

# Get Involved

## August 2024

Welcome to the August issue of our Get Involved newsletter.

This month we're taking a moment to acknowledge the immense contribution of our dedicated, compassionate, and hardworking Aged Care team members. Thank you for everything that you do! We encourage you to show your appreciation on **Aged Care Employee Day**, this coming Wednesday 7 August.

We're delighted to share photos from some recent Involve activities, including our July walk at **Tidbinbilla Nature Reserve**, and **June's 90th birthday** celebrations in the park.

Read on to hear what's happening this month and to access the Involve activity calendar and CRCS gym program.

*Happy reading!*

## Celebrating June's 90th

June, an active participant in Involve for several years, is known for her enthusiasm and energy as an avid walker who loves spending time outdoors with her dogs. She brings immense joy to the Monday walking group with her positivity.

During the July Tidbinbilla walk, June was overjoyed when the group surprised her with a birthday cake and a heartfelt rendition of "Happy Birthday" to celebrate her 90th birthday. **Happy Birthday, June.**



## Tidbinbilla Walks: A Delightful Winter Outing

Involve recently hosted two enjoyable walks at Tidbinbilla Nature Reserve, with the latest one in July attracting around 15 participants. The self-guided group followed the concreted footpaths and fences, ensuring a comfortable and steady pace for everyone.

The outing began with a scenic walk, where the group paused halfway to admire the stunning lookouts, take photos, and soak up the beautiful winter's day. They enjoyed observing the variety of birds and a few other animals along the way.

After the walk, the group returned to the bus, which took them to a picnic area for lunch. Although there's a flying fox at the picnic site, to date none of the volunteers have tried it!



# Aged Care Employee Day

On Wednesday 7 August 2024 it is **Aged Care Employee Day**. We dedicate this day to celebrate and say thanks you to all our aged care staff who make the lives of our older community members better.

We want to congratulate all our aged care heroes for their dedication, compassion, and hard work. You all make a tremendous difference in the lives of those you care for, and we are forever grateful for your ability to give back to our community.

Participants, please take a moment to provide positive feedback directly to your support staff or reach out to our ACAS, Transport, and Get Involved admin teams, they deserve it. Your words of appreciation mean the world to our Aged Care Employees.



## Involve Member Tip

We know our Involve members have a lot of tips and tricks. Here's one we've learned about.

### Practice Gratitude

Take a moment each day to reflect on three things you're grateful for. This simple habit can boost your mood, improve your mental wellbeing, and help you maintain a positive outlook on life. Acknowledging the good in your life can make a big difference to the quality of your day.



## African Drumming Workshop

Join us for an immersive cultural experience with professional African drummer and Executive Director of Celebration of African Australians ACT, Pastor Charles Koker. Dive into the beautiful beats of African culture and discover mesmerising rhythms.

- **Date and time:** Thursday 8 August, from 10 to 11am
- **Location:** Belconnen Community Centre, 23 Swanson Court, Belconnen
- **Entry fee:** \$30



This workshop offers a unique opportunity to learn African drumming, socialise, and meet new friends in a vibrant community setting. Contact Involve to book your spot [Involve@crs.com.au](mailto:Involve@crs.com.au)

### Pastor Charles Koker:

As an African drummer, I have dedicated myself to mastering the intricate rhythms and vibrant beats that echo the rich cultural heritage of the African continent. My journey began in Sierra Leone, West Africa, where I was immersed in the traditional drumming styles of my ancestors. Each beat of the drum tells a story, from the joyous celebrations to the soulful reflections of our history.

I specialise in various traditional African drumming techniques, including Djembe and Dunun bringing an authentic and powerful sound to every performance. My passion lies in not just playing the drums but also in sharing the cultural significance and historical roots of this art form. Through workshops, performances, and community events, I aim to connect people with the spirit and rhythm of Africa, fostering a deeper appreciation for this timeless art.

Whether on stage or in a classroom, my goal is to inspire and educate, creating a bridge between cultures through the universal language of drumming.



## Aged Care Participant Advisory Group

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](mailto:feedback@crccs.com.au)
- speaking to your Case Worker
- attending our regular Involve information and introduction sessions
- attend our Aged Care Participant Advisory Group
- contacting Diana Terry, Senior Manager Aged Care on (02) 6278 8101.

The Aged Care Participant Advisory Group meets quarterly, offering a forum for participants to advise CRCS on improving service quality, suggest activities, provide input on communication and outreach, and identify barriers to accessing services.

We are excited to announce that the next Aged Care Participant Advisory Group (ACPAG) meeting has been decided to be held in the **Community Centre on Thursday 12 September, from 12 to 1pm.**

During this meeting, the group will hold an important election to choose a new participant co-chair. This co-chair will work alongside our existing leadership to represent the voices and interests of all participants, ensuring that your feedback and needs are heard and addressed.

If you would like to be involved in the ACPAG and are currently receiving Aged Care services from CRCS, please contact Ryan Scifleet or Diana Terry on the contact details below.

We look forward to your participation.



**Ryan Scifleet, Community Development Officer**  
Email: [ryan.scifleet@crccs.com.au](mailto:ryan.scifleet@crccs.com.au)

**Diana Terry, Senior Manager Aged Care**  
Email: [communitycare@crccs.com.au](mailto:communitycare@crccs.com.au)

# Social Impact For Better Services

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.

## 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

All new participants of CRCS's seniors programs will be asked baseline questions about wellbeing. This will then be followed up six and 12 months after the initial session, with further questions about your engagement satisfaction.

Our existing participants will be asked wellbeing and engagement satisfaction questions as part of their 12-month review process. These can be provided to you in a format that is suitable to you, — a conversation, email or hard copy questionnaire for you to complete at your leisure.

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 continue to improve our services.

## 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/>.

**Deborah Bampton, DCEO or Ruth Jalloh, Senior Manager**  
Email: [deborah.bampton@crs.com.au](mailto:deborah.bampton@crs.com.au)  
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# August Events and Activities

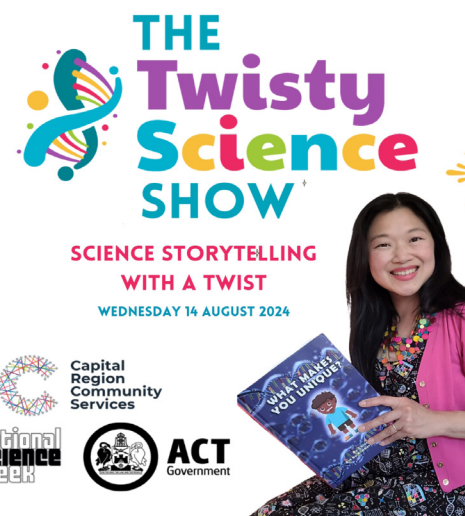
## What's on at the Belconnen Community Theatre

- **14 August: National Science Week — Twisty Science Show**

The Twisty Science Show is the story of how our DNA makes each one of us unique, told using colorful balloon creations. It is based on the book, "What Makes You Unique" written by Dr. Chloe Lim, a scientist and professional balloon artist. Chloe is also a finalist on Channel 7's balloon competition show, Blow Up.

This free event is great for parents, grandparents and children to enjoy.

For full details and to book your spot contact the Involve team: [involve@cracs.com.au](mailto:involve@cracs.com.au)



- **17 August: Under A Ghawazee Moon Bellydance**

An unforgettable evening featuring performances by dancers of all levels, from beginners to advanced students, with special guest star Shakshuka.

Enjoy a captivating showcase of group and solo improvisations and choreographies in Middle-Eastern dance, ranging from traditional styles to modern fusion.

**Full details:** <https://www.ghawazeemoon.com.au/>



## Contacts

### Involve team

Phone: (02) 6264 0200

Email: [involve@cracs.com.au](mailto:involve@cracs.com.au)





# Involve Fun Over The Last Month

SOCIAL GROUPS FOR SENIORS

## Share your photos

We love seeing your photos of members at Involve activities and events. If you'd like to contribute to next month's issue, please email your photos and contact details to our team at [marketing@crs.com.au](mailto:marketing@crs.com.au) by **Wednesday 21 August**.



Yarn Hangers



Art Tasters



Art Tasters



**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](mailto: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.

## Involve groups and programs

See the calendar on page 11 to find out when each activity is on.

Some groups change each session or each month. Details of our activities for August are on pages 9 and 10.

### New Program

We are starting a new program called **Walk Wonders**, these will be long walks that are generally 2.5 to 3.5 kilometers long.

### Program changes

- We will be temporarily moving **Repair, Redesign, Upcycle** to Meeting room 1.
- While we recruit additional facilitators **Ukelele** will remain on hold. We will let you know when this changes.
- **IT Sessions** will start back again on 14 August, running on Wednesdays from 1-3pm.

### 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 and Humpy Hall.
- **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.
- **Walk Wonders (\$8):** These walks are suitable for those who can walk 2.5 - 3.5 kilometers on gravel paths with small inclines. They are not suitable for individuals who require walking assistance, such as walkers. No shorter walks will be available for this group.
- **Out and About (\$15):** Short day trips to explore the wonders of the national capital and surrounding regions. Bookings required. Max. 7 people. May incur additional costs (e.g. entry fees). Pickups from BCC at 9:30am and HumpyHall at 9:40am.

### Art and craft

- **Art Tasters (\$8):** Get a taste for a different type of art each month. Location: BCC Art Room.

### Contacts

#### Involve team

Phone: (02) 6264 0200

Email: [involve@crs.com.au](mailto:involve@crs.com.au)

- **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.
- **Repair, Redesign, Upcycle (\$6): Temporarily relocated to Meeting Room 4.** 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 4.
- **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.

## 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.

## Contacts

### Involve team

Phone: (02) 6264 0200

Email: [involve@crs.com.au](mailto:involve@crs.com.au)

- **IT Sessions (\$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 9.
- **Movie Group (buy your own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email.
- **Walkie Talkies (\$6):** Details on page 9 and 10.

*\* 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.*

**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.



# August 2024 Activity Details

Some programs change topic, theme or activity regularly. In August, the activities are:

## Arts and crafts

- **Art Tasters:**
  - 7 August: **Painting hells**
  - 14 August: **Bunnings upcycle**
  - 21 August: **Painting shells**
  - 28 August: **Painting with plastic bags**
- **Crafts Galore:**
  - 5 August: **Fairy houses**
  - 12 August: **Baskets**
  - 19 August: **Spinning tops**
  - 26 August: **Animal pictures with patterns**
- **Paper Crafts:**
  - 5 August: **Paper flower balls**
  - 12 August: **Paper crane origami mobiles**
  - 19 August: **Paper flowers**
  - 26 August: **Egg carton dragons**



## Adventures

- **Treasure Hunters (\$10).** Depart BCC at 9:40am, depart Humpy Hall at 10am; return at 3:30pm:
  - 9 August: We will be visiting various op shops in the Woden area, including Weston Creek.
  - 23 August: We will be visiting various op shops in North Canberra, including Mitchell and Gungahlin.
- **Out and About (ticket \$45 for concession):** On 26 August, join us for a scenic visit to the look out at Lake George. We will then go into Collector for lunch at Some Cafe and have a look at Dreamer's Gate Sculpture.
- **Out-of-Town Hunting and Exploring (\$25):** On 13 August, we'll head to Boorowa, a farming village in the Hilltops Region of the south west slopes of New South Wales. We will explore its many historic sites and enjoy the many local attractions it has to offer.
- **Walk Wonders (\$8):** On 20 August, we will be exploring beautiful Umbagog District Park.

## Contacts

### Involve team

Phone: (02) 6264 0200

Email: [involve@crs.com.au](mailto: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.



## 5 August: Lyneham Wetlands to Dickson Shops

Starting in Lyneham wetlands we'll walk along Sullivan's Creek crossing bridges and ending up at Dickson Tradies.

## 12 August: Queanbeyan River to Leagues Club

We'll walk along the Quenbeyan River crossing over the suspension bridge, and continue our walk along the river to the Leagues club.

## 19 August: Yarralumla parkland through to shops

We'll walk along Newman Street to Loftus Street through a lovely green space finishing at the shops.

## 26 August: Walk through Casey

We'll start at the dog park around Valentina's Pond and walk along Horse Park Drive to the pond at Casey Market Town.

## 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 your 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 August 2024

- **6 August: Jamison Southern Cross Club.** We will have morning tea and lunch at the club. Leaving Raiders Club Kippax at 10:30am, return by 2 pm.
- **13 August: Trivia** at Raiders Club Kippax.
- **20 August: Bingo** at Raiders Club Kippax.
- **27 August: Bryan Butler - singing performance** at Raiders Club Kippax.

# Involve August 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29 July</b>	<b>30 July</b>	<b>31 July</b>	<b>1 August</b>	<b>2 August</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	Movie club: generally between 10am– 1pm; timing advised prior
<b>5 August</b>	<b>6 August</b>	<b>7 August</b>	<b>8 August</b>	<b>9 August</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters</b> 1:30–3:30pm	Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
<b>12 August</b>	<b>13 August</b>	<b>14 August</b>	<b>15 August</b>	<b>16 August</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	BEST Club: 10:30am–1:30pm <b>Out-of-Town Hunting and Exploring:</b> 9:30am–3:30pm	Come Sew with Me: 10am–12:30pm <b>IT Sessions 1-3pm</b> Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	Movie club: generally between 10am– 1pm; timing advised prior
<b>19 August</b>	<b>20 August</b>	<b>21 August</b>	<b>22 August</b>	<b>23 August</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b> Out and About: 9:30am–3:30pm	BEST Club: 10:30am–1:30pm <b>Out and About:</b> 9:30am–3:30pm Walk Wonders 10:45am–2:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
<b>26 August</b>	<b>27 August</b>	<b>28 August</b>	<b>29 August</b>	<b>30 August</b>
Paper Crafts: 10am–12pm <b>Walkie Talkies</b> 10:30am–2pm Crafts Galore: 12:30–2:30pm <b>Repair, Redesign, Upcycle: 3–4:30pm</b>	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm <b>Art Tasters:</b> 1:30–3:30pm	Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	Movie club: generally between 10am– 1pm; timing advised prior



# 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 and 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, and coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness (1):** Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit.
- **Mature Strength (1):** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed for seniors.
- **Open Gym (1):** Do an assessment with a personal trainer 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 and fitness.
- **Yoga (2):** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and 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		Social Badminton (open) 10:30-12pm
	Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		Mature Fitness 11am-12pm
Chair Yoga 3-4pm	Social Pickleball 2:30-4:30pm	Social Badminton (advanced) 12:30-2pm	Social Pickleball 1:30-3:30pm	Social Badminton (advanced) 12:30-2pm
		Back in Balance 1:45-2:45pm		

## Contacts

**Belconnen Community Centre**

Phone: (02) 6264 0200

Email: [contact@crccs.com.au](mailto:contact@crccs.com.au)