

# KNOX ACTIVE AGEING ADVISORY COMMITTEE

**Thursday 17 November 2022**

**Time: 6.30pm to 7.30pm**

**Eastgate North Conference Room, Eastgate North Building  
Knox City Council, 511 Burwood Hwy, Wantirna South**

*As this Advisory Committee has been established by Council and includes at least one Councillor and a staff member it is an Assembly of Councillors in accordance with the Local Government Act.*

*Councillors and staff are required to declare any conflict of interest that they may have in regards to any item discussed that is intended or likely to be the subject of a report to Council or a decision of an officer under delegation. In declaring a conflict of interest the Councillor or staff member must leave the meeting whilst the matter is being discussed. A definition of conflict of interest in accordance with the Local Government Act is provided in the Active Ageing Advisory Committee Folder.*

*Community representatives on the Committee are not subject to these provisions; however, they are required under their terms of appointment to declare any conflicts of interest that may arise for them from time to time. It will be a matter for the Chair to determine if the community representative is required to leave the meeting whilst a particular matter that is subject to a conflict of interest is being discussed.*

## 1. Welcome and Apologies

**Attendees:** Anna Lawton, Eddie Atacador, Ellie Thompson, Gary Cantwell, Judy Chalkley, Linda Black, Marilyn Beyer, Cr Meagan Baker

**Apologies:** Anne Sherrard, Diana Bossio, Linda Keenahan, Lyn Maestri, Marlene Franke, Rachel Bast, Cr Nicole Seymour, Sally Clark, Stuart Ireland

## 2. Conflict of Interest Declaration

No conflict of interest declared.

## 3. Confirmation of Minutes of Previous Meeting

Moved by Gary Cantwell, seconded by Linda Black

## 4. Items for Discussion

### 4.1 Knox Seniors Exercise Park (45 minutes)

Facilitator: Anna Lawton, Healthy Ageing Project Officer, Knox City Council  
Ellie Thompson, Coordinator Allied Health, Knox City Council

- Anna provided a progress report in the form of a PowerPoint presentation. All members were pleased with the preliminary User numbers that reflected the Carrington Seniors Exercise Park (SEP) was being well attended and supported by the community.
- However, consistent feedback from members was that the park doesn't seem to be well known ie people aren't aware it exists. Anna explained that there are various improvements being considered to increase the awareness of the site, including but not limited to additional Come and Try sessions and increased promotion within Seniors clubs, groups and organisations.

The three specific areas of advice being sought from members were:

#### **Question 1: Site selection criteria**

The request for feedback on the site selection criteria generated discussion that indicated that having toilets on site was the most important criteria. There were differing opinions between two members concerning the need for / benefits of co-location with a children's playground. Gary said that his experience at the Carrington site thus far was that none of the children who use the nearby playground seem to attend with a grandparent – they are always with a parent. Marilyn thought co-location should absolutely be a factor because it supports intergenerational connections and relationships.

No other concerns were raised with the proposed criteria. No other criteria were added or subtracted.

Judy raised that the site selection will come with constraints that may not be initially obvious, with external factors that may result in a criterion not being met in the final choice of site. Factors such as access to water, space constraints, the area being flagged for redevelopment in the near or far future were such examples. All members were understanding of this, and recognised that Council will need to choose a site that is accessible and has good amenities already in place.

When discussing three possible sites – there was member consensus that both Marie Wallace Park and Wally Tew Reserve would be appropriate choices. However, there were differing opinions between members regarding the Tim Neville Arboretum, partly because it is a very busy area with lots of different spaces for people to enjoy. However Marilyn felt this would be the perfect site for a proper large-scale intergenerational play space to be created – which is potentially beyond what has been imagined/considered/budgeted for its redevelopment. In any case, all three sites will be assessed against the criteria.

Other member site suggestions included: Lewis Park, Stud Park near the Rowville Community Centre, Kings Park, and Fair Park. All of these have been investigated and have - for varying reasons - been excluded as appropriate or viable options..

**Question 2: Equipment type**

Committee members agreed that the Lappset Classic 90 equipment has the advantage because there are now 14 SEPs in Victoria using the equipment, with more in the pipeline. That there are therapeutic benefits that go beyond a standard outdoor gym-type set up, and that the current model and approach allows a resident to be trained at one site, and be able to then use equipment at their 'local' one (or even Victorian wide). Linda took the view that maybe different equipment would provide some variety, to mix things up – potentially attracting different types of older adult users. It was then raised that Lappset have additional pieces of equipment, and Linda suggested that maybe we could consider adding to the Classic 90 set up as a way to add the variety.

In terms of the wear and tear of the existing equipment, one way to reduce the visual impact in the future would be to go with a natural wood finish, instead of the current painted colour approach. This would work well at Wally Tew Reserve, given the current playground has a nature based tone throughout. All members agreed this would be a good idea and should be explored from a cost / durability perspective.

**Question 3: Monitoring use**

Committee members agreed that the data we have been collecting to-date tells a great story, demonstrating the Park's value, and that perhaps this only needs to be done at a set time of the year eg after six months of the new Park being installed and/or at 12 months, but beyond that, it is not necessary. While Council doesn't typically collect this sort of data for playgrounds and outdoor gym equipment, Linda highlighted that this is slightly different because it would be great to be able to have data to demonstrate its value as a way to help normalise such a park type.

Judy raised the possibility of sensors being used for a short time at a new site to measure frequency of use. Linda was opposed to this because she thought this was too 'big brother' and did not think seniors would attend if these were in place. Even when it was explained these would not be cameras, Linda was of the opinion that it is too much oversight. Council will continue to explore the use of sensors and consider the cost versus benefits of such an approach. Members generally felt that an annual User survey, plus ongoing reporting and feedback from SEP Champions, combined with the numbers from NARI, was probably sufficient.

**4.2 Knox Dementia-Friendly Communities Update (15 mins)**

Facilitator: Anna Lawton, Healthy Ageing Project Officer

Anna went through the Knox Dementia Friendly Survey results slides with the Committee, focusing mostly on the first five slides (summarising the findings) and the next steps slide. All members noted

the effort that must have gone into inputting all the received paper-based surveys. Linda has offered to support such a data entry task (assuming it would be possible with the scope of a volunteer) should such a need arise again in the future.

Marilyn asked if there were any thoughts forming yet on what actions will flow from it. Judy explained that whilst there are some early thoughts re: the need to raise awareness of dementia and people living with dementia in the community, and that this could occur in many forms, the idea is that the community will help to identify the actions and really drive this. That the upcoming focus groups will help shape these next steps. The Committee were satisfied with this, and were encouraged to contact Linda K if they have any further thoughts or questions on this.

## 5. Business Arising from Previous Meeting

**Action:** Recognising that some Committee members may be about to complete their two term period, Linda Keenahan to investigate whether they can remain on the Committee or whether they will need to retire at the end of the year.

**Complete:** Committee members are welcome to re-apply to remain on the Committee if they choose. As per previous Committee Expressions of Interest processes, all applications will be assessed against set criteria, according to Council's Committees Policy.

## 6. Other Business

### 6.1 Have you come across any programs/initiatives that we could promote or replicate for our seniors?

Active Footpaths are becoming popular and Mansfield has a good example. The project aims at increasing incidental and affordable physical activity within the community by using adhesive stickers and signage across the shire that prompt community members to complete a range of physical activities. Sally Clark already has the details of this suggestion.

## 7. Proposed 2023 meetings

**Thursday 2 February 2023** – 6pm to 7.30 pm – Eastgate North Conference Room

**Thursday 30 March 2023** – 6pm to 7.30 pm – Eastgate North Conference Room

**Thursday 1 June 2023** – 6pm to 7.30 pm – Eastgate North Conference Room

**Thursday 27 July 2023** – 6pm to 7.30 pm – Eastgate North Conference Room

**Thursday 14 September 2023** – 6pm to 7.30 pm – Eastgate North Conference Room

**Thursday 30 November 2023** – 6pm to 7.30 pm – Eastgate North Conference Room