

Positive Ageing Advisory Committee

Minutes



Date:	5 December 2025
Time:	10.30am – 12.00pm
Venue:	Council Chamber, Nillumbik Shire Council, Greensborough
Chair:	Cr Perkins
Minute Taker:	Julie-Anne Grech, Business and Program Support Officer
Committee Members:	Steve Jenkinson, Sophie Broughton, Jacqui Sweeney, Stella Huet, Tom Fisher, Marcel Saxone, Tanya Cottrell (St Vincent Healthy Ageing Service), and Natalie Francis (HealthAbility)
Other:	Jodie Hoskins (Acting Coordinator Ageing Well team), Narelle Hart (Manager Community Programs), Heather Macmillan (Positive Ageing Officer), Julie-Anne Grech (Business and Program Support Officer), Kathryn Williams (Nillumbik Leisure Manager - Aligned Leisure), Sabrina (Nillumbik Coordinator – Aligned Leisure) and Betty Anderson (Positive Ageing Coordinator – Aligned Leisure)
Apologies:	Stephanie Vassilios, Kate Puls, Marlwood Ryder, Ann Hutchinson, Tamsyn Guerrero (HolStep Health) and Alexandra Price (Yarra Plenty Regional Library Service)

Order of business

1. Welcome and Apologies

2. Acknowledgement of Country

Acknowledgement of Country was read by Cr Perkins

3. Conflict of Interest and Informal Meeting of Councillors Record

Nil

4. Minutes of previous meeting

That the minutes of the meetings held 3 October and 1 August 2025 are confirmed as a true and accurate record of the meeting.

Moved: Tanya Cottrell

Seconded: Steve Jenkinson

Carried

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5. Outstanding Action Items

Action Summary: Organisation of *Aged Care Navigation and Advocacy Officer* to visit the St. Andrews Men's Shed and deliver a presentation regarding the upcoming changes to the Aged Care Sector.

Actions: Jodie Hoskins Aged Care Navigation Officer provided a very informative and well received presentation to the Men's Shed in November. Possible opportunity to follow up in 2026 for those who couldn't make it and for further questions from those who attended.

Action Summary: Arrange visit from Aligned Leisure (Council's Leisure Centre contractor) to present to PAAC on services they provide for older residents.

Actions: Aligned Leisure presenting to PAAC at the December meeting

Action Summary: Invite NSC Waste Management Team to inform PAAC about what they do, particularly about waste management education to community.

Actions: Heather Macmillan has organised the Waste Management Team to present to PAAC at the February 2026 meeting

6. Aligned Leisure Presentation

Kathryn Williams Nillumbik Leisure Manager Aligned Leisure, Jackie Wailes Nillumbik Coordinator and Betty Anderson Positive Ageing Coordinator.

Aligned Leisure presented an overview of services and options for Senior's exercise and activities throughout the Shire. The presentation included:

- Membership options: including the Supported Access Program for those who are undergoing hardship
- Timetables, classes and programs
- Free tea and coffee to foster social connections and friendships
- Social events to keep Seniors connected (some fees apply) such as the biggest morning tea, sightseeing trips to the city and free CPR classes during Seniors Week
- Monthly newsletters to keep members up to date with happenings and programs
- Roving 'Street Team' that visits community venues and groups with a body scan machine that assists with an in depth look at overall health.
- Free programs in the north of the Shire; Panton Hill Living & Learning, St. Andrews Wadambuk and Hurstbridge Hub. Two programs each week that assist with aerobic and strength in a group fitness setting.
- Be In Motion booklet available online and in hard copy upon request – [Be In Motion Online](#)
- Investigating options for new programs in 2026 which may include online exercise classes for those who can't make it into centres for classes

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PAAC questioned the free entry for Carers and Companions. Kathryn confirmed free entry for Carers and Companions. Full policy can be found on the website: [Accessibility - Nillumbik Leisure](#)

Steve highlighted the uncomfortable/awkward feeling of men attending classes as the only male participant. Aligned suggested the 'bring a friend' classes in October.

Aligned Leisure confirmed 20% discounted membership is available for those who have a Seniors Card.

Action: Aligned to promote their services for older residents including dates for the Body Scan Machine in the Ageing Well in Nillumbik newsletter.

7. National Ageing Research Institute (NARI) park update

Heather Macmillan Positive Ageing Officer and Tom Fisher NARI Park Exercise Champion.

Tom highlighted his journey as a NARI Park Exercise Champion from intensive training with NARI through to his work as an Exercise Champion attending the park weekly. He also attends independently and has noticed a marked improvement in fitness and balance.

The Positive Ageing Officer detailed the history of the NARI project as well as activities implemented to raise the profile and use of the park. The current question is: How do we promote the presence of the park and offer some guidance to new people as well as working in partnership with local organisations and groups where there is some synergy?

The advantage of the park is that the park is always open and can be used at any time. It can be used as an adjunct to other programs i.e. exercise classes, physio rehab etc.

Suggestions to increase profile and usage included:

- Creating social groups in conjunction with exercising – visiting a local nearby venue for coffee and cake
- Approaching existing walking and cycling groups in the area
- Potentially adding music to create atmosphere while exercising
- Have another come and try day for local businesses and healthAbility
- BBQ / event style engagement – 2 to 3 per year
- Regular article in Ageing Well in Nillumbik newsletter

Positive Ageing Officer stressed the heavy reliance on Volunteers running 'come and try' sessions and reiterated how grateful we are for the continued support of these Volunteers.

PAAC to continue to think of avenues and events to raise the usage and profile of the NARI Park and contact Positive Ageing Officer with these.

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8. World Elder Abuse Awareness Day/ Seniors Rights Victoria Arts Project

Heather Macmillan, Positive Ageing Officer.

The Positive Ageing Officer introduced the Beyond Age project; a primary health community arts project that aims to:

- Reframe the experience of ageing and what it means
- Build the capacity of the community to challenge ageist attitudes and create a safe and respectful place for older people and
- Reduce ageist attitudes by recognising that growing older is a valid, positive and meaningful part of life.

The Positive Ageing Officer will seek to work in partnership with a local high school (currently conferring with Eltham High School Art's department) to foster an intergenerational project in collaboration with Seniors Rights Victoria. The project will seek (targeted) volunteers who will supply a younger version photo of themselves (young adult) and participate in a photoshoot for a current shot of themselves with the premise 'what would you tell your younger self'.



The project will launch in conjunction with World Elder Abuse Awareness Day on June 15 and feature exhibition of storyboards / artworks at various community locations throughout the Shire.

Action: Follow up in February 2026 PAAC meeting and confirm interest.

Senior Rights Victoria video explaining the project to be circulated with minutes for members to watch in their own time

9. Roundtable

Tom advised that the Rewire Memory Choir together with the Dementia Alliance will be having an end of year Christmas event at the Hurstbridge Hub on Friday 12 December. He has invited PAAC members and their groups to come along and participate in the event featuring singing by the Rewire Choir a great gathering for carers, family and clients. An invitation reiterated by Jackie.

Sophie shared some positive feedback regarding healthAbility and a seminar they presented at

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the Chinese Senior Citizens Club in language. Occupational therapists provided an informative session regarding falls, prevention of and what to do if you have a fall as well as helpful exercises. The fact that one of the OT's spoke Mandarin was very helpful

Natalie reiterated that healthAbility have many valuable services that she and health Ability are happy to come out to groups and discuss. They have a few staff members who have multicultural backgrounds so there is a possibility to have information sessions in languages other than English. Tom supported this with his thanks to healthAbility for 3 programs he has used in the last while; decluttering session, 'Ready Tech Go' support with IT issues and the installation of an outdoor key safe which provides access for Emergency Services should the need arise.

10. Meeting closed: 12.00pm

11. Next meeting: 10.30am Friday 13 February 2026 Council Chamber, Civic Drive, Greensborough