



**Victorian Active Ageing Partnership
2018 Research and Practice Forum
Working well together: Promoting active ageing**

Participant Organisation Profiles

Date: Thursday 23 August, 2018



**MUSCULOSKELETAL
AUSTRALIA**



MONASH University



Active and Healthy Ageing Advisers

What does an Active & Healthy Ageing Adviser (AHAA) do?

The AHAA's are funded by the Department of Health & Human Services (DHHS) to promote, build and/or maintain the health and wellbeing of people as they age (50 years and over, 40 years for Aboriginal and Torres Strait Islander people) particularly those experiencing disadvantage and social isolation. This is achieved through system change, population health and place-based approaches. This includes working with services, community organisations and state and local government to:

- Foster partnerships, collaboration and networking in relation to active and healthy ageing;
- Disseminate evidence, research, data, best practice and information relevant to active and healthy ageing;
- Support stakeholders to include active and healthy ageing strategies in planning (eg. Municipal Public Health and Wellbeing planning, positive ageing planning, age/dementia friendly communities work);
- Engage with and build capacity of workforce, service providers and networks to promote, build and support active and healthy ageing across various settings relevant to older people;
- Identify and promote effective active and healthy ageing programs and strategies operating across the local area and any gaps and opportunities to improve the health and wellbeing of older people;
- Enhance the recognition of the importance of active and healthy ageing.

AHAA work priorities for 2017-19

The State-wide priorities for the AHAA's reflect the Victorian Public Health and Wellbeing Plan 2015-19

- **Healthy eating and active living (core focus)**
- **Resilient and liveable communities (core focus)**
- Tobacco Free Living
- Social connection
- Improving mental health
- Improving sexual health
- Reducing harmful alcohol and drug use
- Preventing violence and injury - falls prevention & elder abuse prevention

Contacts us


An important part of promoting and planning for active and healthy ageing is linking with current and established networks, alliances and partnerships as well as developing new opportunities and partners. We'd love to hear from you.

| Contact Name | Location | Geographical Areas Covered | Contact Email |
|-------------------------|--------------------------------|----------------------------------------|----------------------------------------------------------------------------------------|
| Karen Cameron | DHHS – Geelong | Barwon & South West | Karen.cameron@dhhs.vic.gov.au |
| Ebony Morelli | DHHS – Footscray | Western Melbourne & Brimbank Melton | Ebony.Morelli@dhhs.vic.gov.au |
| Megan Clifford | DHHS – Ballarat | Central Highlands & Wimmera | Megan.Clifford@dhhs.vic.gov.au |
| Marianna Pisani | DHHS – Fitzroy | North Metro Melbourne | Marianna.Pisani@dhhs.vic.gov.au |
| Clare Thurman | DHHS – Bendigo | Loddon & Mallee | Clare.Thurman@dhhs.vic.gov.au |
| Deb Mitchell | DHHS – Traralgon | Inner & Outer Gippsland | Deborah.mitchell@dhhs.vic.gov.au |
| Denise Olsson | DHHS – Dandenong | Southern Melbourne & Bayside Peninsula | Denise.Olsson@dhhs.vic.gov.au |
| Sarah Pain | Valley Sport – Shepparton | Murray & Goulburn | sarah@valleysport.net.au |
| Sharon Porteous | Inner East PCP – Box Hill | Eastern Metro Region | Sharon.porteous@lepcp.org.au |
| <i>Currently Vacant</i> | Sports North East - Wangaratta | Ovens-Murray | ACCservev@dhhs.vic.gov.au |

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**Participant information-sharing and networking
Organisation profile**

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| Back Into Action Personal Training |  <p>Back into Action Personal Training</p> |
| Website address: | www.backintoaction.net.au |
| Street Address: | Macleod |
| Local government area: | Banyule |
| Contact person (name): | Michele Henderson |
| Contact email (person or organisation email): | backintoactionpt@gmail.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Personal Training 2. Pilates 3. Chair based exercises 4. Strength training 5. Functional training |
| Approximate average number of older people attending all our PA programs each week | 20 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Osteopathic referral |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Back Into Action Osteopathic Group |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Councils 2. Age care facilities 3. Hospitals |
| We are interested in hearing from anyone who could provide advice on ... | Not applicable |

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Organisation profile**


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| <p>Banyule Leisure proudly operates Ivanhoe Aquatic, Olympic Leisure Centre and Net's Stadium</p> |  |
| <p>Website address:</p> | <p>www.iafc.vic.gov.au www.olc.vic.gov.au www.banyule.vic.gov.au/Sport-and-Recreation/Leisure-Centres/Nets-Stadium-Banyule</p> |
| <p>Street Address:</p> | <p>Ivanhoe Aquatic 170 Waterdale Road Ivanhoe 3079</p> <p>Olympic Leisure Centre 15 Alamein Road Heidelberg West 3081</p> <p>Nets Stadium 2 Somers Ave, Macleod VIC 3085</p> |
| <p>Local government area:</p> | <p>Banyule City Council</p> |
| <p>Contact person (name):</p> | <p>Chloe Davies</p> |
| <p>Contact email (person or organisation email):</p> | <p>chloe.davies@banyule.vic.gov.au</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Living Longer Living Stronger 2. Aqua aerobics classes 3. Financially subsidised over 60's access to gym and pool 4. Chair based exercise class, Falls prevention courses 5. In community classes for elderly CALD communities and local council run day cares. |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>Attendees approx. 520 across programs each week</p> |
| <p>Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <ol style="list-style-type: none"> 1. Word of mouth/recommendation 2. Health networks and community health referrals 3. Community networks and forums 4. Council publications (seniors newsletter, residents magazine) 5. Facebook (strong traction with 50-65 market) |
| <p>Other organisations/groups/businesses we work with to undertake our PA programs with older people</p> | <ol style="list-style-type: none"> 1. Banyule Community Health 2. Banyule Commonwealth Home support program 3. VicHealth 4. Himilo Community Connect |

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| | 5. OurHub through e-focus |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. Austin Health 2. Primary care networks |
| We are interested in hearing from anyone who could provide advice on ... | Changing stereotypes around “older” exercise options and targeting active 50-65 year olds who do not want to participate in Aqua or an age exclusive class. How to promote widely the immense physical and mental benefits of exercise as we age to traditional non-exercisers to help transition into exercise prior to medical intervention. |

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| Barwon Health |  |
| Website address: | www.barwonhealth.org.au |
| Street Address: | Wallace Lodge, Mc Kellar Centre, 45 Ballarat Rd, Geelong North 3215 |
| Local government area: | City of Greater Geelong |
| Contact person (name): | Anne Donaghy and Silva Baard |
| Contact email (person or organisation email): | anne.donaghy@barwonhealth.org.au silva.baard@barwonhealth.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Seated Exercise 2. Table Volleyball 3. Quoits 4. Carpet Bowls 5. Gardening |
| Approximate average number of older people attending all our PA programs each week | Residents are very selective. About 10 will attend all of these activities. |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Cultural Coffee Club – food/families/culture (Naidoc week) 2. Pet therapy 3. Bilingual Volunteer – room visits 4. Hand and Nail Care Volunteer - rooms 5. Cultural music – name that song |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Student visits 2. Internal recourses – exercises with volunteer/physiotherapist |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Different hobby groups 2. Cultural Groups 3. Men’s Shed |
| We are interested in hearing from anyone who could provide advice on ... | We have various age groups, different cultures, languages, disabilities - how to combine younger residents with the older ones to satisfy all residents |

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| Broadmeadows Aquatics & Leisure Centre Hume City Council |  |
| Website address: | |
| Street Address: | 41-85 Tanderrum Way, Broadmeadows 3047 |
| Local government area: | Hume City Council |
| Contact person (name): | Kerry Whelan |
| Contact email (person or organisation email): | kerryw@hume.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | 1. Rehabilitation Aqua 6. Active Aging 2. Lift 4 Lift - gym 3. LLLS - gym 4. Tai Chi 5. Freestyle Aerobics |
| Approximate average number of older people attending all our PA programs each week | 100 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | 1. Active Aging - Networking 2. Community Networking with Hospitals, clinics 3. Community Awareness thru advertising |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | 1. Dianella 2. Broadmeadows Health 3. BSDS 4. COTA |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | Not applicable |

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| Aligned Leisure – Cardinia Leisure Facilities | | |
| Website address: | http://cardinaleisure.com.au/ | |
| Street Address: | 4-6 Olympic Way, Pakenham VIC 3810 | |
| Local government area: | Cardinia Shire | |
| Contact person (name): | Rose Meredith | |
| Contact email (person or organisation email): | rose.meredith@alignedleisure.com.au | |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Aqua Movers 2. Strong Movers 3. Heart Foundation Walking Group 4. Quarterly seminars 5. Transition EP clients | |
| Approximate average number of older people attending all our PA programs each week | 250 attendances | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Cardinia Shire 2. Link in with local community groups 3. Community noticeboard in centre 4. Arthritis Victoria 5. Monash Health rehab program | |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Monash Health 2. CALD 3. Diabetes Victoria 4. Heart Foundation | |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Rehabilitation groups 2. Aged care facilities 3. Allied Health | |
| We are interested in hearing from anyone who could provide advice on ... | Ideas to engage with less active groups in our community, especially those isolated in a rural setting. | |

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| YMCA Vic – Carlton Baths Community Centre |  |
| Website address: | http://www.carltonbaths.ymca.org.au/ |
| Street Address: | 248 Rathdowne St, Carlton, Vic 3053 |
| Local government area: | Recreation |
| Contact person (name): | David Rowe |
| Contact email (person or organisation email): | David.rowe@ymca.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Aqua Fit 2. Low Impact Cardio 3. Yoga 4. Tai Chi 5. Personal Training |
| Approximate average number of older people attending all our PA programs each week | 70 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Older adult trainers 2. Promotions through current programs 3. Outreach to likeminded organisations |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | (List only 5, if you have more than 5. If this does not apply to your organisation or business, just write 'Not applicable') <ol style="list-style-type: none"> 1. City of Melbourne 2. Other YMCA Facilities 3. Rathdowne Place 4. Local GP's |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Local GP's 2. Allied Health Groups |
| We are interested in hearing from anyone who could provide advice on ... | <ul style="list-style-type: none"> - What programs/services older adults are wanting from recreation? - How older adults want us to share information with them? |

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| Castlemaine District Community Health |  <p>Castlemaine District Community Health <i>Facilitating Better Health</i></p> |
| Website address: | http://www.cdchcastlemaine.com.au/ |
| Street Address: | 13 Mostyn St Castlemaine |
| Local government area: | Mount Alexander |
| Contact person (name): | Liza Shaw |
| Contact email (person or organisation email): | Lshaw@cdch.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Walking Groups 2. Tai Chi 3. Strength Groups 4. Community Gym 5. |
| Approximate average number of older people attending all our PA programs each week | 100 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, | <ol style="list-style-type: none"> 1. Community newsletters 2. Local newspaper 3. Through local advocacy groups for disabilities and older people 4. Community leaders and word of mouth 5. |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Neighbourhood houses 2. Arthritis Vic (Tai Chi training) 3. Local gym 4. Volunteers |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | Not applicable |

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| Castlemaine Fitness Centre |  |
| Website address: | www.castlemainefitness.com.au |
| Street Address: | 23a Lyttleton street Castlemaine Victoria 3450 |
| Local government area: | Mount Alexander Shire |
| Contact person (name): | Carolynne Spencer |
| Contact email (person or organisation email): | Spencer71@live.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Community Gym 2. Aqua Aerobics 3. Mind Body & Balance 4. Personal training 5. Gym / swim |
| Approximate average number of older people attending all our PA programs each week | 125 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Liaison with Medical clinics 3. correspondence with community House 4. Advertise through U3A newsletter 5. Liaison with Windaring & Aestra special needs Centres |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Castlemaine District community Health 2. Castlemaine Health – Mount Alexander Hospital 3. Castlemaine Physiotherapy 4. NJF wellness centre 5. Castlemaine Ballet academy |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Senior Citizens, Castlemaine, Campbell's Creek & Chewton 2. Mount Alexander Shire, Outreach programs, in home 3. Bendigo Health, Disabilities, complex needs, Mental Health. |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Caulfield Community Health Service |   |
| Website address: | https://www.alfredhealth.org.au/services/hp/caulfield-community-health-service |
| Street Address: | 260 Kooyong Road, Caulfield VIC 3162 |
| Local government area: | City of Glen Eira and City of Stonington |
| Contact person (name): | Disha Doshi (Physical Activity Coordinator) |
| Contact email (person or organization email): | 03 9076 6742 hlc@alfred.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <p>Our Physical Activity Programs are called Healthy Living Programs which include:</p> <ol style="list-style-type: none"> 1. Strength training sessions 2. Activate sessions 3. Functional Independence Training (FIT) sessions 4. Caulfield Community Commuters walking group |
| Approximate average number of older people attending all our PA programs each week | Around 950 participants attends sessions up to 3 times a week |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Building good relationships with internal and external referrers 3. Running introductory session before commencing exercises 4. Monthly social gatherings for morning, afternoon teas and off site lunches 5. Availability of the interpreters has been very useful for us to assist CALD groups to get started with Physical Activity. |
| Other organisations/groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Since the start of the year we have worked very closely with City of Glen Eira to support their Strength training program for the social support group. 2. Living Longer Living Stronger – COTA VIC 3. Heart foundation for Caulfield community commuters walking group 4. Education talks with community group (association of independent retirees) 5. Glen Eira Leisure – Working together to explore options to best get older adults in the community engaged in physical activity. |
| Other types of organisations/groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. U3A 2. SRS (supported residential services) 3. Other community organizations |
| We are interested in hearing from anyone who could provide advice on ... | Different software available in the industry to manage the admin work load of the program |

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| City of Ballarat Council |  |
| Website address: | http://www.ballarat.vic.gov.au/ |
| Street Address: | PO Box 655 Ballarat 3350 |
| Local government area: | Sport & Active Living |
| Contact person (name): | Teagan Kenny |
| Contact email (person or organisation email): | teagankenny@ballarat.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Walk-ball (walking netball) 2. Delacombe walking group 3. J-ball (modified Hockey by Hockey Victoria) 4. Walking basketball |
| Approximate average number of older people attending all our PA programs each week | 15 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Active ageing newsletter 2. Social connections team via our internal Active ageing team @ Council 3. Collaboration across departments utilizing different newsletters, and engagement officers |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. State Sporting Associations 2. Internal Active Ageing team 3. Local Sport Associations 4. YMCA -delacombe hub 5. Ballarat Community Health |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Health care groups 2. Carers/care agencies |
| We are interested in hearing from anyone who could provide advice on ... | |

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| <p>City of Ballarat Active Aging/Social Connections</p> |  |
| <p>Website address:</p> | <p>City of Ballarat</p> |
| <p>Street Address:</p> | <p>26 Armstrong Street</p> |
| <p>Local government area:</p> | <p>Ballarat</p> |
| <p>Contact person (name):</p> | <p>Faye Pywell</p> |
| <p>Contact email (person or organisation email):</p> | <p>fayepywell@ballarat.vic.gov.au</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Bunch 4 Lunches 2. Small Mobile planned activity group 3. Bus Trips 4. Ballarat Aquatic and Leisure center exercise classes 5. Early onset Dementia and frail group |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>150 Participants</p> |
| <p>Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <ol style="list-style-type: none"> 1. Welcoming supportive environment 2. Build respect and trust 3. Make activity enjoyable and social 4. Modify to suit needs, skills and welcome ideas. |
| <p>Other organisations/ groups/businesses we work with to undertake our PA programs with older people</p> | <ol style="list-style-type: none"> 1. Sports and recreation clubs 2. Other City of Ballarat departments 3. Community hubs |
| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <p>Not applicable</p> |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | |

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| City of Port Phillip |  |
| Website address: | www.portphillip.vic.gov.au |
| Street Address: | St Kilda Town Hall, 99a Carlisle Street, St Kilda, Victoria 3182 |
| Local government area: | City of Port Phillip |
| Contact person (name): | Laura Cattapan |
| Contact email (person or organisation email): | Laura.cattapan@portphillip.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Linking Neighbours walking group 2. Linking Neighbours Warm Exercise program at Melbourne Sports & Aquatic Centre (MSAC) 3. South Melbourne Football Club Walking Soccer program in partnership Linking Neighbours Program 4. 2 x Social Support Strength Training programs in partnership with Police & Citizens Youth Clubs 5. Social Support Warm Water Exercise program at MSAC |
| Approximate average number of older people attending all our PA programs each week | A total of approximate 70 people attend the above programs per week |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Insights Newsletter that goes out to all our CHSP recipients 2. Emailing information out through our networks including local migrant resource centre, ethno specific services and local community, health, aged, disability and housing services 3. Promoting in City of Port Phillips Magazine – Divercity, poster, flyers, decal on community bus etc 4. Promoting through local networks i.e. Older Persons Consultative Committee, Port Phillip Aged & Disability Services Network, local service clubs 5. Engaging our Access & Support Officers |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Police & Citizen Youth Club 2. MSAC 3. South Melbourne Soccer Club 4. Local cafes – Linking Neighbours coffee mornings |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. State Sporting Associations 2. Local mainstream sport and recreation providers 3. Local gymnasiums, sport and fitness centres including St Kilda Sea Baths |
| We are interested in hearing from anyone who could provide advice on ... | |

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| City of Whittlesea |  City of Whittlesea |
| Website address: | www.whittlesea.vic.gov.au |
| Street Address: | Westfield Plenty Valley, 415 McDonalds Rd. Mill Park 3082 |
| Local government area: | City of Whittlesea |
| Contact person (name): | Maria Tancredi |
| Contact email (person or organisation email): | leap@whittlesea.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Exercise classes 2. Golf Program 3. Have worked in partnership and then handed over to community, initiatives such as Tai Chi, Walking groups, Walking Football, Women's only swim time. 4. Indoor Bowls tournament 5. Seniors Exercise Park |
| Approximate average number of older people attending all our PA programs each week | 97 (Seniors Exercise: 62, Seniors golf program: 35, Indoor Bowls: 30-40) |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth, especially from current participants 2. Information in Council publications 3. Brochures & flyers at: venues, medical centers, community health centers, retirement villages, special events with come and try activities/demos 4. Seniors Week activities, offer free come and try classes 5. Whittlesea Seniors Link Up Program – for socially isolated |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Whittlesea YMCA 2. Growling Frog Golf Course 3. Whittlesea U3A and seniors clubs 4. Melbourne City Football Club – Walking Football Program 5. Seniors Clubs 6. Other departments 7. NARI |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Fitness industry providers with a focus on older adults or willing to focus on older adults 2. Community Health Centres 3. Sport and Recreation Clubs 4. State sporting associations; VicHealth |
| We are interested in hearing from anyone who could provide advice on ... | <p>Networks with links to fitness instructors for older adults</p> <p>Funding opportunities for Council to assist with this area</p> |

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**Participant information-sharing and networking
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| Connect Health & Community Cheltenham/ Bentleigh East |  |
| Website address: | www.connecthealth.org.au |
| Street Address: | 2A Gardeners Road Bentleigh East and Unit 17 (Level 1), 347 Bay Road Cheltenham |
| Local government area: | Kingston & Bayside |
| Contact person (name): | Anna |
| Contact email (person or organisation email): | Anna.wonne@yahoo.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Tai Chi 2. Gentle exercise 3. Hydrotherapy 4. Outdoors Walking group |
| Approximate average number of older people attending all our PA programs each week | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Referral from primary health services, including allied health, physio and counselling |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. U3A 2. Seniors Centre |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Djerriwarrh Health Services |  |
| Website address: | www.djhs.org.au |
| Street Address: | Multiple locations – mine 195-209 Barries Road Melton West |
| Local government area: | Melton and Moorabool |
| Contact person (name): | Ruth Martin |
| Contact email (person or organisation email): | ruthm@djhs.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Fit for Life 2. Rehabilitation – Cardiac and Pulmonary 3. Diabetes Exercise Group 4. Falls Prevention Program 5. GEMS – Gentle Exercise to Music |
| Approximate average number of older people attending all our PA programs each week | Multiple groups ~100 per week |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Presentations for planned activity groups 2. Presentations within disciplines 3. Discussions with councils around opportunities 4. Working with other groups i.e. Sons of the West |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Sons of the West 2. Daughters of the West 3. Health Services 4. Council Services 5. Gyms |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Community groups 2. Support groups |
| We are interested in hearing from anyone who could provide advice on ... | I'm actually open to hearing about new programs and opportunities to increase our services or ensure we are delivering a high standard that is still evidence based |

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| Doncaster Community Care and Counselling Centre Inc (Doncare) |  |
| Website address: | www.doncare.org.au |
| Street Address: | Suite 4 Level 2 MC ² , 687 Doncaster Rd Doncaster |
| Local government area: | Manningham |
| Contact person (name): | Cheryl Watt |
| Contact email (person or organisation email): | Cheryl.Watt@doncare.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Light Walking Group 2. Chinese Walking Group |
| Approximate average number of older people attending all our PA programs each week | 20 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. Gyms, personal trainers, community groups who run physical programs |
| We are interested in hearing from anyone who could provide advice on ... | A group of relatively generic exercises we could get all groups to participate in, not just physical activity groups |

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| DPV HEALTH |  |
| Website address: | https://dpvhealth.org.au/ |
| Street Address: | 42-48 Coleraine Street, Broadmeadows |
| Local government area: | HUME |
| Contact person (name): | Caren Kladaric |
| Contact email (person or organisation email): | Caren.kladaric@dpvhealth.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Falls and Balance groups 2. Cardiac Rehab 3. Diabetes group 4. Gym groups 5. GLAD PROGRAM |
| Approximate average number of older people attending all our PA programs each week | 30 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Social events in the community 2. Speaking to GPs in the Hume community 3. Social Media |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Broadmeadows Health services 2. Broadmeadows Leisure Centre 3. Mill Park Leisure Centre 4. SPLASH Aqua Park and Leisure Centre |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Eltham Leisure Centre |  <p>ELTHAM LEISURE CENTRE</p> |
| Website address: | http://elthamleisurecentre.com.au/ |
| Street Address: | 40 Brougham Street, Eltham 3095 |
| Local government area: | Nillumbik Shire |
| Contact person (name): | Emma Pacconi |
| Contact email (person or organisation email): | Emma.pacconi@alignedleisure.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Active Movers – Group Fitness and Aqua based classes 2. Monthly luncheons and quarterly seminars on relevant health topics 3. Transition gym program in conjunction with the local community health centre Seniors Month (October) 4. Regular ongoing fitness assessment and check ins in the health club for our older adult membership holders with our Age Friendly Coordinator |
| Approximate average number of older people attending all our PA programs each week | 145 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. 5 Day free trial 2. Free assessment and program support for members 3. Tea and coffee facility's 4. Member engagement events; monthly luncheons and quarterly seminars on relevant health topics |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. healthAbility 2. Nillumbik Shire Council |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Aged care homes in the area 2. Rehabilitation groups 3. Arthritis Victoria |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Gymnastics Victoria |  |
| Website address: | https://vic.gymnastics.org.au/ |
| Street Address: | 138A High St, Prahran VIC 3181 |
| Local government area: | City of Stonnington |
| Contact person (name): | April Wilson (Inclusion & Programs Manager) |
| Contact email (person or organisation email): | info@gymnasticsvictoria.org.au OR awilson@gymnasticsvictoria.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Move for Life program (soon to be rebranded, 'Fitter for Life') 2. Inclusion Awareness workshop (professional development) |
| Approximate average number of older people attending all our PA programs each week | 203 registered participants across all programs |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Promotion through existing social networks (e.g. Life Activities Clubs) 3. Promotion through key events (e.g. Victorian Senior's Festival) |
| Other organisations/groups/businesses we work with to undertake our PA programs with older people | 1. Not applicable |
| Other types of organisations/groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Disability Day Services 2. Retirement Villages/Nursing Homes 3. Life Activities Clubs |
| We are interested in hearing from anyone who could provide advice on ... | Further promotional strategies to engage with less active older adults |

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| <p>Health Through Movement In home exercise physiology and personal training service. The mission of Health Through Movement is to support older adults in making a positive lifestyle change to improve their health and wellbeing.</p> |  |
| <p>Website address:</p> | <p>www.healththroughmovement.com.au</p> |
| <p>Street Address:</p> | <p>N/A Mobile Based Business</p> |
| <p>Local government area:</p> | |
| <p>Contact person (name):</p> | <p>Cassandra Lester</p> |
| <p>Contact email (person or organisation email):</p> | <p>Cassandra@healththroughmovement.com.au</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Home based Exercise Physiology Interventions 2. Chair Based Exercise in social groups 3. Nordic Walking |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>12</p> |
| <p>Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <ol style="list-style-type: none"> 1. Linking my exercise physiology service with existing social groups. |
| <p>Other organisations/ groups/businesses we work with to undertake our PA programs with older people</p> | <ol style="list-style-type: none"> 1. National Council of Jewish Women (Vic) |
| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <ol style="list-style-type: none"> 1. Independent Living Villages/ Homes |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | |

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| Heywood Rural Health | |
| Website address: | www.heywoodruralhealth.com.au |
| Street Address: | 21 Barclay street. Heywood 3304 |
| Local government area: | Glenelg Shire Council |
| Contact person (name): | Maria Eade |
| Contact email (person or organisation email): | Meade.hrh@swarh.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Healthy Bodies Exercise Group 2. Finding our Feet – Walking Group 3. Windamara Healthy Bodies Exercise Group (indigenous program) 4. Gentle Exercise Group @ Riverwood |
| Approximate average number of older people attending all our PA programs each week | <ol style="list-style-type: none"> 1. (5-10) 2. (1-6) 3. (5-7) 4. (10- 14) |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Local newsletter 3. Promotional stand at local café (discussing local services and programs health centre runs) 4. Posters/ pamphlets/ flyers 5. Social media |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Glenelg Shire Council – (local senior citizens group) 2. Windamara – local indigenous co-op |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Any Community groups that promote older people (especially mens groups) |
| We are interested in hearing from anyone who could provide advice on ... | More information on actively engaging elderly people (especially men), as well as how to encourage people with chronic health conditions to participate. More information on best practices that are working for other smaller/rural communities, or lower social economic communities. |

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| Inner East Primary Care Partnership |  |
| Website address: | http://iepcp.org.au/ |
| Street Address: | Level 3, 43 Carrington road, Box Hill |
| Local government area: | Inner East – Boroondara, Manningham, Monash, Whitehorse Some coverage for outer east for some work areas |
| Contact person (name): | Sharon Porteous |
| Contact email (person or organisation email): | Sharon.porteous@iepcp.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Auspice the Active Healthy Ageing Adviser role on behalf of DHHS for the Eastern Metro Region. 2. Supports organisations to strengthen their capacity to improve the health and wellbeing of older people in the Eastern Metro Region. |
| Approximate average number of older people attending all our PA programs each week | We don't work directly with older people |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | We work with local government, community health and other relevant organisations. |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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| IPC Health |  |
| Website address: | IPC Health.com.au |
| Street Address: | 106 Station Road, DEER PARK 3023 |
| Local government area: | Brimbank, Hobsons Bay, Wyndham |
| Contact person (name): | Jocelyn Cefai |
| Contact email (person or organisation email): | Jocelyn.cefai@ipchealth.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Gentle Exercise groups 2. Active Spine 3. Hydrotherapy 4. Pilates/Diabetes 5. Cardiac rehabilitation |
| Approximate average number of older people attending all our PA programs each week | 187 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Interpreter services 2. Cultural specific groups with interpreters - Karen and Vietnamese communities 3. Transitioning into community exercise (EP attends first session) 4. Established a close working relationship with Victoria University St Albans gym |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Vic University -St Albans and Werribee St Albans /Sunshine Leisure Centres 2. Neighbourhood Houses 3. University Third Age 4. Baptcare |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Local Councils 2. Local hospitals (Western Health) and GPs 3. Sporting clubs-e.g. bushwalking, bowling, dancing |
| We are interested in hearing from anyone who could provide advice on ... | |

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| K1sport Fitness Centre |  |
| Website address: | www.k1sport.com |
| Street Address: | 280 Thompsons Road, Lower Templestowe 3107 |
| Local government area: | Manningham |
| Contact person (name): | Dr Irene Tan |
| Contact email (person or organisation email): | tanirene1@gmail.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. VitaStrength (circuit training for older adults) 2. Personal training 3. Fitness class for Greek community |
| Approximate average number of older people attending all our PA programs each week | 50 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Offering our services to community centre 2. Word of mouth or direct referrals |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Adjani Centre |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Retirement villages 2. Community centres 3. General practitioners/ allied health practitioners |
| We are interested in hearing from anyone who could provide advice on ... | The best way to access older people in the community and successful strategies to get them to participate in physical activity, particularly when cost is an issue. |

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| Knox Leisure Works – Community Aquatic and Fitness Centre | |
| Website address: | www.knox.ymca.org.au |
| Street Address: | Tormore Road, Boronia 3155 |
| Local government area: | Knox City Council |
| Contact person (name): | |
| Contact email (person or organisation email): | |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Active adults 2. Living longer, living stronger 3. Next step 4. Waves program |
| Approximate average number of older people attending all our PA programs each week | ? |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Longevity Senior Services |  |
| Website address: | https://www.thepitmartialarts.com.au/seniors-classes |
| Street Address: | 10/156 Hartley Rd, SMEATON GRANGE NSW 2567 |
| Local government area: | CAMDEN COUNCIL, WOLLONDILLY COUNCIL, CAMPBELLTOWN COUNCIL |
| Contact person (name): | Ell Gatt |
| Contact email (person or organisation email): | Ellgatt1980@gmail.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Tai Chi, QiGong, Tai Chi Sword & Meditation 2. Better Balance & Strength Classes 3. Boxing Drill & Skills 4. Fit Ball Flexibility & Better Posture Classes 5. Social Outings once a month that provides group exercise, education and lunch |
| Approximate average number of older people attending all our PA programs each week | 74 on average. Numbers down in the school holidays due to grand kids. |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Health educational workshops with lunch provided 2. Guest Speaker to other Senior Groups such as Probus 3. Facebook advertising 4. Liaison with Independent retirement villages 5. Net work with doctors & Physios |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Physios 2. Doctors from the Joint Institute 3. Independent living Village Managers 4. Council and community groups 5. Hospital - ACAT |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. G.Ps |
| We are interested in hearing from anyone who could provide advice on ... | I love listening to everyone's experiences on the tough times and how they make their magic happen. |

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| Lyndoch Living Rehabilitation Services |  |
| Website address: | www.lyndoch.org.au |
| Street Address: | Marfell Road |
| Local government area: | Warrnambool |
| Contact person (name): | Belinda Van Zelst |
| Contact email (person or organisation email): | belindav@lyndoch.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Falls & Balance Group 2. General Exercise classes 3. MS Exercise Program 4. Living with Parkinson's Program 5. Circuit Groups |
| Approximate average number of older people attending all our PA programs each week | 100 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Brochures 2. Attend network meetings 3. Attend local support groups to provide education |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Parkinson's Vic 2. NDIS 3. Respite Services 4. MS Support Group |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Acute Hospitals 2. GP Clinics |
| We are interested in hearing from anyone who could provide advice on ... | |

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| GISBORNE AQUATIC & FITNESS CENTRE'S (Macedon Ranges Shire Council) |  |
| Website address: | www.mrsc.vic.gov.au |
| Street Address: | 8 Hamilton Street, Gisborne. 3437 |
| Local government area: | Recreation & Sport |
| Contact person (name): | Paul Ross |
| Contact email (person or organisation email): | pross@mrsc.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Older Adults Circuit Classes 2. Aqua aerobics (incorporating gentle exercise) 3. Hydrotherapy classes |
| Approximate average number of older people attending all our PA programs each week | 200 plus |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Word of mouth 2. Free come and try classes for new participants 3. Theme days (football) 4. Celebrate birthdays 5. Group social gatherings after class at local food court |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Community Health Centre's 2. Community Wellbeing – Aged Care 3. U3A organization 4. Senior Citizens Clubs |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. General Practitioners 2. Rehabilitation specialists (physio therapists, osteopath's etc.) 3. Social welfare and volunteer organisations |
| We are interested in hearing from anyone who could provide advice on ... | |

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| <p>Make Me Do It Health & Fitness</p> |  |
| <p>Website address:</p> | <p>www.makemedoit.com.au</p> |
| <p>Street Address:</p> | <p>N/A</p> |
| <p>Local government area:</p> | <p>Yarra Valley & Maroondah</p> |
| <p>Contact person (name):</p> | <p>Paul Gloury</p> |
| <p>Contact email (person or organisation email):</p> | <p>glouryp@gmail.com</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Group Fitness (Boot camp & Boxing Classes) 2. Beginner Boot camp Programs 3. Pilates & Zumba 4. Personal Training 5. **Low Impact Classes coming soon |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>20-30 clients aged 50+</p> |
| <p>Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <p>Not applicable</p> |
| <p>Other organisations/ groups/businesses we work with to undertake our PA programs with older people</p> | <p>Not applicable</p> |

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| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <p>1. Rock Steady Boxing</p> |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | <p>Trialing/Launching Older Adult Programs (added to an established boot camp community) i.e.; Best times of day for classes, ideal venues (we generally hire community spaces) pricing & things that have worked well for you.</p> <p>More specifically, any experience working with clients suffering Parkinson's or similar conditions.</p> |

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| Maroondah Leisure |  maroondah leisure |
| Website address: | www.maroondahleisure.com.au |
| Street Address: | Aquahub: 11 Civic Square, Croydon 3136 Aquanation: Cnr Greenwood Ave and Reilly Streets, Ringwood 3134 |
| Local government area: | Maroondah City Council |
| Contact person (name): | Aquahub: Beate Matthews Aquanation: Dion Luxmoore |
| Contact email (person or organisation email): | beate.matthews@maroondah.vic.gov.au dion.luxmoore@maroondah.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Active Gym (supervised gym sessions and programs) 2. Active Sports (supervised court sports – badminton) 3. Active Freestyle, Active Barre, Active Stability (Group Fitness classes) 4. EACH Seated exercise and gym based classes, Vietnam Veterans classes 5. Small Group Training classes |
| Approximate average number of older people attending all our PA programs each week | 450 – 500 weekly visits |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Brochure 2. Word of Mouth 3. Referral (doctor, physiotherapist etc.) 4. Morning teas 5. Affiliation with university studies and initiatives |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Deakin University Studies – (Ponder, Let’s Move) 2. EACH (Eastern Access Community Health) 3. U3A Croydon |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Probus 2. Local medical and allied health providers 3. Rehabilitation facilities |
| We are interested in hearing from anyone who could provide advice on ... | We would love some people who would be qualified to present on a relevant topic in a seminar format for our members and others. |


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**Participant information-sharing and networking
Organisation profile**

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| Melton City Council |  |
| Website address: | www.melton.vic.gov.au |
| Street Address: | 232 High Street, Melton, Vic 3337 |
| Local government area: | Melton |
| Contact person (name): | Customer Service Centre |
| Contact email (person or organisation email): | csu@melton.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Living Longer Living Stronger 2. Social Support Groups 3. Lifestylers walking Group 4. Chair Exercise 5. Hydrotherapy |
| Approximate average number of older people attending all our PA programs each week | 200 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Promoting through local networks - CPA, Senior Citizens and Meals on Wheels 2. Use a person centered approach in all programs 3. Provide a variety of activities to suit individual needs and interests 4. Facilitate a weekly multi-cultural social support group 5. Disseminate flyers by mail and in person to groups |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Djerriwarrh Health Services 2. Migani Fitness Trainer 3. Council on the Ageing |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Active Ageing Australia 2. Falls Prevention Programs |
| We are interested in hearing from anyone who could provide advice on ... | |


Participant information-sharing and networking
Organization profile

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| Mover Group Exercise |  |
| Website address: | N/A |
| Street Address: | GUIDE HALL, YUILLE STREET, MELTON VIC. 3437 |
| Local government area: | MELTON SHIRE |
| Contact person (name): | DEBRA WREN |
| Contact email (person or organization email): | debmwren@bigpond.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Low Impact Aerobics 2. Light Hand Weight and TheraBand Work 3. Low Impact Circuits |
| Approximate average number of older people attending all our PA programs each week | 15 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc.) | <ol style="list-style-type: none"> 1. Word of Mouth 2. Facebook Page (Movers Group Exercise) |
| Other organizations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Community Health Centre's |
| Other types of organizations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Physio's 2. Diabetes Clinics 3. "TOWN" Weight Loss Naturally Group |
| We are interested in hearing from anyone who could provide advice on ... | |

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Participant information-sharing and networking
Organisation profile

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| Mitchell Shire Leisure Services |  |
| Website address: | www.mitchellshire.vic.gov.au/leisure |
| Street Address: | |
| Local government area: | Mitchell Shire |
| Contact person (name): | Billie Asprey |
| Contact email (person or organisation email): | Billie.Asprey@mitchellshire.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Gymtastic Seniors (Gym based exercise) 2. Active Aqua 3. Senior Strength (lower intensity exercise for older population) 4. Yoga 5. Onsite seniors classes at various locations including community buildings and retirement villages |
| Approximate average number of older people attending all our PA programs each week | ~220 visits weekly |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Council seniors newsletter 2. Contacting manager or social group coordinator of retirement villages 3. Positive ageing ambassadors 4. Word of mouth |
| Other organisations/ groups / businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Retirement villages 2. Nursing homes 3. Council Community Development Department 4. Physiotherapists 5. Positive ageing ambassadors |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Hospitals 2. GPs |
| We are interested in hearing from anyone who could provide advice on ... | |

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**Participant information-sharing and networking
Organisation profile**

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| City of Moonee Valley |  |
| Website address: | http://www.mvcc.vic.gov.au/for-residents/disability-and-older-adults/healthy-ageing-programs.aspx |
| Street Address: | 9 Kellaway Ave, Moonee Ponds |
| Local government area: | Moonee Valley |
| Contact person (name): | Nino Piscitelli |
| Contact email (person or organisation email): | npiscitelli@mvcc.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Strength Training 2. Yoga 3. Tai Chi 4. Pilates 5. Chair Exercise |
| Approximate average number of older people attending all our PA programs each week | 90 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Seniors Festival 2. Council Home Support Services 3. Mailouts 4. Online presence 5. Word of mouth |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Belgravia Leisure 2. Various private contractors |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Not applicable at present |
| We are interested in hearing from anyone who could provide advice on ... | Transitional pathways that exist to allow vulnerable clients to enroll into mainstream service providers that offer PA opportunities. |

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**Participant information-sharing and networking
Organisation profile**


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| Moreland City Council |  Moreland City Council |
| Website address: | www.moreland.vic.gov.au |
| Street Address: | 90 Bell St Coburg |
| Local government area: | Moreland |
| Contact person (name): | Lynn Waters |
| Contact email (person or organisation email): | lwaters@moreland.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Three Planned Activity Groups include a 45-minute exercise session delivered by YMCA weekly. 2. Seniors Month (October) includes a physical activity each year. (Flash mob, 1940s Ball; Gold Zumba) 3. Support local sports clubs (e.g. bowls, bocce, table tennis, croquet, tennis etc.) 4. There are 60 Seniors groups of which 50 are CALD groups. They vary in what physical activity they do as part of their weekly activities. (E.g. bocce; gentle exercise; carpet bowls; tai chi; and, dances.) 5. Community gardens, tree planting days and Friends of...groups include older people participating. |
| Approximate average number of older people attending all our PA programs each week | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. YMCA 2. Sports groups and associations 3. Community Gardens 4. Neighbourhood Houses 5. Merri Health |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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Organisation profile

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| Mount Alexander Shire Council |  |
| Website address: | www.mountalexander.vic.gov.au |
| Street Address: | Corner of Lyttleton and Lloyd Streets, Castlemaine |
| Local government area: | Mount Alexander Shire |
| Contact person (name): | Fiona McInnes |
| Contact email (person or organisation email): | f.mcinnnes@mountalexander.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Gentle Water Exercise Program (hydrotherapy) 2. Active Games (delivered within existing weekly social groups) 3. EMAA Exercises (delivered within existing weekly social groups) 4. Weekly Singing Group |
| Approximate average number of older people attending all our PA programs each week | Anywhere between 35 - 45 clients |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Promotional flyers 2. Articles in local papers 3. Word of mouth 4. Local volunteers living in the community |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Active Aging Australia (For EMAA program) 2. Macedon Ranges Shire (For Gentle Water Exercise program) 3. Local library 4. Local neighbourhood houses 5. Local bowling clubs |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Local swimming and fitness centres |
| We are interested in hearing from anyone who could provide advice on ... | Always looking for new ideas for physical activities that can be used in groups. |

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Organisation profile**

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| Nillumbik Shire Council |  |
| Website address: | www.Nillumbik.vic.gov.au |
| Street Address: | 14-32 Civic Drive Greensborough 3088 |
| Local government area: | Nillumbik |
| Contact person (name): | Corrienne Nichols |
| Contact email (person or organisation email): | Corrienne.nichols@nillumbik.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Nillumbik Neighbours – social support program which includes physical activities 2. Social luncheon's |
| Approximate average number of older people attending all our PA programs each week | 10 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Quarterly Ageing well newsletter 2. Website |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Local cafes 2. Seniors groups 3. Positive Ageing Group |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Health Ability |
| We are interested in hearing from anyone who could provide advice on ... | |

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**Participant information-sharing and networking
Organisation profile**

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| North East Healthy Communities |  |
| Website address: | www.nehc.org.au |
| Street Address: | 21 Alamein Rd, West Heidelberg |
| Local government area: | Banyule, Nillumbik and Darebin |
| Contact person (name): | Meg Henderson |
| Contact email (person or organisation email): | Megan.henderson@bchs.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | 1. We support a partnership of organisations that provide programs to older people |
| Approximate average number of older people attending all our PA programs each week | Not applicable |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | 1. Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | 1. Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. Any community based organisation operating in our catchment of Banyule, Nillumbik or Darebin |
| We are interested in hearing from anyone who could provide advice on ... | Successful strategies to reach people who are socially isolated or hard to reach. |

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Organisation profile**

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| Out Doors Inc. |  |
| Website address: | www.outdoorsinc.org.au |
| Street Address: | 231 Napier Street, Fitzroy, VIC, 3065 |
| Local government area: | Darebin, Yarra, Moreland, Banyule, Whittlesea, Nillumbik, Whittlesea, Melton, Wyndham, Brimbank, Hobson's Bay, Maribyrnong, Moonee Valley, Melbourne |
| Contact person (name): | Sophia Tzougravou |
| Contact email (person or organisation email): | indoors@outdoorsinc.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Bushwalking 2. Canoeing 3. Rafting 4. Caving 5. Mountain Bike Riding |
| Approximate average number of older people attending all our PA programs each week | Not applicable – not a weekly program. |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Flyers distributed at Seniors Clubs including people from CALD backgrounds 2. Flyers distributed at community health services 3. Word of Mouth 4. Presentations at Seniors Community Centers |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | Outdoors senior's programs are fully booked for the 2018/19 Financial Year. Advice on funding opportunities to increase current capacity is welcome. |

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| Own Body Mobile Physiotherapy |  |
| Website address: | www.ownbody.com.au |
| Street Address: | Not applicable |
| Local government area: | Victoria |
| Contact person (name): | Fiona White |
| Contact email (person or organisation email): | fiona@ownbody.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Home Visit Physiotherapy 2. Hydrotherapy |
| Approximate average number of older people attending all our PA programs each week | 167 (individual home visits) |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Holistic approach 2. Working with family/friends 3. Client centered language and goals 4. Empowerment |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. HCP providers 2. Hospital (discharge coordinators) |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

Participant information-sharing and networking

Organisation profile

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| PAMELA GLOVER |  |
| Website address: | Not applicable |
| Street Address: | This is a mobile exercise service provider |
| Local government area: | LAKE MACQUARIE (NSW) |
| Contact person (name): | PAMELA GLOVER |
| Contact email (person or organisation email): | pgpt@hotmail.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Active Over 50's 2. Seniors group exercise classes 3. Personal Training for seniors (either land based or aquatic) 4. There is also a 'book a temp relief instructor service' (local only) to cover holiday or sick leave for other instructors of seniors exercise classes. 5. Public speaking (booked events only) - supplying information for seniors about the benefits of exercise at their age, considerations, etc. |
| Approximate average number of older people attending all our PA programs each week | Class participant numbers are capped at a maximum of 20. |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. 'Word of mouth' |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Toronto RSL Sub Branch 2. Toronto Diggers Club 3. Local Doctors & allied health businesses |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Aged care 2. Allied Health 3. Clubs |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Parks Victoria | |
| Website address: | www.parkweb.vic.gov.au |
| Street Address: | 10/535 Bourke St, Melbourne 3000 |
| Local government area: | Statewide |
| Contact person (name): | Anthea Dee – Healthy Communities Coordinator |
| Contact email (person or organisation email): | Anthea.dee@parks.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Walking programs 2. Volunteering programs 3. Other recreational programs e.g. cycling, canoeing, sailing 4. Programs for all abilities 5. Gardening programs |
| Approximate average number of older people attending all our PA programs each week | Hundreds |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Promote through community organisations (direct or through newsletters/websites) 2. Seniors magazines, website 3. Local government 4. Migrant resource centres 5. All abilities community newsletters |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Community organisations 2. Local government 3. Community health orgs 4. Volunteer organisations 5. Heart foundation |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Prevention focused organisations 2. GP's and allied health professionals 3. Sector peak bodies 4. Health insurers |
| We are interested in hearing from anyone who could provide advice on ... | <ul style="list-style-type: none"> • Designing effective physical activity programs (both for prevention and for recovery/rehabilitation) for older people, including those with a disability. • The most effective way to show older people and those that work with them that being active in nature has additional health benefits including improved mental health and greater social connectedness. |

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| Various fitness related establishments. | (Our logo or a photo) |
| Website address: | Not applicable |
| Street Address: | Not applicable |
| Local government area: | North western Melbourne suburbs |
| Contact person (name): | Sandra Lowden |
| Contact email (person or organisation email): | Not applicable |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Gentle Flow Yoga 2. LLLS 3. Body Balance 4. Water Aerobics 5. Gym programs designed to support various age related conditions |
| Approximate average number of older people attending all our PA programs each week | Variable across sites |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Posters 2. Cross promotion in classes 3. Word of mouth 4. Local newspaper 5. Email |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Councils 2. Age care facilities 3. Hospitals |
| We are interested in hearing from anyone who could provide advice on ... | |

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Organisation profile**

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| Southern Migrant and Refugee Centre |  |
| Website address: | www.smrc.org.au |
| Street Address: | 39 Clow st, |
| Local government area: | Dandenong |
| Contact person (name): | MaryAnn DeSa / Silva Nazaratian |
| Contact email (person or organisation email): | maryann@smrc.org.au / silvan@smrc.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Strength Training in the gym x 3 groups 2. WWE at the community pool x 4 groups 3. Tai Chi x 1 group 4. Domestic Shopping x 1 group 5. Life program |
| Approximate average number of older people attending all our PA programs each week | 150 people approximately attending all programs together each week |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Promotional material at expos and internal services 2. Word of mouth 3. Through medical centres and already formed cultural groups 4. Primary networks 5. Partnership groups and website |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Cardinia Life 2. Noble park Aquatic centre (YMCA) 3. Genesis Gym in Dandenong 4. External service providers e.g. – Exercise Physiologist and Tai Chi instructor |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Referrals from Monash Links and other Community centres for the CALD Community 2. Local Pharmacies 3. Health Promotional organisations |
| We are interested in hearing from anyone who could provide advice on ... | <ul style="list-style-type: none"> - Marketing strategies - External Funding Strategies. - Professional development opportunities for the staff. |

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Organisation profile

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| (My organisation's or business' name) Stockland Retirement Living Arilla Village | (Our logo or a photo) |
| Website address: | www.stockland.com.au |
| Street Address: | 65 Gordons Road, South Morang 3752 |
| Local government area: | City of Whittlesea |
| Contact person (name): | Joanne Kitchell |
| Contact email (person or organisation email): | joanne.kitchen@stockland.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | (List your main 5 programs, if you have more than 5) 1. Hydrotherapy 2. Water Aerobics 3. Armchair yoga 4. Fitball 5. Boxing |
| Approximate average number of older people attending all our PA programs each week | 50 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | (List only 5, if you have more than 5) 1. one on one consultation to assess needs. 2. Inhouse monitors 3. make the class social with a morning tea 4. Bring a friend. 5. Newsletter |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | (List only 5, if you have more than 5. If this does not apply to your organisation or business, just write 'Not applicable') 1. - Not Applicable 2. 3. - small business contractors run most of the fitness classes. 4. 5. |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. 2. 3. |
| We are interested in hearing from anyone who could provide advice on ... | (This is optional, but is designed to promote the sharing of knowledge and experience ...don't be afraid to ask!! <i>No more than 50 words please</i>) |

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Organisation profile

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| Sunbury Community Health |  |
| Website address: | www.sunburychc.org.au |
| Street Address: | 12-28 Macedon St, Sunbury, 3429 |
| Local government area: | City of Hume |
| Contact person (name): | Adam Demirtel |
| Contact email (person or organisation email): | adamd@sunburychc.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Strength Training Exercise Groups 2. Hydrotherapy Groups 3. Falls and Balance Exercise Groups 4. Seated Exercise Group 5. Physical Activity Pathways Model (exercise based activities in the local community which we transition our clients to once ready – 15 in total to choose from) |
| Approximate average number of older people attending all our PA programs each week | 50 older people on average per week |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Community Group presentations 2. External stakeholder engagement 3. Advertising of exercise programs in local newspaper 4. Promoting exercise programs via social media (i.e. Facebook group) 5. Word of mouth |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Sunbury Aquatic and Leisure Centre 2. Western Bulldogs Community Foundation 3. Group training programs ('Fit as a Fiddle', 'Step into Life') 4. Universities (VU and ACU) 5. The Sunbury and District Table Tennis Association |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Local GP clinics 2. Hospitals |
| We are interested in hearing from anyone who could provide advice on ... | The setup of community centre based exercise programs targeting the management of specific conditions/illnesses (i.e. Diabetes, pulmonary, cancer). |

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| U3A Network Victoria |  |
| Website address: | www.u3avictoria.com.au |
| Street Address: | 341 Queen St, Melbourne, 3000 |
| Local government area: | Statewide |
| Contact person (name): | Anne Grigg |
| Contact email (person or organisation email): | dso@u3avictoria.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Tai Chi 2. Walking Groups 3. Chair Aerobics 4. Tennis 5. Walking Football |
| Approximate average number of older people attending all our PA programs each week | <p>There are 109 U3As across the state with 37, 000 members. These range from U3As with 20 members to those with 2000 members.</p> <p>There are around 500 PA classes across the state ranging from none at some U3As up to 23 at the other end of the scale. This depends entirely on the availability of tutors/leaders and the interested of the members in each U3A.</p> <p>This averages to 4-5 classes per U3A but this is not an accurate reflection of availability at each U3A.</p> |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Facebook presence 2. Word of mouth- our members are terrific at espousing the benefits of joining a U3A within a community. 3. Google ads through their Not-for-profit program 4. Network liaison with Councils/organisations working in the same field 5. Provision of courses that suits the needs/desires of members |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <p>U3A Network negotiating with the following organisations</p> <ol style="list-style-type: none"> 1. RMIT Confucius Chinese Medicine Confucius Institute 2. Melbourne City Football 3. Tennis Victoria 4. YMCA 5. Western Bulldogs Sons in the West |

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| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <ol style="list-style-type: none">1. Telecommunications Companies2. Universities – Community Education3. Library networks |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | <p>Centers of Innovation, Sports Institutes, Historical Societies, Men’s Shed and Health Networks.</p> |

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**Participant information-sharing and networking
Organisation profile**

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| <p>Uniting AgeWell</p> |  |
| <p>Website address:</p> | <p>www.unitingagewell.org</p> |
| <p>Street Address:</p> | <p>Victorian Office Level 6, 130 Little Collins Street, Melbourne, 3000</p> |
| <p>Local government area:</p> | <p>Community & Residential Aged Care Services – all Vic LGAs Centre-based Allied Health Therapy & Exercise Services – City of Boroondara, City of Monash, City of Whitehorse, City of Greater Dandenong</p> |
| <p>Contact person (name):</p> | <p>Amanda Mehegan</p> |
| <p>Contact email (person or organisation email):</p> | <p>amehegan@unitingagewell.org</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Seniors Gyms – fully supervised, state-of-the-art, technology enabled strength training equipment, individually tailored programs developed by Physiotherapist or Exercise Physiologists 2. Exercise Therapy Groups – small group individually tailored exercise, restorative/reablement focus, time-limited, may include condition-specific groups (led by a Physiotherapist or Exercise Physiologist). 3. MoveWell Groups – small group individually tailored exercise, ongoing maintenance/prevention focus, may include condition-specific groups (led by a Physiotherapist or Exercise Physiologist). 5. Wellness Group Classes – Tai Chi, Pilates, Stretch |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>Over 500 across all sites</p> |
| <p>Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <ol style="list-style-type: none"> 1. Engagement with GPS and Aged Care Assessors 2. Engagement with Hospital and Community Rehabilitation services 3. Local publicity (local papers, open days, local retirement villages/neighbourhood houses/seniors sport and recreation services) 4. Engagement with culture/ethnic-specific seniors services 5. Engagement with Home Care Package client advisors |
| <p>Other organisations/groups/businesses we work with to undertake our PA programs with older people</p> | <ol style="list-style-type: none"> 1. Department of Health 2. Primary Health Networks / Primary Care Partnerships 3. Academic and research institutions 4. Other health professionals - local allied health service providers, surgeons, specialists 5. Patient support organisations / programs (conditions common to ageing populations) and carer support organisations / programs |
| <p>Other types of organisations/groups/businesses we would like to work with to better undertake our work with older people</p> | <ol style="list-style-type: none"> 1. Further enhance relationships with sectors listed above 2. Enhance reach of existing services through technology (e.g. telehealth) |

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| <p>We are interested in hearing from anyone who could provide advice on ... (This is optional, but is designed to promote the sharing of knowledge and experience ...don't be afraid to ask!! <i>No more than 50 words please</i>)</p> | <p>As above</p> <ul style="list-style-type: none">• Successful client and referrer engagement strategies• Technology enabled service delivery |
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**Participant information-sharing and networking
Organisation profile**

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| (My organisation's or business' name) | (Our logo or a photo) |
| Website address: | |
| Street Address: | |
| Local government area: | |
| Contact person (name): | |
| Contact email (person or organisation email): | |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | (List your main 5 programs, if you have more than 5) 1. 2. 3. 4. 5. |
| Approximate average number of older people attending all our PA programs each week | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | (List only 5, if you have more than 5) 1. 2. 3. 4. 5. |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | (List only 5, if you have more than 5. If this does not apply to your organisation or business, just write 'Not applicable') 1. 2. 3. 4. 5. |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. 2. 3. |
| We are interested in hearing from anyone who could provide advice on ... | (This is optional, but is designed to promote the sharing of knowledge and experience ...don't be afraid to ask!! <i>No more than 50 words please</i>) |

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**Participant information-sharing and networking
Organisation profile**

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| Valley Sport, Regional Sports Assembly |  <p>Goulburn Valley Sports Assembly Inc.</p> |
| Website address: | http://valleysport.net.au/ |
| Street Address: | 120 Numurkah Rd, Shepparton 3630 |
| Local government area: | City of Greater Shepparton, Moira Shire, Mitchell Shire, Murrindindi Shire, Mansfield Shire, Strathbogie Shire and Benalla Rural City. |
| Contact person (name): | Sarah Pain, Active and Healthy Ageing Advisor |
| Contact email (person or organisation email): | sarah@valleysport.net.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | Valley Sport works with sporting clubs, local governments, health providers and community groups to develop healthy, active and connected communities through sport and active recreation. |
| Approximate average number of older people attending all our PA programs each week | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Promoting age friendly sport and inclusive environments 2. Supporting existing groups to embrace inclusive and appropriate physical activity for their members 3. Working in partnership to promote the social benefits of being active to all members of the community 4. Promoting the benefits of being active outdoors 5. Promoting the diverse benefits and opportunities to remain active over the life-course for people of all abilities |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Health promotion organisations and health providers 2. Local governments 3. Sporting clubs and other community groups 4. Neighbourhood and Community Houses 5. Social and Community care organisations |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Carers and disease support groups/organisations 2. Non-physical activity related groups/organisations 3. Aged Care or residential support |
| We are interested in hearing from anyone who could provide advice on ... | Connecting people through physical activity, connecting physical activity and the outdoors, creative ways to promote physical activity for better health outcomes. |

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**Participant information-sharing and networking
Organisation profile**

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| Vanessa Lynne – the bionic fitness instructor | (Our logo or a photo) |
| Website address: | Not applicable |
| Street Address: | Not applicable |
| Local government area: | Darebin |
| Contact person (name): | Vanessa Lynne |
| Contact email (person or organisation email): | Vanessa_lynne@mail.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. In-home personal training for over 50s using minimal equipment 2. Group fitness in parks etc. 3. Movement for the stiff of joint! |
| Approximate average number of older people attending all our PA programs each week | 6 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | 1. Word of mouth is working best now but not currently widely promoting the business. I intend doing this next year with local government, COTA etc. |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Aged care facilities 2. Local government 3. Physiotherapists (for the less motivated post treatment) |
| We are interested in hearing from anyone who could provide advice on ... | |

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Organisation profile

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| Vicsport |  |
| Website address: | www.vicsport.com.au |
| Street Address: | L3, 325 Albert Rd, South Melbourne |
| Local government area: | City of Port Phillip |
| Contact person (name): | Tom Dixon |
| Contact email (person or organisation email): | tomd@vicsport.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | We run programs to build the capability and capacity of sport organisations across: 1. Governance 2. Child Safety 3. Inclusive Sport 4. Healthy Sport 5. Industry connections |
| Approximate average number of older people attending all our PA programs each week | N/A |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | (List only 5, if you have more than 5) 1. Co-design 2. Partnerships 3. Localised delivery 4. 5. |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | (List only 5, if you have more than 5. If this does not apply to your organisation or business, just write 'Not applicable') 1. N/A 2. 3. 4. 5. |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | 1. Any organisation working with older people outside the sports industry 2. 3. |
| We are interested in hearing from anyone who could provide advice on ... | Projects we could lead to better connect the sports industry with non-sporting partners. |

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Organisation profile

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| Victoria University Institute for Health and Sport (IHES) |  |
| Website address: | www.vu.edu.au/research/IHES |
| Street Address: | Victoria University, Ballarat Rd, Footscray , Vic |
| Local government area: | Maribyrnong |
| Contact person (name): | Gabby Lindsay Smith |
| Contact email (person or organisation email): | Gabrielle.lindsaysmith@live.vu.edu.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Master Movers (Group exercise program: flexibility, co-ordination, strength, aerobic, balance) targeted at people with cardiac concerns, diabetes or other conditions) – takes place at Werribee and St Albans Campus' 2. COTA living longer living stronger – Individualised programs for over all 50s (at Werribee and St Albans) 3. Victoria University Clinical Exercise Rehabilitation (VUCER) Clinic. (EP clinic. Exercise prescription (strength, endurance and balance) for management of chronic disease, illnesses and injuries. Also, for reducing risk of chronic disease and other comorbidities, as well as falls prevention |
| Approximate average number of older people attending all our PA programs each week | <p>25-30 at VUCER</p> <p>40 cota, 40 master movers at Werribee gym (80 total)</p> <p>40 at St Albans</p> |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Referral by GPs and other medical specialists/allied health professionals 2. Affiliation with Western Health (research centre) 3. Friend referral plus newspaper / flyers (if friend attends centre) 4. Allied health professionals |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. IPC health clinic post cardiac rehab (master movers) 2. Allied health referrals/ multidisciplinary care 3. GP referral (for EP clinic) |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Other chronic illnesses – outside of cardiac and diabetes 2. Retirement villages 3. Community groups (e.g. Men's Sheds, community centres) 4. Exercise physiologist |
| We are interested in hearing from anyone who could provide advice on ... | <ol style="list-style-type: none"> 1. How to get in contact with older assistance programs run by the council. 2. Who should we be asking for when contacting doctors clinics to advertise to the GP's about our programs 3. courses for staff on chronic conditions of benefit by exercise (e.g MS, diabetes) |

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| Village Baxter | |
| Website address: | https://www.villagebaxter.com/ |
| Street Address: | 8 Robinsons Road Frankston Vic 3199 |
| Local government area: | Frankston |
| Contact person (name): | Kim Male |
| Contact email (person or organisation email): | kimmale@villagebaxter.com |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Social Support Group - onsite 2. Residential facilities Leisure and Lifestyle program 3. Homecare Package program – individual client goals |
| Approximate average number of older people attending all our PA programs each week | 100 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | Not applicable |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | Not applicable |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Physiologists 2. Occupational Therapists |
| We are interested in hearing from anyone who could provide advice on ... | |

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| Warrnambool City Council – Archie Graham Community Centre |  |
| Website address: | http://www.warrnambool.vic.gov.au/ |
| Street Address: | 118 Timor Street, Warrnambool, VIC, 3280 |
| Local government area: | Warrnambool |
| Contact person (name): | Clare Vaughan |
| Contact email (person or organisation email): | cvaughan@warrnambool.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Pulselite – general exercise class for older adults and people starting/returning to regular exercise. (Chairs for support if needed and no getting on floor) 2. Strength Training – anyone, but mostly women and men only sessions 3. Balance and stability sessions - transition from local health service rehab sessions – mostly frail people plus neuromuscular conditions 4. Heart Foundation walking groups 5. Social Cycling groups |
| Approximate average number of older people attending all our PA programs each week | Range from 60-85 yrs |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Encourage word of mouth recommendations. When numbers drop below 12 we need current attendees to help find more participants... and they do! 2. Active Autumn promo 3. Seniors festival promo 4. Bimonthly newsletter – over 800 recipients by post or email 5. Fliers; pick up form community centre |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. South West Healthcare 2. St John of God Hospital / Rehab Service 3. WCC Aquazone – Swim and Fitness Centre |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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Organisation profile

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| West Sunshine Community Centre |  |
| Website address: | http://www.westsunshinecc.org.au/ |
| Street Address: | 25 Kermeen St, Sunshine West |
| Local government area: | Brimbank City Council |
| Contact person (name): | Larry Adino, Doris Clarke |
| Contact email (person or organisation email): | LarryA@brimbank.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Gentle Exercise 2. Table Tennis 3. Walking Group 4. Brimbank U3A 5. Easy Tennis |
| Approximate average number of older people attending all our PA programs each week | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Movement to Music 2. Macedonian Dance Group 3. Sunny Seniors |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Various Ethnic Groups |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | |

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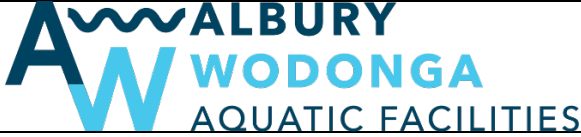
**Participant information-sharing and networking
Organisation profile**

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| <p>Wise Women Workouts (incorporates the MOB: Magnificent Old Blokes)</p> |  |
| <p>Website address:</p> | <p>www.wise-women-workouts.com.au</p> |
| <p>Street Address:</p> | <p>517 Whitehorse Road, SURREY HILLS</p> |
| <p>Local government area:</p> | <p>Boroondara</p> |
| <p>Contact person (name):</p> | <p>Sheila Storey</p> |
| <p>Contact email (person or organisation email):</p> | <p>Sheila@wise-women-workouts.com.au</p> |
| <p>Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active)</p> | <ol style="list-style-type: none"> 1. Strength Training for Mature Women, includes Fitball and Res Bands 2. CARDIO for Mature Women 3. Strength Training for Mature Men |
| <p>Approximate average number of older people attending all our PA programs each week</p> | <p>76 over 7 sessions per week</p> |
| <p>Promotional strategies that work well for us in engaging older people.</p> | <ol style="list-style-type: none"> 1. Word of Mouth is by far the best promotion. |
| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <ol style="list-style-type: none"> 1. Support from Boroondara Council would have been helpful in finding a suitable venue to work from. My program did not fit their template for hiring out a hall. I have happily worked out of the Balwyn Baptist Church for several years now. |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | <p>Access to the medical profession – I would like to get my flyers into GP's and Physio's offices. I have done a lot of legwork, and usually do not get past the receptionist who promises to hand on the flyers – I am not sure that happens.</p> |

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| Wodonga Sports and Leisure Centre |  |
| Website address: | http://www.wodongasportsandleisure.com.au/ |
| Street Address: | Hedgerow court Wodonga vic 3690 |
| Local government area: | City of Wodonga and Albury City Council |
| Contact person (name): | Rachael Vyner |
| Contact email (person or organisation email): | rachael.vyner@alignedleisure.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Annual Seniors celebrations (October) in conjunction with Wodonga council 2. 13 aquatic classes run weekly 3. Older adults memberships catered with classes aimed at our older demographic 4. Health club workshops run regularly to promote movement and flexibility 5. Regular ongoing fitness assessment and check ins in the health club for our older adult membership holders. |
| Approximate average number of older people attending all our PA programs each week | 200 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Bring a friend for free 2. Limiting gym time to "off peak" (quiet) times of the day 3. First class free 4. Free assessment and program support for members 5. Tea and coffee facility's and member engagements such at members breakfast bi annually |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Albury Wodonga cardiac group 2. Wodonga council |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Aged care homes in the area 2. Rehabilitation groups |
| We are interested in hearing from anyone who could provide advice on ... | |

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**Participant information-sharing and networking
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| Wyndham City Council | |  | |
| Website address: | https://www.wyndham.vic.gov.au/ | | |
| Street Address: | 45 Princes Hwy Werribee Vic 3030 | | |
| Local government area: | Wyndham | | |
| Contact person (name): | Leonie Taylor | | |
| Contact email (person or organisation email): | leonie.taylor@wyndham.vic.gov.au | | |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1.Walking 2. Senior Sports and Fitness classes 3.Tai Chi 4.Swimming and Hydro-therapy Programs 5.Yoga | | |
| Approximate average number of older people attending all our PA programs each week | <p>The population aged over 65 years in Wyndham is forecast to grow by 260% between 2016 and 2041.</p> <p>The proportion of older adults who require assistance with core activities is the similar in Wyndham (20%).</p> <p>A similar proportion of adults over 65 years from Wyndham and across Greater Melbourne require assistance with core activities. A slightly larger proportion of Wyndham adults aged 75 years and over require assistance, compared to those from Greater Melbourne (33.3% and 31.3% respectively).</p> <p>The suburb of Point Cook scored within the fourth quintile, suggesting that older adults in Point Cook experience a higher overall level of wellbeing, including financial security, internet access, and social interactions. In contrast, Werribee, Werribee South and Laverton have the lowest wellbeing, based on each suburb scoring 1 on the IWOA. A relatively high proportion of older adults living in these suburbs are experiencing housing stress, low levels of social participation, and limited financial resources. Both Werribee (949) and Werribee South (988) also have a low score on the SEIFA Index of Relative Disadvantage, which is a general socio-economic index that summarises a range of information about the economic and social conditions of people and households within an area. A low score indicates relatively greater disadvantage, and a high score indicates a relative lack of disadvantage.</p> | | |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of | <ol style="list-style-type: none"> 1.Communitiy Conversation Forums Workshops 2. community Consultation 3. Identify and use existing resources. 4. Identify barriers and solutions for physical | | |

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| <p>older people (e.g. CALD, people with disabilities, lonely and isolated, etc)</p> | <p>activity for your target population. 5. Develop and implement action plans 6. Evaluate successes and identify areas for improvement.</p> |
| <p>Other organisations/ groups/businesses we work with to undertake our PA programs with older people</p> | <ol style="list-style-type: none"> 1.Aqua Pulse 2.Eagle Stadium 3.Community Centers in Wyndham 4.COTA 5.Libraries |
| <p>Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people</p> | <ol style="list-style-type: none"> 1.New and emerging community groups 2.New and existing community centres 3.Local Government Agencies |
| <p>We are interested in hearing from anyone who could provide advice on ...</p> | |

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| Yarra Ranges Council |  |
| Website address: | https://www.yarraranges.vic.gov.au/Home |
| Street Address: | Various sites – Social Support outpost - 5 Campbell Street, Tecoma 3160 |
| Local government area: | Yarra Ranges Council |
| Contact person (name): | Heather Barr |
| Contact email (person or organisation email): | h.barr@yarraranges.vic.gov.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Social Support Programs – In house x 6 2. Social Support Programs – Outing groups x 5 |
| Approximate average number of older people attending all our PA programs each week | 100 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Eligibility funded service – No advertising allowed 2. Word of mouth 3. Brochures 4. Visibility in community via projects and articles in local paper |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Other local council gyms/pools 2. H.A.T- Staff training 3. EMAA- Staff training |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | <ol style="list-style-type: none"> 1. Local gyms 2. H.U.R Gyms 3. Warm water pool facilities |
| We are interested in hearing from anyone who could provide advice on ... | How to access free or very cheap exercise programs in the community. |

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| YARRAM & DISTRICT HEALTH SERVICE |  |
| Website address: | www.ydhs.com.au |
| Street Address: | 85-91 Commercial Road, YARRAM |
| Local government area: | Wellington Shire |
| Contact person (name): | Kristy Lucas |
| Contact email (person or organisation email): | Kristy.lucas@ydhs.com.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Balance & Mobility 2. Tai Chi 3. Prime Movers (Rehab) 4. Pilates – lower back/pilates 5. Pulmonary Rehab |
| Approximate average number of older people attending all our PA programs each week | 25-40 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Local Newspaper 2. Promotion through flyers around town 3. Carry on after Physio treatment 4. Referral from other health service 5. GP referral |
| Other organisations/ groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Local Community Centre 2. Various senior groups |
| Other types of organisations/ groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | <ul style="list-style-type: none"> - Different falls prevention activities that are interactive and inclusive of all abilities - Different Pulmonary activities that are interactive and inclusive of all abilities |

**Victorian Active Ageing Partnership
2018 Research and Practice Forum
'Working well together: Promoting active ageing'**



**Participant information-sharing and networking
Organisation profile**

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| Yarrunga Community Centre |  |
| Website address: | www.yarrunga.org.au |
| Street Address: | 76-86 Croydon Hills Drive, Croydon Hills, 3136 |
| Local government area: | Maroondah |
| Contact person (name): | Jen Schrader |
| Contact email (person or organisation email): | pacs@yarrunga.org.au |
| Physical activity (PA) programs we conduct for older people (or other activities to support older people to be physically active) | <ol style="list-style-type: none"> 1. Living Longer Living Stronger 2. Yoga 3. Tai Chi 4. Pilates 5. 40+ Fitness (interval training) |
| Approximate average number of older people attending all our PA programs each week | 180 |
| Promotional strategies that work well for us in engaging older people, especially under-represented groups of older people (e.g. CALD, people with disabilities, lonely and isolated, etc) | <ol style="list-style-type: none"> 1. Networking with other groups/people in contact with older people 2. Encouraging word of mouth 3. Social Media 4. Personal follow up at re-enrolment time if required 5. Follow up and encouragement by tutors to re-enrol |
| Other organisations/groups/businesses we work with to undertake our PA programs with older people | <ol style="list-style-type: none"> 1. Doctors/pharmacists/sports clinics 2. Local retirement villages 3. Maroondah Healthy Ageing Network 4. Eastern FM |
| Other types of organisations/groups/businesses we would like to work with to better undertake our work with older people | Not applicable |
| We are interested in hearing from anyone who could provide advice on ... | More strategies to encourage and reach the 50 – 65 year olds, particularly those still working. |

CONTACT:

Physiotherapy Department

PHYSICAL ACTIVITY PROGRAMS

- Gentle Exercise Groups
- Men's Exercise Group
- Falls and Balance Program
- Gym Group
- Better Breathers Group

AVERAGE NUMBER OF OLDER PEOPLE ATTENDING

- Average of 50 participants per week

PROMOTIONAL STRATEGIES

- Engaging with clients on an individual level and referring to appropriate program
- Engaging with existing community groups
- Website and social media

OTHER ORGANISATIONS WE WORK WITH

- Council
- Local Gyms

Mailing address:
125 Blake Street
East Reservoir VIC 3073

T (03) 8470 1111
F (03) 8470 1107
E info@yourcommunityhealth.org.au

YOURCOMMUNITYHEALTH.ORG.AU

