

Funded Local Government Creative Ageing Projects

Council: Armidale Dumaresq Council (Regional)

Funds Allocated: \$3500

Project: Drumming Circle

Fascinating Rhythm - Drumming Circles, is one activity within a Mind, Body and Balance Program (MBB). The MBB program is a Healthy Active Ageing initiative and the drumming circle is a fun activity that stimulates the mind and body through creative expression and active participation. The concept behind the drumming circle is to encourage an exercise based program that is enjoyable and not like the usual exercise sessions.

Ageing imposes many factors that impact upon our willingness and ability to actively engage in physical activities. This decline results in loss of muscle strength and tone, reduced range of movement and joint function, poor circulation, reduced cardiovascular function and often leads to social isolation. Therefore leisure and health programs that are specifically designed for seniors need to be creative and fun so that seniors are more willing to actively participate.

Drumming circles promote socialisation, fun and laughter; drumming exercises the brain and the body by improving circulation, concentration and coordination. Drumming also increases your range of movement and strengthens your core muscles as well as your back, shoulders, arms, wrists, hands and fingers.

Council: Ashfield Council (Metropolitan)

Funds Allocated: \$4000

Project: Ashfield Library Knitters - Urban Knitting Project

To build on the strength, knowledge and skills of the Ashfield Library Knitting group by engaging the participants, who are predominately aged 60 years and over in a process that culminates in a public installation of their work.

The group will be facilitated through a process that takes them from the confines of the meeting room in which they meet weekly and out to the streets to show off their talent via public demonstrations and a knitting 'graffiti' installation.

The project will form part of the newly established Ashfield Civic Centre Forecourt Activation program being launched in September 2014. The process will be documented, and the participants will also be provided with an opportunity to develop technical skills as they assist with the documentation process.

Council: Ballina Shire Council (Regional)

Funds Allocated: \$4000

Project: People and Place, Age and Experience: a creative exploration

This project seeks to provide a place making experience through creative expression (writing, painting, craft, sculpture, film ect) with older people and their grandchildren (or their young friends/ relatives) based around the theme of Ballina: Our Place. These workshops, facilitated by professionals in the area of place making seek to engage participants in explaining to each other about what it's like to live in the Ballina community today, what their needs are and ideas for creating spaces and experiences in our community that can enhance better intergenerational relationships. This will project will include an exhibition of the work produced through the process at a community space in Ballina.

Council: Byron Shire Council (Regional)

Funds Allocated: \$4000

Project: Celebrate Life - Elders Flash Mob to the beat

Celebrate Life - Elders Flash Mob to the Beat will build on the success of the local Seniors drumming circle to introduce a fusion of contemporary jazz and traditional aboriginal dance to create an age appropriate 'flash mob' dance for seniors that can be performed at local events. The Seniors drumming circle would develop the music to accompany the performance. The project aims to bring together indigenous and non indigenous older people in a fun and creative way that promotes healthy activity. Celebrate Life showcases an investment in evolving culture acknowledging our elders as the keepers of this culture and allowing them a space in which to lead the community in the creation of cultural expression based on reconciliation of our difference cultures.

This project will offer drum and dance workshops at the Byron Community Centre and hold a showcase event at the Byron Theatre and participate in the New Years Eve Events in Byron Bay and at random community cultural events.

Council: Campbelltown City Council (Metropolitan)

Funds Allocated: \$4000

Project: Tours with David & Friends: art and memory discussion tours and practical workshops for older people with memory loss

A series of exhibition discussion tours and practical arts workshops will be offered to seniors living with memory loss, held at Campbelltown Arts Centre (C-A-C) from November to December 2014.

The project builds on existing C-A-C public program of guided art tours for people with memory loss, which enable people to meet, converse and reflect, using contemporary art as a catalyst for these exchanges. These tours have been implemented following training with Alzheimers Australia NSW as well as liaison with staff and individuals with dementia, from Dementia Advisory Service, Sydney South West Area Health Service.

Tours with David & Friends from November to December will include guided tours of current exhibition, offered consistently over a 6 week period for older people with dementia or memory loss. These tours will be offered alongside a workshop series 1 day per week for 4 weeks for a regular group of older people with dementia, facilitated by contemporary visual and performance artist David Capra.

This two-part program will act as a pilot for future public programs for people with dementia to engage with contemporary art in an accessible social context, be it at C-A-C or via future outreach programs.

Council: Coonamble Shire Council (Rural)

Funds Allocated: \$4000

Project: Creating Together

Coonamble Shire Council, in conjunction with Uniting Care, will host a series of workshops will bring together the seniors community in Gulargambone, a small rural village in north west NSW. The workshops will focus on craft activities, building on the traditional hobby and self sustainability skills of seniors in this rural farming community. The workshops will provide participants with an opportunity to network with other community members in their age group and interest bracket. Participants will learn new skills and have the opportunity to share their skills and knowledge, providing opportunities to build a new level of community connectedness in an isolated community.

Council: Cootamundra Shire Council (Rural)

Funds Allocated: \$4000

Project: Box Gum Grassy Woodland (BGGW) creative workshop program

Box Gum Grassy Woodland (BGGW) workshop program is a partnership with local arts organisation 'The Wired Lab' (TWL) who will be facilitating a suite of workshops oriented around our local BGGW habitat that is listed as vulnerable and endangered on state and national registers.

This Creative Ageing Local Government Grant will specifically support a series of skills development workshops where leading Australian artists will teach senior local residents field recording, weaving and bush dyeing techniques utilising local environs and locally sourced materials.

Project outcomes will include the development of new and transferrable skills in our community, which can later be expanded upon independently by participants. Outcomes will also include the development of creative artworks, which will be displayed at our recently built Arts Centre during Cootamundra's 2015 Australia Day celebrations.

This project forms part of a suite of community-based activities by The Wired Lab that are oriented around the documentation of and education about BGGW. It also connects with the activities of local community, government and NGO organisations which are oriented around the education and preservation of BGGW.

Council: Great Lakes Council (Rural)

Funds Allocated: \$3750

Project: Storytelling in the Great Lakes

Participants will attend workshops and learn to tell a story through the use of paint/drawing or creative writing. Local artists and writers will be on hand to help participants. This is an ideal opportunity for people who have never attempted an artistic endeavour, to learn some skills in a non-threatening, relaxed environment. They might even discover a latent talent, or a long-term passion for the arts, and continue their adventure by joining an art class or local society. Participation in the workshops will also promote social interaction and may facilitate long-lasting friendships. The last month of the program will be devoted to exhibitions in each location, to showcase the work of the participants. Participants will be encouraged to attend the exhibition to talk to the general public about their work.

Council: Griffith City Council (Rural)

Partner Council: Murrumbidgee Shire Council

Funds Allocated: \$6000

Project: Creative Ageing summer program

This Program will encourage seniors to try something new and creative in a welcoming environment and for free. Perhaps they'll discover a new skill or make a new friend. The program will occur in November and repeated January. Each week for four weeks there will be a different activity each day. For example, Mondays will be craft, Tuesdays photography, Wednesdays learn guitar, Thursdays learn to draw, and Fridays research and write about your family history. The four week sessions will culminate in a display at the library of the products created. The display launch will encourage seniors to bring along their families to see the results of their efforts. Participants from each day's sessions will also get the opportunity to mingle, and refreshments will be served. The sessions in November will provide an excellent opportunity for seniors to create their own Christmas gifts and cards. The sessions in January will help to fill a void in social interaction for seniors as many groups (eg Senior Citizens, Probus) go into recession during this month, and the post-Christmas period is noted as a quiet time when younger people leave our rural areas and head for holidays on the coast 600km away.

Council: Inverell Shire Council (Rural)

Funds Allocated: \$3920

Project: Silk Tales

The Silk Tales project is a new initiative aimed at encouraging creative and cultural expression amongst the older Gamilaraay people. Guided by an Aboriginal Cultural Arts Tutor the older Gamilaraay people will be engaged socially by exchanging stories from their own history and experience of identity formation.

As the stories are shared the individual's will be taught silk screening that will allow their story to be captured through cultural expression on silk experiencing their own autobiography.

Council: Lane Cove Council (Metropolitan)

Funds Allocated: \$4000

Project: Sustainable Wishing Tree Project

The Sustainable Wishing Tree project is a creative initiative with a sustainable message that is inspired by the tradition of wishing trees. In many cultures, the tree is used as an object of wishes and offerings. In the Japanese culture, Tanabata is a yearly festival where people hang their wishes on the trees, creating an amazing visual experience.

For this project we would like to engage seniors through our local Men's Shed, Centrehouse Community Arts Centre and Gallery Lane Cove to make a sculptural bamboo tree with sculptor Mark Swartz, who uses sustainable materials. Then, through a number of workshops, grandparents would design and make their own paper craft 'wishes' with their grandchildren (made out of recycled paper, with seeds inside).

The wishes would be hung on the sculptural bamboo tree and then displayed on the outdoor Sculpture Terrace at Gallery Lane Cove. Over time the 'wishes' will perish in the soil below our sculptural tree, but will rejuvenate and transform into new plants and provide a new visual experience.

School groups, seniors and other community groups would visit and experience the tree at the gallery, learning about the wishing tree traditions and adding their own wishes to the tree.

Council: Penrith City Council (Metropolitan)

Funds Allocated: \$4000

Project: MemorableTales

Memorable Tales is an exciting creative multimedia family stories project with older people. Workshop participants will create a short documentary style video on the theme of memorable family stories and tales. Participants will utilise a video recording device, a mobile phone, tablet or point and shoot camera to create the video.

Participants will develop a project plan, integrate archival material including old photos, old documents/newspaper articles and use filming techniques with sound. They will learn how to conduct a video interview, ethics and best practice when recording peoples stories, basic video editing skills and exporting and sharing your video with others using social media.

The project will include intergenerational connections with younger family and/or community members involved in the workshops to assist in creating the family history video with older family members. This will be an 8 to 10 week project.

The finished videos created by participants will be shown at an organised launch of the videos for family, friends and the wider community.

Workers from local Neighbourhood Centres, the U3A and TRI Community Exchange will provide support and assistance in a 'train the trainer' capacity to learn the skills to be able to organise similar video projects in their centres.

Council: North Sydney Council (Metropolitan)

Funds Allocated: \$3000

Project: Park Life

People aged over sixty will be invited to take part in a play about the impact of homelessness on older people in North Sydney. Older people living in Social housing will be encouraged to participate. No acting experience required. Wider community involvement and support will also be encouraged.

The short play entitled Park life is based on the real life experience of an older person who became homeless in North Sydney.

It will be performed at venues across North Sydney/Lower North Shore.

Council: Oberon Council (Rural)

Funds Allocated: \$2000

Project: SWAP-Seniors Welding Art and Poetry Workshop

The Seniors Welding Art and Poetry(SWAP) project will conduct two workshops for seniors which will allow participants to creatively express their connection to Oberon's local rural history.

Participants may choose between a creative two day welding workshop or a two day creative writing Bush Poetry Workshop. Two of Oberon's most creative and celebrated talents will lead the workshops

The project will culminate in the two groups coming together in a rustic campfire setting to cook damper, drink billy, recite their poems, exhibit their artwork and SWAP yarns. Other seniors from the community who may not be able to participate in the workshops will be invited to join in the campfire experience.

Council: Port Macquarie-Hastings Council (Regional)

Funds Allocated: \$4000

Project: I've got uke, Babe

Sensational seniors learn to play the happiest instrument on earth - the ukulele.

The Port Macquarie-Hastings Library will be the first in Australia to have ukulele kits available for loan. Seniors can borrow a uke kit (ukulele, tuner, case, music book) and participate in a series of free uke beginner workshops delivered by our project partners the Mid North Coast Conservatorium of Music.

Our fledging group of uke playing seniors called "I've got uke, Babe" will perform on the main stage at Australia Day as well as flash mob ukes at Town Beach and a performance at the Friday lunchtime concert at the Glasshouse Performance Centre.

"I've got uke, Babe" continues in the long term as a social uke playing group under the aegis of the Conservatorium as a new batch of beginners can start learning the uke.

Council: Rockdale City Council (Metropolitan)
Partner Council: Hurstville City Council

Funds Allocated: \$7000

Project: MAKE A NOISE FOR WELLBEING AND FEEL GOOD !

Senior's Soundscapes 'Make a Noise for Wellbeing and Feel Good' is a St George based cross collaboration between Rockdale and Hurstville Councils. It is a new creative venture which invites seniors to be involved in recording the sounds of themselves and local community under the theme of wellbeing.

Seniors will be making sounds under the theme 'Make a Noise for Wellbeing and Feel Good.' Seniors can talk, sing, laugh, grunt, play a musical instrument, sing a tune from their cultural background, whistle or narrate a story about the sounds. Seniors who may not be able to speak or sing can also participate by making any sound they wish such as clapping or banging on a table.

The recordings will be mixed into a 20 minute CD and participants invited to a 'sneak preview' lunch prior to launch. The CD will be officially launched post project at Rockdale and Hurstville Seniors Months in March 2015, with a workshop outlining the process. It will also be available to listen to on both Councils website on Radio 2NBC and during other Arts Festivals across St George.

Council: Shellharbour City Council (Regional)

Funds Allocated: \$4000

Project: Our Time Our Place

'Our Time Our Place' is about creating connections: the sharing of skills, knowledge and stories of the local area between generations and across cultural groups. The project will bring together older people and young people from the Shellharbour City Council Local Government Area, led by a professional artist to design and create a series of large scale, temporary chalk murals based on stories and memories of the City.

The murals will be documented through photography and time-lapse film which will then be put on exhibition at a local gallery space at the completion of the project. Organisations and community groups supporting older people in the Shellharbour Local Government Area will be invited to attend the exhibition to showcase their services and programs.

Council: Snowy River Shire Council (Rural)

Funds Allocated: \$3000

Project: Wire, Wood; Light and Shadow: The Shape of Ageing Well

Snowy River Shire Council's Community Services National Respite for Carers funding presently supports two groups for older residents, Autumn Leaves and the Men from Snowy River. These groups provide a social outlet for older residents and carers, including those experiencing dementia, disability, and who are frail-age. Participants engage in a wide range of activities, including the arts.

Wire, Wood; Light and Shadow will see members of the two groups design and build sculptures emblematic of who they are and what is important to them. The project will provide opportunities to re-awaken and share latent skills, develop new skills, for creative expression, and to collaborate, connect and share their stories.

At least two sculptures will emerge, which will be showcased in a variety of regional settings culminating in exhibition at the annual Lake Light Sculpture event on Lake Jindabyne, attended by more than 10,000 people each year.

Council: Tenterfield Shire Council (Rural)

Funds Allocated: \$4000

Project: Christmas Memories Shared (working title)

To have two performances of a Christmas concert in December 2014 that are suitable for, planned and carried out by older people. The project could involve anyone in the Shire who is aged 60 years and older. The theme will be "Christmas from my childhood".

All local community organisations who offer a service or have older people as members will be engaged. Each organisation will be asked to contribute in a way that is suitable for it's members or clients. For example, they may entertain, make the decorations and set design.

Tutors will be paid to assist the older people to achieve their chosen creative activity and to provide sound and lighting expertise for the concert. For example workshops could be to develop a choir, design a dance routine, make traditional decorations, acting or set design.

Older people who are unable to contribute to the creative activities in bringing the project together will be able to attend as audience to enjoy being part of the concert. Residents of the local care home will be given tickets free of charge to attend the performances. Family members, particularly children and grandchildren will be encouraged to come to the concerts as audience members.

Council: Wagga Wagga City Council (Regional)

Funds Allocated: \$3830

Project: I Want to Share My Story

I Want to Share My Story gives Wagga's mature age students (Seniors) a chance to tell their story through new creative skills. Following Seniors Week 2014, the seniors expressed a desire for more avenues to develop creative skills. Many people have digital technology - DSLR cameras, iPads, smart phones and computers but use this equipment at a very basic level.

Wagga Wagga City Council (WWCC) together with students and lecturers from CSU Wagga campus will offer local seniors opportunities to develop their photography skills as well as potential for the more advanced seniors to try their hands at basic video and animation skills, to capture their stories. Each workshop will have multiple facilitators on hand to guide the participants. The creative art pieces produced by seniors will be exhibited during Seniors Week 2015 and sample displayed via WWCC's digital projectors, spanning a 50x8m canvas across the Wagga Civic Centre.

Besides the technical skills and creative outlet for the participants, it will give them an opportunity to work with young people via the facilitators from Charles Sturt University, and opportunities to visit the university facilities as well as introduce the participants to Eastern Riverina Arts (ERA) and other local creative organisations.

Council: Willoughby City Council (Metropolitan)

Funds Allocated: \$4000

Project: Community Collage & Decoupage Project

The overall aim of this Creative Aging Activity is to bring older adults together from all ethnic backgrounds to share their memories and stories, encourage participation and understanding, foster new creative skills, promote greater mutual respect and trust, and lay the foundation for future projects and friendships.

In Willoughby, a growing number of older residents were born overseas, specially in China, Hong Kong and Italy. Participants will be encouraged to bring personal patterned items to the workshops that reflect their

cultural heritage and to share stories about them. Over 8 workshops the artist will assist people to use paper collage and decoupage techniques, to recreate these patterns into wall works. The completed works will form a kaleidoscopic landscape of interconnected patterns and shapes imagined from the different cultures to hang in Chatties Cafe, a Community Cafe in the Dougherty Community Centre.

Council: Wingecarribee Shire Council (Regional)

Funds Allocated: \$4000

Project: Here is my song

To work with a group of older people who have dementia living within the Wingecarribee community to write, sing and record their own song.

The theme and words will be put together by the group with support from professional songwriters/singing coaches who have experience working with diverse groups and developing and producing ideas. The song will be performed and recorded as a record of the project and will be shared with family and friends.

Four facilitated workshops will be held with the group during November 2014 at which Shortis & Simpson professional performers and songwriters will work with the group to develop, guide and complete the project. The workshops will include many fun elements.

Council: Wollondilly Shire Council (Rural)

Funds Allocated: \$4000

Project: LOLS - Laughing Out Loud Seniors

Wollondilly Shire Council will facilitate The Humour Foundation's Laughter Boss training, which teaches staff working in Aged Care fun and practical skills to help them bring play and laughter to their everyday work with the aged. The therapeutic benefits of humour are well known – sharing a smile and a laugh connects people, lowers stress, reduces anxiety, relieves tension, boosts the immune system and creates an atmosphere of positivity and warmth.

The Humour Foundation understands the challenges faced by staff working in Aged Care and the Laughter Boss training aims to help participants understand the concept of using play to promote humour in their daily work - to benefit residents, staff, the facility and themselves - and is designed to give them the skills and knowledge to do so.

The training will result in the establishment of the LOLS - Laughing Out Loud Seniors Program which will be implemented across local Aged Care Residential Facilities and Adult Day Centres. The initial 12 week program will directly benefit 500 people who are living in or accessing aged care in Wollondilly.

Participants will access the training at no cost. The program will be overseen and supported by Council's Ageing & Disability Community Projects Officer.

Council: Wollongong City Council (Regional)

Funds Allocated: \$4000

Project: Golden oldies screen dreams in pictures

The goal of "Golden oldies screen dreams in Pictures" is to engage seniors 60+ from Wollongong Local Government Area (LGA) in planning, developing & implementing a creative photographic project in which they feature in recreations of movie scenes. Council's Aged & Disability Officer has established relationships with the target group & will engage the project partners & seniors in the project.

The seniors will be invited together & encouraged to think about and describe a movie scene that has significance to them that they would like to recreate. Following the development of the concepts for the photographs a project team comprising Council's Aged & Disability Officer, hair & make up professionals & a photographer will work with the seniors to develop the set, source costumes & hair & make-up required to recreate the movie scene.

Photographic shoots will be held & the resulting photographs compiled into a portable exhibition of positive images of ageing. The exhibition will be promoted & displayed in Wollongong LGA. It is hoped that the exhibition will raise awareness about the positive contribution older people make to their communities. The project will be promoted in the media & social media. A celebration & thank you will be held to recognise the seniors contribution & launch the collection of photographs.

Council: Wyong Shire Council (Regional)

Funds Allocated: \$4000

Project: Creative Ageing Expo

The project aims to host a creative ageing expo at The Entrance Community Centre on the NSW Central Coast. Local cultural and creative arts and craft groups will be invited to showcase and promote their creative practice through hosting a stall or interactive "hands-on" activity/display. In addition local dance and musical groups will be invited to perform on the day to showcase their skills and talents and promote the strength of our local creative community.

The expo will build on the continued interest in the recent 'Splinters & Threads' project – a book produced by Council that documented a collection of stories from local residents that detail how creative arts and crafts fit into their lives in the age of retirement. The stories were linked by a common thread highlighting the importance of community connections and creativity, and featured a directory of local groups, clubs and guilds supporting creative ageing opportunities.

The Entrance Community Centre has been chosen as the location as it is a vibrant community and cultural hub with specialist spaces for music, dance and creative activities that is easily accessible to the entire LGA.
