

MEDIA RELEASE

5 October 2026

Rural Seniors Expo brings information, support and community connections to Coolalinga

Older Territorians living in Darwin's rural area are invited to come along to the Rural Seniors Expo at Coolalinga Central on Friday 9 October, with more than 40 organisations coming together to provide information, advice, services and support.

The free community event will be held from 10am to 2pm at Coolalinga Central, 425 Stuart Highway, Coolalinga. The Expo is a collaboration between COTA NT, nbn Local and the Litchfield Community Library and is the second Rural Seniors Expo to be held in the Darwin rural area.

Minister for Seniors, Jinson Charls MLA will provide a welcome speech at the Expo at 10.15am.

COTA NT CEO Sue Shearer said the Expo provides an important opportunity for older people to speak directly with organisations and local services in one convenient location.

"Living in the rural area can sometimes mean travelling further to access information and services. This Expo brings a wide range of organisations together so older Territorians can ask questions, find out what support is available and take useful information home with them," Ms Shearer said.

"We're delighted with the response from our stallholders and encourage everyone to come along, have a chat, discover what is available locally and enjoy the day."

The Expo will feature information and advice covering aged care, health and wellbeing, hearing, dementia, financial information, energy costs, community safety, driving, concessions, seniors' discounts, home support, advance personal planning, wills and estates, recreation and community activities.

Visitors can also take part in a range of interactive activities, including hearing screenings, grip-strength testing, family history research, health information activities and a Heart Foundation 30-minute walk around the shopping centre (starting at 8.30am followed by social coffee).

A series of free short presentations will be held in the Litchfield Community Library conference room, covering topics including: 10.30am – Arthritis & Osteoporosis NT, 11.00am – Ageing with Grace, 11.30am – Australian Ears and Hearing Care, 12.00pm – Dementia Australia, 12.30pm – Right at Home Northern Territory, 1.00pm – Services Australia and at 1.30pm – Coolalinga Community Bank

Among the organisations exhibiting will be COTA NT, nbn, Litchfield Community Library, Ageing With Grace, Arthritis & Osteoporosis NT, Asthma Foundation NT, Audika, Australian Ears and Hearing Care, Autism NT, Carers NT, Coolalinga Community Bank, Crest NT, Dementia Australia, Department of

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Health, Disability and Ageing, Department of People, Sport and Culture, Dheran Young MLA, Emerse, Genealogical Society of the NT, Gerard Maley MLA, Andrew Mackay MLA, Humpty Doo Aquatic Adventures, Jacana Energy, Marion Scrymgour MP, Neighbourhood Watch NT, NT Fire and Rescue Service, NT Seniors Card, Parkinson's NT, Prosper Darwin Prostate Cancer Support Group, Public Guardian and Trustee NT, Right at Home NT, Road Safety NT, Services Australia, Sexology Down Under, Silver Linings NT, SWELL Palmerston, the Heart Foundation, Victims of Crime NT, Wildcare and Will Care Home Support, along with other community organisations.

Visitors can also take part in a "stroll and stamp" activity, visiting participating stalls to collect stamps or signatures for the chance to win a gift hamper.

There will also be opportunities to provide feedback about the Expo, with prizes available for both a stallholder and a visitor.

The Rural Seniors Expo is free and everyone is welcome.

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Media contact

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More information

Rural Seniors Expo

Friday 9 October 2026 | 10am–2pm

Coolalinga Central, 425 Stuart Highway, Coolalinga

- <https://www.cotant.org.au/rural-seniors-expo-2026/>
- Download program from this page.

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