

thrive.



**SENIORS
SPECIAL
EDITION**

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Welcome to our Seniors Special Edition of Thrive to celebrate Seniors Week 2021 being held in Western Australia between 7 and 14 November.

In November, we will join with the Bassendean 55 Plus community group in celebration of our elders by facilitating a number of events to inspire closer connections with our older community members - you can read more about this on page four.

Seniors Week is a time to get to know many of our older residents. With lives “chock” full of experiences and knowledge, it’s important to maintain strong connections with our seniors as they enrich our own lives in many ways.

“Do not take for granted our elders – they are our living history”
(Dr Richard Walley)

In this fast-paced busy world, isolation is a real possibility, particularly for those with declining mobility. Simply being more aware of our neighbours and lending an occasional helping hand can make a difference.

There is a special “What’s On for Seniors” flyer included in this edition of Thrive listing all the services in the Town that are available year round for over 55’s to access - feel free to share with someone you know, or chat to an older neighbour about the upcoming Seniors Week festivities to find out if they would like to join in.

To highlight the incredible spirit of this community, the Town of Bassendean’s annual Community Awards are now open for nominations! This is a great way for neighbours, colleagues and friends to acknowledge others for their contributions, particularly those who are exceptional role models or who have brought about positive changes that benefit our local community. Head to page five for more information.

This edition also features our new Council, and as the newly elected Mayor I congratulate and welcome recently elected Councillors - Cr Emily Wilding, Cr Jennie Carter, Cr Paul Poliwka and Cr Tallan Ames. I am also pleased to continue working alongside Cr Renee McLennan, newly elected as Deputy Mayor, and Cr Hilary MacWilliam who continue their terms. I look forward to this next exciting chapter as part of a truly diverse Council that represents our modern-day community.

Much like the Council’s transformation, there are changes happening all around us during this Noongar season of Kambarang (or Spring). Such a beautiful time of year with Banksias and Acacias blooming profusely. It’s perfect weather to embrace the outdoors with a friendly smile or wave to our neighbours as we stroll down Old Perth Road or by the river. It’s a season to enjoy all the natural green spaces that surround us, and to chat with new and old friends along the way.

Wishing you well.

Kath Hamilton
Mayor



A farewell message from former Mayor, now Deputy Mayor, Cr. Renee McLennan

October marked my son Xavier’s 5th birthday. When I was first elected to Council in 2015 he wasn’t even a “twinkle in my eye” as my Nanna would have said. Needless to say, it has been a very big few years for our family! I feel so privileged to have spent the last four years combining the important roles of both Mum and Mayor. Doing so has required a lot of my family and particularly my husband, whose unfailing support has allowed me to take on the role; for this I am eternally grateful.

Being Mayor is an incredible honour and I’ve been so thankful for the opportunity to work closely with many amazing individuals and groups who are making a positive impact on our community and improving the lives of people in our Town both now and for future generations. We have seen significant changes during this time and made progress towards being a more contemporary local government and I am particularly proud of the leadership our community has shown on environmental issues and sustainability.

The Mayor role can be gruelling, and when you care deeply like I do, it can also take a personal toll. At this point in my life my family deserves to have more of me than I have been able to give recently. I also need to take some time to replenish my own reserves so that I can continue to give and contribute to our community. Therefore, I made the difficult decision that I would not re-nominate as Mayor and instead step down and support one of my fellow Councillors to take on this role for the coming two years.

Thank you to everyone who has supported and encouraged me in this role; it has meant more than you will ever know. There is always further work to do and I now look forward to seeing what we can achieve together as a newly configured Council.

All the best,

Renee McLennan
Deputy Mayor



New chapter begins for Bassendean

Introducing the new council:



Cr Kath Hamilton
Mayor

0408 725 555
crhamilton@bassendean.wa.gov.au



Cr Renée McLennan
Deputy Mayor

0411 091 667
crmclennan@bassendean.wa.gov.au



Cr Hilary MacWilliam

9379 8382
crmacwilliam@bassendean.wa.gov.au



Cr Emily Wilding

0415 395 301
crwilding@bassendean.wa.gov.au



Cr Jennie Carter

crjcarter@bassendean.wa.gov.au

Contact the Town of Bassendean

35 Old Perth Road Bassendean, WA 6054
PO Box 87, Bassendean WA 6934
(08) 9377 8000
mail@bassendean.wa.gov.au
www.facebook.com/bassendeanCouncil
www.bassendean.wa.gov.au



Cr Paul Poliwka

crpoliwka@bassendean.wa.gov.au



Cr Tallan Ames

crames@bassendean.wa.gov.au



Seniors Open Week at 55 Plus

Bassendean 55 Plus is a community group that provides a social hub for residents aged 55 and over and there is always something on, with options for everyone! From arts and crafts, chair yoga to bus excursions around Perth.

Membership is usually \$20 per year but during Seniors Week, the group is opening its doors for FREE.

So come on down, get connected with your community and try a range of activities in the Town of Bassendean



Open Week highlights

Art for All

Date: Monday, 8 November 2021

Time: 11am – 1pm

Place: Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)

Explore your creative side. Come along to this free Workshop.

Local artist, Symia Hopkinson, will guide you to explore your own creativity, with drawing or acrylic on art paper. You will have something to take home to pop in a frame and enjoy. No experience necessary, everyone welcome. All materials supplied.

Numbers are limited so please register at <https://www.trybooking.com/BUVCK> or phone 9377 2190

Celebrating Seniors Week Morning Tea

Date: Tuesday, 9 November 2021

Time: 10am – 11am

Place: Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)

Come and join Bassendean 55 Plus, volunteers and community members for a catch up over a cup of tea and some light refreshments.

Drop-In

Quiz Lunch & Entertainment

Date: Wednesday, 10 November 2021

Time: 12pm - 2pm

Place: Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)

Join us for lunch and exercise your brain for a fun quiz. A healthy dose of general knowledge is all you need!

Numbers are limited so please register at <https://www.trybooking.com/BUVCN> or phone 9377 2190

Rice Paper Roll Workshop by 5000 Meals

Date: Thursday, 11 November 2021

Time: 10:30am – 12:30pm

Place: Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)

Taste and sample delicious rice paper rolls that you will learn to make with the help of 5000meals. Chef Neil Jackson will guide you through this workshop to explore seasonal ingredients and create your very own taste sensation.

Numbers are limited so please register at <https://www.trybooking.com/BUVCO> or phone 9377 2190

Bassendean Melody Club

Date: Friday, 12 November

Time: 10am – 12pm

Place: Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)

Do you enjoy singing and music? Then join us at the Melody Club for a trip back in time with golden oldies and enjoy a scrumptious morning tea.



What else is happening this week?

Seniors' Week Schedule – all activities are FREE

Date	Time	Location	Activity
Mon 8 Nov	9am – Noon	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Craft Group – Bassendean 55 Plus – Bring along craft you enjoy or learn how to knit (knitting equipment provided).
	9am – 10am	Meet at 50 Old Perth Road Bassendean	Bassendean Seniors' Walking Group – We love keeping fit; join us for a one hour walk and enjoy the outdoors.
	10am – 11am	Front Garden 48 Old Perth Road Bassendean	Celebrating Seniors' Week Morning Tea
Tue 9 Nov	8.45am – 9.45am	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Chair Yoga – Bassendean 55 Plus – With Vai Yoga
	10am – 11am	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Celebrating Seniors' Week Morning Tea
	11am – 3pm	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Bassendean Scrabble Club – Beginners or champions; everyone's welcome! Join the fun and make new friends.
	11am – 3pm	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Drop in Games Day – Bassendean 55 Plus Board Games & Cards
Wed 10 Nov	4pm – 7pm	Meet in the reading area of the Bassendean Memorial Library	Chess Club – Play chess with others, all skill levels welcome.
	10am – Noon	Bassendean Community Hall (48 Old Perth Road Bassendean)	Bassendean Wider Vision Fulfilled and Connected A workshop for Seniors with Bronwyn Tough
Thu 11 Nov	9am – 10am	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Chair Yoga 55 Plus – With Yoga 4 Life
Fri 12 Nov	10am – Noon	Bassendean Seniors and Community Hall (50 Old Perth Road Bassendean)	Carpet Bowls Bassendean 55 Plus – Improve your hand eye coordination while making new friends.
	10am – Noon	Bassendean Community Hall (48 Old Perth Road Bassendean)	Bassendean Melody Club – Join us at the Melody Club for a trip back in time with golden oldies and enjoy a scrumptious morning tea.

Services for Seniors

Did you know the Town and its army of Volunteers provide an array of services year-round to hopefully make life a little easier? From library books delivered to your door through to community transport to help you get to the shops.

Books on Wheels – Housebound Service

A delivery service is available for library members unable to visit the library. Available for Town of Bassendean residents only, this service is provided Fortnightly and Monthly on Thursday or Friday mornings, supported by volunteers who distribute the items.

Please contact the Library on 08 9279 2966 or visit the website <https://library.bassendean.wa.gov.au/services/our-services>

Newspapers

A number of free, special interest newspapers are available for reading at the Bassendean Memorial Library:

- » Perth Now Central (weekly)
- » Echo (weekly)
- » The Parents paper (monthly)
- » Offspring (monthly)
- » Perth Child (monthly)

Application forms and newspapers that can be found at our Library:

- » Senior's Card
- » Parking Permit (Mobility Parking Program)
- » Senior's Post
- » The West Australian Senior

Digital Literacy

Bassendean Library is pleased to present a two-part program, allowing community members to learn a variety of digital technology skills.

1. **Cyber Citizens** – The Library has volunteers to assist you in becoming familiar with the Internet and learning computer skills. Individual, one hour tutorials are available, Monday- Saturday. Bookings are required. Telephone 9279 2966.
2. **Be Connected** – An Australian Government initiative promoting the skills and knowledge necessary to be comfortable in an online environment. It consists of online learning tutorials that cover computer basics, social media, cyber safety and online shopping. Users must set up an online account, and then choose what courses they wish to access.

Bus and Train Timetables

The Library has Midland and Fremantle line and selected bus timetables available in the foyer:

For Bus and Train services information see www.transperth.wa.gov.au

Recycling Service

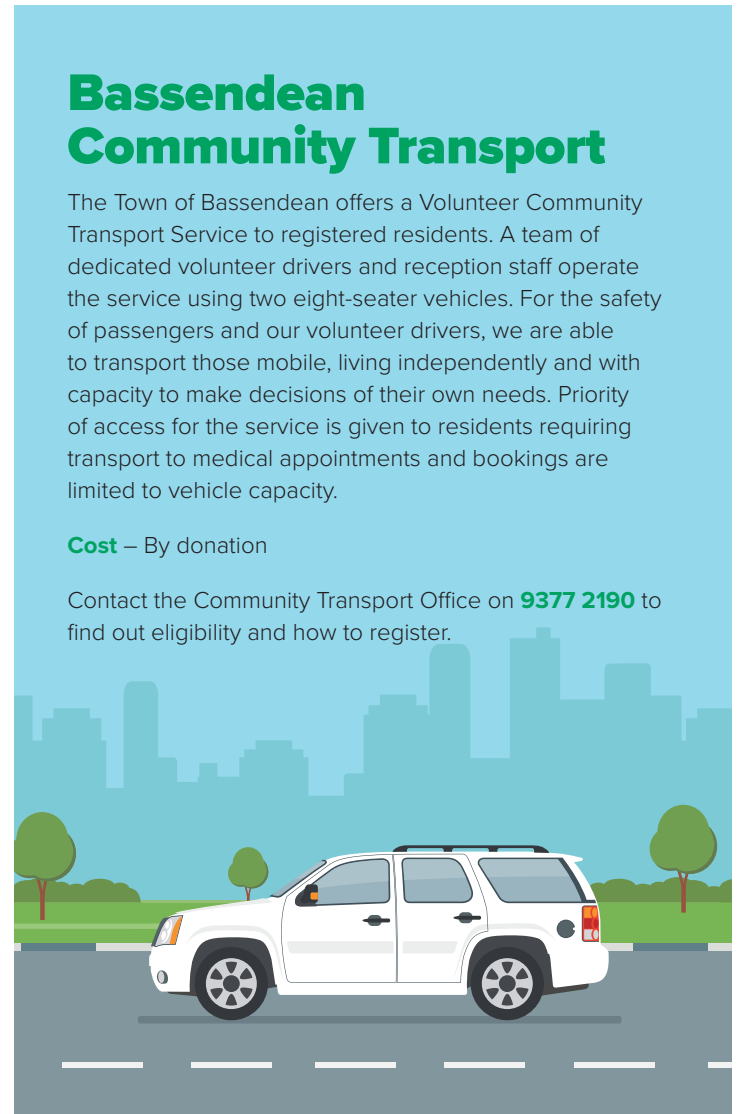
Used batteries, mobile batteries, printer cartridges, light globes and unwanted spectacles can be deposited in the Library during opening hours. For more information about the Town of Bassendean's recycling service contact 08 9377 8000.

Bassendean Community Transport

The Town of Bassendean offers a Volunteer Community Transport Service to registered residents. A team of dedicated volunteer drivers and reception staff operate the service using two eight-seater vehicles. For the safety of passengers and our volunteer drivers, we are able to transport those mobile, living independently and with capacity to make decisions of their own needs. Priority of access for the service is given to residents requiring transport to medical appointments and bookings are limited to vehicle capacity.

Cost – By donation

Contact the Community Transport Office on **9377 2190** to find out eligibility and how to register.



Community Award Nominations Opening Soon

Nominate community leaders

The Town of Bassendean's annual Community Awards are now open for nominations!

This is a fantastic way for neighbours, colleagues and friends to acknowledge each other for their significant contributions to the local community by bringing about positive change or being an exceptional role model.

The awards aim to recognise excellence in community service and participation that either strengthens and connects community, builds community identity or makes a positive impact.

Previous winners include:

- » The **Bassendean SES** for **Volunteer Organisation of the Year Award**, for their assistance not only with local and state emergencies, but also their active participation in the community and their engagement with local scout groups.
- » **Christina Carey**, recipient of the **Community Leadership Award**, for her leadership of local community group, the Eden Hill Community Action Network. Christina's work over the past three years has helped to connect local residents contributing to projects such as the Mary Crescent Wetlands, Eden Hill Lane community mural, various community events, and food drives.
- » **The 5 Four Store**, recipient of the "**Bassendean Means Business**" Award, for their sustainable and environmental practices, inclusivity, and excellent customer service.

Do you know of an organisation, group or individual in the Town that has made a significant contribution and strives to do better for our community?

Nominate them now via <https://www.bassendean.wa.gov.au/news/town-of-bassendean-community-awards-2022/716>

Nominations will open from 15 November 2021 and can be lodged either online or by hard copy at 35 Old Perth Road.

Nomination Categories



Community Leadership Award

For groups or individuals that have made a significant contribution to the local community. They will have enhanced community life, have been involved in a significant initiative which has brought about positive change and/or significantly contributed to achieving connections and inclusion within the community.



Lifetime Contribution to Volunteering Award

This award will be presented in honour of a senior individual (65+ years) who has made an exemplary life-long contribution to volunteering and who through their volunteering has contributed to the betterment of the Town of Bassendean community.



Youth Achievement Award

Presented in celebration of an individual aged 12 – 25 years who has made an outstanding voluntary commitment, has been an exceptional role model, or has made significant achievements in the arts, sporting, or academic fields.



Best Verge Award

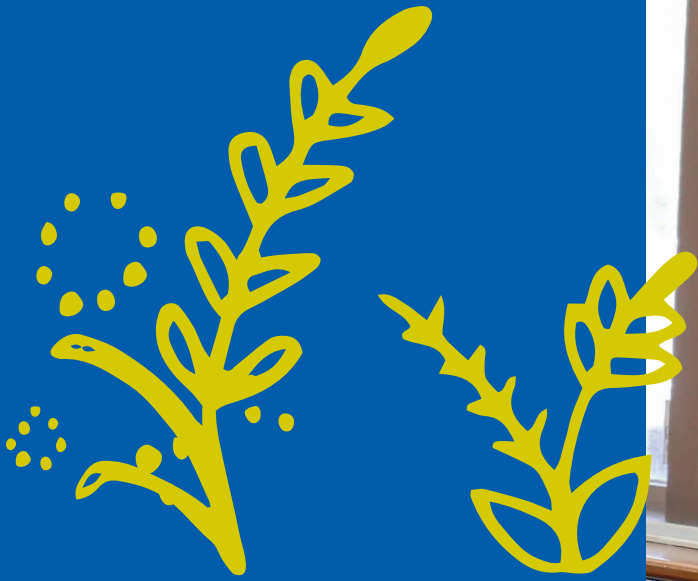
Presented in recognition of an outstanding verge garden (or a collection of verge gardens on the same street) within the district, taking into account edible or native plants, water-wise design and safe access.



Bassendean Means Business Award

Presented to a business operating within the district that has made a positive community impact, shown significant business agility, provided outstanding customer service or proactively contributed to environmental sustainability in their business practices and/or in the community.





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Tell Us What You Think

THRIVE is a community publication, with information for you and about your community. Tell us what you think.

Is there something you'd like to see included? Is there something we can do better?

Let us know at
mail@bassendean.wa.gov.au

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