



Understanding our IMPACT

Throughout May and June 2023, we sent surveys to all **Involve** participants. The purpose of these surveys was to understand the social impact the program has on individuals in terms of their increased well-being, social support and social connection. Further, we wanted to understand the current satisfaction in the program and opportunities to improve.

Overall, the outcomes measured are really positive and the suggestions for improvement really practical. There isn't a need for a radical change in the program, but there is opportunity to be able to expand the program activities to engage and bring new participants. We can also better utilise the expertise of staff across our organisation so that the activities offered are delivered at a high standard.

The key areas identified for program and activity improvement were: more trips, new activities, more training for fitness program facilitators, and improved clarity and content of activity/program notices.

Let us just say: you told us and we listened. In this month's activities, you will see some of these improvements being initiated or commencing. We continue to work with a small 'Advisory Panel' of participants to further explore what we offer through this program and how it is delivered.

Lastly, it is so important to acknowledge the great work of Inoeg and Tracy. There was resounding feedback that they are highly valued by all participants. We thank them for their tireless efforts and commitment to a great social program for all.

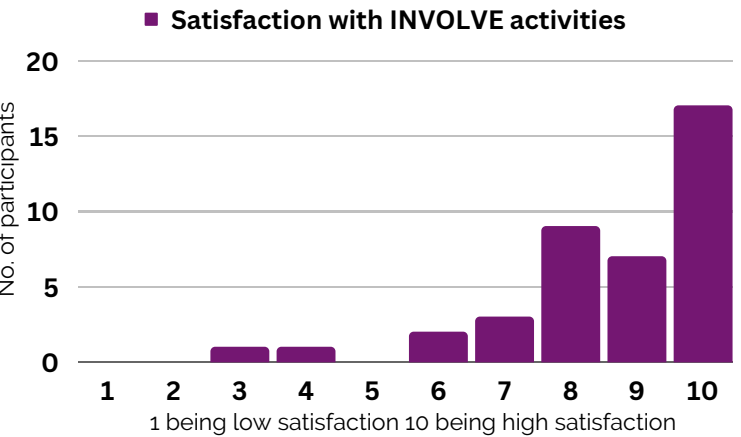
Involve Contacts

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Largely, the feedback reported agreed and strongly agreed with a number of aspects of the program. There are a few areas that we can consider.

Ranking of Programs

- **Liked:** Out & About, Walkie Talkies, movie groups, BEST Club, art & craft.
- **Somewhat liked:** music classes, Games Galore, workshops.
- **Least liked:** Book club, fitness programs.

Comments on programs not liked identified the opportunity for skilled facilitators. We recognised a great opportunity to draw staff from across the organisation to create high-quality programs led by expertise. While Tracy and Inoeg continue as key facilitators, we look forward to welcoming some new faces to the program, including Therese, Damien, Elly & Fahmida.

Want to discuss further or share your thoughts? Please contact Heidi Prowse, Executive Manager:

- email heidi.prowse@crs.com.au
- call 0422 622 127
- or enquire with reception to book some time.

Therese Beckmann

Support Worker

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In the News!

Volunteers creating connections in the Canberra community.

Source: Canberra Weekly

Rather than objects or money, more and more people are choosing to donate their time with around 6 million Australians volunteering each year, according to data from Volunteering Australia. And why wouldn't you? You get to help someone, embrace that guilt-free dopamine hit, and sometimes you might even meet your new BEST friend.

Carole Jensen and Irene Hewitt met 10 years ago through a shared love of helping other people and the desire to keep busy. Since connecting, the women have gone on day trips, weekend getaways and longer adventures together, travelling to places like Tasmania and New Zealand.



"Carole and I just connect; sometimes you meet someone and you connect. We've connected and it's great," says Irene.

After retiring from the Department of Health, Irene visited a woman in her 90s each week, going out to lunches, shopping or simply spending time together. When her client moved further away, Irene joined three volunteering groups – BEST Club, Connect Four, and Positive Links.

"Two of them have disbanded now," Irene says. "I still do BEST Club and I'm looking around for another, I've got a day to spare. I want to do another day's volunteering."

After retirement, Carole and her husband spent a lot of time exploring and travelling, then when her husband passed, she was at a loose end. A neighbour suggested a volunteering program at Belconnen Community Centre, now Capital Region Community Services (CRCS), which is where she joined BEST Club and Positive Links and met Irene.

The two disbanded volunteer groups, which received NDIS support, both helped people of varying ages living with disability, such as stroke survivors or those in wheelchairs.

"They were a really lovely group and we're still in contact with some of them, so that's nice," says Carole.

Each Tuesday morning, the pair heads to the Raiders Club in Holt for the Belconnen Energetic Seniors Tuesdays Club (BEST).

"They're not really very energetic because when we get Ryan here (CRCS), who will come and do chair exercises, they don't really want to do it ... I would call it friendship or social coffee club, it's good for them," Carole says.

Welcoming seniors, including some members approaching triple digits, they sit at their own table because they have been attending for many years.

"Some of the ladies in there are well in their 90s. We've got one lovely lady, she's hoping to get a letter from the king; she wanted one from the queen, now she's got to get it from the king," smiles Carole.

BEST Club has recently welcomed a wave of younger members, people who would have otherwise been on their own now come and share morning tea. Carole says if the outing has been arranged as a group activity for a social service, they also might stay on for lunch at the club, making for a full day out.

While at the club, Carole and Irene serve the morning tea, keeping busy for the few hours they are there. Irene says a big part of it is just speaking to people as a lot of them may be experiencing loneliness or not seeing anyone else that week.

I love kissing and cuddling everybody," says Irene. "A couple of ladies don't like it, so I respect their wishes, but I always acknowledge and say 'Hi, how are you?' A lot of them say to me, 'we look forward to our kisses and cuddles, Irene'."

Carole says helping attendees find who they might connect with is another part of their role, introducing people and facilitating friendships.

"We just sort of see who they fit in with and see if they communicate a bit better with who is around them. Some people are easy to talk to and some people aren't, and some people don't want to know other people," smiles Carole.

According to Irene, it is good for their own health, too. She says if she was stuck at home doing nothing, she would probably start feeling depressed. The volunteering, walking groups and social clubs keep life interesting.

"It's good for everybody and we should all do it; if you get a chance do volunteering, it's good for your health," says Irene.

The people you meet make all the difference, says Carole. Having made lasting friendships through volunteer organisations has added immensely to her life. She still regularly sees some people she met in groups more than two decades ago, and loves to help others form such bonds.

"It's not just in the club itself; older ones talk on the phone, other ones go to the movies and make groups of their own," says Carole.

Both women agree that you don't have to wait until you retire to volunteer. If you have a free day, with many employers offering volunteer leave, just do it.

"I was still working, I was in my mid-50s at a nursing home, and I used to go on a Saturday morning from 10 to 2 o'clock, I would do activities and be running after the balls and things. I would come home exhausted, but I loved it! I made a lot of friends," says Irene.

"I live alone, and you can do gardening or whatever, but volunteering gets you motivated, it gets you out meeting people. That's what I like about volunteering, you're not feeling sorry for yourself at home," says Carole. If you're on your own and older, there are a lot of great social groups and opportunities for connection out there, says Carole. She says people volunteering helps to spread the word about the options people could share with family and friends.

Find the article at:

<https://canberraweekly.com.au/volunteers-creating-connections-in-the-canberra-community/>



Join the private "CRCS Involve Group" on Facebook to find more photos of our recent activities.

New Programs

Book Club | Alternating Tuesday's 2:30 - 4:00pm



Calling all book lovers! Join our book club to connect with like-minded individuals, discover new titles and spark meaningful conversations.

Creative Re-leaf | Tuesday's 10:00am - 12:00pm



Love sewing and craft, and want to protect the environment and give back to our community? Join us on Tuesdays to make gifts from re-used materials. We then sell them at local markets to raise funds for our Christmas Gift Giving program.

Language Club | Wednesday's 12:30 - 2:30pm



Are you interested in learning a new language? Join our beginners language club. We will be starting with Indonesian.

Virtual Reality | Thursday's 1:00 - 2:00pm



Join our VR group and experience cutting-edge technology. Enjoy virtual tours and movies or sculpt in 3D sculpture. Book your place at reception or at involve@crccs.com.au. Limit is 8 people.



Beatrice Williams,
Involve member

Art Taster: Mosaic

When social connections and creativity combine.

Bea joined the mosaic class when we started. She enjoys it and creates and polishes great art to perfection week by week. This is what Bea has to say about Mosaic class:

"If anybody would like to share a story or hear somebody's story, come and join a mosaic class. You will also have the joy of discovering creativity within yourself."



Involve Exhibition | 13 - 28 September 2023

Repeating our success on Involve Exhibitions in 2021, we are thrilled to announce the upcoming Involve Group exhibition opening on **13 September at 6 pm with the theme of Art and Friendship**. Light refreshments will be provided.

Not only will you get to admire the incredible artwork created by our talented members across the programs, you'll also have the opportunity to experience a live performance from our drumming and ukulele group.

This unique combination of social connections and creativity is sure to inspire and uplift you.

Please mark your calendars for the date and time of the exhibition, and feel free to bring along any friends or family. We look forward to seeing you there!



We encourage you to submit your artwork. It could be a photograph, textile, pottery or anything that you want to be shown. Space is limited, and the team will choose which artwork will be displayed. Please reach out to us if you want to participate.



Thu 7th Sep 2023, 7:00 am - 5:00 pm AEST
Explorer Series: The Canola Trail, Day Trip
Canola Trail 29 Junee Rd, Temora NSW 2666, Australia



Thu 10th Aug 2023, 8:00 am - 5:00 pm AEST
Explorer Series: Braidwood, Day Trip
Braidwood Braidwood NSW 2622, Australia



Thu 17th Aug 2023, 8:00 am - 5:00 pm AEST
Explorer Series: Cooma, Day Trip
Cooma Cooma NSW 2630, Australia



Thu 24th Aug 2023, 8:00 am - 5:00 pm AEST
Explorer Series: Gundagai, Day Trip
Gundagai Gundagai NSW 2722, Australia



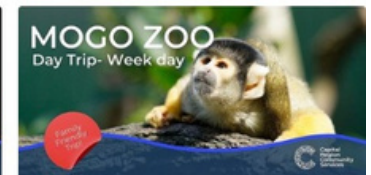
Thu 31st Aug 2023, 9:00 am - 5:00 pm AEST
Explorer Series: Bungendore, Day Trip
Bungendore Bungendore NSW 2621, Australia



Thu 5th Sep 2023, 10:00 am - Thu 5th Oct 2023, 10:00 am
Tulip Top Gardens, Day Tour
Sutton Sutton NSW 2620, Australia



Sat 9th Sep 2023, 7:00 am - 8:30 pm AEST
The Tina Turner Musical Day Trip
Theatre Royal Sydney 108 King St, Sydney NSW 2000, Australia

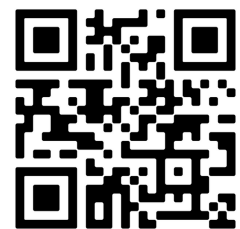


Wed 13th Sep 2023, 7:15 am - 6:45 pm AEST
Mogo Zoo Day Trip
Mogo Wildlife Park Mogo Zoo, 222 Tomakin Rd, Mogo NSW 2536, Australia

For more information and enquiries about Bus Tours, please contact the tours team via email at coach@crs.com.au or by phone on **02 6278 8124**

Alternatively, use the link below to find more information about CRCS excursions on our website and purchase tickets.
<https://crs.com.au/programs-services/excursions/>

Scan The QR code to



buy tickets and find more information

*We used to go to older suburbs by bus to enjoy the colours (Yaralumla, Red Hill).
Would like to see it brought back.*

Please keep an eye on Humanitix website (the link above or QR code) as we are planning some exciting trips for the remainder of the year.



**Capital Region Community Centre presents:
Wear It Purple Day event "A Celebration of the Arts"**

25 August | Belconnen Community Centre Theatre | \$15 | From 4pm

Join us on Wear It Purple Day and promote acceptance across our community through positive visibility. This family-friendly event will showcase performers from across the LGBTQIA+ community promoting the 'Write Your Story' theme of Wear It Purple Day 2023 and embracing the core goals of visibility, community and acceptance.

Pre-event program and activities commence from 4pm in the Belconnen Community Centre foyer, doors open from 5pm, with the show started at 5:30pm.

BEST Club

The Belconnen Energetic Seniors on a Tuesday (BEST) Club is a weekly program that offers an opportunity to socialise with others in a friendly and stimulating environment. BEST club provides a program of games, guest speakers, activities, outings and exercise.

What's On August 2023

- **1 August: Old Parliament House**
- **8 August: Bingo**
- **15 August: Brite Notes performance**
- **22 August: Lids for Kids presentation**
- **29 August: Brian Butler performance**



Walkie Talkies Monthly Forecast



7 August: O'Connor to Dickson | Pickup from Humpy Hall at 10:30am and BCC at 10:40am

Walkies: Start walking on the shared bike path along Sullivans Creek towards Lyneham Wetlands and continue to Dickson CBD.

Talkies: O'Connor is an affluent suburb of Canberra, Australia, in the North Canberra district, characterised by its leafy, heritage-listed streets. Named after Richard Edward O'Connor (1851–1912), who was a judge in the High Court and a founder of the Australian constitution. Street names in O'Connor are named after explorers, Australian flora legislators and pioneers. The suburb name was gazetted on 20 September 1928.

14 August: Queanbeyan Railway | Pickup from Humpy Hall at 10:30am and BCC at 10:40am

Walkies: From the train station, walk through the riverside path towards the Queanbeyan Bridge/ Gallery.

Talkies: Queanbeyan railway station is a heritage-listed railway station located on the Bombala line in New South Wales.

21 August: Eddison Park, Woden | Pickup from Humpy Hall at 10:30am and BCC at 10:40am

Walkies: We will explore Eddison Park.

Talkies: Eddison Park is named after the Eddison family, who owned the property of 'Yamba' prior to the development of Woden. In the 1960s, development of the Phillip area included a site for a town park between Yamba Drive and Woden Cemetery.

28 August: Botanical Garden | Pickup from Humpy Hall at 10:30am and BCC at 10:40am

Walkies: Explore Canberra Botanical Garden and enjoy a range of walking trails to suit all tastes and abilities, interesting plants and animals, educational activities, a Botanical Resource Centre, lawns for running and playing, numerous picnic tables and a cafe and bookshop.

Talkies: The Australian National Botanic Gardens maintains a scientific collection of native plants from all parts of Australia. The plants are displayed for the enjoyment and education of visitors and are used for research into plant classification and biology.

NOTICE BOARD

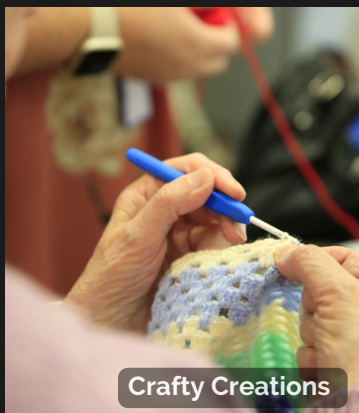
Singers wanted: Ukulele group is looking for some singers. Please reach us if you want to join the fun group and add some more songs to your song list.

New programs commencing: We are implementing a host of new programs. Check out the Involve Activities sheet in this newsletter for the details. Make sure you let us know what you think about them. If have suggestions for activities and outings, please let us know.

Chair yoga: Come meet our new yoga instructor, Fahmida. Fahmida is with us for the next 10 weeks.

RSVP: Some activities require an RSVP in advance so we can purchase items like tickets, catering, equipment or seats on buses. Should you need to cancel after you have RSVPed, no refund will be given as the items required for your attendance would have already been purchased.

Transport: If you require transport from your home to the Belconnen Community Centre (BCC) or group meeting point, you will need to book it separately by calling the CRCS transport team on **6278 8124**. (You will require the Transport Referral Code).



Crafty Creations



BEST club - Belconnen Seniors Choir



Mosaic



Christmas in July



Christmas in July



Treasure Hunters - South Side

Involve Activities

There are three participant types:

- Participants registered with My Aged Care who have a Commonwealth Home Support Programme (CHSP) Social Group Referral Code to enrol in Involve activities
- Home Care Package (HCP) recipients
- Full Fee participants.

Please contact the Community Care Team on **6278 8101** to discuss eligibility and pricing.

Social Groups

- **Best Club \$13:** Meet at Raiders Club Kippax every Tuesday from 10:30am-1:30pm, enjoy morning tea while connecting with others, then enjoy lunch (at participants' own expense) in the Club restaurant at 12:30 pm. There are often special guest presenters and monthly excursions.
- **Movie \$15 (alternate) Fridays:** Enjoy a movie together at Hoyts Belconnen. Information about the movie/time will be sent out by email. ***RSVP required for this activity***
- **Walkie Talkies \$6:** Join us every Monday for our walking group. We meet at the Belconnen Community Centre (BCC) and Humpy Hall. We go to various places around Canberra for walks, 10:20am-2:00pm.

Music & Dance

- **Drumming Class \$8:** Join our drumming group and learn some rhythm together every Thursday from 9:30-11:30am. **Online viewing available.**
- **Social Dance \$8:** Explore a range of styles of dance and movement. Learn a class dance and partner dances.
- **Ukulele Class \$8:** Every Wednesday from 9:30-11:30am. Enjoy our supportive group and explore your hidden talent. **Online viewing available.**

Art & Craft

- **Art Tasters \$8:** Held in the BCC Art Room, Wednesdays 1.30 - 4.30pm, enjoy a rotating roster of activities such as mosaics, ceramics, collage, lino-cut and more.
- **Book Club (fortnightly) \$6:** Enjoy reading? Come along to the CRCS book club: all welcome!
- **Yarn & Stitching \$6:** Thursdays 1:30-3:30pm. Come and learn how to crochet or knit or bring-along your own project to work on while chatting over afternoon tea.
- **NEW: Creative Re-leaf Sewing/Craft for Purpose:** Tuesdays 10am-12pm. Come and turn something old into something new. Turn a sock into a toy owl! **Starting 22 August.**
- **NEW: Upcycle Sewing:** Mondays 3-4:30 pm. Learn to repair instead of throwing away. Turn old cloths into something new. **Starting 21 August.**

- **NEW: Paper Crafts \$8:** Mondays 9:30-11:30am. Join in creating with paper scrapbooking, card making or quilting, just to name a few.
- **NEW: Come Sew with me:** Wednesdays 10am-1pm. Bring in any machine sewing project to get help with and get taught and assisted on how to use it. **Starting 30 August.**

New Skills

- **Bunnings Workshop \$6:** Held on the 2nd Wednesday of the month 1:30-4:30pm, grow your DIY skills with the help of visiting Bunnings staff.
- **Languages/Indonesian (weekly) \$6:** Are you interested in learning a new language? Join our beginners club! We will be starting with Indonesian.
- **Games Galore (fortnightly) \$6:** Explore various game boards, or introduce your favourite game to the group. Come and join us!
- **Virtual Reality (weekly) \$6:** Join our VR group to get experience with cutting-edge technology, from virtual tours and movies around the world to getting creative with 3D sculpture.

Adventures

- **Out and About (cost varies):** Enjoy exploring different locations in Canberra and beyond, with times and destinations revolving. ***RSVP required for this activity***
- **Treasure Hunters \$8:** As a group, we travel to various op-shops around Canberra and surrounds and hunt for bargain treasure. 9:30am-3:30pm ***RSVP required for this activity***

New Gym Program

Gym & Fitness

- **Swiss Ball \$5:** Exercises that use large inflated exercise balls to improve balance, stamina and fitness.
- **Mature Fitness \$5:** Activities to improve strength, balance, & coordination. No machines are used in this class.
- **Mature Multi Fitness \$5:** Low-impact cardio & strength activities, including cross training, interval training and cross fit.
- **Back in Balance \$5:** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Movement \$5:** Advanced cardio & strength-based activities for those looking for a bit more of a fitness challenge.
- **Mature Strength \$5:** Basic weight exercises combined with machine exercises to improve fitness and strength.
- **Chair yoga \$6:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Mat yoga \$6:** Advance to the mat for a set of specific exercises, combined with breathing techniques and meditation.
- **Building Strength \$6:** Learn how to safely execute movements to get the most out of your workout.
- **Building Fitness \$6:** No matter where you are starting from, you will focus on increasing your aerobic fitness.
- **Blokes Boxing \$10:** Build general fitness and learn boxing skills, with a qualified trainer. All fitness levels; six-week terms.
- **Boxing (all ages) \$10:** Build strength, stamina and endurance all while having fun and learning to box.
- **Open Gym \$10:** Do an assessment with a PT to create a program just for you, or freely use the gym.

Note: prices are for Involve members

Monday	Tuesday	Wednesday	Thursday	Friday
	Swiss Ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
		Building Fitness 11:30am-12:30pm		Mature Fitness 11am-12pm
	Starting 8th August Mat yoga 12-1pm	Mature Multi-Fitness 12:45-1:45pm	Starting 10th August Blokes Boxing 1-2pm	Mature Movement 12:30-1:30pm
		Back in Balance 1:45-2:45pm	Open Gym 2-4pm	
Chair yoga 3-4pm			Starting 10th August Boxing All Ages 4-5pm	

Activity Calendar

Note: This does not include the gym activities on the previous page.

Monday

7 August

Paper Crafts: 9.30-11.30am
Walkie Talkies @ O'Connor to Dickson: 10:30am-2pm
Crafty Creations: 12:30-2:30pm

Tuesday

8 August

BEST Club: 10:30am-1:30pm,
Raiders Club Kippax
Games Galore: 2.30-4.30pm

Wednesday

9 August

Ukulele: 9:30-11:30am, BCC & online
Language lessons (Indonesian): 12:30-2:30pm
Art Tasters, Bunning workshop: 1:30-4:30pm

Thursday

10 August

Explorer Series coach tour @ Braidwood: 8am-5pm
Drumming: 9:30-11:30am, BCC & online
Virtual Reality: 1-2pm
Yarn & Stitching 1:30-3:30pm

Friday

11 August

Op Shop Treasure Hunters: 9.30am-3.30pm

14 August

Paper Crafts: 9.30-11.30am
Walkie Talkies @ Queanbeyan Railway: 10:30am-2pm

15 August

BEST Club: 10:30am-1:30pm,
Raiders Club Kippax
Book Club: 2.30-4.30pm

16 August

Ukulele: 9:30-11:30am, BCC & online
Language lessons (Indonesian): 12:30-2:30pm
Art Tasters, Mosaic: 1:30-4:30pm

17 August

Explorer Series coach tour @ Cooma: 8am-5pm
Drumming: 9:30-11:30am, BCC & online
Virtual Reality: 1-2pm
Yarn & Stitching 1:30-3:30pm

18 August

Movie Club: Time varies; advised separately
Social Dance: 2-4pm

21 August

Paper Crafts: 9.30-11.30am
Walkie Talkies @ Eddison Park: 10:30am-2pm
Upcycle Sewing: 3-4:30pm

22 August

Creative Re-leaf: 10am-12pm
BEST Club, 10:30am-1:30pm,
Raiders Club Kippax
Games Galore: 2.30-4.30pm

21 August

Ukulele: 9:30-11:30am, BCC & online
Language lessons (Indonesian): 12:30-2:30pm
Art Tasters, Mosaic: 1:30-4:30pm

24 August

Explorer Series coach tour @ Gundagai: 8am-5pm
Drumming: 9:30-11:30am, BCC & online
Virtual Reality: 1-2pm
Yarn & Stitching 1:30-3:30pm

25 August

Wear it Purple Day Celebration of the Arts: 4-7pm, BCC Theatre

28 August

Paper Crafts: 9.30-11.30am
Walkie Talkies @ Botanical Garden: 10:30am-2pm
Upcycle Sewing: 3-4:30pm

29 August

Creative Re-leaf: 10am-12pm
BEST Club: 10:30am-1:30pm,
Raiders Club Kippax
Book Club: 2.30-4.30pm

30 August

Ukulele: 9:30-11:30am, BCC & online
Come sew with me: 10am-1pm
Language lessons: Indonesian: 12:30-2:30pm
Art Tasters, Mosaic: 1:30-4:30pm

31 August

Explorer Series coach tour @ Bungendore: 8am-5pm
Drumming: 9:30-11:30am, BCC & online
Virtual Reality: 1-2pm
Yarn & Stitching 1:30-3:30pm

1 September

Movie Club: Time varies; advised separately
Social Dance: 2-4pm