

LIVING OUR BEST LIFE



DB Tait, Sandi Wallace and Michelle Somers

Project overview

In the City of Knox a partnership between the Community Houses Association of the Outer-eastern Suburbs, Temple Society Australia and the five Neighbourhood Houses plans to trial a version of Social Prescribing to alleviate loneliness in people aged 65+ in the City of Knox. The project, Living our Best Life, has been funded by the Wicking Trust via Equity Trustees. It will involve the training of volunteer community connectors to support a referral system from health professionals to ensure successful engagement in community activities. The project is due to be completed in April 2021.

Project progress report

Two Talking Cafes are currently operating on a weekly basis. Each Wednesday from 10 – 11am people make a cuppa and connect on Zoom for a chat and to sometimes listen to a guest speaker. Each Wednesday afternoon from 2-3pm those without online access connect via a group phone call to chat together. If you'd like to join please call 0457 646 384 or email livingourbestlifeproject@gmail.com

The first volunteer community connector training session has been held with ten wonderful volunteers. They will commence support activities in the next few weeks.

Our project Facebook page www.facebook.com/livingourbestlifeproject continues to gain in popularity with well over one hundred people following us regularly. We are sharing lots of information about online activities currently available as well as good news stories and our wonderful virtual walks!

Staying positive

Watching

There are some great online festivals and events all around the world at present. Why not check out these few for something very different:

Desert Mob in Alice Springs

Desert mob in Alice Springs is sharing you tube videos showcasing stories of art in remote Aboriginal communities.

desart.com.au/desert-mob/the-desert-mob-symposium

International Science Festival

Way over on the other side of the world the Orkney Island are hosting their annual International Science festival online.

oisf.org

Online literary festival

myvlf.com

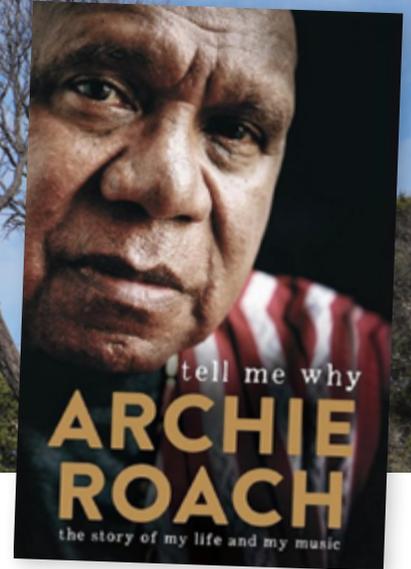
What's on in Melbourne

A list of free online events in Melbourne

whatson.melbourne.vic.gov.au/things-to-do/free

Further Back in Time for Dinner

On TV - ABC 8.30am Tuesdays – Further Back in Time for Dinner



Reading

Tell me why - the story of my life and my music - Archie Roach

Take a journey with Archie as he narrates his life as little Butter Boy to the musician and artist we know now. This powerful, emotional, confronting and beautiful memoir encompasses, not just one person's odyssey to know himself, but of a people, lost and struggling to be found.

Reading Archie's words and sharing his truths is a doorway into your own heart. Who are you if everything you ever knew about yourself was a lie? Where do you belong if you were taken from your home, Family and country? Meeting the love his life, Ruby Hunter when she was just 16, how do you create a Family when you were forcibly stolen from your own? How can you know yourself – if you do not know your own story? How a little boy growing up in Lilydale with his adoptive Family, became the proud Gunditjmara Bundjalung artist and activist Family man.

A book threaded with empathy, kindness, honesty, openness and longing, while navigating the complexities of the broader Australian cultural and political landscape. A telling of not just one history, but of our own Australian story... and the Stolen Generations. This is ultimately an uplifting tale, filled with grace, resilience and humanity. Reading Archie's story is a way for us to connect with our own country's story and past.

Tell me why is structured like an album – with each chapter a song title. You can read the book and then enjoy the music, and get to know Archie as a musician if you have not heard his music before. Let his music, compassion, artistry and love lift you up and start your own journey toward Reconciliation.

More about the book

-  Winner of the 2020 Indie Book of the Year Non-Fiction
-  Shortlisted for the 2020 ABIA Biography Book of the Year
-  Shortlisted for the Victorian Premier's Literary Awards, Non-Fiction
-  Shortlisted for the Booksellers' Choice 2020 Book of the Year Awards, Non-Fiction
-  Archie Roach is the 2020 VIC Australian of the Year
-  Spotify: open.spotify.com/playlist/4BxkdfKLdgPkwGXhvXFTZm
-  Youtube: www.youtube.com/channel/UCn3czuOXaK8sz_PicbexF8A
-  Audible: www.audible.com.au/pd/Tell-Me-Why-Audiobook/1760852562 (also includes his songs from the book)
-  Website: www.archieroach.com

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Strengthening local communities

Community Houses Association of the Outer Eastern Suburbs



LIVING OUR BEST LIFE NEWSLETTER EDITION 4 SEPTEMBER 2020

Eating

Eating fresh food that is currently in season is always healthier and more affordable. If you're lucky you will be harvesting some of your own vegetables planted in March and April when the nurseries ran out of seeds and plants. SBS has a wonderful website with loads of Spring foods and recipes to help you make the most of Spring in Melbourne.

www.sbs.com.au/food/season/spring

Keeping active

We can keep our bodies active through walking in our neighbourhood and working in our garden if we are lucky enough to have one. Who has committed to walking every street in their five Km radius? I am hearing of people discovering places they've never seen in years of living in a community!

Several of the community houses in Knox are hosting free online yoga and meditation sessions that you might also like to checkout.

Some of us though will find it beneficial for our mental well-being to keep our minds active! Our volunteer, Vanessa, has written this article about reading during lockdown which provides some food for thought. Thanks Vanessa.

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Lockdown has been an interesting time... to put it mildly.

For some of us, we find ourselves with "more" time on our hands... as Life has slowed down and we stay home to save lives. This has given us an opportunity to explore new hobbies or interests, pick up ones we may have had less time for or indulge one we may have had less time or opportunity to enjoy.

Book sales and borrowing has surged in 2020, during the lockdowns.

Book reviews often focus on an individual book. Reading though is a multi-faceted experience, and is not always just about a "book" but the experience the reader has when they are engaged in read-ing.

So, instead of us discussing a book we can all read, borrow buy... how about we instead chat about different ways we can enjoy the Art of reading, the rich world books offer us as a form of entertain-ment, escapism or comfort?

Sometimes, for all that we feel we have the time and desire to read a book, we find it difficult to concentrate or focus.

So, why not enjoy your books in a different way? Rather than feel you have to read you may try en-gaging with your books or hobby in a very different way.

- Read the book then watch the movie, play, documentary or TV series
- Listen to it as an audio book
- Listen to book podcasts
- Read different "types" of writing like blogs, articles, graphic novels, children's' books
- Mix up your reading and try different genres
- Participate in a reading or book challenge
- Follow your local library on social media or visit their websites to see what other online resources they have on offer – like "click and collect"
- Swap books with friends or if you are lucky enough to be near a free little street library
- Build your own free little street library
- Join a book group or book discussion page. Social media can be a way to engage with other people about something you love without necessarily having to "do" anything.
- Try a different author
- Watch book trailers
- Follow the adventures of a literary character like Sherlock Holmes or Phryne Fisher

- Create art or cook a recipe based on a book you enjoy
- Join an author fan club
- Re-read a book, author or series
- Attend a virtual author or book event
- Read and/or write fan fiction

Lately, there is a new trend in publishing to create a Spotify list (music streaming service) to ac-company your book, like Kirsten Krauth's 'Almost a mirror' a fiction novel set in the Melbourne mu-sic scene of the 80s, with each chapter named after a song. The author has a Spotify list of the same name with those songs featured on a playlist.

Other Australian authors like Clare Bowditch and Archie Roach also have Spotify lists linked to books they have released.

This year and into 2021, many literary festivals are now offering their events online, many are free. This is an opportunity for you to attend an event you may not usually have the chance to go to the Sydney Writer's festival, but this year, due to CVOID, it has been broadcast online.

Sometimes we find that we may not be able to always read the latest books, but we can still enjoy our hobby in different ways. It is about finding something for you that resonates and helps you through a time that can be difficult. A hobby is something you pursue in your leisure time... to bring you enjoyment, help you unwind, tap into your creative side, explore something different or whatever a hobby gives to you. Rather than feel overwhelmed, it can be a chance to step sideways and explore your interest differently.

Vanessa
Volunteer



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Feature organisation

Eastern Regional Libraries

“Je vais prendre l’assiette de fromages”

For those Francophiles who speak French, yes, you will understand what I have asked for... for the rest of us, it is “I’ll take the cheese plate”

During Lockdown I decided to look at learning a language, and no, I did not choose French, instead for me it is Hawai’ian – Aloha! To begin my new passion, I turned to be local library service, which here in the outer-east is the Eastern Regional Library group. They have an amazing array of online resources to tap into, like Mango Languages. As long as you have signed up to the library (which is free to all Victorians) then you too can use this très bon app.

The motto for Eastern Regional Libraries is imagine, discover and create

Imagine what you may find when you visit your local Library, or even your State and Federal institutions! There is a whole World online for you to discover.

You will discover that your local public library is not just about books... it is about connection and community. There are a range of different services, apps, collections and more for you to explore. This time may give you the chance to create something new for yourself; a new hobby, interest, passion or if you follow their social media, a new community to engage and interact with.

You can learn a new skill with Lynda, you can stream movies with Kanopy, you can explore your Family history, perhaps you know someone living with dementia, or someone caring for a person living with dementia? There is a Dementia collection with sensory, activity and memory boxes available to borrow for up to 6 weeks (conditions apply)



Some quick facts

- The online resources are alphabetised.
- Available 24/7,
- A range of over 35 online resources available
- Apps, Facebook, Instagram, Twitter and Youtube.

Your local library is a wealth of information, services, facts, activities and much more. During stage 4 restrictions the physical building may be closed but your virtual library is very much active and interactive. Follow this link to visit today...

www.yourlibrary.com.au

Contact details for project

The project worker, Leanne FitzGerald, is supported by a skilled Project Reference Group. She is the first point of contact for more information.

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Email: livingourbestlifeproject@gmail.com

www.facebook.com/livingourbestlifeproject

www.chaosnetwork.org.au/living-our-best-life