

LIVING OUR BEST LIFE



Strengthening local communities
Community Houses Association of the Outer Eastern Suburbs

CHAOS

LIVING OUR BEST LIFE NEWSLETTER EDITION 5 OCTOBER 2020



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

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

We now have five trained volunteer community connectors who are taking referrals to assist people to plan their reconnection to community activities in coming weeks and months. Meanwhile they are connecting them to regular online activities where appropriate.

Our project Facebook page <https://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!

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Staying positive

The range of online activities available in Knox continues to grow with some great offerings from the Community Houses and Knox City Council.

Check out what's currently available here:

The Knox Seniors Festival

The Knox Seniors Festival is in full swing with some great online events.

https://www.knox.vic.gov.au/Files/Seniors/Sept_to_Oct_2020_Z4L_Sept_Oct_2020.pdf

Mountain District Learning Centre

📞 9758 7859 📧 rachel@mdlc.org.au

Be Connected

Need some help with technology? Join Jon for assistance to 'Be Connected'! Free support so you can develop your digital skills and confidence. Friendly help and advice over the phone or via Zoom.

Thursdays from 10:30am to 3:00pm

Cost: Free

Conversation Café

Join Henk every Wednesday night to practise your English skills from the comfort of your own home. Meet new people and enjoy time together remotely via Zoom.

Wednesday 6:00pm to 7:00pm

Fee: Free

Wednesday Workshops

MDLC have been thinking a lot about fun ways to engage everyone. We have put together 11 weeks of Wednesday workshop fun. Despite this age of uncertainty, we believe that learning has no limits. Come online to join in the fun! Just some of the classes included:

- Cakes in a cup
- Vegan Cheese
- Make your own jam
- Make your own Treats for your Pet

Wednesday 10:00am to 11:00am

Fee: Free

Movie Chat Club

Enjoyed a good movie recently? Join Henk for Movie Chat club; every Wednesday night and share about movies you've watched and may like to recommend to others. Meet new people and enjoy time together remotely via Zoom.

Wednesday 7:30pm to 9:00pm

Fee: Free

Friday Afternoon Phone Chat Group

Contact MDLC for details.

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The Basin Community House

☎ 9761 0209 ✉ info@basincommunityhouse.org

Back to Basics Cooking with Lillie

10.00am - 12.30pm Mondays via Zoom

Tech Support Open Class

Tech support first. Bring your technology and device problems to our Zoom meeting. We can resolve most issues. Very useful to connect during lock down. The training is casual, calm and a happy environment. There is always a Q&A.

Mondays at 9.30am

Music Listening Group

A relaxed environment including a chat. We will share our music together from our computers using Zoom share screen with audio only share screen option. I will use my extensive collection of music to supplement it from records, CDs and my computer. You do not need to participate in music sharing. Listening is fine. All are welcome. I would love to hear your favourite music and the stories behind it.

Tuesdays at 2.00pm via Zoom

Rowville Neighbourhood Learning Centre

Check out the course and activity guide:

https://www.rowvillenc.org.au/images/PDF/rowville-course-guide_INT.pdf

Coonara Community House

Check out the course and activity guide:

https://www.coonarahouse.org.au/images/PDF/Coonara_2020_term_4_course_guide_DL_proof_3.pdf

Orana Neighbourhood House

Check out the course and activity guide:

https://www.orananh.org.au/images/PDF/orana-course-guide_INT.pdf

LIVING OUR BEST LIFE



Do you know someone who wants to connect with the community?

Do you know someone who wants to become active in the community again but isn't sure how to go about it?

Our volunteer Community Connectors are ready and waiting to assist you or someone you know to plan for their reconnection to community activities in the coming weeks and months. Our Community Connectors can assist people aged 60+ to identify suitable community activities, find details of how to participate and assist with accessing the activities.

For details on how to make a referral for a client, friend or yourself please contact us.

✉ livingourbestlife@gmail.com ☎ 0457 646 384.

Volunteering for Social Contact and Friendship

Hundreds of Knox residents know that volunteering in the community is a wonderful way to make new friends and build confidence and feelings of wellbeing. Whilst many community groups are closed at present, they will be opening again soon and looking for volunteers to help them respond to community needs. If you would like to explore volunteering opportunities contact Volunteer for Knox and they'll help you find the right position for you.

✉ office@volunteerforknox.com.au ☎ 0429 968 822

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.

Phone: 0457 646 384

Email: livingourbestlife@gmail.com

www.facebook.com/livingourbestlifeproject

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