30am-11.30am

Looking Back, Looking Forward: Summer Fun in Yarra Plenty

Learn more about where you live through stories and photos with this exhibition by the Yarra Plenty Heritage Group in Eltham Library Community Gallery 5 December 2019 – 6 January 2020.

Join us for an informal presentation of historical photos from our Region from the collections of our local history groups.

Eltham Library Monday 9 December 7pm-8pm

Tech Help

Have a question about technology? We are here to help. These sessions are provided by a library staff member or an experienced volunteer. Bookings required. To register contact the library to book your session.

Diamond Valley Library

- Wednesday 4 & 11 December
- Friday 6 December
- Friday 21 February
- Wednesday 26 February 10am-11.30am

3D Wooden Christmas Centre Pieces

Come and decorate a 3D Wooden Reindeer and Sleigh for your table's centre piece.

Diamond Valley Library Thursday 12 December 2pm-3.30pm

Christmas Party in the Garden

Celebrate a wonderful year of garden with violin music and song from Laura Kate and delectable nibbles.

Diamond Valley Library Thursday 19 December 11am-12pm

Lunar New Year -Year of the Metal Rat

Join Salwa and learn how to make the most of Feng Shui through application of tools & remedies for 2020. Find out how to capitalise on your Destiny through what 2020 brings YOU.

Diamond Valley Library Thursday 30 January 2pm-3pm

Cooking with love

Join Marie as she bakes traditional orange ricotta donuts. Take some home for the one you love.

Diamond Valley Library Wednesday 5 February 2pm-3.30pm

iPad Basic

Join us to learn and share basic skills on your iPad, an ideal session for those just starting out. BYO device or use one of the libraries.

Diamond Valley Library Wednesday 5 February 10am-11.30am

iPad - App Account

Learn to customise your device and set up your account with iTunes. Learn to download and search for apps. BYO device or use one of the libraries.

Diamond Valley Library Friday 7 February 10am-11.30am

Virtual Garden Shows (MS)

Travel to international gardens and shows without leaving the library. Book your session now – no passport required.

Diamond Valley Library Wed 12 February 10am-11.30am

Decorative Book Garland

Come along to this workshop and create your own a decorative paper garland to celebrate Library Lover's Day.

Diamond Valley Library Thursday 13 February 2pm-3pm

Libby eBooks /Audiobooks

Learn how to download e-books and audiobooks to your iPad or android tablet. This session steps you through the process, from downloading the Overdrive App. Knowledge of iPad/Android is required. BYO device or use one of the library's iPads.

Diamond Valley Library Friday 14 February 10am-11.30am

Android Tablet Basic

Join us to learn and share basic skills on your tablet, an ideal session for those just starting out.

Diamond Valley Library Wednesday 19 February 10am-11.30am

Memory-wise

In her new book, neuropsychologist Dr Anne Unkenstein will explain how memory works, and will give practical guidance and reassurance to people who worry they are losing their memory.

Eltham Library Thursday 20 February 10.30am-11.30am

Android Tablet - Accounts/Apps

ring along your Android tablet, learn to customise your device and set up your account with Play Store. Learn to download and search for apps. BYO device or use one of the libraries.

Diamond Valley Library Friday 28 February 10am-11.30am



Hurstbridge Probus

Join the Hurstbridge Probus Club

Hurstbridge Probus Club meets on the 2nd Friday of each month at Bridges Restaurant, in Hurstbridge.

Our club is for both ladies and men, and is a very friendly club. Visitors and prospective members are most welcome. In addition to our monthly meeting we also have dining-out events, outings and much more.

Our Meeting starts at 10am with morning tea at 10.30am followed by varied and interesting guest speakers. We normal finish around 12pm. Cost \$5 each and plenty of easy parking.

Event 2nd Friday of each month

Time 10am-12pm

Location Bridges Restaurant, 1075 Heidelberg-Kinglake Road, Hurstbridge 3099

Cost \$5 per person

Please contact Rosemary on **03 9719 7377** if you are interested in joining or if you would like more information.















Recruiting now











Lead Your Community - Red Cross Recruitment

Summer 2019–2020 is expected to be an intense and busy season across Australia for Red Cross Emergency Services.

We cannot anticipate or prevent all emergencies, but we can take action to build community resilience.

Emergency services volunteers work locally to help people prepare for emergencies, represent Red Cross and their community at Municipal Emergency Management Meetings, help people during disasters and support communities through their healing process.

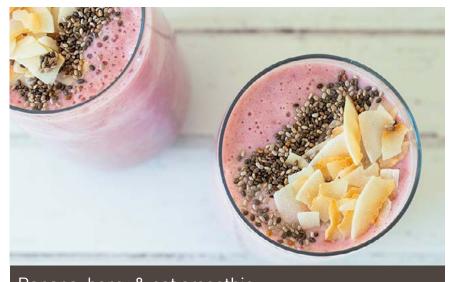
Volunteers who represent their families and communities are integral to helping with the recovery process long after a disaster has passed. Australian Red Cross Emergency Service is a volunteer-led movement and to make sure we have the people we need to be active across Victoria this Summer, we are recruiting for a range of roles.

If you have ever felt the need to make a difference in your community, this is an exciting opportunity to use your experience, skills and knowledge. Now is the time to give back and make a real difference in the lives of vulnerable people in your community.

In return for your time and energy you will open the door to amazing opportunities for additional training and leadership development as you join the world's largest humanitarian movement.

To view roles go to redcross.org.au/volunteer and for more information please call 1800 232 969.

Recipe corner



Banana, berry & oat smoothie

Recipe and image courtesy of the Heart Foundation

Ingredients

- 1½ cup reduced fat milk
- 2 tablespoons reduced fat Greek yoghurt
- 1 banana
- ½ cup frozen (or fresh) mixed berries
- ½ cup rolled oats
- 1 tablespoon chia seeds, to serve
- 1 tablespoon flaked coconut, to serve

Method

- 1. Place milk, yoghurt, banana, mixed berries and oats into a blender or food processor and blend until smooth.
- Pour smoothie into two tall glasses and top with chia seeds and coconut before serving.

A diet full of a variety of fruits and vegetables can help protect against heart disease, stroke, type 2 diabetes, and some cancers.

Have your say

This newsletter is a way for you to receive information about current events, have your say and receive other information about what is happening in Nillumbik.

We value your feedback about the Ageing Well in Nillumbik Newsletter, so please contact us with your contributions to this newsletter or offer any feedback and suggestions as to what you would like to see in future editions.

Please contact us, email positive.ageing@nillumbik.vic.gov.au.

Do you have a seniors event coming up you want to promote?

Send it in to us at positive.ageing@nillumbik. vic.gov.au or post to Positive Ageing, Nillumbik Shire Council, 34 Civic Dr, Greensborough VIC 3088.