

Get Involved

May 2024 Farewell to Tracy

Most of you will be aware that Tracy will be leaving CRCS, as she has decided to take up a new career opportunity. We would like to thank Tracy for the contribution she has made to the organisation and the wider community in her time here. She will certainly be missed!

If you would like to send Tracy a farewell message, please feel free to email Involve@crcs.com.au.

All of Tracy's programs will continue to run while we are recruiting a new team member. Helen will facilitate BEST Club, Therese will run Art Tasters, and one of our participants has kindly volunteered to run the Monday art classes.

Yoga is back

Our floor [yoga classes](#) have started back up, with facilitator Radhika. Having been passionately practicing yoga for over 15 years, Radhika has been teaching classical Hatha yoga since 2016 and is a Master of Yoga (Yoga Acharya).

Come along to the gym each Tuesday from 12:30 to 1:30pm for a session that combines physical, mental and spiritual practice based on postures, breathing exercises & meditation to enhance wellbeing & consciousness.

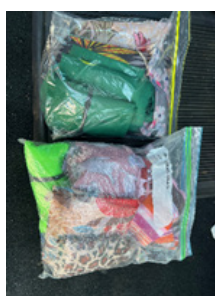
We also have [chair yoga sessions](#) from 3 to 4pm each Monday.

Check out page 10 for our full gym schedule.



Involve member tip

We know our Involve members have lots of tips and tricks. Here's just one we've learnt about lately:



Bag the bags

Many of us keep a bag full of re-usable shopping bags at home these days. However, they can end up taking up a lot of space.

Janice's tip is to keep your soft shopping bags together inside a clip seal bag to take up less space and make it easier to grab the bags when you're heading out to get your groceries.

CRCS updates

Coach tours on hold

Due to circumstances beyond our control, our coach tour and charter/hire operations are temporarily on hold. We look forward to returning with new and exciting tours and excursions from August 2024.

We know many members of our community have enjoyed being part of our tours and excursions, and sincerely apologise for any inconvenience this may cause.

We continue to welcome your suggestions for tours and excursions as we plan beyond August 2024. Please send your ideas to coach@crs.com.au.



Contacts

Transport team

Phone: 02 6278 8124

Email: coach@crs.com.au

May events & activities

What's on at the Belconnen Community Gallery



- **3 to 15 June: Spill the Tea** is a celebration of the creative talents and voices of LGBTQIA+ artists with disability. This exhibition holds space at the intersections of our identities and visibility for our whole selves, experiences and expression. Pieces are by artists who attend the Disabili-Tea group run by Meridian, which fosters a safe and inclusive environment for individuals with disabilities to engage and connect with community.

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

Other community events

Candid Canberra

The Perinatal Wellbeing Centre is holding Candid Canberra, a photography competition about capturing candid moments. Entries will be showcased at the magnificent Shine Dome on the grounds of the Australian National University on 11 May, providing a perfect day out. You also get to keep your professionally printed photo after the exhibition finishes!

Entry is open to all members of the community, and you can enter your funny, candid, creative or artistic photos in range of categories.

For more details, visit www.perinatalwellbeingcentre.org.au/Event/candid-canberra



Social Impact for better services

SOCIAL GROUPS FOR SENIORS

At CRCS, we are committed to fostering an inclusive, connected community in the Belconnen and wider Capital Region. That's why we are implementing the Social Impact Project, a continuous project to measure our impact on the community.

We are currently starting this process and engaging with our Participant Advisory Groups on our approach and activities.



About social impact

Social impact is about the positive change an organisation makes in the community. It looks at how actions help improve people's lives, whether by supporting education or health, or making communities safer and more connected.

Measuring social impact helps us see whether our programs are really making a difference in the Canberra community. By understanding our impact, we can make sure we are doing the best we can to support individuals and families.

It also helps us tell our story to others. It shows our supporters, funders and partners how their help is creating positive change. This can encourage more support and collaboration, which means we can do even more good work.

What this means for you

We may contact you to participate in our Social Impact Project in May or June.

If you are selected, we will send you an email or SMS informing you that we will be in touch within the next 10 days. Our team or a student placement participant will then contact you to request information about the programs and services you access. This could be via mail, phone call or email.

Participating in this project will allow us to measure how we are making a positive difference, which will help us do our job better, show our value and keep improving.

You are not required to participate, even if you are selected to contact. If you do not want to be involved, just let the Social Impact team member who contacts you know.

Other ways we collect information

Social impact analysis is about understanding the collective outcome that a service offers a community, not about an individual's specific experiences. We will continue to regularly engage with participants across our programs to ensure that identified outcomes, such as reduced social isolation, improved self-determination or independence, or delivery of compassionate care, are achieved and sustainable.

You can always provide individual feedback through our existing feedback process by visiting <https://crs.com.au/about-crcs/feedback/>

Contacts

Heidi Prowse, CRCS Social Impact Project Lead

Phone: 0422 622 127

Email: heidi.prowse@crs.com.au

Note: Heidi works 10am to 6pm, Tuesday to Thursday.

We need your help to shape our program

At CRCS we are keen to hear your thoughts on how we are doing and what you would like to see more or less of. There are a number of ways you can help us:

- Completing a feedback form - online or through our front office
- sending us an email at feedback@crccs.com.au
- speaking to your Case Worker
- attending our regular Get Involved information and introduction sessions
- attend our Tell Us What You Want Community Day at the Belconnen Community Centre
- attend our Aged Care Participant Advisory Group.
- contacting Lisa Martin, Senior Manager Aged Care or Diana Terry, Program Manager Aged Care on (02) 6278 8101

Tell Us What You Want Community Day

The **Tell Us What You Want Community Day** is going to be an annual event. Our inaugural event is on **Friday 7 June from 1 to 8pm**. It's an opportunity to try new activities, meet with team members, tell us about the activities and events you would like to see more of at CRCS. There will be fliers distributed shortly and a schedule of the activities that will occur throughout the day.

Aged Care Participant Advisory Group

The **Aged Care Participant Advisory Group** meets at least quarterly. It's a forum where participants of our aged care programs can provide advice to CRCS on ways to improve the quality of services provided by us, to share ideas on activities you would like included in our program, input on communication strategies and outreach efforts to ensure they are effective and accessible to you and help to identify and address any barriers or challenges faced by you in accessing our services.

If you would like to join the ACPAG please reach out to Ryan Scifleet, the ACPAG Secretariat (among other roles) at Ryan.Scifleet@crccs.com.au or on (02) 6264 0200.

Estate Planning Information Session

The Royal Commission into Aged Care Quality and Safety noted the importance of supported decision making to ensure people have control and choice over their own life and care. The new Aged Care Act will outline some essential changes in this area.

We know that these topics can be daunting and a bit confronting, so we want experts sharing this knowledge with you.

To help us at CRCS and participants prepare for this particular change we are hosting an information session with the support of Elrington Lawyers. The session will cover the broad topic area of Estate Planning. This will include topics such as Wills, Enduring Power of Attorney, Next of Kins and Decision Makers, and Advance Care Directives. There will be broad information and the opportunity to ask questions.

Please join us in the Belconnen Community Theatre, **Friday, 10 May from 10 to 12pm** with light refreshments served afterwards.

Make Canberra a great place for growing old – Your Say!

The ACT Government is seeking your support. The current Age-Friendly City Plan ends in 2024 so it is time to start developing the next plan.

The ACT Government wants to hear from the Canberra community about what is working well and what can be improved to enhance the lives of older Canberrans.

The ACT Government's vision is for Canberra to be an inclusive, welcoming

city, where growing older is celebrated and supported. We want to celebrate and learn from the knowledge and experiences of older Canberrans and ensure our services support their needs.

The government will use your feedback to develop the next Age-Friendly City Plan which will further embed age-friendly approaches in service design and delivery for the next ten years.

There are a number of ways to provide your input but the best is in a face-to-face facilitated discussion at the **Belconnen Library** on **Thursday, 2 May from 10.30am to 11.30am**.

There are other venues across Canberra listed on the website: [Age-friendly city plan 2025-35 | YourSay ACT](#)

Involve fun over the last month

From our members **''**

Leonie brightened our day with a hilarious joke that had us all laughing!

Q. "What do you call a dear with no eyes?"

A. No idea.



Come sew with me



Come sew with me



Join the private 'CRCS Involve Group' on Facebook to find more photos of our recent activities and connect with others in our community.

Let us help you navigate My Aged Care!

As a provider under the Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) program, we understand that starting the process of accessing My Aged Care services can be overwhelming. We also know that many seniors in our community deserve access to the domestic support, personal care and flexible respite, social supports and transport services available through these programs.

Let us alleviate the stress of navigating this system by guiding you through the initial steps of accessing My Aged Care or transitioning from CHSP to a HCP if your needs have grown.

Our friendly Aged Care Team will be available on-site at the **Belconnen Community Centre every Wednesday from 9am to 5pm** to help you with any enquiries. Just drop in and ask for them at reception!

You can also give us a call at (02) 6278 8101 or email communitycare@crs.com.au.

There are three types of Involve participants:

- People 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.

Want to join Involve?

Please contact our Community Care Team on 02 6278 8101 to discuss eligibility and pricing.

Involve groups and programs

See the calendar on page 10 to find out when each activity is on.

Some groups change each session or each month. Details of our activities for May are on pages 8 and 9.

Program changes

- Due to lack of interest, we will not longer be running **Lunch with Friends**.
- We will be closed for the Reconciliation Day public holiday on **27 May**.
- While we recruit additional facilitators, **Drumming** will continue to be run as a participant-led activity, and our **Ukelele** and **IT for Seniors** groups will remain on hold. We will let you know when this changes.

Adventures

- **Treasure Hunters (\$10):** Group trips to various op shops around Canberra to hunt for bargain treasure. **Bookings required; max 7 people.** Pickups from BCC at 9:40am and Humpy Hall at 10am.
- **Out-of-Town Hunting and Exploring (\$15–\$25 depending on destination):** Whether you are hunting for your next treasure or would like to explore somewhere new, join us on these short-day trips. Bookings required. Pickup from BCC at 9:30am and Humpy Hall at 9:40am.
- **Out and About (\$15):** Short day trips to explore the wonders of national capital and surrounding regions. **Bookings required; max 7 people; may have additional costs (e.g. entry fees).** Pickups from BCC at 9:30am and Humpy Hall at 9:40am.

Art & craft

- **Art Tasters (\$8):** Get a taste for a different type of art each month. Location: BCC Art Room.
- **Come Sew with Me (\$8):** Learn all about sewing, whether starting from the beginning or improving your skills. Location: BCC Art Room.
- **Crafts Galore (\$8):** From pots, rocks or beads to sun catchers or tie-dye, come along and craft together. Location: BCC Art Room.
- **Paper Crafts (\$8):** Create with paper, scrapbooking, card making or quilling, just to name a few ideas. Location: BCC Art Room.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

- **Repair, Redesign, Upcycle (\$6):** Love sewing and craft, and want to protect the environment? Learn to adjust, repair or redesign a favourite item you already have and turn something old into something new. Location: BCC Meeting Room 1.
- **Yarn and Stitching (\$6):** Learn how to crochet, macrame or knit or bring along your own project to work on while chatting over afternoon tea. Location: BCC Meeting Room 2.

- **Nighttime Dinners (\$8 without transport, \$15 if transport is required; meal at own expense):** Join us for a meal, with the location changing each month. Transport available if required (**bookings required, max 7 people**): Pickups from BCC at 4:45pm and Humpy Hall at 5pm or meet there at 5:30pm.
- **Walkie Talkies (\$6):** Details on page 8.

** Please note that the fee charged for each activity is the mandatory participant contribution fee. There are other fees chargeable for HCP participants to attend activities, these are charged directly to your HCP.*

Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. Location: BCC Meeting Room 2.
- **Ukulele Class (\$8): Currently on hold.** Enjoy our supportive group and explore your hidden talent. Location: BCC Meeting Room 2.

New skills

- **Bunnings Workshop (\$6):** Grow your DIY skills with the help of visiting Bunnings staff. Location: BCC Art Room.
- **IT for Seniors (\$6): Currently on hold.** Learn skills to navigate the digital world with confidence. This course includes sharing informative content and troubleshooting specific problems. Location: BCC Meeting Room 2.

Social groups

- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13*):** Details on page 8.
- **Movie group (buy your own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

Note: Some activities require an RSVP so we can purchase items like tickets, catering, equipment, and transport.

If you RSVP but then need to cancel, we cannot guarantee that a refund will be given if we have already purchased the items for your attendance.

Transport: If you require transport from your home to the Belconnen Community Centre (BCC) or group meeting point, please contact the **CRCS Transport team** on **02 6278 8124**. or alternatively speak to one of our Involve team members and they'll help you arrange it.

May 2024 activity details

Some programs change topic, theme or activity regularly. In May, they are:

Arts and crafts

- **Art Tasters:**
 - 1 May: **beeswax wraps**
 - 15 and 22 May: **tie dye bags**
 - 29 May: **making candles.**
- **Bunnings workshop:** on 8 May, we'll try **wood burning.**
- **Crafts Galore:**
 - 6 May: **button bowls**
 - 13 May: **bottle top creations**
 - 20 May: **peg art.**
- **Paper Crafts:**
 - 6 May: **recycled paper craft**
 - 13 May: **critter creations**
 - 20 May: **decompression duck.**



Social groups

- **Nighttime dinners:** 14 May at **Raiders Club Kippax.** Meet us there at 5:30pm or book a pickup at BCC at 5pm or Humpy Hall at 5:15pm.

Adventures

- **Treasure Hunters (\$10).** Depart BCC at 9:40am, depart Humpy Hall at 10am; return at 3:30pm:
 - 3 & 9 May: **Belconnen**
 - 17 & 23 May: **Southside**
 - 31 May: **Mitchell and Gungahin.**
- **Out and About (\$15):** On 28 May, join us for a visit to **the Aarwun Gallery in Federation Square, Gold Creek.** The gallery describes itself as having 'Art for everyone'. Then we'll wander around the beautiful stores in Federation Square before finding something for lunch (at own expense).
- **Out-of-Town Hunting and Exploring (\$20):** On 14 May, we'll head to **Yass** to explore its many historic buildings.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

Walkie Talkies

Our Monday walking group visits various places around Canberra.

- **Cost:** \$6
- **When:** Pickup from Humpy Hall at 10:30am, BCC at 10:40am. Returning around 2pm.

6 May: Australian National Botanical Gardens

You'll choose a walking tracking that suits you and then meet up at the café.

13 May: Canberra Nara Peace Park

We'll start at the Japanese gardens at the Canberra Nara Peace Park, walk along the lake and finish up at the National Library café.

20 May: Yerrabi Pond

(BYO picnic lunch)

We'll start at the picnic area at Yerrabi Pond District Park and walk along the pond to a distance that suits you. We'll then meet back at the picnic area for lunch.



BEST Club

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

Enjoy morning tea while connecting with others, then maybe have lunch (at own expense) in the Club restaurant at 12:30 pm.

- **Cost:** \$13
- **Time:** 10:30am–1:30pm each Tuesday (unless otherwise noted)
- **Location:** Raiders Club Kippax.

What's on May 2024

- **7 May: visit Kangara Waters.** Meet at Kangara Waters (2 Joy Cummings Place, Belconnen) at 10:30am, depart at 1:30pm.
- **14 May: St John Ambulance Project Resilience Workshop** at Raiders Club Kippax. This basic first aid training will give you the knowledge to be able to help those around you if they need first aid due to issues like a heart attack, stroke, choking, burns, anaphylaxis and asthma.
- **21 May: Council of the Aging (COTA)** at Raiders Club Kippax
- **28 May: Stroke Safe presentation** at Raiders Club Kippax.



Involve May 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 May Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	2 May Drumming: 10am–2pm Yarn & Stitching: 1:30–3:30pm	3 May Treasure Hunters: 9:40am–3:30pm
6 May Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	7 May BEST Club: 10:30am–1:30pm	8 May Come Sew with Me: 10am–12:30pm Bunnings Workshop: 1:30–3:30pm	9 May Drumming: 10am–2pm Treasure Hunters: 12:30–3:30pm Yarn & Stitching: 1:30–3:30pm	10 May Movie club: generally between 10am–1pm; timing advised prior
13 May Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	14 May Out-of-Town Hunting and Exploring: 9:30am–3:30pm BEST Club: 10:30am–1:30pm Nighttime dinners: 5:30–7:30pm	15 May Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	16 May Drumming: 10am–2pm Yarn & Stitching: 1:30–3:30pm	17 May Treasure Hunters: 9:40am–3:30pm
20 May Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	21 May BEST Club: 10:30am–1:30pm	22 May Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	23 May Drumming: 10am–2pm Treasure Hunters: 12:30–3:30pm Yarn & Stitching: 1:30–3:30pm	24 May Movie club: generally between 10am–1pm; timing advised prior
27 May Public holiday	28 May Out and About: 9:30am–3:30pm BEST Club: 10:30am–1:30pm	29 May Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	30 May Drumming: 10am–2pm Yarn & Stitching: 1:30–3:30pm	31 May Treasure Hunters: 9:40am–3:30pm

Gym and fitness programs

Looking for a relaxed and social environment to enjoy fitness and strength programs? Look no further than our gym at the Belconnen Community Centre.

Classes:

- **Back in Balance (1):** Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness (2):** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength (2):** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga (2):** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Mature Fitness (1):** Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness (1):** Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength (1):** Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym (1):** Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball (1):** Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga (2):** A physical, mental and spiritual practice combining postures, breathing exercises & meditation to enhance wellbeing & consciousness.

Costs:

- (1) \$12 per class
\$10 for concessions
\$5 for Involve members
- (2) \$12 per class
\$10 for concessions
\$6 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
	Open gym 11am-12pm	Building Fitness 11:30am-12:30pm		Mature Fitness 11am-12pm
	Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		
Chair yoga 3-4pm		Back in Balance 1:45-2:45pm		

Contacts

Belconnen Community Centre

Phone: 02 6264 0200

Email: contact@crs.com.au