



**MINUTES**  
**Positive Ageing Advisory Committee Meeting**  
 Friday 3 May 2019  
 12.00pm – 2.00pm  
 Civic Centre, Room Manna Gum 1&2

**Accepted:** Katie Camilleri (NSC), Iwona Trickett (NSC), Cr Grant Brooker, Rosemary & Liz (Matrix Guild), Terry Oakley, Sabi Buehler, Richard Kottek, Anne Fitzpatrick, Ray Carrol, Norm, Gertraud McDonald, Pam Johnson, Deanna Finn, Ken Wing Jan, David Nichols, Gail Clayton, Ray Carroll

**Apologies:** Rebecca Burton, Karen Coulston, Ingrid Motcshall, Phillip Green

**Minute taker:** Madelyn Elliot (NSC)

No.	Agenda item	Notes
1	<b>Welcome and Acknowledgement of Country</b> Chair	By Cr Grant Brooker
2	<b>Confirmation of previous minutes</b> Chair	<b>Confirmed:</b> Richard Kottek <b>Seconded:</b> Terry Oakley  Comments: Following last week's guest speaker from Carers Links North Richard shared that he and his wife are now receiving financial assistance with respite from this organisation and they very happy with their service.
3.	<b>Guest Speaker: Matrix Guild</b> Rosemary & Liz	Group founded in 1992 designed to support and assist lesbians aged 40 and over. To provide home based services and some accommodation/accommodation support, training and education. They aim to challenge ageism and discrimination. Public charitable organisation, not-for-profit/tax deductible, run by volunteers (165 financial members) associates and friends of matrix members. Currently only 4 members in Nillumbik.

Matrix Guild were successful in becoming part owners of Heathers Flats in Brunswick (thanks to a bespoke donation by one of their member), to provide secure and affordable housing for older lesbians. A more recent bespoke donation has also allowed them to currently employ a housing consultant on how to create more housing opportunities.

Matrix Guild also facilitate a volunteer visitor program – targeting older Lesbian women who are socially isolated, older, frail, mobility issues who have been cut off from their community. All of their volunteers and clients are members of Matrix Guide and they do extensive training with the volunteers on how to deliver this social support program effectively. Their current challenge in finding vulnerable women within the community who need this service as they are more often than not the ones disconnected already from the community and what is happening. Word of mouth is their biggest form of promotion because of this.

Another aspect of Matrix Guild is they offer education through a range of public forums and workshops. Have gone into aged care facilities and held intergenerational forums. Advocacy is another part of their role – involving consultations with aged care providers and aged care facilities to make sue services and facilities are LGBTI inclusive.

They hold a regular meeting every month in Fairfield for coffee and chat, which is a good chance for new members to meet and socialise with likeminded individuals. Also hold one off events during the year such as comedy shows, film nights etc.

Promotion & Communication – they publish a monthly e-newsletter (10% get posted for members without email) including updates, photos, events etc. which helps to keep in touch with more isolated members. They also have a facebook page and website.

They participate in Pride March and carnival mid-summer. Communicate with public through brochures and receive emails from public.

Katie suggested that Nillumbik Shire Council and members of the PAAC can support Matrix Guild in their efforts to promote themselves within Nillumbik.

**ACTIONS:**

- Katie to follow up with Matrix Guild to see where she can support their promotions – suggested Ageing Well in Nillumbik Newsletter.

		<ul style="list-style-type: none"> <li>• Pam to promote information on to the Inclusion Committee.</li> <li>• Everyone can support by promoting their services and information within the community and amongst networks.</li> </ul>
4	<b>Roundtable discussion</b>	<p><u>Gertraud</u></p> <ul style="list-style-type: none"> <li>• Chair to make sure no interruptions from other members while someone has the floor.</li> </ul> <p><u>Terry</u></p> <ul style="list-style-type: none"> <li>• Selection of guest speakers, can members be guest speakers i.e. to speak about their clubs/groups. *Note that the Round table discussion is a good opportunity for members to update the committee on what's happening of interest within their clubs/groups. If you have any specific requests / recommendations for guest speakers please contact Katie directly.</li> <li>• Suggestion to rotate committee meetings around more venues around the Shire – Katie highlighted our next meeting will be at Panton Hill Living and Learning Centre.</li> <li>• Requested whether we can look at recruiting to replace members that have resigned as we are now down to 15 –Katie will re-look at recruitment and numbers on the committee at 12 months which will be in September this year. At the moment, 15 is still a large committee and we need to work with what we have got and get this group functioning well before we even consider re-recruiting.</li> </ul> <p><u>Ray</u></p> <ul style="list-style-type: none"> <li>• Note that he would like to see guest speakers and agenda items linked to the Ageing Well in Nillumbik Action Plan, finding it hard to draw connection between guest speakers and objectives of the committee. It was noted that having a guest speaker at each meeting sits nicely into Priority 2 – Information &amp; Advocacy, and Katie invites speakers along that can provide relevant information to the committee about programs, services and resources that available to older people in Nillumbik. It is important for the committee to be well equipped with this information so they can then share this information amongst their networks and communities as advocates for Positive Ageing.</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>ACTION:</b> Katie will include a link to priorities under each agenda item at future meetings</li> </ul> <p><u>Richard</u></p> <ul style="list-style-type: none"> <li>• Would like to see Carers targeted for information sessions run by the Council. If anyone has any ideas on how to get support groups/carers coming along to info sessions to feed it back to Katie. Katie highlighted that Council ran a recent Understanding My Aged Care session at Council offices from 7pm, which attracted a lot more carers, so this is one solution.</li> <li>• Red Cross used to deliver a telephone service to those who are isolated – interested to know whether this still happens or if we could explore a similar model</li> <li>• <b>Action</b> – Katie to see if phone call service still exists through Red Cross and get some more information on this</li> </ul> <p><u>Pam</u></p> <ul style="list-style-type: none"> <li>• Interested to learn more about the Chinese group that meet at the Eltham Senior Citizens. <b>Action:</b> Katie to make contact and invite along as guest speakers to a future meeting</li> <li>• Living &amp; Learning have recently spoke about wanting to have information about Death and Dying for older people and their families. Katie highlighted that Dying to Know Day is on August 8<sup>th</sup>, and Council will be planning an information session at Hurstbridge Community Hub with State Trustees called 'Planning ahead' – opportunity for Living and Learning to work with Katie if interested in this area (Pam to pass this on).</li> </ul>
5	<b>5 minute break</b>	
6	<b>Wattle Festival</b>	<p>Feedback cards have been printed and would be great to use at Wattle Festival (25 August). Need a volunteer to lead it. Deanna thinks table should be closer to the centre of the Festival, down the back didn't have much traffic. PAAC to possibly have table in the Hurstbridge Hub.</p> <p><b>Action</b> - Anne to follow up with her contact about getting a good spot at the festival.</p>
7	<b>Volunteer Appreciation Event</b>	<p>All members of the committee and invited and encouraged to come along to Council's 2019 Volunteer Appreciation Event on Wednesday 22 May, 7 - 9pm at the Eltham Community and Reception Centre. It would be great if all volunteers on the committee could attend as it is just a small way Council can show their appreciation for the time and effort you contribute. Note that RSVPs are essential by Wednesday 15</p>

		<p>May by emailing <a href="mailto:volunteering@nillumbik.vic.gov.au">volunteering@nillumbik.vic.gov.au</a> or call 9433 3147.</p> <p>New volunteer pins for National Volunteer Week were also handed out to committee members.</p>
8	<b>Upcoming Ageing Well in Nillumbik Events</b>	<ul style="list-style-type: none"> <li>• Bolton Clarke's Be Healthy and Active Session - "Healthy Bladder" on Friday 24 May. RSVP at <a href="https://ageing-well-in-nillumbik.eventbrite.com">https://ageing-well-in-nillumbik.eventbrite.com</a> - all of these sessions are free. Parking is limited, please be aware and try to carpool if possible. PAAC group to help promote the events.</li> <li>• World Elder Abuse Awareness Day (WEAAD) on 15 June - Council hosting 2 events on Friday 21 June, flyers being drafted now. Partnered with Seniors Rights Victoria who will come and talk at events. Being held at Diamond Valley (10.30am) and Eltham (1.30pm) Libraries.</li> <li>• Dying to Know Day 8 August at Hurstbridge Community Hub – 'Planning ahead' – 10am</li> <li>• Dementia Awareness Month (September) – Information session called "Worried about your memory" delivered by Dementia Australia. Tentatively booked for 4 September (more information to follow). Bolton Clarke also running a free information session "Understanding Dementia" on Wednesday 11 September, 11.30am at Diamond Creek Living and Learning Centre. Also exploring session with Dementia Australia called 'Dementia and Driving'.</li> <li>• Travel Safe with Metro Trains was booked for next week, however not enough RSVP's. Terry plans to run the session through the Men's Shed instead now. Katie has rescheduled the training with Metro Trains to Seniors Festival on Thursday 3 October.</li> <li>• Reconciliation Week – Flag raising ceremony at Council Offices, 10am on 30 May. Flyer handed out to group for promotion. More information at <a href="https://www.nillumbik.vic.gov.au/Events/Reconciliation-Week-2019">https://www.nillumbik.vic.gov.au/Events/Reconciliation-Week-2019</a></li> </ul> <p>You can keep up to date with all events and activities happening throughout the Shire for older people via Council's website here: <a href="https://www.nillumbik.vic.gov.au/People-and-family/Over-55s/Events-and-Activities-for-Over-55s">https://www.nillumbik.vic.gov.au/People-and-family/Over-55s/Events-and-Activities-for-Over-55s</a></p>
9	<b>Seniors Festival</b>	<p>Reminder that the Seniors Festival Grants are now open for applications. Council are providing small one off grants of up to \$500 to assist in getting Seniors Festival activities underway. Grants close 9 June. There is also a separate application to advertise events in the Nillumbik festival program. All information can be found at</p>

		<p><a href="https://www.nillumbik.vic.gov.au/People-and-family/Community-Support-Services/Seniors-Festival">https://www.nillumbik.vic.gov.au/People-and-family/Community-Support-Services/Seniors-Festival</a></p> <p>If you need support with your Seniors Festival activities please contact Katie.</p> <p>It was also noted that Eltham Men's Shed have a small bus that can be hired out for free by community groups at request. Please contact the Secretary of the Mens Shed at <a href="mailto:elthammensshed@gmail.com">elthammensshed@gmail.com</a> for more information.</p>
10	<b>Victoria Senior of the Year Awards</b>	<p>Nominations are now open until 5 July. Hard copy nomination forms given out and members encouraged to submit a nomination.</p> <p>There will be an opportunity for the Committee to attend the awards in October – Katie will provide more information once available.</p>
11	<b>Other discussion</b>	<p>Gertraud McDonald noted that the Walkway from St Vincent's Aged Care facility to the Eltham Town Centre are not safe, older people cannot walk on them. Seeking a response from Council regarding this issue – whole group in agreement. It was noted that a submission was made to Council about this issue a few years ago with no response.</p> <p><b>Action:</b> Cr. Grant Brooker to speak to this issue at the Council meeting and seek further action and update the committee at the June meeting.</p> <p>The issue was raised that meetings are being dominated by louder voices in the group and a number of other members aren't given an opportunity to speak. Concerns were taken on board by the Chair and we will work on better managing this at future meetings.</p> <p><b>Action:</b> Katie and Iwona / Bek to facilitate workshop at the next meeting around 'rules' to keep everyone on the committee accountable and respectful to fellow members. Everyone has the responsibility to not speak over one another and encourage everyone on the committee to have a say, as all opinions and views are valid and welcomed on this committee.</p> <p>If you are having any concerns about the committee and committee meetings Katie encourages you to contact her directly and have a chat with her so can work through these as best as possible. We have a great group of people on this committee, all with different backgrounds, experiences and skills but all here for the same overall objective, and that's to ensure older people are supported to live and age well in Nillumbik.</p>

**Next Meeting:** Friday 7 June, 12-2pm

Diamond Creek Living & Learning Centre, 119 Cowin St, Diamond Creek VIC 3089