



SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

Seniors Social Isolation Provider Community of Practice (SSIP-CoP)

Minutes of Meeting No. 2 - 2025

Date/Time	Wednesday 21 May 2025 (2.00pm – 3.00pm)
Topic	Health and Wellbeing in Later Life
Location	MS Teams: Meeting ID: 414 237 017 82 Passcode: JA2Uo6iG
Facilitator	Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing Queensland
Admin Support	Not available
Guest Speakers	<ul style="list-style-type: none"> • Dr Daniel Wadsworth, Senior Lecturer, School of Health, University of the Sunshine Coast and Postdoctoral Fellow at <u>Manna Institute Health and Wellbeing in Later Life (HWLL)</u> • Associate Professor Belinda Cash, School of Social Work and Arts, Charles Sturt University and University Lead <u>Manna Institute Health and Wellbeing in Later Life (HWLL)</u>
Recording	https://www.youtube.com/watch?v=1uP4oDsLMpc
Apologies	tbc

Attendees – Guests (n = 3)

- **Department of Families, Seniors and Disability Services and Child Safety:** Jean Lagan, Principal Advisor – Strategy and Reform, Seniors and Carers, Community, Seniors and Carers,
- **Lockyer Valley Regional Council:** Neil Meiklejohn, Community Engagement Officer
- Debra Melvin (tbc)

Attendees - SSI Providers (n = 24)

Far North Queensland

- **Cooktown District Community Centre 60 & Better:** Chanelle Oldaker, Program Coordinator
- **Torres Strait Older People Program Thursday Island:** Aletia Twist, Mura Kosker Sorority Inc, Chief Executive Office, Administration
- **TransitCare Social Support - Paramatta Park:** Amanda Mather, Chief Executive Officer

North Queensland

- **BCA Older Persons Action Program – AYR:** Debra Cochran, Chief Executive Officer, Burdekin Community Association Inc
- **Proserpine Intergenerational Storytime Program:** Sue Evans-Atherton, Program Lead, Whitsunday Regional Council

Central Queensland

- **Barcaldine 60 & Better Program:** Jean Williams, Coordinator (60 & Better Program), Barcaldine Regional Council

South West Queensland

- **Goondir Elder Power:** Dionne Connolly, Programs Consultant, Goondir Health Services
- **Senior Social Connection Program (SSCP):** Jocelyn Courtney, Case Management and Community Engagement, Relationships Australia Queensland
- **Somerset Seniors Connect:** Carole Labran, Tourism & Community Outreach Officer and Lyn Buchanan, Community Development Officer, Somerset Regional Council
- **South Burnett Stronger Together Program:** Kirsten Firman, Service Manager, Youth and Family Services, South Burnett Contributing to Community (CTC) Inc

North Coast

- **Hervey Bay Sixties and Better:** Sherie Riley, Coordinator, Hervey Bay Sixty & Better Healthy Aging Program Inc
- **Noosa Seniors Connect Program:** Kelly de Visser, Community Connection Manager (Acting) and Kenzo Sugaro, Community Laision Officer, Noosa Shire Council
- **Pets for Life Program:** Shirley Hammill, Caloundra Community Centre

Brisbane & SEQ

- **Acacia 50 & Better Program:** Hayley Kiata, Service Manager and Anushka Abeyewarde, Seniors Program Coordinator, Inala Community House
- **Bribie Island Seniors Wellbeing Service:** Elissa Nelson, Community Development and Administration Worker, Bribie Island Neighbourhood Centre
- **Centacare - Disability Services - Active Lifestyles - Stones Corner:** Rebecca Naumovski, Regional Operations Manager, and Marina Ene.
- **Encircle Redcliffe Older Persons Action Program:** Jenny Reid, Case Manager, Encircle Redcliffe Neighbourhood Centre
- **Older Women's Network – New Farm:** Niura Martinez Casas, Program Coordinator, Older Women's Network Queensland Inc.
- **Positively Ageing Program:** Mark Doyle, Aged Care Navigator, Queensland Positive People
- **YMCA Cannon Hill Seniors:** Deborah Gliddon, Y-Care (SEQ) Inc

Statewide

- **Queensland Men's Shed Association:** Franke Pearce, Regional Coordinator.

Discussion, Key Points and Actions

	Key Discussion Points	Actions
1	<p>Acknowledgements and Introduction</p> <ul style="list-style-type: none"> Acknowledgement of Country Joined by Department representative (Jean Lagan). Overview of Today's Agenda <ul style="list-style-type: none"> About COTA Qld and Seniors Social Isolation Prevention Peak role Insights from "Age Well, Stay Connected" Brisbane Event (31/3/25) Guest speakers Dr Dan Wadsworth and Associate Professor Belinda Cash, Manna Institute, Health and Wellbeing in Later Life (HWLL). Thank you everyone for taking the time to join us today. 	
2	<p>Previous Minutes and Actions</p> <ul style="list-style-type: none"> Previous Minutes circulated and accepted (no amendments). Noted resourcing and technical issues delayed uploading of recording. 	Upload recording to YouTube
3	<p>COTA Queensland and Seniors Social Isolation Prevention Peak</p> <p><i>About COTA Queensland</i></p> <ul style="list-style-type: none"> A charity amplifying the voices of older Queenslanders. Founded to combat age discrimination and address social and economic disadvantage. Ensuring older Queenslanders' rights are respected and valued. Collaborating with partners to keep older people at the centre of our work. Working with government, community groups, and organisations to drive systemic change and foster an age-friendly Queensland. Part of a national alliance with COTA organisations in other states. Vision: ageing as a time of possibility, opportunity, and influence.. <p><i>Seniors Social Isolation Peak Services Program</i></p> <ul style="list-style-type: none"> Emerged from 2021 Inquiry into Loneliness and Social Isolation. Funded by the Queensland Government and established in October 2024. Working to strengthen capacity and capability of SSI providers statewide. <p><i>Age Well, Stay Connected Brisbane Event (31/3/25)</i></p> <ul style="list-style-type: none"> 107 participants including older people, carers, community leaders, service providers, and government representatives, with First Nations and multicultural representation. Focus: raising awareness of social isolation, sharing knowledge, strengthening partnerships, and generating ideas for local action. Keynote: Dr Catherine Barrett on "Ageism, Loneliness, and the Wellbeing of Older People." Panel & Activities: discussions and interactive sessions covered mental health, caregiving, digital inclusion, diverse voices, libraries as hubs, and wellbeing of older men and women. Takeaways: information abundance is a challenge; findings will be shared with participants. Next Steps: SSI Collaboration Network established to explore future partnerships. 	<p>Link to SSI provider list</p> <p>Website Social Isolation Prevention Peak website</p> <p>Report summary to be uploaded to COTA Qld website</p>

	Key Discussion Points	Actions
4	<p>Manna Institute Health and Wellbeing in Later Life (HWLL)</p> <p>Presenters</p> <ul style="list-style-type: none"> • Dr Daniel Wadsworth, Senior Lecturer, School of Health, University of the Sunshine Coast and Postdoctoral Fellow at Manna Institute • Associate Professor Belinda Cash, School of Social Work and Arts, Charles Sturt University and University Lead, Manna Institute • See Health & Wellbeing in Later Life — Manna Institute <p>About the Manna Institute HWLL</p> <ul style="list-style-type: none"> • Collaboration underway with Noosa Seniors Connect through the Healthy Ageing Partnership on the Sunshine Coast. • Commonwealth-funded collective of seven regional universities (CQU, CSU, SCU, UNE, USC, UniSC, Federation Uni), each contributing funding. • Institute focus: mental health research and training in rural/regional Australia, supporting later-life wellbeing via a holistic, multidisciplinary, place-based approach. • HWLL program: includes universities, community and industry partners, lived experience, First Nations representatives, and foundation partners; emphasizes co-creation and community-led solutions. • Leadership & Network: led by Professor Myfanwy Maple in Armidale; national virtual network spans students to senior researchers across all universities. • Advisory groups: Lived Experience Advisory Group and First Nations Advisory Group, supporting students and communities. • Partners: foundation partners (Everymind, Centre for Mental Health Research ANU), regional health districts, aged care providers, and community initiatives (e.g., inclusive choir). • Researchers adopt an informal, community-engaged approach (“Cup of Tea” researchers). • Recognises rural dynamics: overlapping community and service roles, social visibility challenges, and multiple responsibilities of individuals. • Holistic approach: mental health and wellbeing of older adults is a shared responsibility; addresses chronic illness, disability, and regional/rural social-geographic complexities. <p>Project Profiles</p> <ul style="list-style-type: none"> • ROAM Project: explores rural older adults’ mental health experiences, embedding lived experience; participants share stories via safe online spaces; addresses social visibility and multiple community roles. • RURAL-ist Project: co-creates a Rural Implementation Support Toolkit to improve health programs for older adults across rural, regional, and remote Australia; partners include COTA and local communities. • CHAI Project: co-designed Community Health Ageing hubs improve health literacy and service access, drawing on local knowledge; currently four hubs across Sunshine Coast, Newcastle, Albury-Wodonga, and Western Sydney, including CALD populations. • Sing Out Project: inclusive choir fostering social connection for people living with dementia and carers in Dubbo and surrounds (180 members). 	<p>Circulate presentation and papers</p> <p>Website Health & Wellbeing in Later Life — Manna Institute</p> <p>Link to ROAM Findings</p>

Key Discussion Points	Actions
<ul style="list-style-type: none"> • Photography Project: Sunshine Coast exhibition celebrating participants' photography and fostering pride. • GROW Cooroy: co-design of green prescription pathways with Noosa Permaculture and Cooroy Gardens, connecting people to nature and local health services. <p>PhD projects:</p> <ul style="list-style-type: none"> • Designing tailored dementia risk reduction programs for rural settings (i.e., Kilkivan) • Tech-based solutions to social isolation in older adults • Factors contributing towards healthy ageing in rural, regional and remote Australia • Access to Voluntary Assisted Dying for people living with dementia (Australian first study) • Lived Experience leadership in mental health - <i>how can organisations better support people who have lived experienced when they are working in mental health systems and services.</i> <p>For more information Website: https://mannainstitute.au Email: dwadswor@usc.edu.au and bcash@csu.edu.au</p>	
<p>5 Q&A Session</p> <ul style="list-style-type: none"> • Mark Doyle (QPP) talked about their program supporting people living with HIV. He works as a Care Navigator supporting older adults living with HIV, many are now in their 60s and 70s. He also works with the Queer community. Social isolation is a major issue, especially in regional towns. In Brisbane, more people are emerging through program. • Mark mentioned they are incorporating intergenerational contact programs, connecting people in their 30s with older adults, highlighting the power of these initiatives. He shared a powerful intergenerational connection story related to the law reform journey in the UK. • Dan shared info about Manna's work on an Intergenerational Home Share program on the Sunshine Coast. • Belinda talked about the importance of effectively communicating research to those who need it most (i.e., service providers). • Belinda reported that the ROAM project findings have been published on Party line for wider accessibility. 	<p>Belinda to share link to research capturing stories from the LGBTIQ+ community.</p> <p>Link to Partyline Article about the ROAM project</p>
<p>6 AOB and Meeting Close</p> <ul style="list-style-type: none"> • Karen will be on Jury Service from 23 May – 30 June 2025. Email to follow re contact details in her absence. 	
<p>7 Date of Next Meeting</p> <ul style="list-style-type: none"> • COP No. 3. Wednesday 16 July 2025 (2-3pm) - "<i>Supporting Healthy Ageing: Digital Tools and Community Connections</i>". 	

Prepared by

Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program Council on the Ageing Queensland.

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