

MINUTES
Randwick City Council
Older Persons Advisory Committee
Meeting held on Wednesday 6 July 2016, Randwick Room

Present

Frida Kitas	Randwick City Council
Cr. Kathy Neilson	Randwick City Council
Jane Moffat	Randwick City Council
Billee King	Community Representative
Lee Barwick	Coast Centre for Seniors
Andrew Blair	Community Representative
Andrea Szanto	Holdsworth Community
Lindsay Harden	Community Representative
Mike Cornell	National Seniors – Sydney East
Megan Bowyer	Junction Neighbourhood Centre

Apologies

Cr. Noel D’Souza	Randwick City Council
Suzanne Bryant	Community Representative
Sue Mayerhofer	WAVES/Community Representative
Ben Whitehorn	Randwick Waverley Community Transport
Warren Reid	Dementia Advisory Service – Eastern Sydney & City of Sydney

3. Introductions:

Cr. Neilson opened the meeting and welcomed everyone. Frida informed members that Brigitte Cusack has regretfully resigned from the OPAC Committee. Frida will extend an invitation to another representative at Central and Eastern Sydney PHN to attend future meetings.

4. Minutes

The minutes of the meeting held on Wednesday 4 May 2016 were confirmed.

5. Business Arising from Minutes

5.1 Volunteer Thank You Morning Tea

Over 120 volunteers attended the Thank You Morning Tea held at Randwick Town Hall on Saturday 21st May. The Mayor, Cr. D’Souza officially opened the event and guest speakers included Anthony Minichiello, former Captain of the Sydney Roosters and distinguished actor Noel Hodda. This year volunteers from Holdsworth Community, The Sydney Children’s Hospital, the Return Service Men & Women from local RSL sub-branches, Surf Lifesaving Club and The Deli Women’s & Children’s Centre were also in attendance.

Action: For information.

5.2 Hoarding & Squalor Training Event

Over 70 workers from a range of agencies attended the two-day Hoarding & Squalor Training Event on the 17th & 18th May at Randwick Town Hall. The training

event was organised in partnership with Eastern Sydney Partners in Recovery, speakers included Professor John Snowden and representatives from NEAMI Hoarding & Squalor Project and Catholic Community Services. The workshop sessions focused on capacity building skills for workers in the area of hoarding and squalor. Frida noted that the event was a great success and that ESPIR received overwhelming positive feedback from participants. Another session will possibly be organised in 2017.

Action: For information.

5.3 Mindfulness Seminar

Over 50 people attended the Mindfulness in Relationships Seminar on Saturday 28 May at the Randwick Town Hall. The workshop was organised in partnership with Carers NSW and explored strategies to help Carers and community members to develop a more mindful approach to their supporting role and personal relationships. The workshop focused on experiential learning through a variety of activities. RCC and Carers NSW will investigate the possibility of holding another workshop later this year.

Action: For information.

5.4 Youth Mental Health Information Session

RCC held a Youth Mental Health Information Session at the Prince Henry Centre on Saturday 25 June at the Prince Henry Centre, Little Bay from 11am to 3pm. The session was presented by Clinical Psychologist, Jane Randall, a facilitator with re.mind Mental Health Training, a service of the Schizophrenia Fellowship of NSW. The session was highly interactive and attended by parents, grandparents, teachers, community and workers. Judy Nicholas, a community educator with re.mind spoke insightfully about her lived experience from a Carers experience.

Action: For information.

5.5 Wesley LifeForce Suicide Prevention Workshop

RCC in partnership with Carers NSW delivered the Wesley LifeForce Suicide Prevention Training Workshop on Saturday 25 June at Bowen Library and Community Centre. Over 40 people attended the 4 hour workshop which equipped participants with a variety of skills such as managing suicidal crisis, understanding risk factors as well as how to identify the signs that someone may be at risk of suicide and how to link them to further help. Frida stated the Wesley LifeForce training program was excellent and of particular benefit to Carers and family members who may care for someone who is at of risk of suicide. The workshop was very well attended and participant feedback was overwhelmingly positive. Frida will liaise with Carers NSW in regards to holding another session with either Wesley LifeForce or Lifeline.

Action: For information.

6. General Business

6.1 *Polio then and Now* – Twilight Tour

RCC in partnership with the Prince Henry Hospital Trained Nurses Association will host the *Polio then and Now* Twilight Tour at the Nursing & Medical Museum at Little Bay on Wednesday 6 July from 6.30 – 9pm. Guest speakers Dr Nick Dorsch,

Barbara Dorsch and Prof. Clement R. Boughton will discuss the treatment of patients in the era when people suffered from the disease and required prolonged care and rehabilitation. Former patients will share their experience of post-Polio Syndrome, an after effect suffered by people who had polio when they were younger. Flyers tabled.

Action: For information.

6.2 Across the Water | Free play reading

RCC has organised a play reading of *Across the Water* by Noel Hodda on Saturday 30 July at Bowen Library Theatre from 1-3pm. *Across the Water* is a cross-generational story of hope, forgiveness and finding love and beauty where you least expect it. The free play reading provides Seniors and their family members and friends an opportunity to connect with each other and their local community. Following the reading, director Bill Conn will facilitate a Q&A session with the cast and afternoon tea will be served. RCC will organise another free play reading in November. Flyers tabled.

Action: For information.

6.3 Memory Information Days

RCC in partnership with the Eastern Sydney & City of Sydney Dementia Advisory Service will hold a series of Memory Information Days at Margaret Martin Library, Randwick. The sessions are designed for anyone to have a chat with Warren Reid about general memory issues and concerns, especially Carers and family members of people diagnosed with Dementia. The first drop-in day will be held on Sunday 14 August from 12.30pm to 4pm, other sessions will be held on Saturday 3rd September and Saturday 29th October from 10am to 3pm. Frida thanked Warren Reid for facilitating these and other sessions. Flyers tabled.

Action: For information.

6.4 Your Brain Matters Presentations

Frida advised the Committee that the next Your Brain Matters Presentations will be held on Saturday 6 August and Saturday 24 September at The Prince Henry Nursing and Medical Museum at Little Bay from 11am to 12.30pm. Following the presentation people will be able to talk with Paddy Parnell from Alzheimer's Australia NSW about general memory issues and concerns from 1pm – 3pm. The presentations continue to be very well attended by residents living in Randwick City and surrounding areas. Sessions held in May & June attracted over 200 people both locally and out-of-area.

Action: Frida to electronically circulate flyers to members.

6.5 National Hoarding & Squalor Conference

Frida advised the Committee that she attended the 4th National Hoarding & Squalor Conference on the 29-30 June. The purpose of the Conference was to highlight the impact of hoarding and squalor on individuals, families and communities and to continue to raise awareness and emphasise the need for a multi-disciplinary approach to hoarding and squalor issues. The Conference explored existing service provisions, identified service strengths and weaknesses and developed recommendations for future actions. Frida stated that the Conference was both

informative and inspirational and will inform future planning of community awareness-raising sessions organised by RCC.

Action: For information.

6.6 Access issues

City Services will install overhead lighting at the raised pedestrian crossing at Carr St, Coogee to better illuminate the area and to slow down drivers. The overhead lighting will be installed this financial year.

Action: For information.

7. Guest speaker: Tony Lehman, Manager Integrated Transport

Tony gave an overview of traffic, transport and parking implications due to the construction of the Light Rail, these impacts will make it challenging for residents & visitors to get around Randwick and Kingsford. Tony stated that once construction begins there will be concerns around a lack of signage and continuous flashing traffic lights and what this will mean for pedestrians. RCC is considering installing timing devices on traffic light poles at busy intersections to give pedestrians a 5 or 10 second countdown when lights start flashing red or green followed by the amount of clearance time it takes for the average person to cross the road. The proposed timing devices will enable people to make safer decisions.

Tony explained that these clearance times need to be more realistic, and extended to accommodate the needs of the elderly and people with mobility impairments. RCC will be seeking feedback from the Older Persons Committee in regards to this matter. Studies have been conducted of people using devices at four traffic signal sites. People were observed at the four sites and in most instances they chose to walk against the 'Don't Walk' sign whilst using or looking at their device. This raised the question, are the signals behaving in ways that they are inviting pedestrians to make poor choices and can the signals behave differently? RCC are analysing the data to provide evidence to RMS to have the signals changed.

Committee members stated there is a need for signalised lights at Royal Randwick Village. Tony advised this site is currently part of the Light Rail implementation plan and there will be signals on Belmore Rd and the cnr of Arthur St, this will be beneficial to motorists, however it may disadvantage pedestrians. The impact of the Light Rail will significantly constrain High St, traffic will be directed to Arthur St and Belmore Rd and signals will be installed at Clara & High Sts to accommodate the 400 bus route. There will be no parking along High St or Wansey Rd, and no eastbound traffic from High St and Wansey Rd.

Tony noted that all stops for the Light Rail will be wheelchair accessible and most will have a ramp on one end only. Mobility seating has been proposed for the centre carriage to allow for a smooth entry, Tony will provide images at a later date. There will be limited seating on the Light Rail, most passengers will be standing. The Committee asked Tony to investigate the ratio of allocated seating spaces vs standing. Andrew Blair raised the issue of wheelchair accessible spaces, how will wheelchair users and their Carers know if the dedicated middle carriage is full, people may not know until they get on.

The Committee asked Tony to investigate the number of wheelchair accessible spaces that will be provided and how wheelchair users can use the central space. Tony advised that the roundabout at Kingsford will be removed and replaced with signals, much of Kingsford will be signalised. The terminus for the Light Rail has

been relocated from High Cross Park to High St, which will be beneficial to residents. The substation will no longer be located on High St, Transport for NSW have agreed that High St will not be used as a works compound, there are negotiations for the substation to go underground. Frida will invite Tony to provide an update on the Light Rail at a later date.

<p>Action: Frida to invite Tony Lehmann to provide an update on the Eastern Sydney Light Rail at a future meeting.</p>

8. Information Share: members provided an update on their respective services and programs.

9. Correspondence: Nil

Date of Next Meeting: Wednesday 7 September 2016.