



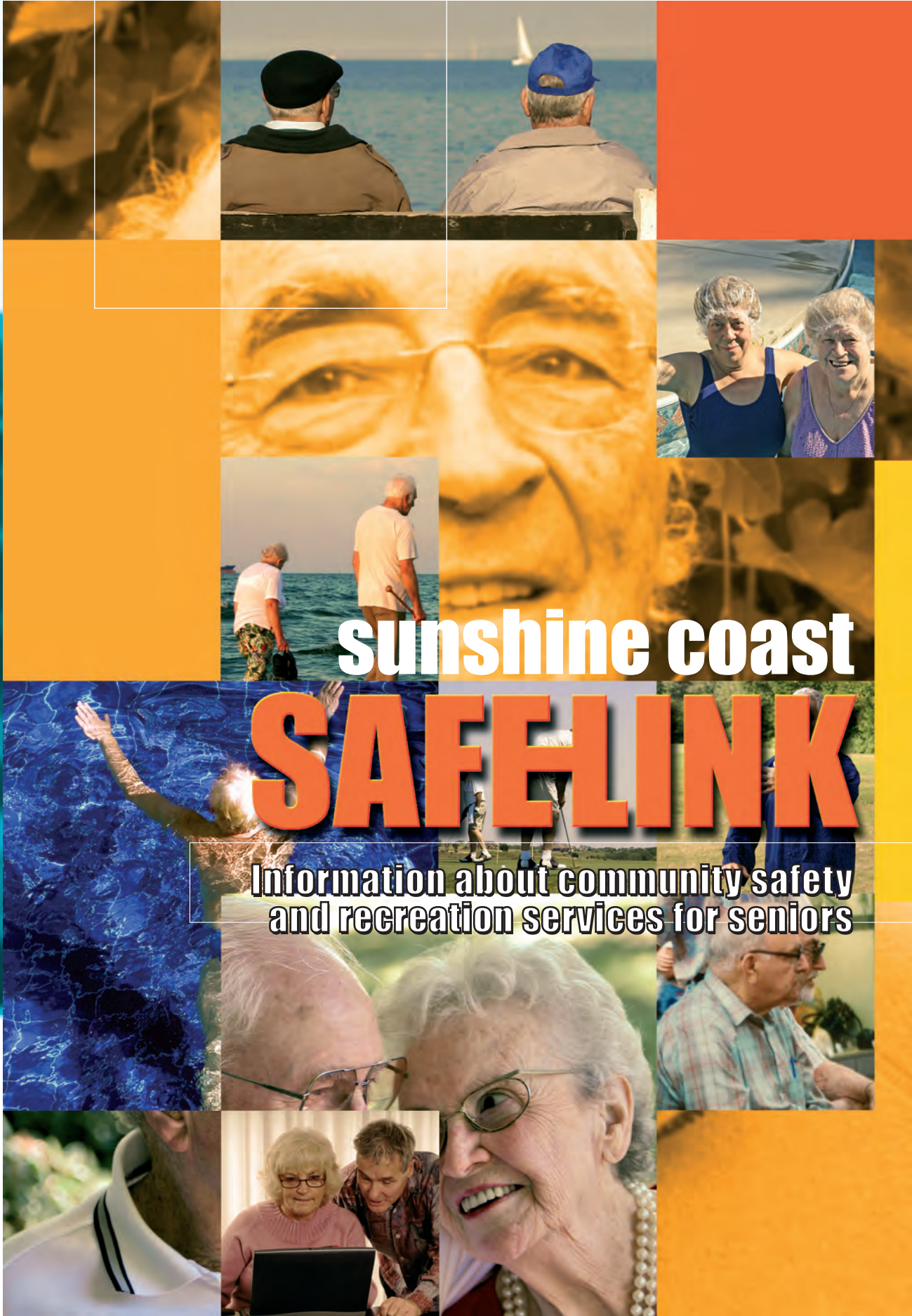
SUNSHINE COAST SAFELINK project

This project is funded by the National Community Crime Prevention Programme (an Australian Government initiative)



An Australian Government Initiative

NATIONAL COMMUNITY
CRIME PREVENTION
PROGRAMME



sunshine coast

SAFELINK

Information about community safety
and recreation services for seniors

sunshine coast **SAFELINK** project

This booklet has been put together as a component of the Sunshine Coast Safelink project.

Safelink is a collaborative community based project that aims to increase feelings of safety amongst seniors by providing:

- ▶ Access to relevant information about existing services for seniors.
- ▶ Access to recreation and leisure activities that promote the use of the wonderful public spaces and facilities in the local area.

Safelink is aimed at seniors living in both Caloundra City and Maroochy Shire.

The Safelink project will offer a range of benefits for seniors including:

- ▶ Opportunities for accessing Queensland Police Service crime prevention information.
- ▶ A program of supported recreation activities using local facilities and public spaces.

Safelink is administered by Community Solutions Inc., a not for profit community organisation that seeks to create community benefit through the delivery of innovative projects and services.

Community Solutions Inc. has been funded by the National Community Crime Prevention Programme (an Australian Government initiative) to implement the Safelink project.

If you would like further information about the Safelink project or to register an expression of interest in participating in Safelink recreation activities contact:

Judy Davis
Safelink Project
Community Solutions Inc.
PO Box 631, Buddina QLD 4575

Telephone: (07) 5477 5955
Fax: (07) 5477 5944
Email: jdavis@community-solutions.com.au

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acknowledgements

Funding:
Australian Government Attorney-General's Department.

Contributors:
Queensland Police Service; Caloundra City Council; Maroochy Shire Council; Queensland Transport; Queensland Department of Communities; Home Assist Secure; Silver Cord; Community Information Services; Diversicare; Sport and Recreation Queensland; Department of Veterans Affairs; Queensland Health Central Area Population Health Services; Sunshine 60 and Better; Community Solutions Inc.

Editing and Production:
Judy Davis, Community Solutions Inc.

Graphic Design: Working Planet.

SUNSHINE COAST
SAFELINK
PROJECT



the REALITIES

“ Older people are less likely to be victims of crime than other age groups ”

Contrary to common belief, seniors are relatively safe compared to other age groups. Young people are more likely to be victims of crime than other members of the community, and seniors are the least likely age group to be victimised.

The 2002 national survey on Crime and Safety reported that people aged 65 years and over comprised only 2.4% of all victims of assault in the previous 12 months, the lowest proportion of all age groups. The highest proportion (24.9%) of victims of assault were people aged 25-34 years (Australian Bureau of Statistics, 2002). In the same year, households with persons aged 55 years and over had less risk of a break in than all other households (Ibid).

The lifestyle of seniors helps make their lives safer – they are less likely to go out at night, tend to spend more time at home, and are generally wiser and more likely to take precautions.

However, emotive statements by public figures and the media’s tendency to highlight offences against older people can result in a disproportionate fear of crime amongst seniors.

This unnecessary fear can lead to a lack of confidence about going out alone, whether its on public transport or walking in the neighbourhood. It can also result in a decrease in quality of life, deterioration in health and social isolation.

People who are actively involved in their communities, however, tend to be more confident about safety, have less fear of crime, and live longer.

This information was adapted from:

- *Confident, Safe & Secure Living in Queensland; Queensland Government, Department of Communities & Queensland Police Service; Version 2 June 2005.*
- *Ageing: Myth & Reality; Department of Families, Queensland April 2003.*

“ The risk of becoming a victim of a crime decreases amongst our senior community members. ”



SAFETY AND SECURITY FOR SENIORS



Police officers from the Sunshine Coast District Crime Prevention Unit are regularly invited to be guest speakers at senior groups.

The purpose of these visits is to address seniors on numerous subjects including home security and personal safety. These presentations in turn allay some of the concerns our seniors may have with regards to their personal safety and the likelihood of becoming a victim of a crime.

Queensland Police Service research indicates ***the risk of becoming a victim of a crime decreases amongst our senior community members. Young people are more highly represented as victims of a crime.*** Having said this, when an offence is committed against a senior member of our community, this can heighten the fear level generally, thus our visits to senior’s groups or individuals to address these issues.

Various brochures relating to home and personal safety are available through the District Crime Prevention Unit.

The contact number is 5493 7399.

Sergeant Di Kirkman is the Officer in Charge of this unit. Give us a call. We are here to help address any concerns you may have. We are also happy to take bookings to speak with your group.

PLEASE NOTE THIS IS A FREE SERVICE.



Home Assist Secure

Home Assist Secure is a Government funded scheme to assist people 60 years and over or any age with a disability with minor home maintenance, safety and security concerns.

Eligible people must be receiving an Australian Commonwealth Government pension or benefit and unable to use alternate forms of assistance such as HACC, DVA, family or friends.

Home Assist Secure can provide eligible people with free information and advice on home maintenance, safety and security concerns and may provide free labour to assist with some of the minor home maintenance, repairs, modifications and security which relate to health, safety and security.

The Home Assist Secure staff are trained by the Queensland Police Crime Prevention Unit to undertake home security assessments. This assessment can assist people in making sure their home is adequately secure and safe, and can advise people that older people are NOT more likely to be victims of crime.

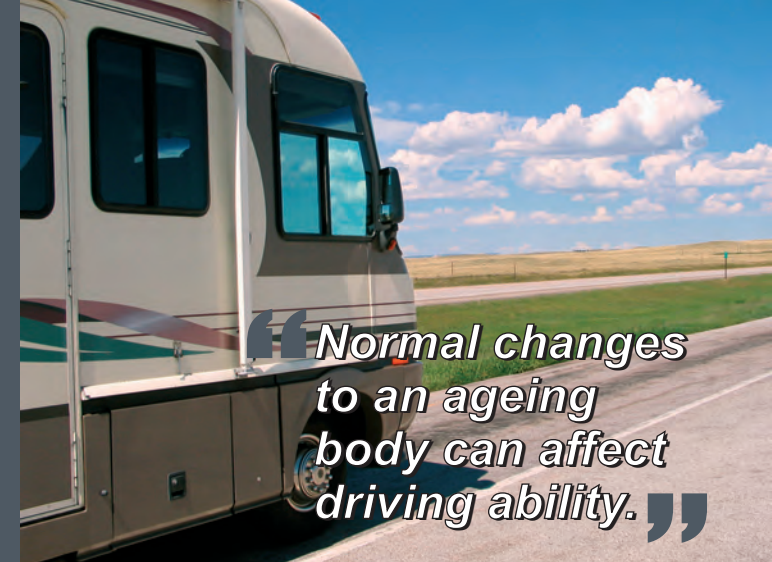
For more information please call your local Home Assist Secure office.

Caboolture 5498 9154
Caloundra 5491 7489
Maroochy 5476 6130
Noosa 5449 0214



Funded by: **Queensland Government**

Safe Driving for Older People



“Normal changes to an ageing body can affect driving ability.”

As we age our sight, coordination, movement and information processing abilities reduce and this can affect our ability to drive.

Seniors are generally responsible drivers and many older drivers restrict their activities when they feel a particular driving task is no longer safe for themselves and other road users.

Older drivers can refresh their road rules knowledge by buying a copy of *Your Keys to Driving in Queensland* or downloading a copy from the Queensland Transport website at www.transport.qld.gov.au.

The RACQ also offers a course, called *Years Ahead*, specifically targeted at older drivers who want to review their driving skills.

Queensland Transport, together with doctors, continually assess the needs of older drivers so both mobility and road safety requirements are balanced.

Older drivers should also check with their doctor or pharmacist to ensure that

their medication does not affect their driving ability.

Once a person reaches 75 years, they must hold a medical certificate stating that they are medically fit to continue to drive and carry this certificate at all times when driving.

Doctors can conduct medical assessments to evaluate an older person's fitness to drive safely.

If a doctor has recommended limitations or conditions that are to apply to the older person when driving, the person must have their licence amended to state those conditions. They must also drive in accordance with the conditions.

Regular check-ups at the optometrist or ophthalmologist are recommended at least every two years to ensure that older drivers' vision remains good.

For more information visit the Queensland Transport website at www.transport.qld.gov.au or phone 13 23 80



**Would you like
to become a
Silver Cord client?**

The Silver Cord Telephone Service is provided free to Clients. It is an initiative of St John Ambulance and is partly funded by HACC (Home and Community Care - a joint Commonwealth and State/Territory Government Program). Since the Service's inception in 1990, many people have benefited from a telephone call from a person who really cares - a Silver Cord Volunteer Caring Caller. Although the majority of callers and clients never meet face to face, remarkable telephone friendships have been formed.

Many people, through no fault of their own, are isolated from the general community; it may be the elderly, younger persons with a disability, those who are ill or find it difficult to mix with other people, or the housebound. In some instances it may be days, weeks or even months before they have meaningful communication with another person. And even then it may be professionals who, due to the pressure of their work, have little time to chat!

The **Silver Cord Telephone Service** helps bridge this communication gap, providing security, and even friendship, for people.

There are two kinds of calls:

1. Friendship calls - which is simply what the name implies, where a Volunteer Caring Caller rings on a regular basis, and develops a friendship with the Client.

2. Security calls - which is more structured, and is primarily aimed at establishing that the Client is well and safe.

Both of these calls can lead to warm and enhancing relationships over the phone. Becoming a Client of the Silver Cord can open a door to companionship that has been denied by isolation.



How do I become a Silver Cord Client?

Contact Silver Cord for an application form.

You will need to make sure that you fill in all the details – we need to know who to reach if we can't reach you. And please make sure that you sign and date the form, or have some other responsible person do that on your behalf.

You are under no obligation to accept calls; you can withdraw at any time, before or after joining, and you are always welcome to reapply.

**To obtain an application form
phone (07) 4151 0419 or 1300 360 455**



Sunshine 60 & Better Group Inc.

Sunshine 60 and Better promotes healthy activities for older people and encourages positive community attitudes to ageing. Organised activities are designed to help you get the best out of life. They include dancing, cooking, Tai Chi, gentle exercise, cards, computer classes, coffee mornings, Mah Jong and art classes.

Funded by Queensland Health



DIVERSICARE Caring for People

The Diversicare Sunshine Coast Multicultural Aged Care Project is an initiative of Diversicare, a subsidiary of The Ethnic Communities Council of Queensland. The aim of the project is to advocate for the development of community care services for frail aged, younger disabled persons and carers from diverse cultural and linguistic backgrounds who live in the Sunshine Coast region.

Our goal is to assist culturally diverse older people to maintain and achieve a quality of life, which enables them to live with dignity and sense of worth as members of their respective communities.

Our aim is to develop aged care services based on support, trust, reliability and confidentiality and to acknowledge and respect cultural backgrounds, religious beliefs and personal views.

Diversicare Home and Community Care Program can provide:

- Domestic assistance
- Cross cultural awareness training to aged care service providers
- Advocacy and community education

Diversicare Sunshine Coast can also provide:

- Assessment and referral

Community Aged Care Packages are designed for individuals and may include a combination of the following services:

- Personal care
- Advocacy
- Social support
- Meal preparation
- Laundry
- Shopping and banking
- Home help
- In home respite
- Transport

Diversicare Sunshine Coast operates from the Nambour Community Centre, 2 Shearer Street Nambour.

Telephone: 5476 2988
Mobile: 0438 762 988

Safe and Confident Living Program

Are you interested in living your life safely and confidently?

The **Safe and Confident Living Program** is a community-based service responding to the needs of socially isolated older people by promoting healthy lifestyles.

The Safe and Confident Living Program provides a safe environment in which to develop new skills and the opportunity to share knowledge with others to enhance lifestyles and friendships.

This is a program designed to give participants information and skills to develop their own personal safety plan.

Our aim is to work with older people to improve their Safe and Confident Living skills and practices.

The Safe and Confident Living Program will be conducting safety sessions to improve your feeling of security and safety.

The sessions include information on general safety, personal safety, safety in the home, securing your property, safety out and about, safety with money, medicine safety and much more.

Interested people who wish to learn how to develop their personal safety plan so that they can continue to enjoy their lives feeling safe and confident can phone 5443 7281.

Servicing: Cooloola Maroochydore Noosa Caloundra Shires

Contact **Sunshine 60 and Better** for further information on activities, the **Safe and Confident Living Program** and to register for notices and newsletters.

Phone: 5443 7281 **Fax:** 5443 7160
Email: robsun60@bigpond.net.au



Funded by
 **Queensland Government**
Department of Communities

contacts safety and security

Neighbourhood Watch

**Beerwah
Neighbourhood Watch**
PO Box 98
Beerwah Qld 4519
Ron Stocks – 5439 0258

**Buderim Central
Neighbourhood Watch Inc.**
38 Pine Street
Buderim Qld 4556
David Ewington – 5476 8796

**Coolum No 3
Neighbourhood Watch**
3 Killara Avenue
Coolum Beach Qld 4573
Peter Brown – 5446 5819

**Emerald Woods
Neighbourhood Watch**
10 Candlewood Close
Mooloolaba Qld 4557
Geoff Greene – 5478 2432

**Kuluin
Neighbourhood Watch**
107 Tallow Wood Drive
Kuluin Qld 4558
Ray McKay – 5443 6912

**Landsborough
Neighbourhood Watch**
PO Box 226
Landsborough Qld 4550
Peter Dawson – 5412 0482

For further information about Neighbourhood Watch call the Sunshine Coast District Crime Prevention Unit listed below.

Home Assist Secure

Caloundra – 5491 7489
Maroochy – 5476 6130

Queensland Ambulance Service

1300 369 003

**Mountain Creek
Neighbourhood Watch Inc.**
PO Box 690
Mooloolaba Qld 4557
John Borren – 5478 3081

**North Buderim
Neighbourhood Watch**
1/13 Ashdale Court
North Buderim Qld 4556
Denise King – 5476 6856

**Caloundra 6
Neighbourhood Watch**
PO Box 39
Golden Beach Qld 4551
Jill Harland – 5492 2871

**Kawana Waters
Neighbourhood Watch**
PO Box 41
Buddina Qld 4575
Helen Sava – 5477 5481

**Montville Area
Neighbourhood Watch**
PO Box 10
Montville Qld 4560
Dave Bull – 5442 9465

**Wurtulla West
Neighbourhood Watch**
PO Box 6
Wurtulla Qld 4575
Mrs Marion Costin – 5493 1326

Qld Police Service

Sunshine Coast District Crime Prevention Unit – 5493 7399

Queensland Fire Brigade

Caloundra – 5436 4222
Maroochy – 5477 1966

contacts social and recreational

Australian Pensioners and Superannuants League
PO Box 323
Golden Beach Qld 4551
Frank Gower –
5492 2171

Australian Pensioners and Superannuants League
15 Yorlambu Pde.
Maroochyore Qld 4558
Iris Cox –
5443 3347

Caloundra Over 50's Club
7 Gregson Place
Caloundra Qld 4551
Ellen Gibbons – 5491 4749

Caloundra Senior Citizens Club Inc
PO Box 859
Caloundra Qld 4551
Colleen Cartwright –
5437 0479

Coolum Beach District Senior Citizens Club Inc
PO Box 273
Coolum Beach Qld 4573
Therese Searle –
5446 1867

Eastbank Senior Citizens Pensioners & Friends
PO Box 1144
Buddina Qld 4575
Doreen Weston –
5444 7569

Goodlife Meet and Greet
1/13 Wamara Street
Buddina Qld 4575
Anna-lise Jensen –
5444 3227

Kawana Senior Citizens Inc
PO Box 99
Buddina Qld 4575
Bob Caves – 5493 5510

Maleny District Senior Citizens Club
PO Box 358
Maleny Qld 4552
Howard Mear

National Seniors Association – Caloundra City
23 Peacock Crescent
Bokarina Qld 4575
Valmai Minahan –
5493 4753

National Seniors Association – Maroochy Branch
12 Hickory Court
Buderim Qld 4556
Graham Young –
5479 0339

National Seniors Association – Nambour Branch
PO Box 1012
Nambour Qld 4560
Valmai Carter –
5476 4284

Suncoast Young at Heart (Over 50's)
PO Box 5254 SCMC
Nambour Qld 4560
Jim Willis –
5442 1233

Sunshine 60 & Better Group Inc – Maroochyore & Nambour
PO Box 1296
Maroochyore Qld 4558
Robyn Marshall –
5443 7281

Other Services

Caloundra Home and Community Care Association Inc.
14 Mayes Avenue Caloundra Qld 4551
5491 7907

Diversicare Multicultural Services
2 Shearer St Nambour Qld 4560
Dace Dambergs – 5476 2988

Public Trustee
PO Box 402 Nambour Qld 4560
5444 9400

RSL Home Care:
Kristine Van – 5493 1850

St Andrew's Community Visitor's Scheme:
PO Box 800 Caloundra Qld 4551
Mike Burgess – 5491 6481

St John Ambulance Silver Cord Telephone Reassurance:
Lyn Worth – 4151 0419 (Bundaberg)
or 1300 360 455

Information Services

Department of Veterans Affairs
1300 551 918
Office of Fair Trading
13 13 04

Seniors Enquiry Line
1300 135 500
Central Area Population Health Services
Sunshine Coast – 5409 6600

How Seniors can Benefit from Participating in Regular Physical Activity



Active Queenslanders are healthy and happy. Why?

Because active people:

- Have more energy
- Maintain a healthy weight
- Have improved posture, flexibility, muscle tone, strength and endurance
- Enjoy reduced risk of diseases (breast and colon cancer, osteoporosis, type II diabetes, heart disease)
- Better manage health problems (high blood pressure) and chronic diseases (diabetes, arthritis)
- Work well in teams and have good leadership skills
- Live longer
- Have increased ability to learn
- Sleep better
- Are more relaxed
- Are better able to manage stress, grief and loss
- Have more confidence.

Queenslanders who are active in the community:

- Empower others to be active
- Build community spirit, identity and trust
- Are more self-reliant and stay independent longer
- Are respected by neighbours, family and friends
- Build relationships with others and feel a stronger sense of belonging
- Make the community safer for others who want to be active.



Keeping active

It sounds easy, but let's make it even easier for you to get active.

1. Follow the National Physical Activity Guidelines - Apply them in your daily life:

- Think of movement as an opportunity, not an inconvenience
- Be active every day in as many ways as you can
- Put together at least 30 minutes of moderate intensity activity on most, if not all days of the week
- If you can, also enjoy some regular vigorous exercise for extra health and fitness

Source: Dept Health and Aged Care 1999.

2. Get active and out there - Get involved in life. Resume your favourite sport, take dance classes, start swimming again or just go for a walk around your neighbourhood.

3. Spend more time outside - Plant a vegetable garden, hire a bike or walk out to explore your local neighbourhood.

4. Be a team player - Join a local club or set up a friendly neighbourhood competition. Click on www.sportrec.qld.gov.au and search for **join a club** to find out more.

5. Volunteer to help out at your local club - Learn to coach or referee your favourite sport.

6. Walk! - Walk to the bus, organise walking outings, join a local walking group or start your own.

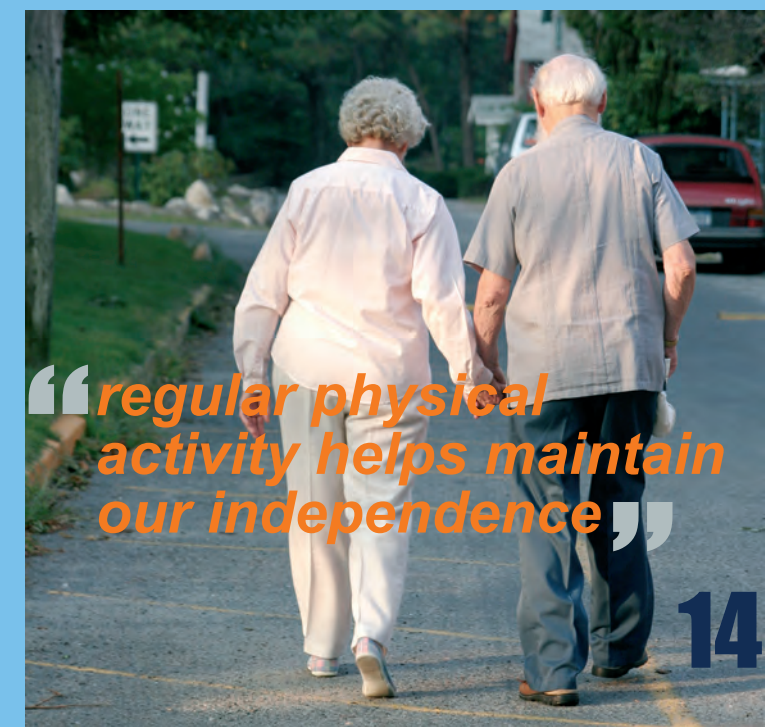
7. Get active together - Invite your friends to enjoy your favourite activities with you, or investigate theirs.

Want to know more?

For more information about getting active, jump onto the Sport and Recreation Queensland website at www.sportrec.qld.gov.au or call us on 1300 656 191.



Queensland Government
Department of Local Government, Planning, Sport and Recreation



“regular physical activity helps maintain our independence”

Healthy Ageing



Staying active and looking after your health is important to maintain wellbeing and independence as we age. Participating in community events will allow you to be both physically and socially active. The following are a few tips on ways to stay safe while being active in your home and outside environments.

► Balance & Walking

Risks for losing balance include:

- rushing when standing up
- feeling dizzy
- low fluid intake
- using a walking frame or cane that is of the wrong height for you
- lack of confidence and fear of falling
- home hazards such as rugs or cords and shuffling your feet
- outdoor hazards such as uneven footpaths, stairs/ramps without hand rails and water spills.

What to do:

- visit your doctor to discuss any dizziness you may have experienced, discuss side effects of medications, blood pressure and any fears of falling you may have
- drink six to eight glasses of water a day
- keep your house free of hazards such as electrical cords and rugs that may fold up, ask somebody to help you do this
- try not to shuffle your feet; pick your feet up as you walk as this will prevent losing your balance
- report problems with footpaths, stairs without rails and poor lighting to your local council
- report spills on floors at shopping centres to staff or centre management
- avoid poorly lit places.



► Vision

Risks for losing balance include:

- eye disorders such as glaucoma
- sudden changes in light
- walking with your reading glasses on.

What to do:

- wear sunglasses and a broad brimmed hat to reduce glare from the sun
- install lights at the top and the bottom of stairs or sensor lights
- allow your eyes to adjust when going from a light to dark room and vice versa
- talk to your doctor if you notice any changes in your vision and have your eyes checked regularly by an optometrist.

► Osteoporosis

Causes:

- not enough calcium in diet, lack of exercise, smoking, alcohol and being underweight.

What to do:

- 30 minutes of weight bearing exercises on most days of the week ie. climbing stairs, tai chi, lawn bowls
- be a non smoker and avoid passive smoke from others
- have three to four serves of dairy each day
- discuss calcium and vitamin D supplements with your doctor or other treatment options
- limit alcohol to one to two drinks per day, anymore than that can be dangerous
- try and maintain your ideal body weight. If you have questions regarding your body weight talk to your doctor or a qualified nutritionist.

For further information contact
Central Area Population Health Services - Sunshine Coast
Ph. 5409 6600



Queensland Government
Queensland Health

The Information provided was adapted by the Central Area Population Health Services - Sunshine Coast from *One Step Ahead, Preventing falls-a guide for older people*, 2003; *Stay on Your Feet* Project Fact Sheets, Central Area Population Health Services - Wide Bay.

“Getting out and about increases health, fitness, safety and general wellbeing”

CALOUNDRA CITY COUNCIL

Caloundra City Council offers a number of programs that encourage use of the wonderful public spaces and facilities in Caloundra City.

▶ Just Walk It

Just Walk It is a free community based group walking program. The aim of the program is to make being physically active enjoyable and easy, especially for people who are not used to being active. It does this by providing:

- Social support and motivation
- Increased safety
- Regular newsletters, including health information
- Incentives to encourage and reward participation

Being regularly active is an important part of living a healthy lifestyle. The program will help in the following ways:

- Help you feel stronger, more energetic and happier
- Improve your posture
- Help maintain your bone density (less risk of fractures)
- Improve the mobility and stability of your joints (less risk of falls and other injuries)
- Lower risk of injury
- Low impact; so won't put much stress on the joints

In addition, the **Just Walk It** program promotes feelings of safety. By walking in a group, you are safer and more visible to motorists and cyclists, reducing the risk of collisions. Should you have an accident or become ill while walking, being with a supportive group of people will ensure that help is close to hand.

There are over 30 walks happening across the city each week!

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Just Walk It is a Heart Foundation program funded by the Queensland Government through Sport and Recreation Queensland

▶ Moonwalking

Moonwalking is a free program open to all residents and visitors to Caloundra City. Journey along sections of Caloundra's beautiful coastline by moonlight and enjoy the stunning beauty of its beaches under a full moon and a star-studded sky.

Moonwalks happen once a month in 2006.

Friday 13 January, Monday 13 February, Wednesday 15 March, Friday 12 May, Tuesday 13 June, Tuesday 11 July, Wednesday 9 August, Thursday 7 September, Friday 6 October, Monday 6 November, Tuesday 5 December

Please note there will be no April moonwalk due to Easter.

2006 Moonwalking brochures will be available from mid January from libraries, Council's Customer Service Centre or by phoning **5420 8723**.

Apart from the ongoing programs of 'Just Walk It' and Moonwalking, Caloundra City Council also provides short term physical activity programs.

In 2006 we will be providing Caloundra City residents the opportunity to participate and get a taste of a number of exciting activities under the Sporting Smorgasbord program. Jointly funded by Council and Sport and Recreation Queensland some of the activities that will be available include: wheelchair ballroom dancing, low impact exercise, tap /showtime dancing, petanque, tai chi, yoga, pilates, canoeing, learn to swim, seniors kayaking, croquet, fencing, and aqua aerobics.

This program will run from February – June 2006.

If you would like to receive more details on the Sporting Smorgasbord and other programs, please contact Recreation and Community Services on **5420 8723** or email outthereandactive@caloundra.qld.gov.au.

Caloundra City Libraries also provide a variety of Seniors activities throughout the year.

Please contact your local library for more information.

▶ Seniors Healthy Living Program

Supported by Caloundra City Council, an initiative of St Luke's Nursing Service, Seniors Healthy Living Program provides gentle exercise, balance and stretching classes for seniors.

The Healthy Living Program has been specifically designed for seniors to promote the enjoyment of a better quality of life through a healthy lifestyle. This passive but effective exercise program has been designed to help increase strength, flexibility and movement.

By improving flexibility, the program will help to improve balance, and the exercise will increase the ability of muscles to respond quickly and efficiently – which can reduce the risk of falls.

WHERE: QCWA Hall, 17 Kalinga Street, Caloundra
WHEN: Thursday
TIME: 7.30am - 8.30am
COST: \$6 per person or \$10 per couple
CONTACT: Debbie on (07) 5499 0199 prior to your first session

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get socially

Active!



Cooking for **One** or **Two**

Social contact is an important part of life for everyone. It may involve meeting or having contact with your family, friends, social group or club on a regular basis. A lack of social contact can result in feelings of boredom, loneliness and depression. Many people find joining a group or a club can help overcome these feelings by allowing them to meet new people, make new friends, have fun and increase their confidence!

“ **New booklet encourages veterans and other Australians to get active** ”

A new booklet produced by the Department of Veterans' Affairs in partnership with the Department of Health and Ageing and Sports Medicine Australia, aims to help veterans and older Australians improve their health and well-being.

“**Choose Health: Be Active**” is designed to help older Australians choose the types of activity that suit them, regardless of their age and current level of activity. The booklet has sections on simple strength and balance exercises that can be integrated into everyday living and gives practical advice on coping with health problems and overcoming setbacks.

The booklet is available to members of the Veteran Community from the Department of Veterans' Affairs by calling **133 254** or the Department of Health and Ageing on **1800 500 853**

Cooking for One or Two is a basic cooking skills programme designed to give participants confidence in preparing a variety of healthy meals using easy cooking techniques.

As a group, participants of each session prepare a main meal and dessert and then share their meal together.

As well as enjoying the health benefits of preparing and eating a nutritious meal, this programme provides an excellent opportunity to catch up with old friends and even make new ones.

Any members of the Veteran Community wishing to learn:

- Practical cooking skills
- Basic knowledge of nutrition
- Food hygiene and
- The benefits of weight control and exercise

should contact the local Veterans' Affairs Network on **1300 551 918** for more information about the programme.





“Discover a healthier you”

Relax for Free, Tai Chi

Maroochy Shire Council and Sport and Recreation Queensland are pleased to sponsor Tai Chi in the Park for all residents of the Maroochy Shire Community.

Now at four locations

Cotton Tree Park - Maroochydore,
Nambour - Quota Park,
Coolum - Tickle Park and
Montville - Russell Family Park

Monday, Wednesday and Friday
mornings at 6am
Commencing Monday 6th Feb 2006
for 12 weeks

Register your interest today by contacting Maroochy Shire Council on
5475 8501

Come along and “discover a healthier you” by signing up for Tai Chi in the Park at 6.00am with Anthony Britten and instructors from Osan Martial Arts. All instructors will be teaching you the slow, soft, graceful motions of Chi Gung.

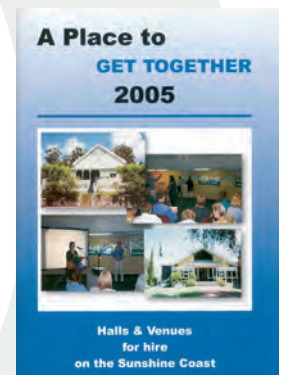


Free Publications...

Community Information Services produces the following free publications and these can be obtained by:

Visiting any Maroochy, Caloundra or Noosa Shire customer service centres, libraries, going to the website -

www.sunshinecoastcis.qld.gov.au or by phoning 5475 8925



- **SCORS** - Information on Sunshine Coast Organisations for Recreation and Sport
- **Keeping in Touch** - Information on services and facilities for senior residents of the Caloundra, Maroochy & Noosa regions
- **A Place to Get Together** - Halls and Venues for hire on the Sunshine Coast

