

Living as a Senior in Launceston

Newsletter

Edition 24, June 2022



Mayor's Message

Welcome to the Winter edition of Council's Living as a Senior in Launceston Newsletter for 2022 filled to the brim with news and ideas!

Join us at the Walk Against Elder Abuse event which helps COTA raise awareness of this serious issue. The walk will be followed by a morning tea at Town Hall. Don't forget to register with COTA.

We are also excited to invite Launceston volunteers to help make our first Celebrating Volunteers lunch this July a true success. Ask your organisation manager or team leader to book a table, or register to come along as an individual. Further details are over the page.

In August we partner with community support agencies to provide events and information during Homelessness Week. A key aim of the events is to help people understand what they can do to help. City of Launceston is working alongside state government and community organisations to increase support for our homeless.

The Launceston Place Brand is here! Created with the community to celebrate Launnie's unique story and spark pride, the Place Brand will empower anyone with an interest in Launceston's future to talk about their city and tell their stories: All artists, makers, growers, thinkers and do'ers

are invited to step into the spotlight and share their tale. Because we want to encourage people to visit, invest in or even move to this place. A place that's been built by creators, problem-solvers and hard-workers. The Brand Guidelines and Design Tools are completely free, so organisations and individuals can register as a Launnie partner, to have access to photos, illustrations, the Launnie wordmark and much more. Visit www.launnie.com.au

Launceston's list of wins in 2022 continues with our successful bid to be designated a UNESCO Creative City of Gastronomy, joining 48 other cities in the global network. The traditional meaning of the word gastronomy is actually the relationship between people and food. Gastronomy is what happens every time someone enjoys eating or drinking something, and Launceston has an extremely strong pedigree in food, food culture, creativity and food-related industries. We will continue to build the identity of our city and the region around food, to facilitate connections between different players in the food system to create opportunities, build the local food economy, and to collaborate with other Creative Cities around the world to learn from their experiences.

We hope you enjoy this update. Thank you for being a wonderful part of our community.

Albert van Zetten
Mayor



What's on at QVMAG ?

Women's Art Prize Tasmania 2022 Finalists Exhibition

For 20 years Tasmania's only women's art prize has been shining the spotlight on the creativity, passion and vision of this island's women artists. In this, the 20th anniversary of the Prize, RANT Arts and QVMAG are proud to present the 2022 Women's Art Prize Tasmania. This exhibition is now on display at the Museum at Inveresk (2 Invermay Road, Launceston). Free entry | Open daily, 10am to 4pm



Image: Georgia Spain – 2021 Trawalla Foundation Acquisitive Prize-winner in front of her prizewinning work, Six Different Women, 2021 (Photographer: Naomi Fenton)

Did you know?

Continence Aids Payment Scheme - pays eligible people a yearly subsidy, currently at just over \$600pa. More information and eligibility is available here:

www.continence.org.au/get-support/financial-assistance/state-and-territory-schemes. Then click the "Tasmania" link.

Personal Alarm - A client who has completed any assessment process, for example a Regional Assessment, can access a Personal Alarm (e.g. Live Life) where it comes under Goods and Equipment. So it is not dependent only upon an ACAT assessment. This type of equipment is one of the few things that does not require an OT assessment which can have a long wait. Depending on eligibility it may cost only a low yearly fee (or up to approximately \$550). Contact www.myagedcare.gov.au for more information.

Glenda, Aged Care Navigator, COTA

Homelessness Week

01 -07 August 2022

Recently Launceston has seen an increased number of visible homeless in Launceston. Council is working alongside State Government, who fund affordable housing and support services, along with local community organisations to find solutions. Council is also in the process of forming a Homelessness Action Plan Committee which will formalise collaboration at all levels of government and community.

You may not be aware that family and domestic violence is the leading cause of homelessness in Australia, however trauma based illness, poverty, unemployment or low wages and mental illness are additional key reasons. The most common health issue for homeless people is malnutrition. They eat fewer meals per day, frequently lack food and are more prone to a lack of nutrition.

During **Homelessness Week 2022** keep an eye out for events and practical ways you can help.

Launceston Tool Library

Launceston's new Tool Library, an extension of the Community Men's Shed at Kings Meadows in Numamina Avenue, is now accepting donations of good quality tools and power tools. Drop off donations Tuesdays or Thursdays 9am - 4pm. Tools will then be available for community members to borrow.

Flu & CoVID-19 Vaccinations

The City of Launceston runs a free weekly immunisation clinic for people over 65 to receive their annual flu vaccination. Call the customer service team to book a time on 6323 3000, or go online to www.launceston.tas.gov.au/home then click on Immunisation Bookings to reserve your spot. Clinics occur Wednesday from 10am-11am at Town Hall, St John St, Launceston.

The Department of Health is also offering FREE FLU SHOTS and CoVID-19 Boosters for everyone 5 years and over at community clinics including 12-14 St John Street (at the old Transit Centre) from Thursday to Sunday through May and June 9am - 4.30pm.

Bookings can be made via this link: [Community clinics | Coronavirus disease \(COVID-19\)](#).

Celebrating Volunteers Events

11.30am on Mon 11 July OR Tues 12 July 2022

City of Launceston invites volunteers who serve in our municipality to attend a special lunch at the Tramsheds Function Centre to celebrate their valuable contribution to our community. Volunteers from emergency services, community centres, sport, the arts and other sectors are encouraged to come along to help celebrate!

A 2-course buffet lunch and great entertainment by emerging Launceston local talent will be provided.

Register via your organisation representative or as an individual to attend one of the events. Places are limited due to seating restrictions, so book early to avoid disappointment. For more information. Email: community.development@launceston.tas.gov.au

Live or work in Invermay?

Invermay ABCDE Learning Site

Council's ABCDE Learning Sites enable communities to identify their assets, build connections and create change in the heart of the community with a focus on 'what's strong, not what's wrong.' The Learning Sites are totally inclusive so anyone can be involved who lives, works, visits and cares about Invermay. Rocherlea, Ravenswood, Mowbray, Youngtown and Kings Meadows have been past Learning Sites .

Come to a free, fun community workshop to build connections and create positive change in Invermay. The community workshop will be led by Peter Kenyon, Founder and Director of Bank of I.D.E.A.S at the Invermay Bowls and Community Club on Tuesday 25 October 2022 from 9.30am - 3pm. We want to hear your ideas and how you would like to assist with making Invermay an even stronger community.



The City of Launceston Invermay ABCDE Learning Site kicks off in July 2022 till December 2023 and there are many ways to get involved. Register to come along by contacting Sarah McCormack, Community Connector, Ph. 0428 109 948 or via email at: Sarah.McCormack@launceston.tas.gov.au

New Seating

City of Launceston has recently installed new public seating along the cycle path between Seaport and Mowbray to encourage active transport and provide walkers with a place to rest as they move between these two important locations.



The seats have been installed as part of the City Heart Project to enliven and connect our civic spaces, making them more vibrant, attractive and inclusive to aid enjoyment of Launceston's beauty.



Launceston Central City

(Previously City Prom)

There are some exciting changes afoot in the city over the coming months for you to get involved in!



Tell us what you love about Launnie - your experiences of shopping, working and living in the Launceston CBD - and you'll have the chance to win a high tea at Dragonfly Tea Atelier in Quadrant Mall or more great prizes!

Between Monday 6 June and Friday 24 June simply scan our QR code or head to www.bit.ly/cityprom-survey-jun-2022 to complete the 10-minute survey online and you'll be in running to win!!



Go to www.launcestoncentralcity.com.au for regular updates or subscribe to our newsletter or follow our [social media](#) for further updates and information on all the news and events in the city

Wednesday 15 June 2022 | 11.15am | Civic Square



One in six Australians aged 65+ is abused every year. They may be neglected, bullied, insulted, threatened, sexually or physically abused, financially abused, or stopped from seeing their friends.

Each World Elder Abuse Awareness Day families, students, community members, workers and volunteers unite to raise awareness of elder abuse and the ageism that drives it. We invite you to join us.

Ageism makes it seem okay to forget about older people, and this can have terrible results. If older people are ignored and undervalued, it's more likely others will turn a blind eye when an older person is being abused. Older people have the right to live with dignity and safety, like people of every other age.

Launceston's annual Walk Against Elder Abuse is organised by COTA Tasmania and supported by the State Government and the City of Launceston and will be followed by a free morning tea at Town Hall. Seats are limited for morning tea so register as soon as possible to secure your seat.

When: 11.15am. Meet in Civic Square (11.30am walk).

Register: Email lynm@cotatas.org.au | Ph: 6231 3265.

If you or someone you know is experiencing abuse the **Tasmanian Elder Abuse Helpline 1800 441 169** is a confidential, sensitive information & referral service

Contact Us

Customer Service

Town Hall | 18-28 St John Street | Launceston
Open: Monday to Friday 8.30am - 5pm
Phone: 6323 3000
Email: contactus@launceston.tas.gov.au

Council Emergencies

(24hrs) 6323 3333

Finding Other Help

www.findhelptas.org.au

National Relay Service (NRS)

If you have a hearing or speech impairment, phone the NRS on 1300 555 727 and ask to be connected to 6323 3000.
Or visit www.relayservice.com.au

Healthy, Engaged and Resilient Consultation

Share your experiences, thoughts and wishes with COTA to help shape the next Strategy for Older Tasmanian's 2023-2029. Online survey: <https://www.surveymonkey.com/r/LXVMCXQ>

Phone 6231 3265 **Email:** admin@cotatas.org.au

Aged Care System Navigator in Launceston

COTA Tasmania has recruited a new Aged Care Navigator for the North, Glenda Daly.

Glenda is available to provide free one on one support for older Tasmanians and their family members to navigate the aged care system. If you live in the North of the state and require assistance please contact the COTA office on 6231 3265.



SERVICES AUSTRALIA

Aged Care Specialist Officer (ASCO)

Services Australia (federal government) now has face-to-face ASCO's in Launceston who can also provide free help with a range of Aged Care topics including:

- information on the types of aged care services
- checking eligibility for funded services and making referrals
- providing financial information
- connecting local support services.

Book an appointment with Anita Nothrop by phone on 1800 227 475 or at the Services Australia Centre in Boland St.

Living as a Senior

What's on in Launceston this Winter?

JUNE 2022

Launceston Night Market

Food and Wine Market | Launceston's Civic Square
Fri 10 June, 1 July, 12 August | from 4-9pm | Free entry.

McGrath Launceston Running Festival | Sun 12 June

10km, 5km, 1 mile and half marathon events

<https://www.launcestonrunningfestival.com.au/>

Walk Against Elder Abuse | 15 June

Meet 11.15am in Civic Square. Walk a loop via the Brisbane Street Mall. If you wish to join us for morning tea in the Town Hall, Reception Room please book via COTA. Email lynm@cotatas.org.au or ring 62313265

Shannons' Rally Launceston

An evening in Civic Square showcasing rally cars | Fri 24 June 2022 | 5-7pm

<https://www.rally.com.au/launceston/>

Bravehearts 777 Marathon

Series of 7 marathons across 7 cities over 7 days
Boland Street & Heritage Forest flood levee | Thurs 30 June | 7am-1.30pm

Other Information: <https://bravehearts.org.au/>

JULY 2022

Celebrating Volunteers Event

Monday 11 July 2022 OR Tuesday 12 July 2022

Tramsheds Function Centre from 11.30am

Join us for a celebration 2 course lunch with entertainment. Free entry. Book early. Limited places.

AUGUST 2022

Homelessness Week 01-07 August

Keep an eye out for events & how you can help

AFL Hawks vs Gold Coast Suns

UTAS Stadium. Date & time to be confirmed

AFL Hawks vs Western Bulldogs

UTAS Stadium. Date & time to be confirmed

UPCOMING THEATRE 2022

Stardust + The Mission | Thurs June 2, 7.30pm

Rockaria The ELO Experience

Thurs June 9, 8.00pm

TRIPOD | Fri June 10, 8.00pm

Circa's Peepshow | Fri June 17, 7.30pm

The Little Mermaid (Ballet) | Fri June 24, 7.30pm

Bach Concertos (Van Diemen's Band)

Tues June 28, 6.00pm

Two of Us (Lennon & McCartney songs)

Sat July 2, 7.30pm

Australian Ballet | Wed July 27, 7.30pm

Jane Eyre | Sat July 30, 7.30pm

Credence Clearwater Collective

Sat Aug 20, 8.00pm

What's On for the whole family

QVMAG www.qvmag.tas.gov.au/Whats-on

Princess Theatre + Earl Arts Centre

www.theatrenorth.com.au

Albert Hall - closed for renovations

www.alberthalllaunceston.com.au

Launceston Leisure & Aquatic Centre

www.launceston.tas.gov.au/lac

Active Launceston | www.activelaunceston.com.au

City Prom Events - What's on in

www.launcestoncentralcity.com.au/events

Can you help?

Do you have an email address?

If so, please email us and request to receive these newsletters and other useful updates by email.

You will help save your council's resources so we can do more for you and help save our environment.

BUILD YOUR CONFIDENCE, FEEL HEALTHIER AND A WHOLE LOT HAPPIER

FUN FREE OUTDOOR FITNESS CAMPS

STARTS WEDNESDAY 25TH MAY, 2022

ROYAL PARK REGATTA GROUNDS

Park Street
LAUNCESTON

NO JOINING FEE, NO CLASS FEE, IT'S ALL **FREE!**



Regular exercise and good nutrition
can help build a happy life

CLASSES START AT 9.30AM DAILY - EACH SESSION RUNS FOR 45MIN

Mon



X-TRAINING

Tue



YOGA

Wed



BOXING

Thurs



X-TRAINING

Fri



BOXING

REGISTER TODAY TO BOOK YOUR SESSIONS
via www.livelifeggetactive.com

OR SIMPLY SCAN THE CODE BELOW TO GET STARTED

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LAUNCESTON



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