

Kalamunda Seniors Hub Concept

Helping to redefine ageing!



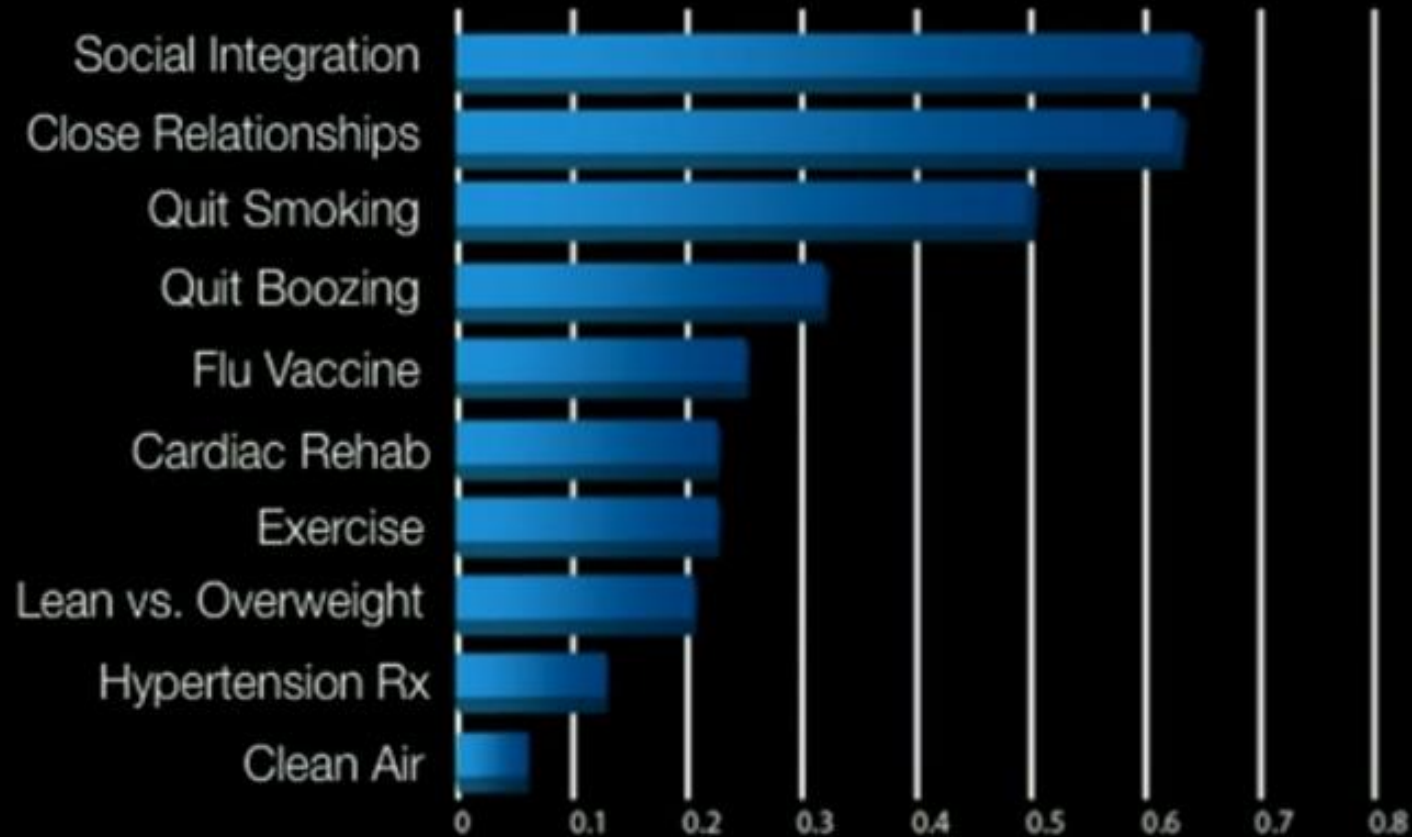
82% of Senior Australians
are living in private dwellings
- living in their original
family home, a downsized
home or with family.

**Most have that desire 'to
stay put'!**

Only one in four
85 and over
Australians live
in aged care.

57 % of retired
Australians do not
believe they have
sufficient savings to
maintain lifestyle.

Staying Alive



7 year Study by Julianne Holt-Lunstad,
Brigham University, USA

75-Year "Harvard University Study on Happiness" found the **One Secret** to leading a fulfilling Life.....

"It's all about good relationships...not leaning into self and money, but each other and community"



**Beacon Hill
Founding Group**





Ageing Well in Your Own Community

Liane Heinke

Seniors Hub Workshop Kalamunda

May 15 2019



Today's Presentation



- What the Hub does
- Benefits to its members
- Ideas for starting a Hub
- Resources available to set up a Hub
- How Local Government can help



So, what is The Waverton Hub?



- A community organisation of about 300 people, run by members for members.
- Enables us to age well in our own homes
 - for as long as possible
 - as meaningfully as possible
 - as inexpensively as possible



Where's Waverton?



Benefits of Waverton Hub Model



- Sense of belonging to local community
- 15+ activities each week
- Operates as a mutual
- 80 contributing members job-share
- 'Ask a member first'
- Links to local service providers
- Advocacy



Under the jacaranda tree



15+ activities per week



15+ activities each week

To promote

- Healthy body
- Active mind
- Belonging to community
- Help with small & large tasks
- Friendships



Iyengar yoga



Zumba Gold



Walking, lots of walking



Speakers Program



Anne Summers, journalist



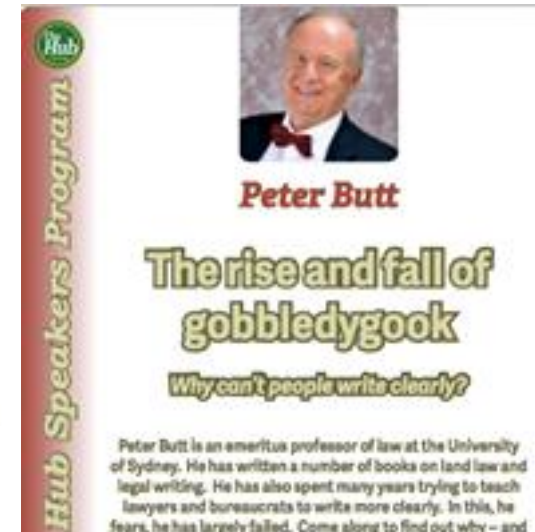
**Susan Ryan,
Age Discrimination Commissioner**



**John Keane,
Professor of Politics**



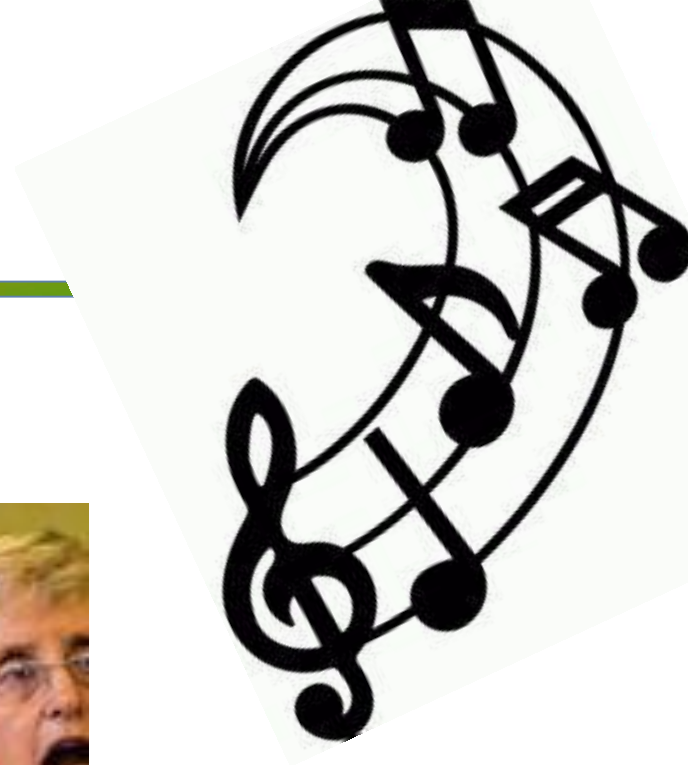
**Peter Fitzsimons,
writer**



Indoor games afternoons



Waverton Hub Singers



Gentlemen's dinners



Hubs as purchasing groups



- House cleaners: neighbours get together and share cleaner
- Electrician one day per week doing Hub jobs at discount
- Local plumber: no call-out fee for Hub members
- Virtual Care Environments: Home monitoring systems – identify good systems for members

Forging links with local service providers



- Hospitals
- Community centre
- Community transport
- Home maintenance
- Local Council and Community Organisations



Forging links with local service providers



- Crows Nest centre
- Hammondcare – Greenwich Hospital
- Sydney Maintenance
- Crows Nest Uniting Church
- North Sydney Council
- Other local organisations



Hub Services Committee meets with Greenwich Hospital palliative care team

Involve local, State and federal politicians



Benefits for members



- Sense of belonging
- Strengthen our Community
- Learn new skills
- Make new friends
- Save money
- Convenience



Waverton Hub: what our members say



Communicating with members wavertonhub.com.au



Member Login

Email Address

Password

Remember Me? ☐

Sign in

Forgotten your password?

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OUR HUB

The Waverton Hub 30 sec ...
FULL BALLS HEAD
D THE WAVERTON HU



EVENTS



Iyengar Yoga - General
Saturday

Event Type: Physical Activity

Date: Saturday Nov 10, 2018, 8:00 am

ABOUT WAVERTON HUB

A warm welcome to the Waverton Hub's website.

The Waverton Hub is mutual organisation of residents of Waverton, Wollstonecraft and neighbouring areas in Sydney. As we grow older, we members of the Hub are helping each other to enjoy our lives, stay in our own homes for as long as we can, to be as healthy as we can, and achieve all this for as little cost as possible.

About a dozen of us started the organisation from scratch in late 2012. We opened for membership in August 2013 with a program of activities and by the end of April 2015 had over 300 members. Around 80 members are working on continuing to build the Hub, setting up systems, and designing and leading activities and events.

LATEST NEWS



JOIN THE HUB

CALENDAR

November 2018

today



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10

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2018

How can local government help?



- Encouragement to fledgling Hubs
- Grants
- Meeting space
- Activity space
- Professional support (eg around insurance, governance, recording keeping, health & safety obligations)
- Acknowledgement

Starting a Hub



- Community Groups
- Neighbourhood Centres
- Probus Clubs
- Rotary Clubs
- U3A
- Sports Clubs
- Aged Care Providers



Don't reinvent the wheel



Ageing well in your own neighbourhood



The Waverton Hub Manual

wavertonhub.com.au



Possible Activities:

1. A wide range of vetted, trusted, discounted and affordable services e.g. household repairs, home care services, personal trainers etc etc

2. A volunteer support network who offer personal support and services like transportation, emergency repairs, gardening and friendly visitors.





3. A buddy system where
"ask a member first"
policy operates - members
share information, do
small tasks for each other
and look out for each
other.

4. Community and social connections and engagement through group and learning activities such as health and wellness programs, recreation, "happy hours", men's dinners, tool lending library...

- Always beginning with linking members into what is already happening in the community

5. Opportunities to contribute ones gifts and interests to the 'Seniors Hub' and the wider community.



➤ **Repair Cafe**

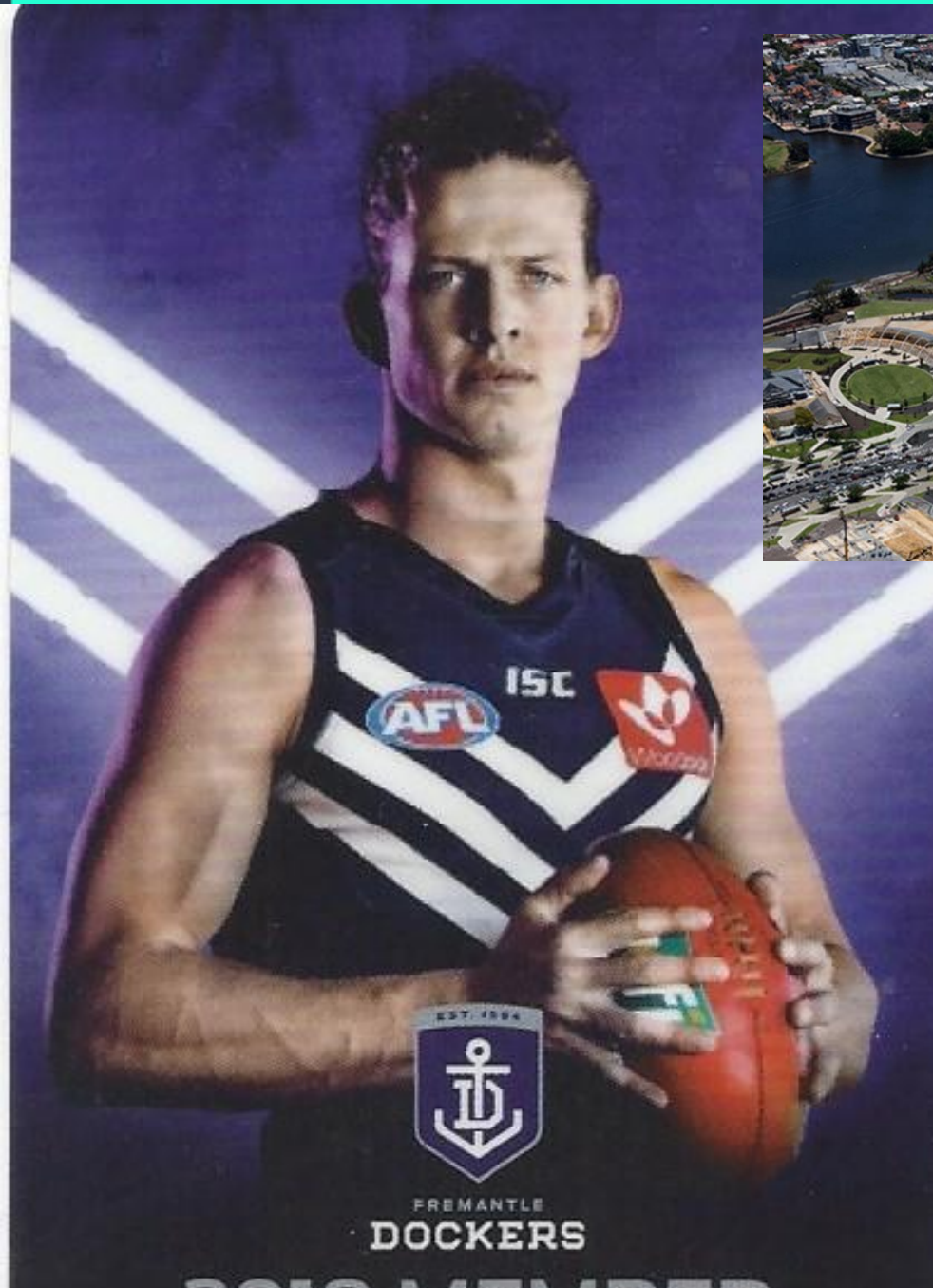
OLD COOTS GIVING ADVICE
It's probably bad advice, but it's free.



WayFairer Project



Please fill in the
Feedback Form
before you
leave.



‘Most communities can often be compared to a football game where 30,000 people who need the exercise, turn up to watch 36 players who don’ t.’

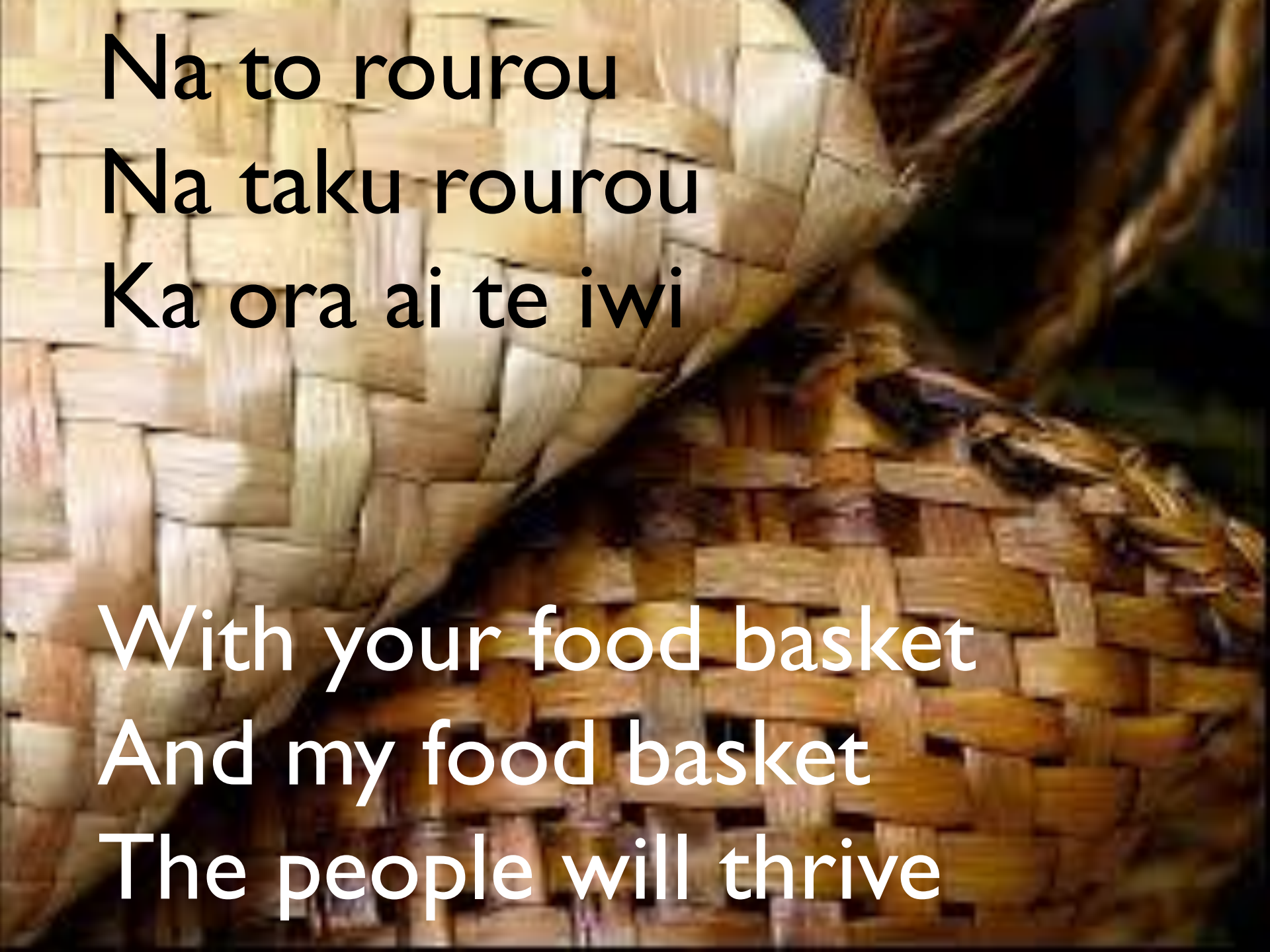
-Peter Kenyon



Age is
mind over matter.
If you don't mind,
it doesn't matter.

[MARK TWAIN]





Na to rourou
Na taku rourou
Ka ora ai te iwi

With your food basket
And my food basket
The people will thrive



SENILITY

PRAYER

Grant me the Senility
to Forget the People I Never Liked,
the Good Fortune to Run into
the People I do Like,
and the Eyesight
to Tell the Difference.

www.sevinty.com

Thank You!