



SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

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

Minutes for Lunch & Learn No. 2 - May 2026

Date/Time	Thursday 21 May 2026 (2-3pm)
Topic	National Volunteering Week: <i>Supporting Healthy Ageing through Volunteering</i>
Location	Join the Zoom Meeting Meeting ID: 886 0155 8536 Passcode: 719517
Facilitator	Karen Wilson , Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing (COTA) Queensland
Guest Speakers	<ul style="list-style-type: none"> Anita Cromb, Walking Program Officer QLD, Heart Foundation Karmen Howard, Program Officer, Ipswich Thriving Seniors Y Queensland Kelly Phelan, Volunteer Coordinator, Little Dreamers
Recording	YouTube https://youtu.be/BV7ZDXwq26A
Attendees	<p>COTA Queensland</p> <ul style="list-style-type: none"> Lisa Rusten, Director of Services <p>Department of Families, Seniors, Disability Services and Child Safety</p> <ul style="list-style-type: none"> Jennie Brett, Contract Officer Fay Bragg, Contract Officer <p>SSI Providers (n = 5) As per Zoom Chat</p> <ul style="list-style-type: none"> Anto Russo, Volunteer Coordinator, Multicultural Communities Council Gold Coast Jean Williams, 60 & Better Barcaldine Karmen Howard, Ipswich Thriving Seniors, Springfield Kim Poulin, Encircle Redcliffe Neighbourhood Centre Philippa Adams, Marlin Coast Neighbourhood Centre

Discussion Overview and Actions

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1	WELCOME AND ACKNOWLEDGEMENTS	
1.1	<p>Acknowledgement of Country</p> <p>The facilitator acknowledged the Traditional Custodians and paid respects to Elders past, present and emerging, and to Aboriginal and Torres Strait Islander participants attending the meeting.</p>	

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	<p>Lived Experience Acknowledgement</p> <p>The meeting acknowledged the value of participants' lived experience and diverse perspectives.</p> <p>All members were welcomed.</p>	
1.2	<p>Housekeeping</p> <ul style="list-style-type: none"> Providers were asked to add their name, organisation, program and contact details in the chat for attendance recording. Providers were advised the meeting would be recorded and shared on the SSIP Hub, with the option to turn cameras off. 	Please confirm attendance if you are not listed above
1.3	<p>Why are we here today?</p> <p>To increase awareness of organisations and programs that engage volunteers to support healthy ageing, and to share approaches that promote social connection, wellbeing, and community participation for older people.</p>	
1.4	<p>Introduction to National Volunteering Week</p> <ul style="list-style-type: none"> New data reveals 17% volunteer shortage across Queensland – Volunteering Queensland 	
2	GUEST SPEAKERS	
2.1	<p>Guest Presenter No. 1: Anita Cromb, Walking Program Officer QLD, Heart Foundation</p> <p>Anita provided an overview of the Heart Foundation Walking program, highlighting how volunteer-led walking groups support physical activity, social connection, and healthy ageing in local communities.</p> <p>Further Details E. Anita.Cromb@heartfoundation.org.au W. https://www.heartfoundation.org.au/healthy-living/heart-foundation-walking</p>	<p>Recording starts 05:47 mins</p> <p>Download PPT Slides (pdf)</p> <p>Contact Anita for more info or visit their website</p>
2.2	<p>Guest Presenter No. 2: Karmen Howard, Program Officer, Ipswich Thriving Seniors, Y Queensland (SSI service)</p> <p>Karmen provided an overview of how their program delivers the Heart Foundation Walking Program at the local shopping centre, promoting physical activity and social connection for older people.</p> <p>Further Details E. ipswichthrivingseniors@ymcaqueensland.org.au W. https://ymcaqueensland.org.au/services/community-centres/springfield-lakes/ipswich-thriving-seniors</p>	<p>Recording starts at 21.35 mins</p> <p>No PPT slides</p> <p>Contact Karmen for more info or visit their website</p>
2.3	<p>Guest Presenter No. 3: Kelly Phelan, Volunteer Coordinator, Little Dreamers</p> <p>Kelly talked about Little Dreamers being Australia's largest organisation supporting young carers aged 7–17 years. She highlighted a range of flexible volunteer opportunities available to older adults, based on their</p>	<p>Recording starts at 30.58 mins</p> <p>No PPT Slides</p> <p>Contact Kelly for more info or visit their website</p>

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	<p>interests, skills, and availability, and encouraged providers to connect with her to explore opportunities for seniors within their communities.</p> <p>Further Details E. kelly@littledreamers.org.au W. www.littledreamers.org.au</p>	
3	Q&A SESSION	Recording starts 36.33 mins
3.1	<p>Providers engaged in a Q&A discussion following the presentations.</p> <p>Karen shared volunteer stories from the Organisational Showcase on the Social Isolation Prevention Peak website</p>	
4	CLOSE & DATE OF NEXT MEETING	Recording ends at 44.36 mins
4.1	<p>Karen thanked the presenters and advised that the recording, presentation slides, and meeting minutes would be available on the SSIP Hub (under Resources for Providers → <i>Community of Practice</i> → <i>Meeting Schedule</i> within the next fortnight. She encouraged providers to continue sharing ideas and connecting with one another through the SSIP Hub's Connect and Share Forum.</p> <p>Date of Next Meeting: SSIP-CoP3 Safety Rights and Respect. Wed 17 June (2-3pm)</p>	

Minutes by Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing Queensland at: karen.wilson@cotaqld.org.au