

Queen Elizabeth II Seniors Advisory Committee

Meeting Minutes

Meeting Name	Queen Elizabeth II Seniors Advisory Committee	Meeting No.	CS/11/0007 D-22-095635
Meeting Date	Wednesday, 24 August 2022		
Meeting Time	9:00am to 10:18am		
Meeting Location	Queen Elizabeth II Seniors & Community Centre		
Attendees	Cr Bob Hall (BH) Cr Natasha Colliver (NC) Cr Michael Reymond (MR)	By Invitation	Yvonne Lovedee Midwest Multicultural Association
	Peter Treharne (PT) Acting Manager, Community & Cultural Development	Apologies	Cr Simon Keemink (SK) Pavlina Heiderova (PH) Betty Clark (BC) Pat Parker (PP)
	Beryl Scott (BS) National Seniors Inc.	Leave of Absence	
	Jean Steer (JS) Seniors Recreation Council WA Inc. Lina Mittoni (LM) Geraldton & Districts Seniors Action Group Rosetta Finlay (RF) - Minutes	Distribution	As Above
Purpose of Committee	The Queen Elizabeth II Seniors & Community Centre is a facility vested in the City of Greater Geraldton, with considerable Council capital and by virtue of its funding arrangement Council and State Government capital and has been constructed to meet the needs of senior citizens and other community groups. Refer to Committee Book		

All Committee Members, including external members, are subject to the same rules as a Council Meeting concerning confidentiality, public statements, conflicts of interest and behaviours of members, pursuant to the [Local Government \(Model Code of Conduct\) Regulations 2021](#).

The Presiding Member is to refer to the following Policy, Meeting Procedures and Regulations when chairing a meeting.

[Meeting Procedures Local Law 2011](#)

[Council Policy 4.4. Operation of Advisory Committees](#)

[Council Policy 4.2 Code of Conduct for Council Members, Committee Members and Candidates](#)

1 Welcome & Apologies

The Chair welcomed the members and **apologies** were noted from:

Cr Simon Keemink (SK)

Pavlina Heiderova (PH)

Betty Clark (BC)

Pat Parker (PP)

Cr Michael Reymond (MR) arrived at 9:05am

2 Disclosure of Interests

No disclosures of interest were made.

3 Minutes of Previous Meeting – 18 May 2022

COMMITTEE RECOMMENDATION:

RECOMMENDED that the minutes of the Queen Elizabeth II Seniors Advisory Committee held on 18 May 2022 as previously circulated, be adopted as a true and correct record of proceedings.

COMMITTEE DECISION:

MOVED LM, SECONDED NC

RECOMMEND that the minutes of the Queen Elizabeth II Seniors Advisory held on 18 May 2022 as previously circulated, be adopted as a true and correct record of proceedings.

CARRIED

4 QEII Centre Upgrade/Extension – Peter Treharne

NOTED BY THE COMMITTEE:

Janell Kopplhuber, City's Community Engagement Officer is assisting with the development of a centre service provider's stakeholder survey.

Consultation will assist in identifying usage/ future growth and the need for centre expansion.

COMMITTEE DECISION:

MOVED BH, SECONDED MR

The Committee resolves that via CGG asset maintenance and future expansion of the centre will be reviewed at a future Council meeting.

CARRIED

5 Department of Communities WA Seniors Strategy Workshop Results – Yvonne Lovedee

NOTED BY THE COMMITTEE:

Yvonne Lovedee conducted six community consultations on behalf of the Department of Communities and additionally a survey was distributed resulting in 10 individual reports.

The Chair commended Yvonne Lovedee for the invaluable work and her contribution on the consultation and reports to progress the cause of seniors.

Reports were tabled.

COMMITTEE DECISION:

MOVED BH, SECONDED MR

The Committee resolves that Peter Treharne is to progress the Midwest Multicultural Association Summary of Consultation for the Department of Communities for the proposed 10 year WA Seniors Strategy – July/ August 2022 be progressed to Council meeting for all councillors to review.

CARRIED

6 Coronavirus Risk Management Update

NOTED BY THE COMMITTEE:

Coronavirus Risk Management agenda item to be removed from the agenda.

COMMITTEE DECISION:

MOVED NC, SECONDED BH

The Committee resolves that this agenda item no longer required for quarterly meeting as current controls in place for the centre are sufficient.

CARRIED

7 Reports to be Received – QEII Monthly Reports and Attendance Figures - May, June and July 2022

NOTED BY THE COMMITTEE:

- Commencement of a new program:
Pickle ball have a go sessions were held the 19 August with 54 seniors in attendance. Two sessions are scheduled per week.
- Rehabilitation Gym is recommencing but due to lack of time/ space the program will only be held once a week not twice as previously scheduled.
- Community / Commercial bookings have increased.
- The Seniors Week draft program is currently with the Communications team
- National Seniors Inc are currently in recession.

8 General Business

Discussion/Topic (brief description)	Additional Staff – Seniors Programming Officer, Rosetta Finlay to provide update on resourcing needs.
Attachments (x#)	N/A
Recommendation (What is the required or suitable outcome/action needed)	N/A
Outcome/Action:	3 new casual staff members have been employed.

Discussion/Topic (brief description)	Woolworths Community Award – Volunteer Nomination for discussion/vote.
Attachments (x#)	N/A
Recommendation (What is the required or suitable outcome/action needed)	Twelve centre volunteers have been nominated by City officers.
Outcome/Action:	Chair thanked volunteers for their contribution.

Discussion/Topic (brief description)	Advertising – Over 50's Geraldton Life Facebook statistics
Attachments (x#)	1x Over 55's Geraldton Life Facebook Statistics - D-22-104000
Recommendation (What is the required or suitable outcome/action needed)	Review ability for television/newspaper advertising.
Outcome/Action:	Rosetta Finlay to discuss television adverting showcasing the centre facilities with Communications team.

Cr Natasha Colliver (NC) (left at 10:10am)

9 Date of next meeting

The next meeting is scheduled for Wednesday, 23 November 2022

- Schedule for 2023 to be determined at the 23 November 2022 Committee meeting.

10 Close

There being no further business the Chair closed the meeting at 10:18am



City of
Greater Geraldton
a vibrant future



QUEEN ELIZABETH II SENIORS ADVISORY COMMITTEE

TABLED DOCUMENTS

3. Previous Minutes of meeting held 18 May 2022
5. Midwest Multicultural Association Summary of Consultation for Department of Communities for the proposed 10-year WA Seniors Strategy July/August 2022
6. Reports to be received:
 - QEII Monthly Reports May-July 2022
8. Advertising – Over 50's Geraldton Life Facebook statistics

24 August 2022

Queen Elizabeth II Seniors Advisory Committee

Meeting Minutes

Meeting Name	Queen Elizabeth II Seniors Advisory Committee	Meeting No.	D-22-05914
Meeting Date	Wednesday 18 May 2022		
Meeting Time	9:00am to 10:05am		
Meeting Location	Freeman Room, QEII Seniors & Community Centre		
Attendees	Cr Robert Hall	BH	By Invitation
	Cr Natasha Colliver	NC	Apologies
	Cr Michael Reymond (from 9:05am)	MR	
Pavlina Heiderova Acting Coordinator Community Development			Cr Simon Keemink SM Peter Treharne PT Acting Manager, Community & Community Development
Rosetta Finlay	RF		
QEII Seniors Programming Officer			
Beryl Scott	BS		
National Seniors Inc			
Lina Mittoni	LM	Distribution	As Above
Geraldton & Districts Seniors Action Group Inc			
Pat Parker	PP		
Pensioners Social Club Inc			
Betty Clark	BC		
Over 50's Gentle Gym Class			
Jean Steer	JS		
Seniors Recreation Council of WA Inc			

1. WELCOME & APOLOGIES

Cr Hall welcomed members and apologies noted from the list above.

CARRIED

2. Confirmation of Minutes of Previous Meeting held Wednesday 16 February 2022

Recommended that the minutes of the Queen Elizabeth II Seniors Advisory Committee held on 16 February 2022 as previously circulated, be accepted as a true and correct record of proceedings. **Moved NC Seconded LM**

ADOPTED

3. Reports to be Received:

QEII Monthly Reports – February, March, April 2022
(As circulated and tabled)

Noted by the Committee:

- Groups on hold include: Rehabilitation Gym, Chronic Lived Disease Group, Visibility Australia and National Seniors Inc for three months
- Switched on Seniors cancelled session in April and returned in May.
- Bereavement Group held a February session and resume meetings the 18 May
- Country Women Association, (Champion Bay Branch) a new centre user group will commence holding their monthly meetings at the centre.
- Oximeter distribution has declined with only 12 issued in April

4. Corona Virus Risk Management

Noted by the Committee:

- Posters encouraging mask wearing and double vaccinations are displayed, doors and windows opened for ventilation and QEII facilitated program attendees are restricted to eating outside.

ACTION: *PH to review restrictions on QEII program patrons only allowed to eat outside while centre hirers are allowed refreshments inside*

5. General Business

Noted by the Committee:

- **Line Dancing** – Jean Steer, line dancing volunteer teacher for 10 years has retired with Wendy Eastough and Diana Ascoli now taking on the role. The Chair thanked Jean for her support and contribution to the centre in her various volunteer roles.
- **Central Regional TAFE's Reconciliation Day** – A lunch is being held on Thursday 26 May. RF received an invitation and requested advertising on Over 50's Geraldton Life.
- **Staff and Volunteer acknowledgment** – PH thanked centre volunteers and staff for their support and assistance with COVID mandates including double vaccination checks and Service WA App requests.
- **Future expansion of centre facilities**
Recommended by the Committee steps are taken in regards to a submission to explore the future vision, expansion and growth of centre facilities.

ACTION: *PH to follow up recommendation*

CARRIED

- **Centre Fees & Charges** – PP requested information on 2022/23 fees/ charges as previously fees/charges were discussed at the advisory committee and recommendations provided to Council.

ACTION: *Cr BH and Cr NC to provide update*

- **Chair trolleys** – Chair trolleys in Lower Hall storeroom require maintenance.

ACTION: *RF to follow up*

Queen Elizabeth II Seniors Advisory Committee

- **Centre Volunteer Greeters** – To be discussed by staff as an operational issue.

ACTION: *PH and RF to review*

- **QEII Centre Newsletter**– Request for cover to display Senior/ Senior groups

ACTION: *PH to review*

- **2022 Seniors Week** – Sunday 6 to 13 November 2022.

Following events have been confirmed:

Opening Concert at QPT – Monday 7 November

Mayor's Mystery Bus Tour – Friday 11 November

Multicultural Concert – Saturday 12 November

- **WA Seniors Strategy** – Consultation sessions are being conducted at the Geraldton Multipurpose Centre on Monday 30 May 2022. Flyers have been distributed at the centre and sessions advertised on Over 50's Geraldton Life.

6. Date of Next Meeting

17 August 2022

7. Close

There being no further business the meeting closed at 10:05am

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Midwest Multicultural Association
Summary of Consultation for Department of Communities
for the
proposed 10-year WA Seniors Strategy
Undertaken July/August 2022

Consultant: Yvonne Lovedee

Background:

The Western Australian Department of Communities is developing a 10-year Seniors Strategy to:

- Support older Western Australians of all backgrounds throughout the state to achieve better life outcomes.
- Help guide whole-of-community efforts to support older Western Australians to live their best life as they age.
- Be implemented through two-year action plans that will connect, coordinate, and evaluate activities across State Government agencies.
- Align with other State Government strategies and priorities that address older people's needs.

The consultation, throughout Western Australia took place between November 2021 and May 2022.

For the purposes of the strategy, older people are:

- Aboriginal and Torres Strait Islander people aged 55 years and over
- Non-Aboriginal and Torres Strait Island people aged 65 years and over

The Dept of Communities were also interested in emerging issues for pre-seniors who are considered Aboriginal people 45 to 54 years old and non-Aboriginal and Torres Strait Islander people 55 to 64 years old.

Two workshops were held in Geraldton on Monday 30 May, 2022 with fewer than 20 seniors and interested community members attending.

On the basis of the Census, it is estimated that there would be at least 10,000 people in the Midwest who were eligible to participate in providing information to inform the WA Seniors Strategy.

To rectify this balance of fewer than 20 people providing information for approximately 10,000, the Midwest Multicultural Association (MWMA) volunteered to hold a series of public meetings and develop an online survey to gather comments from the community, particularly those from different cultural backgrounds. This offer was accepted by the Dept of Communities with a date of 5 August, 2022 for final reports to be lodged.

The Dept of Communities provided a 30-page *Seniors Strategy Consultation Toolkit* to guide the process.

"We encourage you to focus conversations on people's experiences in relation to how they can be supported to live their best life and on building constructively from existing strengths and resources in WA."

Consultation was to focus on five questions:

- ❖ What would help you to age independently and make your own choices?
- ❖ What things do you like to do to stay healthy and well?
- ❖ Do you think the things you said you like doing (above) will change as you age?
- ❖ What do you need to stay in touch with your community and friends?
- ❖ What do you think are some of the main barriers to ageing well?

Part of the consultation was also to identify the demographics of the participants such as: Gender, Identifying as Aboriginal or Torres Strait Islander, Cultural and Linguistic Diversity, Age Group, Disability, LGBTQI+, and location.

As this consultation was to include pre-seniors and looking at future needs in the community, especially in regional WA, three other items were also added to the demographics:

- Are you a Carer (for partner, grandchildren or other to identify need for support services)
- Are you a home owner? (to identify future accommodation needs as seniors “down size”)
- Do you have your own transport? (to identify public transport needs once car licences are surrendered)

Approach for consultation for regional voices to be heard

Public meetings were held, supplemented by an online survey for those who were still employed or could not attend the meetings.

Promotion of the consultation:

- ❖ Flyers advertising three public meetings on 19 and 20 July, 2022 on Facebook (Midwest Multicultural, Over 50's Life and OUT Midwest) and in the July QEII Seniors Newsletter
- ❖ Email invitations to participate in the survey were forwarded to:
 - MWMA members as well as links to 10 cultural groups
 - 16 local governments in the Midwest region
- ❖ Personal contacts (email/phone) to invite attendance to meetings, complete the online survey or hold a meeting with the individual groups.
- ❖ Editorial in the Guardian newspaper on Tuesday 19 July, 2022

Meetings held:

In addition to the three public meetings, four group specific meetings were held with QEII committee leaders, Red Hatters-Scarlet O'Hairas, Islamic Association of Geraldton and Mullewa seniors.

Consultation and arrangements were made with GRAMS staff to hold a meeting for the Aboriginal community at the WA Museum Geraldton late in July. Unfortunately, this was cancelled the day prior due to sorry business.

Email and phone messages to Bundiyarra Aboriginal Community Aboriginal Corporation were not returned within the short time span of this consultation period.

In total 138 people participated in the consultation, 127 from the City of Greater Geraldton, 10 from Shire of Irwin and 1 from Meekatharra.

Key points from the consultation:

The key points listed are from City of Greater Geraldton residents only.

Notes:

- ❖ Since information received via the public meetings, written survey feedback and online survey came in various forms, ten separate reports were provided to the Dept of Communities.
- ❖ The key points in this report are a compilation of all the reports.
- ❖ Headings have been added to assist in grouping comments and are in alphabetical order.
- ❖ Points in bold were mentioned many times.

What were the main things participants said they need to age independently and make their own choices?

Accommodation

- **Security in own home**
- Affordable housing for a single person
- Carer support (partner in palliative care and receiving medical treatment but with no respite for carer)
- Home Help – to suit individual needs to be able to stay in own home including gardening and maintenance at reasonable cost.

Carers

- Respite for carers

Financial Security

- **Financial security – sufficient money to live on, opportunity to be employed.**

Health

- **Health services expanded (too metropolitan-centric at the moment)– Better facilities, availability and access to medical options (travel to Perth difficult) including specialists, chiro, dentists, glasses, free tests and hearing aids to decrease wait times, increased age care package.**
- **Health services – bulk billing for GPs with bulk billing or at least subsidised for specialists**
- **Dental care to be more accessible for seniors – it is available at the Regional Hospital but waiting time is 18 months to 2 years unless it is an emergency. To be on Medicare**
- After hours GP services to be extended
- More state and federal funding for radiation therapy unit in Geraldton
- PATS – available for all medical services provided in Perth (for example, MRI in Geraldton costs \$500 but in Joondalup it is free. As the service is available in Geraldton no PATS is payable)
- PATS system to be adjusted as costs of travel and accommodation are increasing and to be accessible through other agencies not just at the hospital

	<ul style="list-style-type: none"> ➤ Health services – need to have information in cultural languages <p>Information</p> <ul style="list-style-type: none"> ➤ Accessible information provided through all sources of media (internet, newspapers, TV, publications, word of mouth where possible) (Not everyone has a computer or knows how to use them effectively). ➤ Information about services in cultural languages with more opportunity for face-to-face conversations about key issues. ➤ Learning how to operate IT (need teaching in small amounts with opportunity to practice) <p>Physical environment</p> <ul style="list-style-type: none"> ➤ Accessible jetty for fishing ➤ More accessible pathways in City (remove trip hazards) for walkers ➤ More public facilities such as toilets in key locations and pathways across grass areas to picnic tables for ease of access for people with mobility issues. <p>Self-motivation required</p> <ul style="list-style-type: none"> ➤ Attending the QEII Seniors Centre - Activities to improve social connections (improve mental health) ➤ Socialising – Connecting and being supported by family and friends, community involvement, access to functions ➤ Making healthy choices and having a positive attitude ➤ Fitness and health ➤ Joining different groups <p>Spiritual</p> <ul style="list-style-type: none"> ➤ Going to church <p>Transport</p> <ul style="list-style-type: none"> ➤ Around Geraldton – family helps with this at the moment. ➤ Taxi when needed – drivers to be culturally aware of safety of passengers
<p>What were the main things participants said they need to stay healthy and well as they age?</p>	<p>Being active</p> <ul style="list-style-type: none"> ➤ Hobbies – playing bridge, singing in choir, art, scrabble, gardening, book club, completing puzzles. (QEII again noted as a key place to undertake hobbies.) ➤ QEII programs such as Gentle Gym, balance gym, bowls, boxing, walking soccer, Pilates – “love free exercise classes” ➤ Exercise - including walking, swimming, cycling, dancing, yoga, gym, water aerobics ➤ Hobbies – gardening, art, craft, reading, fishing, cards, crosswords ➤ Volunteering ➤ Going on outings

- Keeping involved both physically and mentally by joining groups
- Activities such as: golf, music, marching, belly dancing
- Having a pet

Employment

- Skills recognised by employers

Entertainment

- **Entertainment – including movies, concerts, bands, dining out.... “accessible places to go”**
- Travelling
- Audio books

Health - diet

- **Diet – eating healthy, balanced diet**

Health services

- Access to physios (without referrals)

IT

- Facebook (knowing/commenting on what is happening in community)
- iPad games

Physical environment

- **QEII Seniors Centre – a place to attend to socialise and participate in the wide variety of activities**
- **Fishing (need jetty to access deeper water)**
- Club activities such as bowls and croquet
- Irish Club – music

Socialising

- **Particularly at the QEII, meeting friends for coffee, lunches, being involved in community**
- Being part of a group of like-minded people
- Going to community events
- Sense of community (looking after each other)
- Volunteering

Spiritual

- **Church – spending time in prayer and worship of Jesus Christ refreshes body, soul and spirit**
- Reading the Bible and meditating on the ‘Word’
- Connecting with other Christians

Did participants think the things that they like doing (above) will change as they age?

Accommodation

- **Need home help to stay in own home**
- Downsizing - have to leave my home
- Inability to maintain garden

Carer

- Will age and not be able to care for partner

Financially challenged

- **Cost of living rising – particularly food (cultural food especially)**
- **Cost of medical scripts increasing (some will not be able to afford)**
- **Fuel costs (travel will be restricted as the costs increase)**

Grief assistance

- Partner passes away

Health - personal

- **Health – particularly mobility will be affected, physical strength and increased age-related illnesses**
- Lack of mental capacity - are likely to become forgetful, may get dementia.
- *“My dementia will possibly get worse”*

Health - services

- Need for more services such as occupational therapists, physiotherapists
- Need assistance with mobility (walking) as well as transport if can't drive anymore

No Change

- Will not really change
- Will still be involved in the community

Socialising

- Change in relationship with family members
- Fewer social networks
- Less travelling interstate/overseas
- Have to give up volunteering

Services

- **Communication – “Too much assumption that we all have access to technology and can understand internet use”**
- *“Will keep abreast of support offered in the community to remain safe and healthy.”*

Transport

- **Transport – may not have driver's licence and it will be harder to go shopping, fishing and get to the QEII for activities.**

What were the main things participants said they need to be able to stay in touch with their community and friends?

Attitude

- **Being involved, continued optimism, being positive, motivated and proactive**
- Staying mentally healthy
- Being motivated to stay connected rather than living in isolation.

Carers

- **Help for carers who are on the job 24 hours per day**

Cultural

- Knowing people from similar cultural backgrounds to share experiences

Financial Security

- **To be able to afford to go out for meals, functions and events.**

Health - personal

- **Ability to get out and about**

Information

- Information on services available
- Access to radio

Physical Environment

- **QEII (has 40 plus programs)**
- Residency programs (*a community building where more than 30 different community groups meet – different to the QEII programs/groups*)
- Meeting at each other's homes to cook and share craft ideas

Socialising

- **QEII Seniors Centre as a meeting place and to participate in activities**
- **Visiting friends, activities and events like multicultural lunch**
- Getting to know neighbours
- 'Adopt' a family (when immediate family live in a different state)
- Staying involved and active in community – getting together to play games and activities
- Being flexible when things like COVID 'puts a spanner in the works' – look for options to stay in touch.
- Postage to cover letters to family and friends who do not have mobiles.

What were the main barriers to ageing well identified by participants?

Spiritual

- Mid-week church is a smaller gathering and a good time to fellowship and get to know people better
- The Mosque for daily prayer

Technology - Media

- **Mobile phones considered essential for calls with family and friends**
- **Facebook**
- **Technology – appropriate to the person (for example - a phone they can use)**
- **Reliable broadband for computer**
- **iPads for messaging & face-time family who are away**
- **Emails**
- **Print media – local paper / newsletters (for those who don't like computers)**

Transport

- **Transport – with own car (reduced fuel costs), ability to travel (outside of the Midwest region)**
- **Accessible public transport**

Accommodation

- **Security and safety in own homes**
- **Homelessness (lack of food and other daily living assistance puts great stress on volunteer services and soup kitchens)**
- **Homelessness especially for women**
- **Shortage of home care to be able to stay in own home**
- **Maintaining own home is expensive – everything is going up including council rates**

Ageism

- **Disempowerment – Invisibility – people don't see you because you are 'old', prejudice, vulnerability**
- **Lack of respect for elders of all races**
- **People think as you age that you don't have any more value in society**

Adjustments

- **Ability to live independently in own home**
- **Change in income levels (from working to pension)**
- **Disempowered – people making decision on their behalf, fear of unknown, losing independence**
- **Fear of the unknown (what place do seniors have in society)**
- **Pride – need to ask for help when needed**

Carers

- Those in palliative care are housebound, have medical care but few social connections
- Carers of those in palliative care at home have little respite – fewer volunteers to assist

Cultural

- Information on services for seniors is not in cultural languages and seniors must rely on others to translate
- Lack of interpreters in the community (particularly Malay)

Diet

- Poor diet

Finance Challenges

- **High cost of living creating stress, poverty**
- **Cost of medical services (particularly scripts)**
- **Cost of living (fuel, groceries, housing, power, water)**
- Security, ability to afford health insurance..... *“if cost of living increases past my retirement savings/pension I may have to make choices about eating healthily/paying utilities/buying medication.”*

Grief

- Grieving the loss of partner
- Grieving the loss of the family home when having to downsize

Health - personal

- **Decline in abilities both physical (especially mobility) and mental capacity, hearing and sight loss, lack of fitness, disability**

Health – services

- **Need accessible, affordable health care and hospital support**
- **Lack of medical services in regional areas, having to travel 400km for specialist medical treatment, delays in medical treatment**

Information access

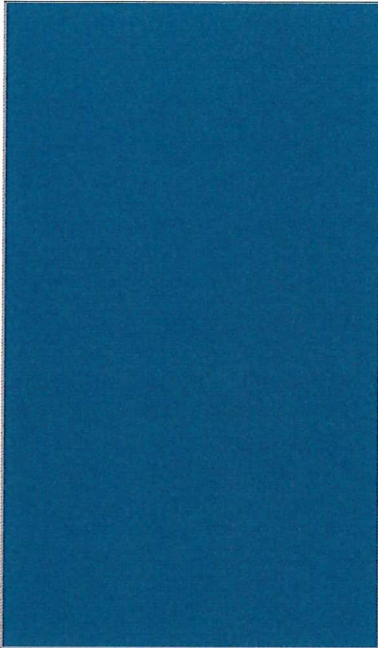
- **Lack of information and advocacy and knowing how to “tap into” system to access community services available**
- **Lack of face-to-face meetings with service providers, having to depend on family and friends to access documents online**
- **Communication of information (in a variety of forms) about services being available for seniors**

Isolation	<p>Isolation / Loneliness</p> <ul style="list-style-type: none"> ➤ No family close and no one to visit the lonely
	<p>Self-funded Retirees</p> <ul style="list-style-type: none"> ➤ Self-funded retirees do not have access to health care or pension cards or other assistance for retirees – which is unfair as they have worked hard all their lives and when health declines there is limited assistance.
	<p>Services</p> <ul style="list-style-type: none"> ➤ Home help (including gardening) respectful of customs and culture of senior ➤ Access to home help limited (especially when living away from the main city suburbs)
	<p>Transport</p> <ul style="list-style-type: none"> ➤ Lack of transport (public or private) ➤ Loss of licence (especially when 30km from Geraldton) ➤ Travel costs and methods to get to Perth – Bus takes 6 hours (a long time to sit if prone to DVTs) and plane services have been reduced considerably

MULLEWA RESPONSES are unique, below an excerpt from the report forwarded to the Department of Communities:

<p>What were the main (up to five) things participants said they need to age independently and make their own choices?</p>	<ol style="list-style-type: none"> 1. Hospital to be re-opened 2. Ranger for dogs and cats (only comes once per week and 'does nothing') 3. Nice café to socialise with friends (Inspirations which is run by MEEDAC is closed to the public – only open for contractors) 4. Aged care services to be restored at the Mullewa hospital 5. Supermarket with fresh vegetables and other items at reasonable costs
<p>What were the main (up to five) things participants said they need to stay healthy and well as they age?</p>	<ol style="list-style-type: none"> 1. Bus trips to Geraldton (bus supplied by CGG at no cost – community has two qualified drivers) 2. Gardening 3. Eat well – healthy edible food 4. Keeping busy 5. Craft once a week for ladies
<p>Did participants think the things that they like doing (above) will change as they age? Please list up to five.</p>	<ol style="list-style-type: none"> 1. Slowing down 2. More help needed with jobs around the house

<p>What were the main (up to five) things participants said they need to be able to stay in touch with their community and friends?</p>	<ol style="list-style-type: none"> 1. Reasonable fuel costs 2. Bus trips to Geraldton 3. Own car – which is a must in the country 4. Phone 5. Internet – reliable connection
<p>What were the main (up to five) barriers to ageing well identified by participants?</p>	<ol style="list-style-type: none"> 1. Cost of fuel 2. Safety/security – need to be vigilant as homes are being broken into 3. Losing driver's licence 4. Home help services are limited 5. Shopping for fresh goods which are healthy and not 'off' in Mullewa
<p>Please list ideas for action or change identified by your participants</p>	<ol style="list-style-type: none"> 1. Safety & Security 2. Hospital to be re-opened 3. Home Help 4. Maintenance on homes
<p>Include any other responses that don't fit in with the above.</p>	<p>Question 1 – Ageing independently</p> <ol style="list-style-type: none"> 1. Public transport 2. Finance assistance – increase in pension 3. Building maintenance on homes – no contractors available in Mullewa 4. Home help to stay in own home 5. Meals on Wheels – fresh (not frozen for months and all soggy) 6. Assistance with gardening 7. Police patrols in the community 8. Personnel to open the Men's Shed to all 9. Information about seniors' services is provided by Cassie at Council office which is very helpful. <p>Question 5: Barriers to ageing well</p> <ol style="list-style-type: none"> 1. Community bus has to be back in Mullewa by 4pm as staff want the keys before they go home – no time for joining in the regular activities at the QEII 2. Small maintenance jobs around the house cost too much to employ contractors due to the distance from Geraldton 3. Larger maintenance jobs – there are no contractors available even at a cost (one person waiting for 6 years to have rusty guttering replaced on home) 4. If car is left in the driveway – can have fuel stolen 5. Unreliable internet and phone services 6. Men's Shed closed 7. Hospital - no service. One senior had to have a dressing changed in the car park as staff 'thought it was too much trouble' to do a RAT test to be able to enter the building. This was during the day.

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8. Hospital – no service – a senior went to pay for Home Help – was not allowed in but told to 'slide payment under the door' and a receipt would eventually be posted out – just received the June receipt (it is now August).
 9. Geraldton Regional Hospital used to do the maintenance at the Mullewa Hospital – they now send contractors who charge high prices – this is costly to government.
 10. Ageing itself – getting slower
 11. Information about services for seniors is not easily accessible.
 12. PATS – Mullewa to Geraldton is \$35 – doesn't cover cost of fuel when have to come to Geraldton for medical attention.
 13. PATS – Mullewa to Perth is \$135 – this does not cover fuel and accommodation costs when have to travel to Perth for specialist's appointments.
 14. No bus to come to Geraldton for Seniors Week Activities and no Seniors Week activities in Mullewa

Consultant:
Yvonne Lovedee
Secretary
Midwest Multicultural Association
August 2022

QEII SENIORS & COMMUNITY CENTRE REPORT – MAY 2022

Art Class (weekly)	50
Balance Gym (four sessions weekly)	266
Bereavement/Loss Group (monthly)	7
Bingo (monthly)	16
Bowls (weekly)	192
Canasta	22
Cards (weekly)	86
ChatnDo (Spalding Outreach) (weekly)	52
Chronic Disease Lived Experience Group (monthly) (on hold)	0
Craft (weekly)	12
Crochet /Knitters Group (weekly)	57
Darts (weekly)	34
Drumming Workshops (Thursday) (two sessions weekly)	41
Drumming Workshops (Tuesday night) (weekly)	16
ESL Class (weekly)	22
Five Hundred Card Game / Rummikub (weekly)	84
Foodbank Van (twice a week)	20
Gentle Yoga (weekly)	28
Line Dancing (weekly)	84
Mah-jongg (twice a week)	77
National Seniors (monthly) (on hold)	0
Over 50's Gentle Gym (three sessions a week)	295
Parkinson's Support Group – Boxing (two sessions weekly)	56
Pensioners Social Club Meeting/ committee (monthly)	34
Pilates (weekly)	60
Pole Walking	17
QEII Advisory Committee (every three months)	10
Rehab Gym (twice a week) (on hold)	0
Scrabble Group (twice a week)	70
Seniors Online (daily)	100
Seniors Action Group Meeting (monthly)	38
Seniors Recreation Council Inc. (every three months)	0
Switched on Seniors (weekly)	42
Switched on Seniors – One on One sessions (new program)	3
Table Tennis (weekly)	68
Taste of the World Cooking Sessions (monthly) (Session cancelled)	0
Ukulele Dreamers Club (weekly)	69
Visibility Australia (monthly)	8
Walk Group (weekly)	72
Walking Football (weekly)	31
Zumba (weekly)	61
Additional Seniors Sessions Oximeter Distribution	3
Seniors Attendance Monthly Total	2203

Note: Library and Lounge Room facilities not included in attendance figures

Seniors Resource Centre

Enquiry	May
Centre program Information	57
Referral to other senior groups in the community	5
Assistance with accessing forms online/printing	18
Referral to senior service providers e.g. ACAT	10
Seniors information e.g. seniors card, fuel card, Safety/security rebate	6
Centre registrations	18
Total Centre Enquiries	114

Senior Service Providers:

- Balance Gym - WA Country Health Service
- English as a Second Language Classes – Midwest Multicultural Association
- Over 50's Gentle Gym – Geraldton Health Service
- Rehabilitation Gym – Geraldton Health Service
- Grief & Loss Group – St John Palliative Care
- Visibility Support Group- Visibility Australia

Advertising/ Displays

- 300 copies of the QEII Senior Newsletter distributed and posted on the City of Greater Geraldton website and Over 50' Geraldton Life
- Virtual Exercise for Seniors Survey
- Department of Communities WA Seniors Strategy Survey Details

Social Media:

- Department of Communities WA Seniors Strategy Survey Details x 4 posts
- Line Dancing Group
- Switched on Seniors One on One Sessions
- Seniors Art Class
- Pole Walking Group
- Gentle Yoga x 2 posts
- Walking Football x 2 posts

Regular Community User Groups

- Geraldton Orchid Society
- Sun City Four Square Church

Total for Regular Community Groups = 100

Occasional Community/Commercial Bookings

- Dance Day Disco 60
- Sunset Yoga 300
- Christian Group 50
- Department Fire & Emergency Services 60

Total for Occasional Community/Commercial Bookings = 470

Total for QEII Seniors & Community Centre May 2022 Attendance = 2773

Rosetta Finlay

QEII Seniors Programming Officer

QEII SENIORS & COMMUNITY CENTRE REPORT – JUNE 2022

Art Class (weekly)	45
Balance Gym (four sessions weekly)	271
Bereavement/Loss Group (monthly)	8
Bingo (monthly)	17
Bowls (weekly)	135
Canasta	35
Cards (weekly)	98
ChatnDo (Spalding Outreach) (weekly)	84
Craft (weekly)	10
Crochet /Knitters Group (weekly)	56
Darts (weekly)	25
Drumming Workshops (Thursday) (two sessions weekly)	55
Drumming Workshops (Tuesday night) (weekly)	13
ESL Class (weekly)	22
Five Hundred Card Game / Rummikub (weekly)	102
Foodbank Van (twice a week)	90
Gentle Yoga (weekly)	14
Line Dancing (weekly)	59
Mah-jongg (twice a week)	62
National Seniors (monthly)	0
Over 50's Gentle Gym (three sessions a week)	330
Parkinson's Support Group – Boxing (two sessions weekly)	51
Pensioners Social Club Meeting/ committee (monthly)	34
Pilates (weekly)	60
Pole Walking	20
QEII Advisory Committee (every three months)	0
Rehab Gym (twice a week) (on hold)	0
Scrabble Group (twice a week)	69
Seniors Online (daily)	105
Seniors Action Group Meeting (monthly)	38
Seniors Recreation Council Inc. (every three months)	0
Switched on Seniors (weekly)	58
Switched on Seniors – One on One sessions	17
Table Tennis (weekly)	37
Taste of the World Cooking Sessions (monthly)	26
Ukulele Dreamers Club (weekly)	46
Visibility Australia (monthly)	7
Walk Group (weekly)	50
Walking Football (weekly)	7
Zumba (weekly)	53
Additional Seniors Sessions	
Advocare Support Officer	10
Helping Minds face to face sessions	21
WA Seniors Strategy Session	11
Seniors Week Committee Meeting	6
Seniors Attendance Monthly Total	2251

Note: Library and Lounge Room facilities not included in attendance figures

Seniors Resource Centre

Enquiry	June
Centre program Information	57
Referral to other senior groups in the community	6
Assistance with accessing forms online/printing	31
Referral to senior service providers e.g. ACAT	9
Seniors information e.g. seniors card, fuel card, Safety/security rebate	9
Centre registrations	27
Total Centre Enquiries	139

Senior Service Providers:

- Balance Gym - WA Country Health Service
- English as a Second Language Classes – Midwest Multicultural Association
- Over 50's Gentle Gym – Geraldton Health Service
- Rehabilitation Gym – Geraldton Health Service
- Grief & Loss Group – St John Palliative Care
- Visibility Support Group- Visibility Australia

Advertising/ Displays

- 300 copies of the QEII Senior Newsletter distributed and posted on the City of Greater Geraldton website and Over 50' Geraldton Life
- WA Seniors Strategy Sessions
- Regional Library Book Sale

Social media post on Over 50's Geraldton Life page

- QEII Newsletter – June edition
- WA Seniors Strategy Sessions
- Table Tennis
- African Drumming x 2
- Ukulele Dreamers
- Switched on Seniors One on One sessions
- Switched on Seniors Thursday class

Regular Community User Groups

- Geraldton Orchid Society
- Sun City Four Square Church

Total for Regular Community Groups = 100

Occasional Community/Commercial Bookings

- Dance Day Disco 60
- Geraldton Regional Library Book Sale 150
- Sunset Yoga 400
- Louise O'Malley (Staff Farewell) 40
- International Yoga Day Even 200
- Educational Presentation to Nurses and Doctors 40
- Public Forum for People with Disabilities 20

Total for Occasional Community/Commercial Bookings = 910

Total for QEII Seniors & Community Centre June 2022 Attendance = 3261

Rosetta Finlay

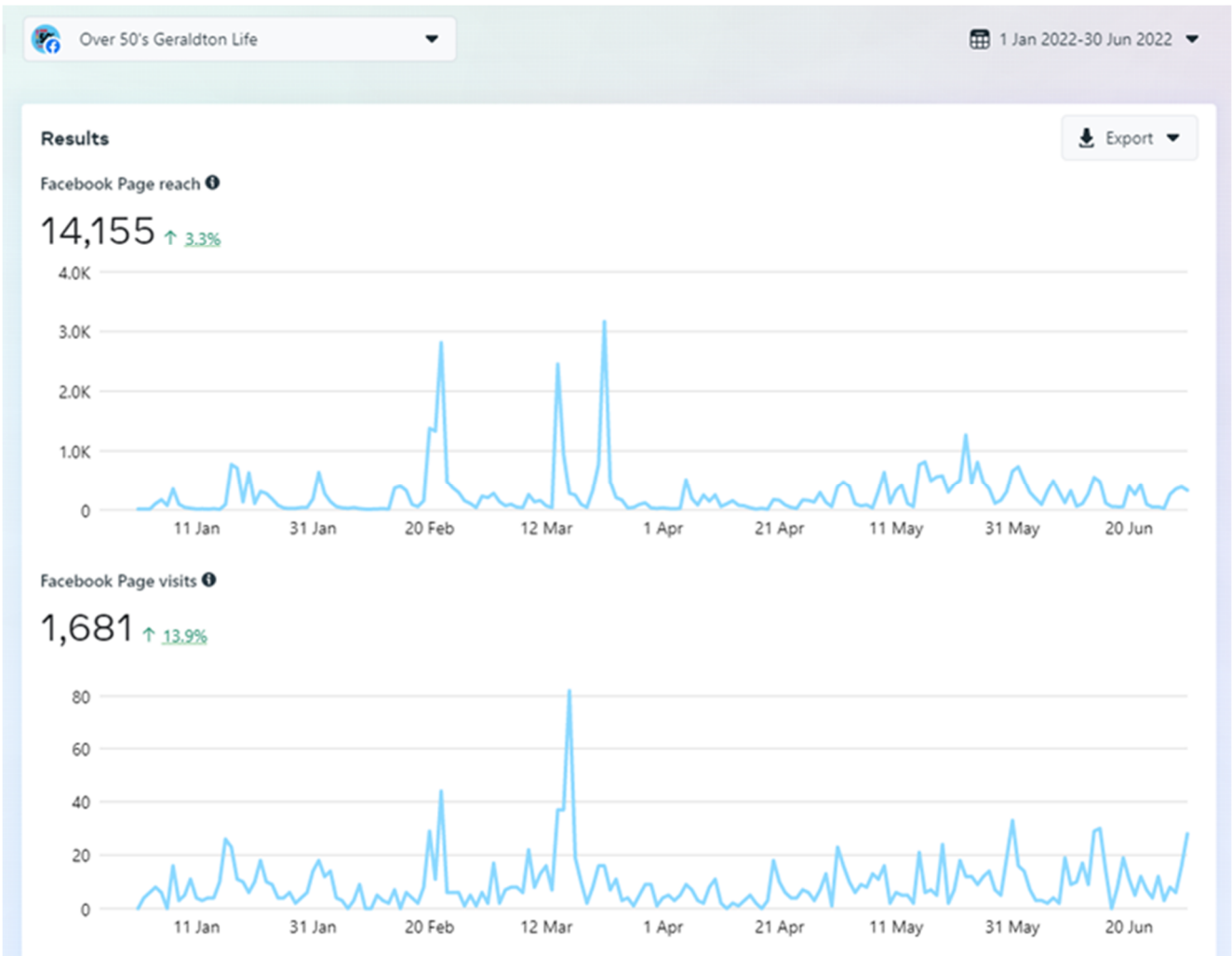
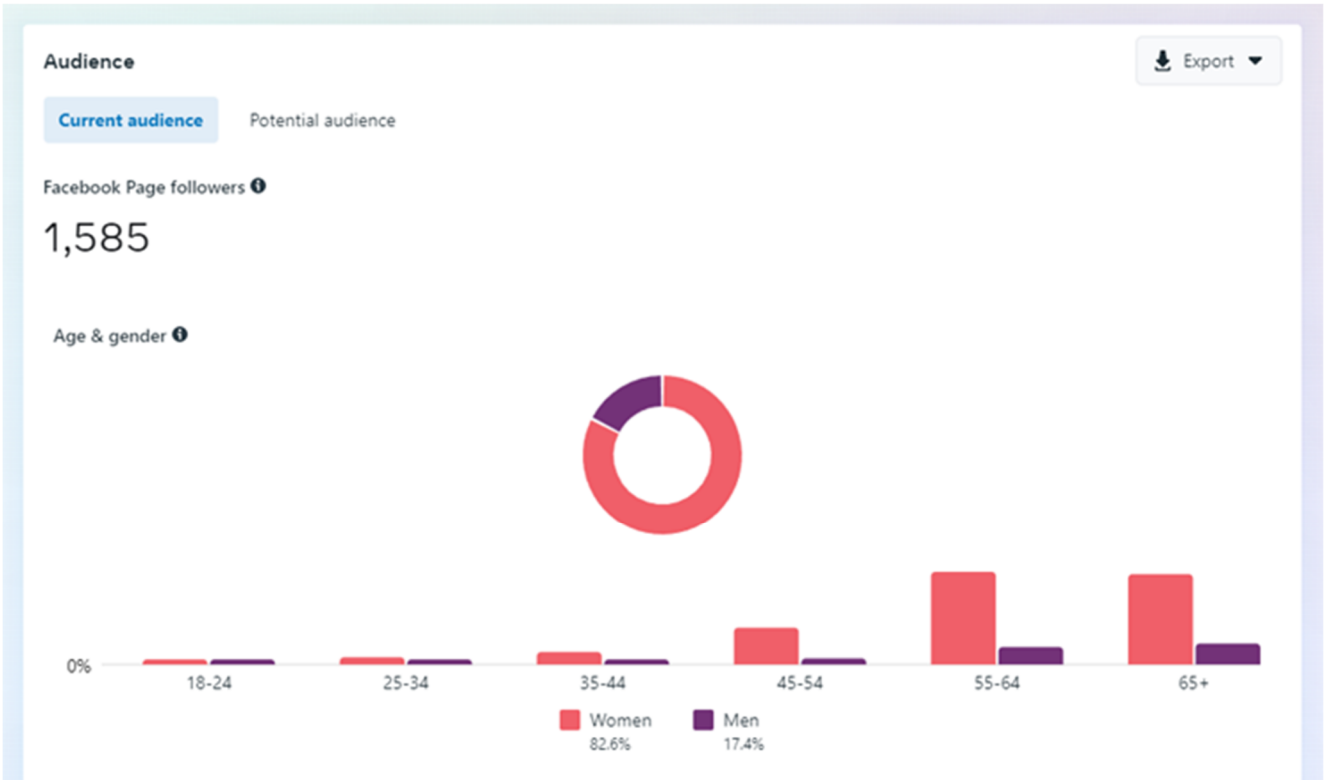
QEII Seniors Programming Officer

QEII SENIORS & COMMUNITY CENTRE REPORT – JULY 2022











Art Class (weekly)	36
Balance Gym (four sessions weekly)	251
Bereavement/Loss Group (monthly)	9
Bingo (monthly)	20
Bowls (weekly)	182
Canasta	15
Cards (weekly)	117
ChatnDo (Spalding Outreach) (weekly)	36
Craft (weekly)	14
Crochet /Knitters Group (weekly)	69
Darts (weekly)	31
Drumming Workshops (Thursday) (two sessions weekly)	41
Drumming Workshops (Tuesday night) (weekly)	20
ESL Class (weekly)	25
Five Hundred Card Game / Rummikub (weekly)	74
Foodbank Van (twice a week)	90
Gentle Yoga (weekly)	23
Line Dancing (weekly)	69
Mah-jongg (twice a week)	62
National Seniors (monthly)	0
Over 50's Gentle Gym (three sessions a week)	330
Parkinson's Support Group – Boxing (two sessions weekly)	55
Pensioners Social Club Meeting/ committee (monthly)	35
Pilates (weekly)	77
Pole Walking	14
QEII Advisory Committee (every three months)	0
Rehab Gym (twice a week) (on hold)	0
Scrabble Group (twice a week)	66
Seniors Online (daily)	105
Seniors Action Group Meeting (monthly) and Celebration Lunch	90
Seniors Recreation Council Inc. (every three months)	0
Switched on Seniors (weekly)	51
Switched on Seniors – One on One sessions	16
Table Tennis (weekly)	48
Taste of the World Cooking Sessions (monthly)	32
Ukulele Dreamers Club (weekly)	36
Visibility Australia (monthly)	0
Walk Group (weekly)	57
Walking Football (weekly)	14
Zumba (weekly)	75
Additional Seniors Sessions	
Advocare Support Officer	10
Helping Minds face to face sessions	10
WA Seniors Strategy Sessions held 28 June, 2 sessions on 20 July and 26 July	32
Seniors Week Committee Meeting	6
Seniors Attendance Monthly Total	2343

Note: Library and Lounge Room facilities not included in attendance figures

QEII FACEBOOK STATISTICS



TOP 10 POSTS BY REACH:

All content		Ads, Posts and Stories		Export
Recent content	Type	Reach	Likes and reactio...	Sticker taps
 Morning Melodies was back... 21 March 23:26	Post	Boost post	4,560	25
 QEII Centre services update ... 14 March 01:07	Post	Boost post	3,515	15
 Please be advised that from 8am t... 22 February 01:00	Post	Boost post	3,240	23
 Don't forget we have Chair Yog... 19 February 22:30	Post	Boost post	2,776	14
 Rise and shine, it's yoga time! Gent... 15 May 17:00	Post	Boost post	1,930	52
 Hands up who is finding the new S... 17 January 16:35	Post	Boost post	1,877	20
 Guess what?! Walking Football for ... 8 May 23:00	Post	Boost post	1,606	26
 Gentle Yoga 🧘‍♀️ Good news yo... 6 January 23:24	Post	Boost post	1,275	20
 After 11 years as the line dancing v... 25 May 15:55	Post	Boost post	1,086	90
 Come play a game of Walking Foot... 15 May 04:00	Post	Boost post	1,074	21