



The NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere, reaching up to 500,000 seniors each year. If you are over 60, NSW Seniors Festival gives you the chance to make new friends or get together with old ones at an array of local community events.

Presented by the Department of Family and Community Services, NSW Seniors Festival is designed to celebrate the role seniors play and the contributions they make to the NSW community, aligning to the policy objective of inclusive communities.

Every year during NSW Seniors Festival, government, community and commercial organisations hold hundreds of events across the state, encompassing art, sport, music, entertainment, technology, recreation, health, good nutrition and much more.

In the Northern Rivers, Seniors Festival activities will be held at Byron Community Centre, Ballina RSL and Lismore Regional Art Gallery, just to name a few. If you are outside the Northern Rivers, please visit the NSW Seniors Festival Website for more events in other communities around NSW at: <https://www.seniorsfestival.nsw.gov.au>

### Events in our region:

#### Byron Shire Senior's Expo

BYRON COMMUNITY CENTRE,  
68 JONSON STREET, BYRON BAY

Visit the Community centre on Tuesday 19th February from 10am for their free one day event that highlights the services available for seniors in the Byron Shire and Northern Rivers region. The expo will provide older people with expert advice, information, tools and resources to create social opportunities and achieve their potential in their communities.

This is one day festival with 25 information stalls from local organisations, entertainment,

presentations and interactive activities for seniors. Ranging from information about legal issues, health and wellness – to drama, dancing, sports, comedy, film and presentations in the theatre.

Ongoing talks and entertainment in the theatre running all day. Presentations will include:

'Demystifying your choices for the end of life care' - 'The role of elders in Aboriginal society' - 'Natural remedies for the Ageing Body' Plus, enjoy head and hands massages, drama, chair yoga and drumming and Verandah Talks by the local organisations. A popup restaurant in the courtyard will be serving delicious organic food.



## The Byron carer

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[www.byronrespite.com.au](http://www.byronrespite.com.au)

Byron Shire Respite Service is located at the Brunswick Valley Community Centre, South Beach Rd, Brunswick Heads.

Our incorporated non-government community based organisation is managed by a local committee and covers the shires of Byron, Ballina and Lismore.

Telephone Barbara Chambers on:  
02) 6685 1619  
or Colin Munro: 02) 6685 1921

Website: [www.byronrespite.com.au](http://www.byronrespite.com.au)  
Email: [service@byronrespite.com.au](mailto:service@byronrespite.com.au)



Byron Shire Respite Service acknowledge and pay respect to the Arakwal people of the Bundjalung nation, the traditional owners of the land on which we live and care - and pay respect to the Elders past, present and emerging.



dementia friendly communities

Are you a dementia friend yet?



### Film Screening

BYRON BAY LIBRARY  
CORNER OF MIDDLETON ST  
& LAWSON STREET, BYRON BAY

On 10:30am Wednesday 13th February, the Byron library will be screening a series of 9 short films about elderly

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people ageing boldly, produced late last year by Fearless Films in association with Feros Care. Come and meet some of the people who feature in the film to hear them speak about the project.

### U3A Creativity and the Brain LISMORE REGIONAL GALLERY, 11 RURAL STREET, LISMORE

U3A Northern Rivers is one of Australia's most successful regional U3As. If you believe you are never too old to learn, the University of the Third Age (U3A) is for you. It's a chance to meet like-minded people, while you exercise your mind and body at your own pace.

On Tuesday the 19th February, U3A will be hosting a fabulous day of "Creativity and the Brain". There is no charge and everybody is welcome.

The day commences at 10am and includes speakers such as Michelle Walker, Visual Thinker, Facilitator and Coach and a session about "The power of drawing and pictures to help us think and communicate better".

At 10:45am, Dr Miriam Torzillo, Dance teacher and researcher will present: "Thinking with movement".

At 11:15am morning tea will be provided by U3A, followed by Dr Jenny Dowell, who will lead a panel discussion with three local artists.

Lunch is scheduled for 12:45 (may be purchased or BYO) and will be followed by a Gallery tour and discussion "The Terania Creek Protest"; and a presentation about 'Art and Dementia by artist and teacher Jennifer Collins. At 3pm Lee Dunn, will present "The Art of Nutter Buzacott". Australian artist (1905-1976).



### Jam'n'Songs POTTSVILLE BEACH NEIGHBOURHOOD CENTRE, (REAR), 12A ELIZABETH STREET, POTTSVILLE BEACH, POTTSVILLE

"Jam'n'Songs" is a play on words about band jamming and jam and scones, with the latter being popular inclusions in afternoon teas across the nation. So heads up... scones, jam and cream will feature on the afternoon tea menu at this event! Bookings are essential.

Pottsville Beach Neighbourhood Centre are hosting a FREE, pop-up, live music, interactive concert and afternoon tea for seniors on the 14th of February from 1-3pm (including interval).



The concert will be held outdoors with their own in-house and guest performers. Crowd participation will include guidance toward group singing and percussion sessions to enhance the musical performances and provide enjoyable experiences for the audience. To book your place, be quick! Contact Paul Riddett by the 7th February on 02 6676 4555 or email: info@pbnc.org.au

### Ballina BALLINA RSL, 1 GRANT ST, BALLINA From 9:30am - 12:30pm, Wednesday 13th February, DAISI will be holding the Seniors Dementia Music Muster at the

Ballina RSL. People with dementia and their supports are invited to join us for a delicious morning tea and will experience Ageless Grace movement to music. You will also be entertained by Dennis Dryden's Irish-Australian brand of song and storytelling and 8-piece band Speedy and the Tonics, playing popular tunes and dance music. Booking is essential as seats are limited, so be quick to contact DAISI at info@daisi.asn.au or phone 1800 800 340 by Tuesday the 4th February.

### Other regular events for Seniors occurring within our region include:

#### U3A 1st Friday Forum

THE UNITING CHURCH HALL,  
24A KINGSCLIFF ST, KINGSCLIFF  
Bev Larsson, a motivational speaker for Guide Dogs NSW/Act, will be the special guest of the University of the Third Age (U3A) Tweed Heads at their First Friday Forum on the 1st of March. Bev lost her sight suddenly eight years ago and struggled to come to terms with her new circumstances until guide dog Henry entered her life. With Henry by her side, she has been able to regain her independence and freedom. Join Tweed Coast U3A at Kingscliff's Uniting Church Hall to hear Bev's inspirational story. All welcome. At just \$2 which includes their famous afternoon tea - it cant be missed! Visit: <https://tweedcoast.u3anet.org.au/> for more information.

#### Senior's Choir

BYRON COMMUNITY CENTRE,  
68 JONSON STREET BYRON BAY  
The Seniors' Choir is held each Wednesday morning from 10 until 11am and led by Kim Banffy. (Suggested donation: \$10.00) No appointment necessary, just show up! Kim is a singer/songwriter, a visual artist and a writer of books. She holds

a Masters degree in Education, specialising in Creative Arts, has been writing songs for about eight years, and has a wealth of experience in acapella singing. She's sung in various small groups and choirs, and performed with massed choirs at the Deadly Awards and sung backing vocals for performing artists. Kim was also a specialist Music and Visual Arts teacher in primary schools, conducted five children's, two-part harmony choirs in various primary schools, and had the annual pleasure of conducting the Lower Blue Mountains Primary Schools massed choir of 200 children in the early to mid 2000s.

#### Over 50s Learning Centre

LISMORE HEIGHTS BOWLING CLUB  
HIGH STREET, LISMORE HEIGHTS  
A range of art and exercise classes for mature age people. Most classes are held at the Lismore Heights Bowling Club and new members are always welcome. Phone Barbara on (02) 6624 2237 or 0401 503 732 or visit the Over 50s Learning Centre Lismore on Facebook.

#### Tech Savvy Seniors

MULLUMBIMBY CAMPUS OF BYRON COMMUNITY  
COLLEGE CORNER OF GORDON & BURRENBAR  
STREETS, MULLUMBIMBY  
This is a computer course for beginners over the age of 60, who wish to learn basic Windows-based computer skills. 5 sessions run from Thursday 21st February until Thursday 21st of March from 9am - 12pm (15 hours total) The fee is \$15 only (as Tech Savvy Seniors is an initiative of the NSW Ageing Strategy and is kindly funded through a partnership between the NSW Government and Telstra).

In this hands-on, gently paced course, students will learn how to manage their files and folders, as well as basic Word Processing skills. There will also be an introduction to smartphones and tablets and an introduction to new techniques to make the most of the Internet. This course is ideal for people new to computers as well as those with some degree of computer skills. No prior computing experience is required to enrol. This course is not suitable for Mac users. Phone the college on: (02) 6684 3374 or visit <https://www.byroncollege.org.au/course/Tech-SavvySeniors1>. You might also like to enquire about the college's Computer Basics course.

### Seniors' Chair yoga BYRON COMMUNITY CENTRE, 68 JONSON STREET, BYRON BAY

Join Pippy and some new friends every Tuesday from 12-1pm. Pippy Wardell has been teaching yoga for 40 years in India, Bali, New York, Brazil and Australia and since returning to Australia in 2006 she has been teaching consistently in the Northern Rivers region. Pippy studied gerontology and has used her extensive knowledge of the ageing body and mind combined with her extensive yoga experience to develop a unique set of exercises and simplified yoga poses for seniors to enjoy. The suggested donation is \$10.00 and no booking is necessary.

## Looking for support?

● **My Aged Care** 1800 200 422  
for information about the Australian Government's aged care system and services. [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

**If you require emergency respite,  
please call: 1800 052 222**  
(24hrs)

- **Call Colin or Barbara at Byron Shire Respite Service Inc. to discuss your role as a carer.** ph: (02) 6685 1921
- **National Dementia Helpline** ph: 1800 100 500
- **Carers Counselling Service** ph: (02) 6628 6416
- **Carers NSW** ph: 1800 242 636
- **Sandra Kimball Counselling** ph: 0458 175 962
- **Far North Coast Commonwealth Respite & Carelink Centre** ph: 1800 052 222
- **National Continence Helpline** ph: 1800 330 066
- **NSW Elder Abuse Helpline** ph: 1800 628 221

### Aids:

- **Byron Ballina Home Maintenance and Modification Service 1/65 Centennial Circuit, Byron Bay** ph: (02) 6685 7312
- **Bright Sky Cards for Continence Aids Payment Scheme (CAPS)** ph: 1300 886 601

### Need Transport?

- **Tweed Byron Ballina Community Transport** ph: 1300 875 895

Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders:

- **Byron Shire Limousines** ph: (02) 6685 5008
- **Brunswick Limousines** phone David on: 0412 855 747.

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit [www.health.gov.au](http://www.health.gov.au) for more information. Our service also acknowledges the funding provided by NSW Government Family & Community Services Ageing, Disability & Home Care. Visit [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au) for more information.

Although funding for the Commonwealth Home Support Programme has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

# THE MANY BENEFITS OF PARTICIPATING IN OUR COMMUNITY

Developing vibrant, sustainable and inclusive communities across NSW is a key strategic priority for the NSW Government. The NSW Department of Family and Community Services (FACS) supports this priority to enable and assist all people to be able to participate fully in social and economic life and achieve their full potential.

Research shows meaningful participation has been found to:

- ✦ Be good for the individual, with evidence showing that individuals who meaningfully participate are healthier, happier and enjoy increased likelihood of longevity
- ✦ Builds social capital, thereby creating stronger, safer and more inclusive communities
- ✦ Create the necessary foundations for the cohesion needed to foster jobs growth and productivity resulting in economic benefits.

Drumming and rhythm may comfort some people with dementia, as the music and rhythm can create moments. Drumming circle sessions such as those facilitated by Gareth at Byron Community Centre may provide some major health benefits as well as providing an opportunity for fun, social interaction, improving the lives of all who participate.

## DRUMMING CIRCLE FOR SENIORS



BYRON COMMUNITY CENTRE, 68 JONSON STREET, BYRON BAY

Come and participate on Tuesday 19th February and every Tuesday morning from 10:30am-11:30am led by Gareth Jones from Sound Synergy. The development of Drumming Circles for the elderly is a new phenomenon that is rapidly spreading worldwide in forward-thinking organisations. Want to join in? No appointment necessary – Just show up!

## Have you seen the colourful new Community Transport bus?



People travelling by bus to the Byron Shire Respite Service are enjoying Sean Kay's inspiring artwork on the Tweed, Byron and Ballina Community Transport bus. Local artist Sean says the Byron area is a very spiritual place with 'a strong dreaming vibe' and his painting connects him with his culture and with his roots. The artwork depicts the sea eagle that is the totem for men of our region – which is particularly valued because where it flies over the water and points out where the fish are. The women's totem is the dolphin. The carpet snake and goanna are both important sources of bush tucker.

Tweed Byron Ballina Community Transport also provides transport to medical appointments, weekly and fortnightly shopping outings and monthly social outings. The service is funded to support people over the age of 65 living at home independently or Indigenous Australians aged over 50 years. Community Transport is also a registered provider with the NDIS. Phone Kathryn in the Byron office on: 1300 875 895 for transport to medical appointments or Amanda for any shopping bus or social bus enquiries.

### Byron Shire Respite Service Inc. Activity Timetable

monday	tuesday	wednesday	thursday	friday
10am – 2:30pm Changed Behaviours with Dementia	10am – 3pm Dementia Specific	10am – 3pm Changed Behaviours with Dementia	10am – 3pm Older people	10am – 3pm Dementia Specific

*Lunch, morning and afternoon teas are provided and the cost for the day including transport is \$20.*

Respite care is delivered through our Changed Behaviour, Day Respite and Social Support projects, with a person centred enablement approach across the respite continuum.