

Knox Bright Ideas Network

Wednesday 1st March from 2.00 pm - 3.30pm

Via Zoom

We are the voice of Over 55s in Knox. We work on events, projects and issues that are important.

Knox City Council acknowledges that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders both past and present.

Present

Anna Lawton, KCC
Maiaan Galant, KCC
Brit Joseph, KCC
Lisa Castle, Citylife
Heather Patterson, Resident
Angela Vivian, Resident
Carol Chai, Resident
Judy Bowman, Our Saviour's Lutheran Church
Vera Mclean - Resident

Linda Keenahan, KCC
Nathan Blackwell, KCC
Jessica Brown, Eastern Regional Library
Bernie Cahill, Resident
Nicky Zanen, Resident
Dean Niven, Resident
Ambalam Ratnarajah, Resident
Fen Peng, Physiotherapist
Jacqueline de Feranti

Apologies

Gary Cantwell, Senior Champion
Linda Black, Resident
Maxine Fabian, Resident
Denise Barth, Resident

1. Welcome and Introductions

Introductions for this meeting included welcoming any new members who were attending their first Bright Ideas Network meeting. As this was an online meeting, we took the time to hear from those who wanted to introduce themselves.

2. Linda Keenahan (KCC) – Dementia Friendly City Update

Linda very kindly gave us an update on the Knox Dementia Friendly Strategy, beginning with a video to explain what dementia is (click here to see the video: <https://youtu.be/Og9crlvIrS0>), followed by a summary of the survey results from the survey conducted last year with Knox residents.

Part of the Knox Dementia Friendly Strategy is the Advisory Group – consists of community and industry representatives. Linda explained she is currently seeking Expressions of Interest from people with dementia, who want to share their lived experience to join the advisory group.

Some great resources to access are available here: **Checklist – creating dementia-friendly organisations and communities:** [The-Dementia-friendly Business-Toolkit.pdf \(dementiafriendly.org.au\)](#)

- See pages 16 to 17 for Outdoor Areas and Buildings, and Indoor Areas

Help Sheets – Dementia Australia

- Adapting your home: [Dementia friendly environments 1 - Adapting your home](#)
- How to design dementia friendly care environments: [Dementia-friendly environments 3 - How to design dementia-friendly care environments](#)

Fen Peng also suggested the App: “Beat-D” (Built Environment Assessment Tool – Dementia) as a tool to help guide you through an assessment of the strengths and weaknesses of buildings used to accommodate people with dementia.

3. Knox Disability Access & Inclusion Expo

Anna discussed the Knox Disability Access and Inclusion Expo coming up on the 28th March 2023, and stall holders who will be in attendance, including NDIS, Carer Gateway, Carers Vic, VMCH and many others.

4. Seniors Exercise Park – Anna Lawton

Anna discussed the Seniors Exercise Park, located in Knoxfield, at Carrington Park. The Park is there for residents to use and enjoy at their leisure, and if there are groups who would like a Come and Try session, to please get in touch. The Senior Champions are more than happy to come and present a talk on the park to any seniors’ groups who are interested, and the Senior Champions can also run a group Come and Try session on the equipment.

5. General Business

- Seniors Festival theme ideas – last year was “Grow old Gloriously!”

There were some excellent ideas presented by the group – with an overall theme of being active and eating healthy emerging. We will continue to explore this further. It was suggested that some community engagement could occur to determine what types of activities and sessions community might want. Events that were highlighted from last year included the Seniors Dance, the sessions on Psychology and how to train one’s memory. Additionally, the community lunch that occurred on Opening day of the festival was very welcomed and thought was an excellent addition to the day. The suggestion is that a community lunch is a great idea to do again, and that with some extra planning could flow better than last year’s one.

- Social Connections Updates – reminders of some events coming up this week, such as the Knox Festival on Saturday, Clean Up Australia Day event at Colliers Reserve on Sunday and the Knox Express Author talk 'Undeclared' by co-authors Christine Pow and Pilar Oyarzun on Thursday 9th March @ 6:30pm.

There are so many events on through Your Library – Jess Brown said the booklet for Autumn is now available at the libraries, and that many events book out quickly so if you want to register into anything, don’t delay. Check the link here for a full list of events:

<https://www.yourlibrary.com.au/whats-on-autumn-2023/>

- A suggestion was made for a speaker to talk about “Little L leadership” as a way to support and empower older women in the community. Little L leaders describe **those who primarily influence without a title or official authority**.
- Another resident the Dorset Road extension. State and Federal funding is progressing this road extension, with further information to be found here: https://investment.infrastructure.gov.au/projects/ProjectDetails.aspx?Project_id=105050-19VIC-UCO and here: <https://engage.vic.gov.au/dorset-road-extension-napoleon-road-upgrade>
- Another resident asked about the program, Pets in the Park which was a great occasion for dog owners, asking if it was coming back post-covid. Please to report this is happening this month – details to be promoted shortly so stay tuned.

Finally, our next meeting is an in-person meeting, and the location will be at the Rowville Library, Stud Park Shopping Centre Stud Road Rowville 3178.

Thank you everyone for your contribution. See you at Rowville on the 6th April at 2pm.

2023 Meetings

Date	Format
Thurs 6 Apr	In person – Rowville Library
Tues 2 May	Online
Weds 7 June	In person @ CityLife Community Centre
Thurs 6 July	Online
Tues 1 Aug	In person
Weds 6 Sep	Online
Thurs 5 Oct	In person
Weds 1 Nov	Online
Tues 5 Dec	In person

Please note: venues for all in-person meetings from August yet to be confirmed.