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2022 COVID-SAFE

SENIORS WEEK FESTIVAL PROGRAM

WEDNESDAY 30 MARCH, 9AM–3PM

coffsharbour.nsw.gov.au/seniorsfestival

*Let's
reconnect*

**REGISTRATIONS
ESSENTIAL**

[https://events.humanitix.com/
seniorsfestival](https://events.humanitix.com/seniorsfestival)

or phone (02) 6658 4655

*register
here*



COMMUNITY TRANSPORT AVAILABLE

Call 1300 812 504 (fees apply)



Health
Mid North Coast
Local Health District

**MISSION
AUSTRALIA** | together
we stand

Made possible and supported by the NSW Seniors Festival Grant

Foreword by Gurmesh Singh MP



MEMBER OF PARLIAMENT FOR COFFS HARBOUR

Coffs Coast seniors are celebrating in style during the 2022 NSW Seniors Festival.

Seniors play vital roles in our community as volunteers, carers and grandparents and they deserve recognition for their contributions.

In this year's Festival, which is being held statewide from 25 March to 3 April, the NSW Government is supporting programs which assist older people to be healthy and active as they age.

It's important to provide older people with cultural, creative, sporting and recreational opportunities.

I congratulate Coffs Harbour City Council on its \$7,000 NSW Government grant for the staging of this event
– **Reconnecting seniors towards positive, healthy and empowered ageing.**

It's pleasing to see the council has partnered with local organisations such as the Mid North Coast Local Health District, Community Housing Limited and Mission Australia Housing to stage this important event.

I wish all participants and organisers a very happy 2022 NSW Seniors Festival.

Gurmesh Singh, Nationals Member of Parliament for Coffs Harbour

Coffs Harbour City Council acknowledges the traditional custodians of the land, the Gumbaynggirr people, who have cared for this land since time immemorial. We pay our respects to their elders, past, present and emerging, and commit ourselves to a future with reconciliation and renewal at its heart.

Moving through life with ILS

Independent Living Specialists (ILS) are Australian leaders in healthcare equipment solutions. As our clients move through life, we are there to support them, empowering them to live their most active and independent lives.

Independent Living Specialists (ILS)

Shop 26-27/ 75-83 Park Beach Road
Coffs Harbour, NSW, 2450
email: coffsHarbour@ilsau.com.au



ilsau.com.au

Message from Cr Paul Amos

Enjoy the festival



MAYOR, COFFS HARBOUR CITY COUNCIL

Seniors Week is all about acknowledging and appreciating the contributions that older people make to our community.

Being able to honour those who have given so much to our community is one of the best parts of my job.

We owe a great deal to those whose knowledge and experience has helped build the thriving region we all love.

Coffs Harbour City Council is committed to providing sound planning to support and embrace the opportunities that are open to you.

To that end, we're currently working with the local Positive Ageing Advisory Committee to develop a **Positive Ageing Action Plan** for our community.

Today's event is all about enjoying yourselves, making new friends, sharing stories and gaining new – and valuable – information.

The old adage that you can't teach an old dog new tricks is totally wrong.

Doing something out of your comfort zone is a great way of keeping yourself young and on the go.

I hope you thoroughly enjoy the Festival and you leave inspired to try something new.

Cr Paul Amos
Coffs Harbour Mayor

Healthy and Active for Life

Join Healthy and Active for Life Online!

www.activeandhealthy.nsw.gov.au

NSW GOVERNMENT HEALTHY EATING ACTIVE LIVING

Stepping On

7-week program to reduce the risk of falling. Join today.

NSW GOVERNMENT HEALTHY EATING ACTIVE LIVING

CRAFTY WOMEN

Will be held on Tuesdays from 09:30 to 11:30 am, in the church hall downstairs.

Bring items needed for the lesson or whatever craft you are working on & donation for morning tea. If you would like to help or learn something new, have a chat with Ps Desley.

See Ps Desley for more details 0434270475

Crafty Women

This craft group meets Tuesdays from 9:30am–11:30am. The group is mainly women but men are welcome. They have different craft projects or you can continue with a personal one from home. Craft – card making, painting, quilting, embroidery etc.

COFFS HARBOUR
wesleyan METHODIST CHURCH



OLDER WOMEN'S NETWORK NSW

Promoting the rights, dignity & wellbeing of older women



Coffs Harbour Older Women's Network



Park Beach and Jetty Township, Coffs Harbour, 1940

EXPLORE THE HERITAGE AND CULTURAL TREASURES OF THE COFFS COAST.

Discover over 18,000 items including objects, photographs, artworks, maps, films, news stories, school memories and oral history interviews with local characters.

Access Coffs Collections free online at coffs.recollect.net.au

TRAVEL
THROUGH
Time!

coffs collections

Coffs Collections is a cultural service of Coffs Harbour City Council



COFFS HARBOUR REGIONAL MUSEUM



IT'S TIME TO RECONNECT



WE INVITE YOU TO OUR

SENIORS WEEK CELEBRATION

CREATE A BEAUTIFUL CLAY ARTWORK
FOLLOWED BY A LIGHT LUNCH



10.00 am | Monday 28th March 2022

Cost: \$20.00



PLEASE ADVISE DIETARY REQUIREMENTS

RSPV TO ALISON OR MICHELLE
6651 2143 | ADMIN@ACCESSIBILITYEXPERTS.ORG.AU

On the road 65Plus workshop



A road safety workshop to help people aged 65 or over make safer choices when driving, walking, using a mobility scooter or catching public transport.

Free workshop and a cuppa! The Seniors Festival is supported by CHCC.

- **Coffs Cavanbah Centre:** Friday 25 March, 1–3pm
- **Woolgoolga Library:** Tuesday 29 March, 10am–12pm noon
- **Sawtell RSL:** Thursday 31 March, 10am–12pm noon

Jenn Calleja is a NRMA driving instructor and trainer. Also mini lesson offer.
Please register for catering: jenncalleja2@gmail.com or phone 0417 467 904



SENIORS WEEK FESTIVAL

My Aged Care face-to-face services

Older Australians now have more ways to find out about My Aged Care services. You can access general information about government-funded aged care services in person at your local Services Australia service centres.

Across the Mid North Coast region, people can get more specialised aged care support by booking face-to-face appointments. Our Aged Care Specialists can assist you with:

- providing in-depth information on the different types of aged care services
- checking if someone is eligible for government-funded services and making a referral for an aged care assessment
- providing financial information about aged care services
- helping appoint a representative for My Aged Care
- connecting people to local support services.

This face-to-face service is in addition to the existing My Aged Care channels. *You can access these services by visiting myagedcare.gov.au or call My Aged Care on 1800 200 422.*

servicesaustralia.gov.au
myagedcarefacetoface

Blue Sky Community Services

At Blue Sky Community Services, we work to build the capacity of people across the Mid North Coast through strengths-based and person-centred support. We value inclusiveness in the community and work to promote social justice through a range of community strengthening and development activities.

Our services include the NDIS Local Area Coordination service, community and aged care sector strengthening, a range of services delivered by our Families, Young People and Communities team, and community development projects.

bluesky.org.au

Carers Australia

Carer Gateway provides support to carers of all ages; from young carers to older carers, if you provide informal care to a family member or friend with a disability, chronic illness, mental illness or are frail due to age, you can access a range of free services and support through the Carer Gateway.

Types of services and support carers can access include, planned and emergency respite, tailored support packages, counselling, coaching and peer support to name a few. No caring situation

is the same, therefore the support Carer Gateway provides is based on your individual circumstances and needs.

A significant amount of time and energy goes into caring for someone, that's why it is important to prioritise yourself too. *Reach out on 1800 422 737 or visit our website. Carers NSW is the dedicated Carer Gateway Service Provider in the Central Coast, Hunter New England and North coast regions of NSW.*

carergateway.gov.au

Family and Carers Mental Health Program

Our aim is to ensure families and friends of people living with a mental illness receive appropriate support, information, education and skill development to fulfil their caring role, while maintaining their own health and wellbeing. We connect, advocate, and refer carers to carer support groups and networks, mental health services, non-government organisations and other service providers. We provide one on one support, group support, education workshops, walking groups, art groups. *To find out more information please call 6658 7831.*

missionaustralia.com.au

Seniors Week Festival stalls

Get Healthy Service

The Get Healthy Service is a free telephone-based health coaching service that can provide you with the support and motivation you need to reach your own healthy lifestyle goals.

Get Healthy Service can help find the healthier, happier you by providing tools and tips on:

- healthy eating
- getting active
- how to maintain a healthy weight
- reducing alcohol consumption
- pregnancy health.

A qualified health coach will support you over six months to make changes through personalised health goals.

You will receive;

- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas

For more information or to register, email mnclhd-hp@health.nsw.gov.au or phone 1300 806 258. gethealthynsw.com.au/get-started/

Community Housing Limited

Community Housing Limited invites our senior tenants to come and visit your housing officers at our stall during the Seniors Week Festival at Boambee East Community Centre.

You can come and pick up our helpful information sheets, or you might just want to have a chat:

- **Tenancy Booklet**
– full of interesting information and fact sheets e.g. mould
- **Social Impact Framework survey**
– tell us how your housing situation impacts on your life
- **Impact grants** are designed to encourage aspiration and remove barriers for individuals who may want some assistance to improve your **Social Connection** – provides up to \$300 funding towards health and well-being pursuits, such as gardening, sporting and fitness activities, arts and crafts or music. It also includes anything that may enable inclusion, such as a car driver's licence.

chl.org.au

Healthy and Active for Life Online

Healthy and Active for Life Online is a FREE 10 week

program for adults aged 60 years* and over.

The program is delivered online, in the comfort of your own home. Simply log in to your online account to complete the weekly modules and exercises, to access;

- Access to weekly online healthy lifestyle modules and two online exercise programs
- Weekly handouts and an exercise manual
- Telephone support to keep you motivated
- Ongoing access for 12 months

You'll need;

- Access to a computer or tablet with internet
- Ability to understand and read English
- Space to exercise safely in your home

**Aboriginal people aged 45+ years can register.*
activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/

Harbourside Presbyterian Church; Seniors Connect

Harbourside Presbyterian Church has recently established a group which caters for the needs and interests of the 55+ age group. The group is called **Seniors Connect** and it meets regularly with events planned and advertised for each term.

Continued overleaf

Seniors Week Festival stalls

Let's
reconnect

The goals of the group are;

- to have regular activities which focus on having fun and being active whilst building new friendships
- to provide some opportunities for personal support, reflection and spiritual growth
- to be welcoming to people from outside of the church community.

Some of the activities organised this term include monthly social gatherings with BYO food, weekly bike rides and a morning coastal walk.

The group aims to be supportive, friendly, active and inclusive. People are welcome to choose whichever activities appeal to them and there is no pressure to be involved in all activities.

harboursidepc.com.au

Hearing Australia

For over 70 years, we've had the privilege of helping Australians like you rediscover the joy of sound, keeping you connected to the people and life you love. With a dedicated team, we are the nation's largest provider of private and government-funded hearing services.

For all Australians we are dedicated to reconnecting you to the sounds you love. You may also be eligible for subsidised services from

us under the Australian Government Hearing Services program for pensioners and veterans.

hearing.com.au

Independent Living Specialists (ILS)

Independent Living Specialists (ILS) are Australian leaders in healthcare equipment solutions. As our clients move through life, we are there to support them, empowering them to live their most active and independent lives. As an official NDIS provider we are a registered provider of assistive products for:

- personal care and safety
- household tasks
- general tasks and demands
- mobility equipment – therapeutic supports.

Each of our assistive technology product types offer different levels of support with:

- Mobility aids and accessories
- Beds and bedding accessories
- Lift chairs and seating
- Pressure care
- Daily living aids
- Oxygen solutions
- Bathroom aids
- Exercise and physio aids

With extensive products and experience in assistive technology, we empower our customers to live their most independent lives.

Our service to our clients is a partnership. By taking the time to learn from clients to fully assess their needs, not only do their lives improve, we also deepen our knowledge in the field of mobility solutions. It is our specialist care in the recommendation of lifestyle mobility solutions that earmarks us as leaders in this space.

ilsau.com.au/store/independent-living-specialists-coffs-harbour-mobility-specialist-store/

Mission Australia Centre, Duke St, Coffs

Mission Australia is a proud supporter and collaborator of the 2022 Seniors Week Festival.

Mission Australia officially opened their Coffs Harbour Mission Australia Centre (MAC) this February 2022 at 9 Duke Street. From the MAC, we deliver the Family and Carer Mental Health Program, Parents Next, Chaplaincy, Together Home Program and Housing services on behalf of the NSW Government such as private rental assistance, social housing management and emergency temporary accommodation. We have a dedicated Active Seniors Engagement Officer, Alison who works with our seniors tenants supporting them to access programs.

missionaustralia.com.au

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SENIORS WEEK FESTIVAL PROGRAM

9am **Welcome to Country**
Uncle Richard Widders

Smoking Ceremony,
Troy Robinson

9:15am **Introduction by Jude Cole** (Chair, Coffs Harbour City Council Positive Ageing Advisory Committee)

9:20am **Address by Coffs Harbour City Council Mayor,**
Cr Paul Amos

9:25am **Wellbeing for your mental health** Glen James, Former Executive Director & Mental Health Clinician

9:45am **Healthy eating for seniors** Rachel Gerathy, Dietitian, MNCLHD

10:15am **Healthy morning tea**
*Sponsored by
Mid North Coast Local Health District*

10:45am **Strength exercises**
Hajnalka Juhasz, MNCLHD Fitness Instructor

11:00am **Prevention of elder abuse (NSW Police)** Senior Constable Richard Allison, NSW Police

11:30am **My Aged Care including home care packages**
Marie Fallon, ACAT Team Leader / CNC

12pm **Coffs Harbour City Council Library**
Surinder Kaur & Susan McInnerney, CHCC

12:15pm **Meet n Greet activity**
Jesse Taylor & Alison Heeley, Mission Australia Housing

12:30pm **Lunch**

Musical performance –
Yuko Ono

Time to get out to the stands and meet people.
Say hello to the person next to you!

Lunchtime workshops

Tour of the South Coffs community garden

1:30pm **Chair exercises**
Hajnalka Juhasz, MNCLHD Fitness Instructor

1:40pm **Stepping On program / Falls Prevention**
Living longer, living stronger
Aaron Hardaker (COTA) Provider of the above programs, MNC Physiotherapy

2pm **Driving for older drivers**
Acting Sergeant Wal Brooks,

Traffic and Highway Patrol Command,
NSW Police

2:30pm **How to prepare for an emergency** Vanessa Eagles, Red Cross Project Officer – Recovery

3pm **Finish**



2022 COVID-SAFE



SENIORS WEEK FESTIVAL



nbn

Each year, nbn attend hundreds of events, which allows us to connect with members of the community. These events help to ensure all Australians have the opportunity to learn more about making the most of their nbn™ experience. Visit us at the Seniors festival and get help with:

- When the nbn™ network is available for your home or business
- Process of getting the nbn™ network installed in your home or business
- How the nbn™ network is delivered in your area
- The role of nbn and phone/internet providers in your area
- Tips for optimising the nbn™ experience in your home

nbnc0.com.au

Older Women's Network, Coffs Harbour (CH OWN)

Coffs Harbour has a new Older Women's Network group in response to the mature female demographic of over 17,000 aged over 45 years of age living in the area. We welcome women of all

cultures to build wellness and social connections within our community.

Coffs Harbour OWN is led by a group of experienced older businesswomen who have a passion to help women in the community to age well.

OWNs vision is to be meaningful and engaging for its members.

With the objectives of:

- Advocate for change
- Empower women
- Provide social connections
- Assist with building resilience in a changing world
- Ensure we all age well together

Coffs Harbour OWN Founding Committee Members don't want older women to be left behind and be invisible. This is the time for women to get together because women are more effective when they work collectively together.

For more information please email coffsharbour@ownnsw.org.au or call

Lorraine 0404 163 136 or Yvonne 0457 989 875 ownnsw.org.au



Stepping On

Stepping On is a FREE 7-week gentle exercise program for adults aged 65 years and over and Aboriginal adults aged 45 years and over.

Stepping On is a 7 week face-to-face program delivered in the community. It will help you stay independent and learn how to reduce your risk of falling.

The program will cover;

- Weekly 2 hour sessions delivered in your local community.
- Talks from experts on fall prevention topics.
- Gentle group exercises to improve your balance.

Who can join?

- Participants must live at home in NSW.
- Have a fear of falling or have had a recent fall.
- Participants must be able to walk independently, or with a walking stick.
- Stepping On is not suitable for people with dementia or other neuromuscular conditions.

For more information or to register, email mnclhd-hp@health.nsw.gov.au activeandhealthy.nsw.gov.au/home/stepping-on

U3A

U3A is a world-wide organisation, which began after the Second World

Let's
reconnect

Seniors Week Festival stalls

War to help older people whose education was cut short by the hostilities. It was to be learning through fun, with courses that required no entrance qualifications, homework or exams. Coffs Harbour U3A was established in 1992. It is a voluntary organisation, which aims to provide a low cost learning experience for mature-aged people.

We provide a wide range of courses covering many subjects, including art, current affairs, history, languages, literature, photography, philosophy and others. The course facilitators are all volunteers. Some people use their trade, business or professional expertise; others are happy to share a life-long hobby or interest with like-minded people.
coffs.u3anet.org.au

Wesleyan Methodist Church groups

The church runs small social and craft groups that meet regularly that are fun and inspiring. Everyone welcome to join. Refer to the ads throughout this booklet.

The Wesleyan Methodist Church, 76a Bray St, Coffs Harbour 0417 707 157
wesleyan.org.au



ILS moving through life

Independent Living Specialists (ILS)
Shop 26-27/ 75-83 Park Beach Road, Coffs Harbour

ilsau.com.au



Young at HEART

Senior Adult Ministries

76a Bray St,
Coffs Harbour
0417 707 157

YOUNG @HEART

We have small social groups that meet monthly. They mainly meet for morning/ afternoon tea or lunch and occasional outings to a place of activity (mini-golf, dolphin conservation park etc). We currently have no means to pick up people. We meet every 3rd Friday of the month.

COFFS HARBOUR
wesleyan METHODIST CHURCH



NSW GOVERNMENT **get healthy**
Information & Coaching Services

Find a healthy you at any age

HEALTHYEATING
ACTIVE LIVING

Win a tour of our *spectacular* region courtesy of Coffs Harbour Trike Tours



How to enter the Trike Tour door raffle for your chance to win!

- Attend a **FREE Transport for NSW Road Safety workshop** on Friday, 25 March (Cavanbah Centre) or on Tuesday, 29 March (Woolgoolga Library)
- Come along to the **Seniors Week Festival on Wednesday, 30 March** (Boambee East Community Centre)
- Raffle will be drawn at the Seniors Week Festival at 1:30pm

*Come and chat road safety and trikes
with Coffs Harbour Trike Tours:
Lunchtime at the Seniors Week Festival*

coffsharbour.nsw.gov.au/seniorsfestival





The Mission Australia Centre (MAC) at 9 Duke St, Coffs Harbour is officially open!

Mission Australia is a proud supporter and collaborator of the 2022 Seniors Week Festival.

Mission Australia officially opened their Coffs Harbour Mission Australia Centre (MAC) in February 2022 at 9 Duke Street



(inset). From the centre, we deliver the *Family and Carer Mental Health Program*, *Parents Next*, *chaplainscy*, *Together Home Program* and *Housing services* on behalf of the NSW Government such as private rental assistance, social housing management and emergency temporary accommodation. Visit missionaustralia.com.au

MISSION AUSTRALIA | together we stand



Stay connected with your loved ones!

Our Tech Savvy Seniors program helps you build the skills and confidence to use computers, tablets and smartphones.

How will it help me? Learning online skills will help you:

- keep in touch with family and friends
- access government, health and other essential services
- discover more about the things you love.

Can't get to the library? Let the library come to you!

The Coffs Harbour Libraries provides a free Home Library Service for those who cannot visit the library due to ill-health or disability within the Coffs Harbour local government area.



For more information contact your nearest library branch.

**Harry Bailey
Memorial Library**
Cnr Coff & Duke Sts
Coffs Harbour
Tel (02) 6648 4900
Mon to Fri 10am - 6pm
Sat 10am - 2pm

Toormina Library
Minorie Drive
Toormina
Tel (02) 6648 4925
Mon to Fri 10am - 5pm
Sat 10am - 12pm

Woolgoolga Library
Ganderton Street
Woolgoolga
Tel (02) 6648 4902
Mon to Fri 10am - 5pm
Sat 10am - 12pm



**COFFS HARBOUR
LIBRARIES**

*Coffs Harbour Libraries are cultural
facilities of Coffs Harbour City Council*

Email: coffs.library@chcc.nsw.gov.au  [@coffsharbourlibraries](https://www.facebook.com/coffsharbourlibraries)

libraries.coffsharbour.nsw.gov.au

Get help with your aged care options

Whether you're looking for help at home or thinking about an aged care home, we can help.

Connect with us:

- Go to myagedcare.gov.au
- Call My Aged Care on **1800 200 422***
- Ask at your local Services Australia service centre.

Book an appointment with an Aged Care Specialist Officer:

- Call **1800 227 475***
- Ask at your local Services Australia service centre.

*1800 calls are free from land lines and most mobile phones.

Where carers can find support.

carergateway.gov.au

1800 422 737 Mon - Fri 8am - 5pm





Useful phone numbers

FOR OLDER PEOPLE LIVING IN COFFS HARBOUR

Carer Gateway
1800 422 737

**Chronic Disease
Management Plans**
1800 020 103
*(Formally EPC)
Department of Health*

**Coffs Harbour
City Council**
02 6648 4000

**Council of the Ageing
(COTA)** 1800 449 102
Enablement & Wellbeing

**Department Veterans
Affairs (DVA)**
1800 555 254

**DVA Coffs Harbour
Veteran's Information
Service** 13 32 54

Elder Abuse Hotline
1300 651 192

**Homelessness hotline,
Link2home**
1800 152 152

Legal Aid
1300 888 529

Mental Health Hotline
1800 011 511

My Aged Care (MAC)
1800 200 422

**National Dementia
Helpline**
1800 100 500

**National Disability
Insurance Agency
(NDIA)** 1800 800 110

**NSW Civil and
Administration
Tribunal (NCAT)**
1300 006 228
*(Formally The Public
Guardianship Trustee)*

**Services Australia
Aged Care Line**
1800 227 475
*(Aged Care Specialist
Officers)*



Hearing
Australia

75 years
1947 - 2022

We make
hearing easy
for everyone.
That's our
promise.



Try before you buy,
for 14 days*

