

DROP IN AND SEE US

COTA NT offices are open
Mondays to Fridays, 9am – 3pm
except public holidays.

Enquiries can be directed to the
CEO 8941 1004 or via
ceo@cotant.org.au



[www.facebook.com/
COTANorthernTerritory](http://www.facebook.com/COTANorthernTerritory)

ADD YOUR VOICE TO OUR PETITIONS!

COTA NT and COTA Coomalie have
launched two petitions to the
Northern Territory Government and
are asking you to add your voice.
You can do this in two ways, sign a
hard copy of the petition available in
the COTA NT office and Coomalie
locations or electronically sign the
petitions online - simply click on the
links provided and enter your name
and email address at the prompts.



COTA NT Petition humbly prays that...*

The Northern Territory Government launch an immediate and urgent review of the Seniors Concession Scheme in order to redress inequities and unfairness inherent in the Scheme with a view to reinstating concessions for seniors throughout the Territory disenfranchised by the May 2014 Budget decision.

<https://www.change.org/p/the-northern-territory-government-immediate-and-urgent-review-of-the-seniors-concession-scheme-in-the-northern-territory/>

COTA Coomalie Petition humbly prays that... ***The NT Government assist the communities of Adelaide River and Batchelor by gifting a suitable vehicle and financial aid that will provide much-needed transport for older members of the communities and surrounding areas to reach medical appointments and treatments in Darwin.***

<https://www.change.org/p/northern-territory-government-provide-fair-access-to-hospital-treatment-in-darwin-for-coomalie-residents>

* wording as required by the rules for petitions

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SENIORS EXPO FRIDAY 3 JUNE 2016

Information about SENIORS EXPO 2016 is available online at,

<http://www.cotant.org.au/programs-events/seniors-expo-2016/>

This is the second SENIORS EXPO organised by COTA NT and celebrates an 'age-friendly' Territory and seniors' ongoing contribution to their Territory life.

Over 70 community groups, organisations, service providers, businesses, government agencies are coming together in this very special one-stop environment to showcase and provide information about their age-friendly activities.

You can join us for stalls, performances, live music, refreshments and opportunities to join in with activities. It's a great event and a wonderful opportunity to catch up with friends, old and new.

COTA AT SENIORS EXPO!

Come and meet COTA NT and COTA Coomalie at EXPO. You can find out information about our advocacy work, hear about our programs, sign our petitions and enter a free prize draw (simply fill out a postcard at the table!) You can also meet our volunteers and find out how they contribute to the organisation.

Press and Media are invited to attend the COTA NT stall (site 53) between 11am and 12 noon to meet Council on the Ageing NT's CEO, Graeme Bevis.

Darwinbus

The Department of Transport has opened up the Darwin Bus network to provide **seniors travelling to EXPO with free transport between 8.30am and 4.00pm.**

Additional shuttle bus services will operate between Darwin Interchange and the Museum and Art Gallery in addition to regular Route 6 services.

Click to view the [2016 Seniors Expo Bus Timetable – Darwin Interchange to Museum Return](#)



A FANTASTIC LINE UP!

Come along and enjoy performances, demonstrations and join-in opportunities from:

- Clarissimo
- COTA-Red Cross Fashion Parade
- Grey Panthers
- NuLiNe Dance
- Palmerston Senior Songsters
- Playford Plus English Country Dancing
- Sing Australia
- Still Belting Out Choir
- Swing Dance NT
- COTA Musical Jam Group
- YMCA of the Top End
- COTA Zumba Gold
- Top End Mustangs

GET INFORMED

Take the opportunity to talk to:

- Aged & Disability Advocacy/Darwin Community Legal Service
- Alzheimers Australian NT
- Arthritis and Osteoporosis NT
- Assn of Independent Retirees (AIR-Darwin)
- Audio Clinic Fannie Bay
- Australian Bureau of Statistics
- Australian Hearing
- Australian Red Cross
- AustralianSuper
- Aviation Heritage Centre
- Bodyfit NT
- Bowls NT
- BreastScreenNT
- Bunnings
- Calvary Community Care
- Cancer Council NT
- Carers NT
- Charles Darwin University
- City of Darwin
- Coconut Grove Seniors Community Hall
- COTA Coomalie Branch
- COTA NT
- COTA NT Musical Jam Group
- COTA NT Zumba Gold
- Craft & Quilting Down the Track
- Darwin Bridge Club
- Darwin Film Society
- Darwin Patchworkers & Quilters Inc
- Darwin Podiatry
- Darwin Powersports Inc
- Darwin Seniors Computer Club
- Dept of Human Services - Financial Information Service
- eHealthNT
- Fannie Bay History and Heritage Society
- Grey Panthers
- Independent Commissions
- Jacana Energy
- Lifestyle Achievers
- Mature Athletes Darwin
- Morgans Financial
- New Age Mobility
- NuLiNe Dance
- Office of Deputy Chief Minister - Minister for Business and Multicultural Affairs


- Office of Deputy Chief Minister - Minister for Senior Territorians
- Office of Lauren Moss MLA, Shadow Minister for Senior Territorians
- Office of Natasha Griggs
- Office of Senior Territorians
- Palliative Care Assn of the NT
- Palmerston Senior Songsters
- Pensioners Workshop
- Playford Plus English Country Dancing
- Probus Clubs of Darwin, Palmerston & Charles Darwin
- Prosper - Darwin Prostate Cancer Support Group
- Relationships Australia NT
- Sing Australia
- Somerville Community Services
- St John Ambulance
- Still Belting Out Choir
- Swing Dance NT
- TEAMHealth
- Territory Palliative Care/PEPA
- The Salvation Army
- Top End Mustangs Inc
- U3A Darwin Inc
- YMCA of the Top End

THANK YOU

COTA NT would like to express a very warm welcome to new visitors and participants of SENIORS EXPO 2016 and thank all of the organisations above who have supported the event through both financial and in-kind support. In particular, we would like to thank the Hon. Peter Styles MLA, Minister for Senior Territorians, the Northern Territory Government, TIO and Darwin High School Ambassadors for their support and contributions.



AVAILABLE AT EXPO:



COTA
For older Australians

Your voice shapes the work we do

We appreciate you taking a few moments to tell us about what is important to you

Council on the Ageing
(Northern Territory)
COTA NT
Spillet House
65 Smith Street, Darwin

Your voice shapes the work we do


Tell us about your Territory - what do you think about:
Outdoor spaces and buildings, transport, housing & accommodation, chances to participate in community life, respect, employment and volunteering, accessibility of information, community support and health services, pensioners' concessions and cost of living **OR something else?**

For FREE entry into our lucky draw, please write down:
Your name:
Your email:
Your phone:

The winner will be notified by 30 June 2016 and results posted to our website.


WHAT'S ON AT COTA?

If you want to know what's happening at COTA during the next few months, come on into Spillett House between 9am and 3pm (Mondays to Fridays, not public holidays) and **pick up a printed program**. Alternatively, visit the PROGRAMS AND EVENTS section of our website and click on the monthly program flyer, <http://www.cotant.org.au/programs-events/>



for mind, body and soul

Yoga



4 week Yoga instruction from Sat Nam Kundalini Yoga

Wednesdays 8, 15, 22 and 29 June
9.30am - 10.30am, \$5 per class
Bookings 8941 1004, events@cotant.org.au
Spillett House, 65 Smith Street, Darwin

Activity Snapshot:

Mondays Pilates & Bingo

Tuesdays Musical Jam

Wednesdays Yoga (mornings) and ZUMBA Gold (evenings)

Fridays Internet Classes and ZUMBA Gold

IPAD TRAINING – We are running two four-week iPad training courses at Spillett House during July and August. **Bookings are essential** (phone 8941 1004 or email events@cotant.org.au) **and you must bring your own iPad.**

- Saturdays 9, 16, 23 and 30 July 9.30am – 11.00am
- Saturdays 6, 13, 20 and 27 August 9.30am – 11.00am

Please email Events on events@cotant.org.au or phone 8941 1004 during office hours for more information or bookings.

SURF SPACE – IT'S YOUR SPACE!

COTA NT's dedicated computer space for seniors at Spillett House is open every day between 9am and 3pm. Come in and browse the Internet at no cost, for as long as you like. If you prefer, book in with Fran on a Friday morning for some help with Internet basics. **For bookings, phone 8941 1004 during office hours (M-F, 9am – 3pm).**



for knowledge



learn how to surf the internet
knowledge at your fingertips
free access

Surf Space

bookings required for tuition 8941 1004
Spillett House, 65 Smith Street, Darwin

LGBTI SILVER RAINBOW TRAINING



Our Multicultural Affairs Manager, Lina Paselli attended the LGBTI Silver Rainbow training recently and was very impressed by the presentation and training package that had a specific focus on Aged Care. As LGBTI seniors are a special needs group, just like culturally and linguistically diverse seniors, there needs to be particular attention paid to how we care for this group when they are in an aged care facility or receiving care at home.

It is very important first of all to understand the differences between lesbian, gay, bisexual, trans and intersex seniors and also what their sexual behaviour, identity and attraction orientation might be as this could be different for each individual.

When entering aged care it is fundamental to be able to pinpoint all this information in the care plan and make sure all staff are aware in order to address the person correctly and provide appropriate care.

There seems to be still a lot of fear in the LGBTI community in accessing health care and aged care services because they fear revealing their sexual orientation and identity might impact on the quality of care received and ability to be screened appropriately.

There is much work to be done in creating spaces and services open to welcoming the LGBTI community and providing safe spaces for this special needs group in any context across the community.

The first starting point is certainly to welcome and embrace diversity, to learn more as a community starting from our schools, upskill staff and maybe to show a rainbow sticker of acknowledgment to help bring down those barriers of fear.

THANK YOU

Due to the support of our local division of Aussie Moves (www.aussiemove.com.au), we recently managed to clear almost a truck-load of old and broken furniture. Many thanks to Aussie Moves for their donation of time and muscle and to Carolle at the APA Group for her help in acquiring new desks, tables and chairs.



VOLUNTEER FOR COTA

If you are interested in volunteering for COTA, we currently have vacancies for the following roles:

- **Volunteer Co-Ordinator** – You are needed to help recruit, interview, train and manage volunteers to assist with administrative work and event support. Experience of Microsoft Office, online database usage and the Internet essential. Experience with WordPress websites preferred.
- **Administrative Officer** – You will be required to work ‘front-of-house’ dealing with enquiries, phone calls and some cleaning and administrative tasks. You may also be asked to offer basic internet assistance. Ability to listen essential. Office experience preferred.
- **Internet Trainer** – You will be required to spend a few hours each work as a COTA Peer Educator helping seniors work through basic internet competency in our dedicated classroom space. Experience in education and training highly preferable.



For all positions, a current OCHRE card will be required. Please email a brief resume to COTA CEO Graeme Bevis at ceo@cotant.org.au if you are interested in any of these roles.

APPEAL FOR HELP

Stolen from Casuarina Shopping centre! One of our senior's sole means of independent travel was stolen on Saturday 21 May – Val left her trike (pictured right) locked on the bike rack in the carpark by Woolworths between 3pm and 11pm.

This beautiful trike fitted with baskets is *invaluable* to Val – it has helped her to lose 17kg, stay fit and independent. Anyone who has any information, should contact **Val Kildare on 0410 943 940**.

