



SOUTHERN SERVICES  
REFORM GROUP

**SSRG Social Programs Workgroup**

**Date: 14/11/19**

**Present:** Deb Whitford, Lisa Elder, Maria Shialis, Jen West, Elvis Onyango, Kelly Quinlan, Carol Ganley

**Apologies:** Helen Carmichael, Sally Warnes, Helen Sims, Justine Jackson, Mark Kruszynski, Angela Bell, Sadie Godddard-Wrighton, David Jacquier, Fay Millington, Janine Callegari, Cathy Wiseman, Debra Beeby, Jo Blaess, Paul Van Adrighem

<b>Agenda Items</b>	<b>Discussion</b>	<b>Actions</b>
<b>Welcome, apologies, introductions</b>	Group members welcomed Introductions were made	
<b>Workshop: Art Appreciation</b>	Helen is collating a list of small galleries that are available for social groups and their hours.	
<b>Information and sharing</b>	<b>Jen West</b> <ul style="list-style-type: none"><li>- Looking at where people would like to have public spaces and people get to vote. Elements under consideration include, seating, toilets, exercise equipment, wifi, etc. Even a conversation bench.</li><li>- Social program review. Low numbers attending the social program<ul style="list-style-type: none"><li>o They want to find out why?</li><li>o Engage with individuals to find out what they want</li></ul></li></ul>	

- What makes a good life?
- What gets in the way of a good life?
- What are you proud of?
- Would you be interested in helping set up/ to lead with another volunteer?

**Kelly Quinlan**

- Connected Communities Project: Support individuals to avoid disconnection, trying to link people to services they need. Will be engaging with council to help people feel connected. Provide different social activities but also customised activities. Also looking at intergenerational options and benefits to redesigning Perry Park, to be more open to the local community.

**Deb Whitford**

- Low numbers for social
- Welcomes public members with more than one activity
- Promoting on Facebook

**Carol Gangle**

- Discussion point CPN, transport, wellbeing, fish feeders
- Bus trips and movie mornings are very popular
- Wave Maker Program at the SA Aquatic Centre was well attended

**Social Connections**

- Social outings are very popular
- Weekly groups are going well, including Fish Feeders, Ten Pin Bowling, Colouring in and the evening Night Owl Group

	<p><b>SSRG</b></p> <ul style="list-style-type: none"> <li>- Tech for Wellbeing: explained the various uses for volunteers/couches, understanding strengths and learning styles</li> </ul>	
<p><b>Social Isolation and Loneliness Research</b></p>	<p><b>Discussion of articles</b></p> <ul style="list-style-type: none"> <li>- Newspaper article: “Open door to friends”, The Senior – SA, published November 25 2019, p24</li> <li>- Research: Tim Windsor et al, Hal Kendig &amp; Coette Browning</li>   <li>- Having diverse, supportive social networks can promote physical and mental health.</li> <li>- “click” – if people/groups are clicky then they can be uninviting to new participants. At the same time if they (people/group) don’t click it can also have a negative impact.</li> </ul>	

**Next Meeting: Thursday 12 March, 2:00 to 4:00pm at Mitcham Council (Committee Room)**