

Get Involved

June 2024

Tell Us What You Want Community Day

Join us for our "Tell Us What You Want Community Day" and let your voice be heard! We're hosting a vibrant community event to gather your feedback and ideas on the possibilities of how we can better serve and support our community through exciting activities, programs, services and events.

From **1 to 8pm on Friday 7 June**, head down to the Belconnen Community Centre for a day filled with fun, exploration, and collaboration. Come along to share your feedback and ideas to help us make the Community Centre the place to be! This event is for ALL ages, so bring along your friends and the whole family!

Come enjoy a variety of free activities including soccer, basketball, pickleball, gym & boxing sessions, a toddlers' playgroup, arts & crafts including knitting, sewing and mosaics. You can find thrifted goodies with Community Fashion Finds (pay \$5 for 5 items). Top the whole afternoon off with a free movie (Wonka) and sausage sizzle!

This event is for ALL ages, so bring along your friends, grandkids and the whole family!

Schedule for the day

Foyer	Sausage Sizzle 3 – 6pm	Community Fashion finds 4 – 7pm			
Theatre	Movie: Wonka 5:30 – 7:30pm				
Meeting Room 1	Yoga 2 – 2:30pm	Knitting for Charity with Good Omen Goodeze 4 – 7pm			
Meeting Room 2	Craft 1 – 2pm	Sewing Yarn & Stitch 2 – 3:30pm	African Drumming 3:30 – 5pm	Chair Yoga 5 – 6pm	
Youth Centre	Open Day 1 - 7:30pm				
Sports Hall	Social Badminton 1 – 3 pm	Tiny Tumblers 3 – 3:45pm	Pickleball 3:45 – 4:30pm	Basketball 4:30 – 5:15pm	Soccer 5:15 – 6pm
Gym	Open Gym 1 – 2pm	Women's fitness 2 - 3pm	Boxercise (boxing) 3 - 4pm	Dance Aerobics 4 – 5pm	

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
- speaking to your Case Worker
- attending our regular Get Involved information and introduction sessions
- attend Tell Us What You Want Community Day at the Belconnen Community Centre
- 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 CRCS Aged Care Participant Advisory 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.

Meet Fahmida our new Yoga facilitator

Our floor [yoga classes](#) have started back up, with facilitator Fahmida. Fahmida is a public servant, volunteer, human rights activist, and artist passionate about humanitarian causes. She focuses on the survival and empowerment of women, youth, and the elderly, running a social enterprise in Bangladesh. Fahmida is also a mental health advocate pursuing a Master's in Counselling and developing innovative therapeutic programs in art, yoga, and trauma therapy. Her work aims to create a better future for all.



"The philosophy of yoga always fascinated me. Meditation keeps me focused and grounded when the world feels overwhelming and surreal. There is something about being able to find calm within myself amongst all the mayhem. Every element of yoga is about finding complete self and being content. And Asana practice is an element that allows us to focus through movement and breathing.

I cannot wait to dive in and tell everyone about it." - Fahmida Suma.

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.

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.

- **5 July: Bungee art exhibition:** 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, from 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.

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**

Social Impact for better services *involve*

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.



Capital
Region
Community
Services

Involve fun over the last month

From our members '11

Here's a joke that one of our Involve members cracked and we couldn't stop laughing from:

Q. "Have you heard the rumour about butter?"

A. I have, but I am not allowed to spread it.



**Walkie Talkie
National Library**



**Walkie Talkie
Rose garden**



**Walkie Talkie
Arboretum**



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 June are on pages eight and nine.

Program changes

- New facilitator for Paper Crafts and Crafts Galore. Sam will be teaching us new skills! Stay tuned for more info as Sam comes on board.
- Due to lack of interest, we will not longer be running **Lunch with Friends**.
- Due to lack of interest, we will not longer be running **Night time dinners**.
- We will be closed for the the King's birsthday public holiday on **10 June**.
- We will be temporarily moving **Repair, Redesign, Upcycle** to Meeting room 1.
- 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 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 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.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

- **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 8.
- **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.

** 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

June 2024 activity details

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

Arts and crafts

- **Art Tasters:**
 - 5 June: **yarn hangers**
 - 12 June: **Bunnings**
 - 19 June: **yarn hangers**
 - 26 June: **dot painting.**
- **Bunnings workshop:** on 12 June.
- **Crafts Galore:**
 - 3 June: **handmade beads using paper and/or clay**
 - 17 June: **bead work (making bead necklaces)**
 - 24 June: **wind chimes**
- **Paper Crafts:**
 - 3 June: **paper marbling**
 - 17 June: **handmade picture frames**
 - 24 June: **paper lanterns.**



Adventures

- **Treasure Hunters (\$10).** Depart BCC at 9:40am, depart Humpy Hall at 10am; return at 3:30pm:
 - 14 June: **Salvos in Queanbeyan NSW**
 - 28 June: **Salvos in Jamison, Macquarie.**
- **Out and About (ticket \$45 concession):** On 25 June, join us for a visit to **the Canberra Zoo and Aquarium.** Have the experience of a lifetime and get up close and personal with some of the world's most amazing creatures.
- **Out-of-Town Hunting and Exploring (\$25):** On 11 June, we'll head to **Young** to explore its many historic buildings. Young is a beautiful country town only a short distance from Canberra, so join us to explore and find hidden treasures.

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.

3 June: Gordon Pond to Lanyon Vikings

We'll walk around Gordon Pond and finish up at Lanyon.

17 June: Nicholls around pond to Gungahlin lakes

Starting at Nicholls we'll walk around the pond, some of which has no housing just bushland and end up at Gungahlin Lakes Club.

25 June: Tidbinbilla

Please note time change: pickup from Humpy Hall at 10:00am, BCC at 10:20am. Returning around 2pm.

Starting earlier than normal we'll head to Tidbinbilla for a walk around Sanctuary Loop or for a shorter walk, Koala Path. Lunch will then be at Sheedy's picnic ground.



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

- **4 June: morning lunch at Tulips Cafe Pialligo.** Meet at 10:30am, depart at 1:30pm.
- **11 June: Belconnen senior singers.**
- **18 June: AFP – Safety Talk** at Raiders Club Kippax
- **25 June: games** at Raiders Club Kippax.



Involve June 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 June	4 June	5 June	6 June	7 June
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
10 June	11 June	12 June	13 June	14 June
Public holiday	BEST Club: 10:30am–1:30pm Out-of-Town Hunting and Exploring: 9:30am–3:30pm	Come Sew with Me: 10am– 12:30pm Bunnings Workshop: 1:30–3:30pm	Drumming: 10am–12pm Yarn & Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
17 June	18 June	19 June	20 June	21 June
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
24 June	25 June	26 June	27 June	28 June
Paper Crafts: 10am–12pm Walkie Talkies 10:00am–2pm Crafts Galore: 12:30–2:30pm Repair, Redesign, Upcycle: 3–4:30pm	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

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