



## SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

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

#### Minutes of Meeting No. 6 - 2025

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|-----------------------|--|
| <b>Date/Time</b>      | Wednesday 1 December 2025 (9.00 – 10.00am)   |
| <b>Topic</b>          | 60 & Better Programs in Queensland   |
| <b>Location</b>       | <u>Join Zoom Meeting</u>   Meeting ID 871 0723 8112   Password 848662  |
| <b>Facilitator</b>    | <b>Karen Wilson</b> , Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing (COTA) Queensland |
| <b>Admin Support</b>  | Not Available  |
| <b>Guest Speakers</b> | Not Applicable   |
| <b>Recording</b>      | <a href="https://www.youtube.com/watch?v=TgevkJd6gj0">https://www.youtube.com/watch?v=TgevkJd6gj0</a>                            |

#### Attendees – 60 & Better Programs (*n* = 2)

- **Barcaldine 60 & Better Program:** Jean Williams, Program Coordinator. Barcaldine Regional Council, Central Queensland
- **Hervey Bay Sixties and Better:** Sherie Riley, Coordinator, Hervey Bay Sixty & Better Healthy Aging Program Inc, North Coast Queensland

#### Discussion, Key Points and Actions

|   | Discussion and Key Points   | Actions |
|---|---|---------|
| 1 | <p><b>Acknowledgements and Introduction</b></p> <ul style="list-style-type: none"> <li>• Acknowledgement of Country</li> <li>• Introductions (Karen, Jean and Sherie)</li> </ul> <p><b>Purpose of the Meeting</b></p> <ul style="list-style-type: none"> <li>• To share updates, success stories, challenges and support needs for 60 and Better programs.</li> <li>• To discuss programme-specific issues and learn from other organisations.</li> </ul> |         |

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|---|--|---------|
| 2 | <p><b>60 and Better Programs</b></p> <p><b>Hervey Bay 60 and Better (Sherie Riley, Coordinator)</b></p> <ul style="list-style-type: none"> <li>• <b>Location &amp; Membership:</b> Wide Bay, SE Queensland; 700 members.</li> <li>• <b>Activities:</b> Weekly classes, bus trips, events (e.g., Biggest Morning Tea, volunteer luncheons, mini golf).</li> <li>• <b>Facility:</b> Own leased halls; lease stability is a minor concern.</li> <li>• <b>Member Engagement:</b> Polls used to gather feedback for programme planning; members appreciate input opportunities.</li> <li>• <b>Challenges:</b> <ul style="list-style-type: none"> <li>• New phone system installation and volunteer training.</li> <li>• Transport costs for participants (taxi fares for cancelled sessions).</li> <li>• Reporting processes for department submissions.</li> </ul> </li> <li>• <b>Upcoming Initiatives:</b> Information sessions starting February on various topics (St John’s transport, fire safety, aged care, health talks).</li> <li>• <b>Volunteer Support:</b> Value in clarifying volunteer roles and responsibilities; potential for additional sessions with Volunteering Queensland.</li> </ul> <p><b>Barcaldine 60 and Better (Jean Williams, Program Coordinator)</b></p> <ul style="list-style-type: none"> <li>• <b>Location &amp; Membership:</b> Smaller regional area; 3,000 older adults; fewer members than Sherie’s program.</li> <li>• <b>Activities:</b> Tai chi, exercise, croquet, bingo, monthly events; limited bus trips due to vehicle availability.</li> <li>• <b>Facilities &amp; Support:</b> Auspiced by Regional Council, which provides building and bus support; hires council bus for events.</li> <li>• <b>Inclusion:</b> Works with First Nations groups, schools, and cultural associations; flexible programming for mobility and cognitive changes.</li> <li>• <b>Challenges:</b> <ul style="list-style-type: none"> <li>○ Transport for participants, especially for medical appointments.</li> <li>○ Ensuring inclusivity as participants age and have differing mobility/capability.</li> </ul> </li> <li>• <b>Reporting:</b> Manual, spreadsheet-based; keeps detailed personal notes; welcomes sharing practices with others.</li> <li>• <b>Engagement:</b> Hosts health and information talks on various topics, including home support, astronomy, finance, and dementia awareness.</li> </ul> |         |

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| 3 | <p><b>Shared Observations &amp; Challenges</b></p> <ul style="list-style-type: none"> <li>• <b>Transport:</b> Key challenge across communities; affects participation and access to services.</li> <li>• <b>Reporting:</b> Continuous changes in requirements; need for shared guidance, clarity, and peer learning opportunities.</li> <li>• <b>Inclusivity:</b> Programmes adapt to mobility, cognitive, and cultural diversity; activities allow participation at individual pace.</li> <li>• <b>Information Sharing:</b> Digital inclusion gaps noted; programs act as informal referral points for isolated older adults.</li> <li>• <b>Community of Practice:</b> Valued for networking, learning from other organisations, and accessing guest speakers.</li> </ul>  |   |
| 4 | <p><b>Future Plans</b> (Karen Wilson, Executive Officer, SSIP Peak)</p> <ul style="list-style-type: none"> <li>• <b>Online Hub:</b> Password-protected, accessible to all Queensland Government-funded SSI services and includes: <ul style="list-style-type: none"> <li>○ Guest speaker contacts</li> <li>○ Grant opportunities</li> <li>○ Research and resources</li> <li>○ Discussion boards for questions and networking</li> </ul> </li> <li>• <b>Community of Practice (CoP):</b> <ul style="list-style-type: none"> <li>○ Resuming February 2026</li> <li>○ Bimonthly sessions suggested</li> <li>○ Flexible times/days to accommodate part-time staff and program schedules</li> <li>○ Survey will be emailed in December (before the end-of-year break) to capture needs, gaps, and priorities (e.g., transport, reporting, volunteer support)</li> </ul> </li> <li>• <b>Reporting &amp; Evaluation:</b> Gathering information for departmental reports, identifying strengths and gaps across communities.</li> </ul> | <p>Karen to circulate COP 2026 dates</p> <p>Online Hub (SSIP Hub) will be live for testing in February.</p> |
| 5 | <p><b>Wrap-Up</b></p> <ul style="list-style-type: none"> <li>• Meeting closed with mutual acknowledgment of busy schedules and upcoming holiday breaks.</li> <li>• Emphasis on using CoP, online hub, and surveys to inform future support and programming.</li> </ul>  |   |

**Prepared by**

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