

# Ageing Well in Nillumbik

Autumn 2020

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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.

Hope you enjoy!  
Fiona Vuong,  
Positive Ageing Officer.

If you would like to be added to our mailing list email [positive.ageing@nillumbik.vic.gov.au](mailto: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**.

## New Community Directory

Going live from 1 March 2020, the Community Directory is a new resource available for community to access. It is full of information about different opportunities in Nillumbik for meeting new people, joining new groups and trying new things.

Find out more here [nillumbik.vic.gov.au/community-directory](http://nillumbik.vic.gov.au/community-directory).

If you are community group and would like to be included in the directory simply create a free account at [nillumbik.vic.gov.au/mycity](http://nillumbik.vic.gov.au/mycity).

## WHAT'S ON

### Healthy and Active Ageing Expo



**Sunday 1 March, 10-4pm**

This Sunday 1 March at Eltham High School, Nillumbik Shire Council in partnership with Banyule City Council is putting on our first Healthy and Active Ageing Expo! We have a jam packed program of events, from group gentle exercise, to information sessions, free health checks and much more.

Local community choirs Serendipity and the Chocolate Lilies will be performing, as well as the Older Women's Performing Circus. We have a team of volunteer fixers available at our Repair Café from 10am-1pm, so bring down any small items (Tools, clothing, knitted items, soft toys, and small appliances) that need mending or fixing.

**With over 45 different community groups, health services, service providers and businesses exhibiting on the day, it'll be a day not to be missed!**

Free transport to the expo from your house can be arranged. Please contact Fiona on **9433 3345** to book your spot, or for more information about the program of activities.

# Home Harvest Picnic

Connect, grow, eat, enjoy!

**Sunday 1 March, 3.30pm-7pm**

Experience the satisfaction of growing your own produce, and the pure pleasure of sharing and eating it with others!

Home Harvest is a celebration of home-grown produce and local food. Grow and supply some home-grown produce which will be turned into a delicious picnic feast by **Social Food Connect** Chef and VCAL students from Eltham High. Share the picnic at a joyous community event at Edendale Community Environment Farm over an afternoon of music, entertainment and activities for all the family.

Come along and enjoy the feast! Purchase a prepared picnic for \$10 or BYO picnic and attend for free.

## Open Farm Day

**Sunday 22 March, 10am-4pm**

Open Farm Day 2020 will feature 14 farms across Nillumbik shire, opening their gates to give you the opportunity to visit and meet local farmers and see farming on the fringe. Activities on the day include:

- Farm Tours
- Live Demonstrations
- Farm Animals
- Product Tastings
- And more



Free to enter and is a great family event.

More detail available at [nillumbik.vic.gov.au/open-farm-day](http://nillumbik.vic.gov.au/open-farm-day)



## Seniors Social Lunch

Save the date!

**Friday 3 April, 12pm-2.30pm**

**Eltham Community and Reception Centre**

Enjoy a 2 course lunch and be entertained by Ben Clarke – Edendale's Singing Barista. Ben was a member of the Ten Tenors and a finalist on the Voice in 2018. Ben's musical performance will include contemporary, musical theatre & popular opera (without the boring bits!).

\$25 per person- tickets are limited! Contact Julianne on **9439 6583** to RSVP and book your spot.

## Meet and Eat Hurstbridge

Save the date!

**Tuesday 16 June, 12pm**

The Meet and Eat lunch is coming to the Hurstbridge Hub on Tuesday 16 June 2020! Over the year, we will be hosting four community social lunches. Transport can be arranged.

Connect with your neighbours over a relaxed meal.

Contact Fiona on **9433 3345** to register your interest.

## COMMUNITY GROUPS

# Nillumbik Neighbours

## Social support group

**Thursdays, 11am-2pm**  
**Panton Hill Living and Learning Nillumbik**

Nillumbik Neighbours is a dynamic group that meets every Thursday. The aim of this group is to assist older people to participate in the community and feel socially included through structured, group-based activities that develop, maintain and support independent living and social interactions.

The group is involved in planning a program that includes a range of enjoyable and meaningful activities. The group may participate in a craft activities, share lunch, go on an excursion to the beach or gardens, or see a movie.

For more information contact Stacie, the Social Support Group Leader on **0429 904 268** or email **SocialSupportGroup@nillumbik.vic.gov.au**

# Nillumbik U3A

**Visit Mondays or Thursdays, 10am-2pm**  
**Old Eltham Courthouse**

Are you looking to try new activities, interests and experiences or to revisit ones from the past? Join Nillumbik U3A through which you'll have opportunities for social interaction while participating in activities or courses of your choice.

Nillumbik U3A is an organisation run by volunteers for retired or semi-retired people. It provides around 75 courses each term and has around 650 members. Classes and activities are held at various venues across Nillumbik and surrounding areas.

For one small annual fee (\$50), members can access as many courses and activities as they like. Courses include: exercise and sport, discussion groups, languages, arts and crafts, science and technology, games (board, card and mind), wine appreciation, dining out experiences, film, music, history, philosophy, cooking, writing and literature.

In 2020, we have started holding classes at the Diamond Creek Senior Citizens Centre. In term 1, these include: Astronomy & Cosmology, Carpet Bowls, Climate Change & Renewable Energy, Environmental Discussion Group, First Nations, Line Dancing and Play Readings.

Go to our website at **nillumbiku3a.org.au** for further information, to join and to enrol in courses. Alternatively, visit the office at Old Eltham Courthouse, corner Main and Brougham Street, Eltham between 10am and 12pm on Mondays or Thursdays during school term times.

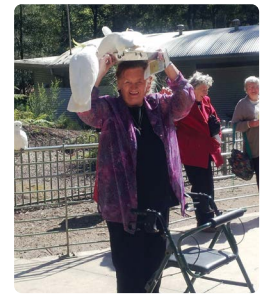
# Hurstbridge Senior Citizens Club

**Thursdays, 11am-2pm**  
**Hurstbridge Hall**

Hurstbridge Seniors Club are back for 2020 through to December 2020. They are a small group that goes on social outings, have games of carpet bowls, board games, cards and craft activities in a large hall. Marjorie Mendelson is the President and Heather Cresswell is the Treasurer.

Joining fee is \$5 per year and \$1 per week. New members welcome. We have afternoon tea, just bring your own lunch.

For more information, please contact Fiona **9433 3345** or email **ron.m2@optusnet.com.au**



# St Andrews Film Society

**Wadambuk St Andrews Community Centre**

All screenings are held at Wadambuk St. Andrews Community Centre. Join anytime. New members are always welcome. Lunch is available for \$5, subsidised by a grant obtained by St Andrews Community Centre.

Please bring a cushion. Centre is open from 10.30am for a social cuppa and chat. Films start at 12.30pm. Please note that all film screenings are subject to availability and may need to be changed. Guests are welcome and they may wish to make a \$5 donation. We have a DVD library available to all members.

For more information contact Dawn McDonnell on **0499 619 240** or email **dawnmcdonnell@yahoo.com**

Date	Film	Synopsis
Thursday 26 March	The Favourite (2018)	In early 18th century England, a frail Queen Anne occupies the throne and her close friend, Lady Sarah, governs the country in her stead. When a new servant, Abigail, arrives, her charm endears her to Sarah.
Thursday 30 April	The Nightingale (2018)	Set in 1825, Clare, a young Irish convict woman, chases a British officer through the rugged Tasmanian wilderness, bent on revenge for a terrible act of violence he committed against her family. With the help from Aboriginal tracker named Billy.
Thursday 28 May	Downton Abbey (2019)	The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century.

# Hurstbridge Sow & Grow Garden Club

Lively interest in gardens, gardening and care for the environment

**First Tuesday of every month except January  
7.15pm for a 7.30pm start  
Hurstbridge Community Hub**

Hurstbridge Sow & Grow Garden Club is a friendly club, our monthly meetings vary in content, though usually include a specialist guest speaker or involve a hands-on activity aimed at adding to our practical skills.

Members also volunteer to share information about interesting events, gardening tips or short talks, thereby making each meeting more varied and broadly appealing.

Most meetings have inexpensive plants for sale, usually grown by our members and at times there are even giveaways. There is a display table with information on plants currently in flower.

Outings to gardens or events are held during the year and each year there is an overnight outing to a region of Victoria.

Entry fee for visitors is \$4 which includes refreshments (maximum 4 times in one year).

Membership price is \$30 per year and discount for pensioners with Commonwealth Pension Card – \$20

The program for the next three months is:

Date	Topic	Speaker
3 March	Landscape design	Robert Boyle
7 April	Patterns in nature	Al & Hazel Veevers
5 May	Travel gardens	Club members



For more information contact Sandra (President) on **0437352378** or **hurstbridgengardenclub.wordpress.com**

## INSPIRATION

“Young people think oldness is the bottom of the mountain... in truth it is the top.

I am old because I have lived a whole life. I have climbed a long, long way. When I look back the way I have come, I can see the town I was raised in, and my mother and father. I can see houses I lived in, friends that I made, people and pets that I loved. I see the wrong turns I took, places where I tripped, places where I skilled and sang and ran. I can see for years and years.

To have such a view, you have to be standing on top of a mountain”.

Extracted from *The Ghosts Child*, Sonya Hartnett, Penguin Books 2007

# Community Transport

## Do you need assistance with transport?

Council has a team of wonderful volunteers that provide a community transport service.

Community transport can assist eligible residents to access the community for:

- Shopping
- Services
- Social activities
- Medical appointments
- Visiting family or friends

Please contact Stephen (Community Support Services Officer Transport) on **9433 3723** if you are interested.



# Volunteering: it could change your life

Experts have long known volunteering is great for our health and wellbeing – both physically and mentally.

Studies show it can have the biggest impact on older volunteers, and the more volunteering the merrier.

So to mark National Volunteer Week (May 18-24), we are taking a look at some of the benefits of lending a hand.

## It can keep your mind healthier for longer

A 2005 study by the University of Minnesota found older people who volunteered could slow the decline of cognitive impairment.

## It can stave off depression

The same US study found volunteering could slow the increase in depression. The researchers found the more hours a year a person volunteered, the less depressed they felt.

## You'll widen your friendship circle

A 2015 Harvard Medical School study suggests volunteering can make us feel more socially connected.

Getting to know others in your community can lead to lifelong relationships, and the researchers say this helps us feel more connected and wards off loneliness.



## It can lower blood pressure

The Harvard study found volunteering may contribute to lower blood pressure – because it can increase physical activity, which can in turn lower blood pressure and improve the overall feeling of wellbeing.

According to another US study, older adults who volunteer at least 200 hours each year are less likely to develop high blood pressure.

## It can help you feel better about yourself

Volunteering can give you a real sense of achievement and purpose, which can give your self-esteem and confidence a big boost.

## You'll sleep better

A survey of 4500 people by Stony Brook University School of Medicine found people who volunteered had less trouble sleeping and less anxiety.

And if that weren't enough, more than two thirds said it made them feel physically healthier, while 96 per cent said it made them happier.

## It could lead to a new job

Volunteering will give you new talents, or help you hone existing ones, which is a bonus for your CV. It also gives you a chance to try your hand at something new – and who knows, that might even lead to a career change.



## Where to volunteer

We have so many opportunities to get involved in Nillumbik Shire, with something to suit most interests and abilities.

Perhaps you'd like to:

- Serve food and chat at a community meal
- Drive the community bus or one-to-one transport
- Visit nursing home residents
- Care for animals at a shelter or Edendale Farm
- Join your local bush reserve *Friends* group
- Help out at events like local festivals, fundraisers and shows
- 'Drive' a Walking School Bus
- Teach at a Living and Learning Nillumbik Centre
- Mentor young a young person or help them gain their driver's license
- Coach a local sports team

Looking for your perfect Nillumbik volunteer role? Visit [nillumbik.vic.gov.au/volunteer](http://nillumbik.vic.gov.au/volunteer), contact Volunteer Development on **9433 3147** or email [volunteer@nillumbik.vic.gov.au](mailto:volunteer@nillumbik.vic.gov.au)

## In Home Family Mentor Volunteers

The In-Home Family Mentoring (IHFM) Program is a free service for parents with babies or children under the age of six living in Nillumbik Shire, who are experiencing challenges.

Families are referred by a Maternal and Child Health nurse, other professionals or themselves. They are linked with a trained volunteer, who visits once a week for two hours, from three to 12 months, depending on need.

IHFM is recruiting new volunteers. If you think you can help, training will start in May. For more information visit <http://bttr.im/3xqvm>

Save the Date

### Nillumbik Volunteer Appreciation Event Thursday 21st May 2020

Volunteers from across the Shire will be invited through their organisations.

## Finding Your Perfect Volunteer Role

- Convenience – look for local opportunities that fit your schedule
- Skills – what can you offer and what would you like to learn
- Teams – find 'your people' to work with
- Values – what are you passionate about?

**So go on, volunteer!**



“Nillumbik volunteers are a special breed. They are down to earth, no fuss, and switched on! Together our volunteers change communities, and change lives – including their own.”

Nillumbik Volunteer Development Officer, Nicky Forster (at right, with L2P volunteer driver Peter Rutherford).

## INFORMATION

# Save on Solar

Join other Nillumbik residents who are making the most of this offer. The Solar Savers bulk-buy program, makes it easy and affordable for residents to select a reliable installer and install a quality system. The bulk buy scheme provides residents with a high-end system at an affordable rate. It also helps pensioners and low income earners avoid prohibitive upfront costs by providing access to a low interest rate loan.

Installing solar in your home will reduce your energy bills, reduce your environmental impact and give you greater peace of mind against future electricity price rises.

If your home energy use is high during the day, find out how you can reduce your cost of living by installing solar energy. Visit [solarsavers.org.au](http://solarsavers.org.au) or call **1300 548 598** to find out more.



# Eltham Leisure Centre Active Movers Program

We have a range of group fitness classes which are safe, fun and easy to learn. Classes include low impact aerobic workout, Relentless classes (gym circuit), Tai Chi, Strength class, Zumba (dance fitness), Aqua Zumba and Aqua Aerobics. In each class the instructor will guide you in how to safely exercise and provide alternate exercises to suit all interests and fitness goals. A free tea or coffee is available after your class – you just need to ask reception!

Price is \$8 or FREE for members. Call our reception staff on **9439 2266** to find out more about each class, we'd love to meet you!

## Arts & Crafts Group

Bring along your favourite arts and crafts activities to share and teach with the group! We meet the last Thursday of every month, hope to see you there!

# 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](mailto: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](mailto:positive.ageing@nillumbik.vic.gov.au) or post to Positive Ageing, Nillumbik Shire Council, 34 Civic Dr, Greensborough VIC 3088.

## Nillumbik Shire Council

Civic Drive (PO Box 476) Greensborough Victoria 3088  
03 9433 3111 | [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)



[nillumbik.vic.gov.au](http://nillumbik.vic.gov.au)