

# Knox Bright Ideas Network

Tuesday, 11 February 2025- 1.30pm – 3pm

The Basin Community House – 21 Liverpool Rd, The Basin

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

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*We acknowledge that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders past and present.*

**Attendees:** Names withheld

**Apologies:** Names withheld

**1. Welcome and introductions-** Introducing Jia Xu, Healthy Ageing Specialist. Jia spoke about his role at council and his work with Dementia and Healthy Ageing. He also provided information on the Seniors Exercise park, which is participating in Move Your Way again this year.

**2. BIN sharing session –** This is a “Show and tell” by any Bright Idea’s member where anyone can provide information.

Thank you to Natasha Prendergast for her informative introduction to Comlink Australia. Comlink Australia has recently acquired Bridges Connection Communities. Comlink have operated in QLD for 35 years and pride themselves on their not-for-profit positive and proactive ageing initiatives. They have retained the programs that Bridges had and have included many new programs. They support people in home and community and have a range of quality services. Follow this link [For more information on Comlink](#).

Lynda Carroll provided information about an initiative in NSW called Camp Creative. This has been running since 1987 and is a week long program that provides intergenerational opportunities with courses and stays. The next one will be announced in June 2025 for January 2026. For more information go to [Camp Creative](#).

**3. Recap of previous meeting-**

- Discussion on the vision and structure of the Bright Ideas project.
- What is import to over 55’s
- What needs to be included? Information/ access and contacts

#### 4. Other Business

- Art Program – Expression of interest open until end of March
- Updating photos for use in publications – Expression of interest
- Dementia information
- Knox Fest – Come and visit the Armchair travel marquee presented by Positive & Healthy Ageing and volunteers.
- Scams information session coming soon
- Zest4Life booklet available from 1 March
- More bus trips in 2025

#### 2025 Proposed Meetings

Date	Venue
Tuesday, 1 April	Knox City Council – Eastgate North Building
Thursday, 8 May	Knox Library Westfield
Tuesday, 17 June	Knox City Council – Eastgate North Building
Wednesday, 30 July	Miller's Homestead, Dorrigo Dr & Melrose Crt, Boronia
Thursday, 11 September	Knox City Council Civic Centre – Room 2
Thursday, 20 November	TBA