

Get Involved

July 2024

Tell Us What You Want Community Day Success

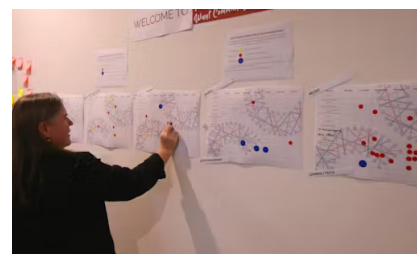
On 7 June 2024 we hosted our "Tell Us What You Want Community Day" at the Belconnen Community Centre, and it was a fantastic event.

The day was packed with a variety of fun and free activities for everyone to enjoy, as well as a unique shopping experience with Community Fashion Finds. Activities included were soccer, basketball, pickleball, gym sessions, boxing sessions, a toddlers' playgroup, and arts and crafts (knitting, sewing, and mosaics). There was also a free screening of the movie *Wonka*, and a delicious sausage sizzle was provided.

The feedback we received on our programs was invaluable, with suggestions to adjust schedules, add diverse activities, and improve communication. Exciting new ideas like card games, travel talks, and movie marathons were also shared.

It's never too late to share your feedback and ideas with us on how we can improve our programs and services. We value your input!

You can share your feedback and ideas by emailing us at contact@crcs.com.au, calling **02 6264 0200** or visiting our website: <https://crcs.com.au/about-crcs/feedback/>



Recognising our CRCS Volunteers

We want to acknowledge and express our continued gratitude to our volunteers at CRCS. Their dedication, reliability and support have not gone unnoticed. At CRCS we have a group of volunteers that have been with us for many years and their contribution to our community has had a positive impact on the wellbeing, social connection and mental health of all.

Involve Member Tip



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

Keep your cup free of stains

Involved participant, June, has her tip for removing or maintaining her cups fresh and without stains. Dissolve a denture cleaning tablet or two in water in a dish or the sink and soak your cups.

Meet Sara Wichall Our New Get Involved Program Officer

With a background in customer service spanning hospitality, retail and DJing, Sara has recently returned to Canberra to be with family, embracing a refreshing change from the hustle and bustle of Sydney. Sara is excited to chat with participants about their ideas for the Belconnen Community Centre and eagerly looks forward to collaborating with everyone to bring those ideas to life. If Sara hasn't had the pleasure of meeting you at the centre yet, she can't wait to do so soon!



I am very much looking forward to speaking with our participants about what they would like to see at the Belconnen Community Centre and collaborating and engaging with everyone as to how we can make it happen. - Sara Wichall

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@crs.com.au
- speaking to your Case Worker
- attending our regular Get Involved 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.

The most recent meeting of the group was held on 16 May.

A lively discussion was held with some positive feedback around how CRCS aged services are delivered as well as some suggestions as to how further improvements could be made.

The next meeting will be in the Community Centre on Thursday 18 July, from 12 to 1pm, and a light lunch will be provided.

This forum is vital in ensuring we are doing as well as we can with the aged care services we provide. I would very much encourage you to join us. This is an opportunity to make a difference and to meet other folk who are using CRCS services. I can promise you that the meeting will be both informal and engaging, so I hope to see you there.

Best wishes

Peter Humphries,
Co-Chair, CRCS Aged Care Participant Advisory Group

Contacts

Reception

Phone: (02) 6264 0200

Email: contact@crs.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 some baseline questions about wellbeing, this will then be followed up in six months including some questions on engagement satisfaction, and then twelve months thereafter.

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, could be a conversation, email or hard copy 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 keep improving.

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

Deborah Bampton, DCEO or Ruth Jalloh, Senior Manager
 Email: deborah.bampton@crs.com.au
 Email: ruth.jalloh@crs.com.au

July Events & Activities

What's on at the Belconnen Community Theatre

- **13 to 21 July: Child Players presents: Jack and the Beanstalk.** An original musical adaptation of the classic tale. Suitable for all ages, this enchanting show promises a delightful experience for the whole family. Don't miss out on the magic and adventure.
Tickets cost: \$20pp
Full details: <https://www.childplayersact.net/>

What's on at the Belconnen Community Gallery

- **5 July: Bungee Art Exhibiton:** Opening: Friday 5 July from 5 to 7pm. Exhibition continues from 8 to 19 July, Monday to Friday from 9am to 5pm.

Bungee is an inclusive youth resilience-building program for young people that promotes social connections and emotional wellbeing through the arts. This exhibit includes artworks developed by Bungee participants aged five to 18, across the ACT.

The young people have explored a range of themes including emotions, mindfulness, anxiety, change and self-identity. Through experimenting with different materials and mediums, they have found unique ways to express themselves and use art as a wellbeing tool.

Christmas in July Banquet Lunch

Escape the winter chill with our enchanting Christmas in July Banquet Lunch at **Gungahlin Lakes** on **Tuesday 30 July**.

Join us for a banquet lunch, nestled in a cozy lakeside setting.

Indulge in festive bon bons, a delectable two-course meal complete with sumptuous dessert, all for just \$48 per person. Treat yourself to a joyful mid-year celebration that promises warmth, great company, and memories to cherish. This event is open to everyone, beyond just the Involve members, so bring along a friend, embrace the Canberra winter Christmas spirit and reserve your seat today.

Bookings are essential and can be made by email at involve@cracs.com.au, on **(02) 6264 0200**, or in person at the Belconnen Community Centre reception.



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

Contacts

and excursions, and sincerely apologise for any inconvenience this may cause.

Transport team

Phone: **(02) 6278 8124**

Email: coach@cracs.com.au

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

From Our Members

”



“If nothing else, we all have a good laugh.” - Involve Drumming group member.



Drumming



**Walkie Talkie
Nara Park**



**Walkie Talkie
Arboretum**



**Walkie Talkie
Yerrabi Pond**



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.



Contacts

Reception

Phone: (02) 6264 0200

Email: contact@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 July are on pages 8–9.

Program changes

- No **Bunnings** this month.
- We are planning a one-off workshop with a professional African drummer who has many years' experience in the art form. Look out for further updates and we will provide further information in the coming month.
- We will be temporarily moving **Repair, Redesign, Upcycle** to Meeting room 1.
- While we recruit additional facilitators **Ukelele** and **IT for Seniors** groups will remain on hold. We will let you know when this changes.
- 16 July **Chair Yoga** (Radhika, our mat yoga teacher will be teaching for this class as our usual instructor Fahmida will be away doing yoga training)
- 22 July **Chair Yoga** (Radhika, will be teaching for this class.)
- **Out and About** will be running on 23 July and will incur no \$45 fee.
- July 10 **Art Tasters** will be on at 1:30 to 3:30pm.

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.

- **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.

Contacts

Involve team

Phone: (02) 6278 8113

Email: involve@crs.com.au

Art and 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.
- **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.
- **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 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 8 and 9.

** 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.

Contacts

Involve team

Phone: (02) 6278 8113

Email: involve@crs.com.au

July 2024 Activity Details

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

Arts and crafts

- **Art Tasters:**
 - 3 July: **Water colour painting**
 - **10 July**
 - 17 July: **Water colour collage**
 - 24 July: **Water colour magnet**
- **Crafts Galore:**
 - 1 July: **Wind chimes**
 - 8 July: **Lanterns**
- **Paper Crafts:**
 - 1 July: **Pop-up cards**
 - 8 July: **Paper flowers**



Adventures

- **Treasure Hunters (\$10).** Depart BCC at 9:40am, depart Humpy Hall at 10am; return at 3:30pm:
 - 12 July: We will be visiting various op shops in the Fyshwick and Narrabundah suburbs including the new Harris Farm markets.
 - 26 July: We will be visiting various op shops in the Braddon and Dickson suburbs including Canberra City.
- **Out and About (ticket \$45 for concession):** On 22 July, join us for a visit through Diplomat Houses. From the warmth of the van, we'll take a drive through some of Canberra's beautiful suburbs looking at the diverse houses the different country's call home while here.
Note: Out and About will be running on 23 July and will incur no \$45 fee.
- **Out-of-Town Hunting and Exploring (\$25):** On 9 July, we'll head to Crookwell to explore its many historic sites. Crookwell is a small town in the Southern Tablelands, only 1hr 30 min outside Canberra. It is home to the family owned Linder sock factory.

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.

1 July: Walk along the lake

We'll walk along the pond crossing the foot bridge and ending up at Lanyon shops.

8 July: Duntroon

We'll start at the maze and see who can find their way out. We'll then have a walk through the lovely grounds ending at Mici's cafe.

15 July: Weston Park

Starting at the dog park we'll follow the lake around ending at the Railway Cafe.

22 July: Jerrabomberra

We'll walk around Jerrabomberra pond, admiring the lovely homes around the school and ending at Suppetto Cafe.

29 July: Acton Beach to Musuem

We'll start at Acton Beach and follow the path that borders Parkes way, pass what is left of the old hospital out building, and finish at the museum cafe.



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 July 2024

- **2 July: Gungahlin Lakes Club.** We will have morning tea and lunch at Gungahlin Lakes Club, leaving Raiders Club 10:30, return by 2pm
- **9 July: Games** at Raiders Club Kippax.
- **16 July: Chair Yoga.**
- **23 July: Trivia.**
- **30 July: Christmas in July** lunch. Escape the winter chill with our enchanting Christmas in July Banquet Lunch at **Gungahlin Lakes** on **Tuesday 30 July.**

Join us for a banquet lunch, nestled in a cozy lakeside setting. Indulge in festive bon bons, a delectable two-course meal complete with sumptuous dessert, all for just \$48 per person. Treat yourself to a joyful mid-year celebration that promises warmth, great company, and memories to cherish. This event is open to everyone, beyond just the Involve members, so bring along a friend, embrace the Canberra winter Christmas spirit and reserve your seat today. Bookings essential.

Involve July 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 July	2 July	3 July	4 July	5 July
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn & Stitching: 1:30–3:30pm	Movie club: generally between 10am– 1pm; timing advised prior
8 July	9 July	10 July	11 July	12 July
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	BEST Club: 10:30am–1:30pm Out-of-Town Hunting and Exploring: 9:30am–3:30pm	Come Sew with Me: 10am–12:30pm Art Tasters 1:30–3:30pm	Drumming: 10am–12pm Yarn & Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
15 July	16 July	17 July	18 July	19 July
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn & Stitching: 1:30–3:30pm	Movie club: generally between 10am– 1pm; timing advised prior
22 July	23 July	24 July	25 July	26 July
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm Out and About: 9:30am–3:30pm	BEST Club: 10:30am–1:30pm Out and About: 9:30am–3:30pm	Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn & Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
29 July	30 July	31 July		
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	BEST Club: 10:30am–1:30pm Christmas in July Banquet lunch	Come Sew with Me: 10am–12:30pm Art Tasters: 1:30–3:30pm		



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
Social Badminton 12:30-2pm	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 10:30-11:30pm
	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	
		Back in Balance 1:45-2:45pm		

Contacts

Belconnen Community Centre

Phone: (02) 6264 0200

Email: contact@crs.com.au