

LIVING OUR BEST LIFE

Strengthening local communities
Community Houses Association of the Outer Eastern Suburbs



LIVING OUR BEST LIFE NEWSLETTER EDITION 6 NOVEMBER–DECEMBER 2020

→ [KNOXLEARNINGALLIANCE.ORG.AU/DIRECTORY](https://knoxlearningalliance.org.au/directory)

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

The great news is that we have started accepting referrals for people who would like a volunteer community connector to link them into activities, services and support in Knox.

We have nine enthusiastic volunteers ready and waiting to work with you or your clients.

↓ [Download information about social prescribing](#)

Our directory of services and support is also available online for you to search a wide range of activities available in Knox.

🔗 www.knoxlearningalliance.org.au/directory

Staying positive

Lots of activities continue to be available online as community organisations gradually adjust to “COVID Normal”.

The Knox Learning Alliance has been funded for a Reach Out and Connect project that will enable them to increase the opportunities for both online and face-to-face social events across the next six months. Check out their social media posts to keep up to date:

🔗 www.facebook.com/reachoutandconnectknox

Need help to connect online? Contact:

Mountain District Learning Centre
9758 7859 | rachel@mdlc.org.au

The Basin Community House
9761 0209 | info@basincommunityhouse.org

Orana Neighbourhood House
9801 1895 | onh@netspace.net.au

Coonara Community House
97587081 | enquiries@coonarahouse.org.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.

Phone: 0457 646 384

Email: livingourbestlifeproject@gmail.com

www.facebook.com/livingourbestlifeproject

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