

- Date:** Friday 14 February 2025
- Time:** 10.30am – 1.30pm
- Venue:** Nillumbik Shire Council; Chamber and via Zoom
- Chair:** Rhonda Allen, Acting Manager Community Programs
Was elected interim Chair by PAAC as Councillor Perkins was an apology.
Committee members: Tanya Cottrell, Sandra Verdam, Ann Hutchinson, Kate Puls, Tom Fisher, Chantal Blitenthall, Richard Kottek, Janice Crosswhite, Joy Ferguson, Deanna Finn and Mahshid Ghorbani
- Present:** **Council:** Jodie Hoskins (Acting Coordinator Community Support Services), Rhonda Allen (Acting Manager Community Programs), Cassie Zurek (Social Planning and Policy Officer), Rebecca Burton (Manager Recreation and Leisure), Heather Macmillan (Positive Ageing Officer) and Julie-Anne Grech (Business and Program Support Officer)
- Guest Speakers:** Nil
- Apologies:** Cr Perkins, Narelle Hart, Sheila Cheary and Greg Bourke

Order of business

1. Welcome

Acting Manager Community Programs welcomed all to PAAC and acknowledged apologies.

2. Acknowledgement of Country

Acknowledgement of Country was read by Chair.

3. Conflict of Interest and Informal Meeting of Councillors Record

Nil

4. Minutes of previous meeting & Outstanding Action Items

That the minutes of the meeting held on Friday 2 August 2024 are confirmed as a true and accurate record of the meeting.

Moved: Kate Puls

Seconded: Janice Crosswhite

Carried Unanimous vote

5. Business Arising

Nil

6. **Rebecca Burton, Manager Recreation and Leisure following up on recommendation from 2-August PAAC meeting: 'That PAAC advises the Council to support free use of their leisure indoor facilities for 80+ aged users'.**

The Manager of Recreation and Leisure provided background for PAAC regarding the current contract terms between Nillumbik Shire Council and Aligned Leisure who are contracted to run leisure facilities within the Shire.

Any changes to the contract requesting 'free use of leisure indoor facilities for 80+ aged users' would require a variation and endorsement by both parties.

Manager Recreation Leisure highlighted the fees and charges at the Leisure facilities, the Supported Access Program (SAP) and a range of free programs offered in the north of the Shire available to and supporting older residents.

PAAC highlighted classes were often full and due to the size of venues in the northern part of the Shire there was limited option to expand class sizes.

Action: Rebecca will agenda this item at the next contract meeting with Aligned.

The Committee questioned why there wasn't any formal / Councillor support for their recommendation. The Committee Chair advised that their recommendation went to Council via the PAAC 2 August 2024 Meeting Minutes, which were presented to the new Council on 10 December 2024 - these were noted, with no uptake for a formal resolution to be actioned.

PAAC expressed the importance of acknowledgement and respect for participating and putting forward recommendations and would like affirmation that the matter has been followed up according to the Terms of Reference of the Positive Ageing Advisory Committee.

Action: To follow up with Executive Leadership Team and next steps.

7. **PAAC 2025-2027 update**

- The Positive Ageing Officer discussed preparations for the new term of the Positive Ageing Advisory Committee 2025 to 2027.
- The last meeting of the current committee will be 4 April 2025.
- The Expression of Interest (EOI) will be advertised on 3 March 2025 for a 5-week period closing on 7 April.
- Current members who are eligible to and want to serve another term on the Committee **must reapply** and submit an application.
- Council is looking for a diverse group of individuals and organisations including a mix of ages, genders, rurally located and metro residents, carers, people with a diversity of thought, opinions and experiences.
- Expression of interest applications will be available on the PAAC page of the Nillumbik Shire Council website (www.nillumbik.vic.gov.au/PAAC).
- Positive Ageing Officer will send the link to the EOI form to PAAC when this goes live.

- Support is available from the Positive Ageing Officer (Heather) should assistance be required to complete the EOI form online.
- PAAC was requested to promote the Expression of Interest for the next term of PAAC 2025-2027 through newsletters and networks.
- If Committee Members are not eligible to reapply for PAAC please consider the [Inclusion and Access Advisory Committee](#) and the [Recreations Trails Advisory Committee](#); details available on the website.

There was some discussion around eligibility and consistency of Terms of Reference with different Advisory Committee's at Council which the Positive Ageing Officer responded to.

Richard also queried whether new PAAC could be briefed by previous PAAC members about priorities. Positive Ageing Officer advised that there would be continuity with staff and some current PAAC members likely to be part of new 2025-27 PAAC.

8. **Cassie Zurek, Social Planning and Policy Officer, Nillumbik Shire Council Health and Wellbeing Plan consultation**

The Social Planning and Policy Officer led the Committee through an interactive consultation on 'ageing well priorities' for Nillumbik Shire Council's new Municipal Public Health and Wellbeing Plan (MPHWP) 2025-2029. This 4-year plan is a partnership plan and will work in conjunction with organisations and community groups. The Ageing Well In Nillumbik Plan and the Disability Action Plan will now be integrated into the new MPHWP.

The data concerning older people in relation to health and health trends and their implications was examined.

Key areas of importance for the Committee included:

- Highlighting the fact that Dementia is the leading cause of death in Nillumbik Shire Council – social isolation is a big indicator of dementia in later life
- The lack of dental and health care within the Shire
- The impact of technology in relation to isolation and loneliness – the need for greater access to technology training sessions
- Greater access to information regarding the supports that are available to older people within the Shire; preferably prior to them needing the actual support. Preparedness for Ageing in Place.
- The fact that housing availability and affordability is still a big factor for Ageing and staying in your community
- Advocacy for transportation in the outer reaches of the Shire including facilities to support this such as shelters and benches
- Availability of safe places in times of danger for people within the Shire
- Recommendation PAAC made to Council in August 2024 that 'Council support free use of their leisure indoor facilities for 80+ aged users'

The Committee engaged in round table discussions and voted on important issues regarding the health and happiness of older people within the Shire. All responses were collated and noted by the Social Planning and Policy Officer.

Timelines were discussed as well as priority areas according to public consultation, draft, endorsement and submission to the Department of Health.

The Positive Ageing Officer as coordinated three targeted **age specific sessions**:

1. 14 February - PAAC

2. 5 March - U3A members
3. 14 April - Hurstbridge Hub – Drop-In & focus group with Dementia Alliance

PAAC was requested to stay involved and pass information on to groups and networks.

Committee members can assist by completing the Nillumbik Now and Beyond Survey (survey closes Sunday 2 March) at the following link or use the QR code; hard copies and phone assistance available.

<https://participate.nillumbik.vic.gov.au/projects/now-and-beyond>



9. Roundtable

Janice - enquired whether anyone was going to the Council run International Women's Day event, looking to get a table together.

Panton Hill Tennis Club received a small grant and hosted a Pickleball day as part of the Seniors Festival in October – successful fun event that connected the local community

Deanna – thanked the Chair for stepping in and Sandra for keeping the Memory Care Café's going. Has joined Rotary in Diamond Creek.

Sandra – Sandra advised this is her last PAAC meeting as she will be away in April.

Highlighted the event run at Opal Aged Care where volunteers made sandwiches for 'Eat Up Australia' - 1800 sandwiches made in 38 minutes. Sandwiches are frozen then toasted at a later date to feed children in the community who have no lunch or breakfast.

Sandra provided update on the Memory Care Cafes which are experiencing some issues working in partnership with healthAbility.

The café's will keep operating but Open Minds are considering a number of options going forward to keep providing the Memory Care Café's.

Open Minds have approached Bendigo/Community Bank for funding but have been advised they need to be incorporated, so Open Minds is looking at progressing this.

Reflecting on all the work that volunteers have done for the Café and Open Minds the hours and sustained effort is staggering.

Everyone thanked Sandra for all she does at PAAC and in the Community.

Ann – Link is going very well; food pantry is always full and requires filling up every second day. Quite often empty demonstrating the need in the Shire. Getting good support to fill it.

Joy – Attended the 'Eat Up Australia' volunteer morning at Opal. Downsizing and moving to Centennial in Bundoora, but keen to still stay connected to all her activities and volunteering in Nillumbik.

Kate – mentioned the update of new Aged Care Act – OPAN is hosting a webinar titled '*What the new Aged Care Act will mean for you*' on Tuesday 25 February from 12.00-1.00pm. Please use the following link to register: <https://opan.org.au/event/new-aged-care-act/>

Chantal – back to normal programming at the Eltham library and at the Hurstbridge Hub; programs such as Storytime, Tech Help, low impact free exercise, Yack and Yarn group (great for forming new friendships), Chatty Café, Advanced Care Planning in conjunction with Nillumbik Shire Council, writers' groups and many more. For more information and times please view the website: <https://www.yprl.vic.gov.au/locations/eltham-library/> or call 9439 9266.

Mashid – thanked the Committee for such a wonderful and informative time attending the Committee and advised that she is intending to reapply for the next PAAC term.

Richard – is also experiencing trouble with healthAbility with regards to the regular running of their Social Connections group. Questioned the merit of PAAC bring back the feedback cards –which can be handed out in the community as a way of getting feedback on issues facing older people within the Shire. **Action/** Positive Ageing Officer to look into these cards, how they worked and whether this is something Council would consider re-introducing.

10. Other Business

Nil

11. Next Meeting

When: Friday 4 April, 2025

Time: 10.30am – 1.30pm

Where: Nillumbik Shire Council Chambers and via Zoom

Meeting closed 1.30pm

Action Summary Table			
Action	Who	Due	Completed?
Look into the merit of feedback cards.	Positive Ageing Officer	April PAAC meeting	

Current and upcoming Council engagements:

Engagement	Details
<u>Nillumbik Now and Beyond</u>	<p>Share your thoughts to help shape the future of the Shire.</p> <p>Your feedback will support the development of the Council Plan 2025- 2029, Health and Wellbeing Plan 2025 -2029, and help us review the existing Community Vision – Nillumbik 2040 and the Financial Plan.</p>