



Pre event activity: The Heart Foundation

Venue: Coolalinga Central, Date: Friday 9 October, Active Start Walk: 8.30am to 9am

Coffee & Chat: Mamma's Kitchen Cafe 9am, Meet: Outside Litchfield Library

All walkers will receive a Heart Foundation tote bag and recipe books. Pre-register [here](#)

WELCOME

Today's Expo is a joint collaboration between COTA NT, nbn Local and the Litchfield Community Library. It is the second Expo for the Darwin Rural area and we welcome the Minister for Seniors, Jinson Charls MLA to the event.

The support from our stallholders has been terrific and I hope you make the most of today's opportunity to talk to them in-person, ask your questions and take home some useful information.

Let us know how we can continue to improve this event by filling out the event feedback form at the COTA NT table — and yes, we have prizes up for grabs (one for stallholders and one for attendees)!

Thank you for coming along to support this event.

Remember to stroll and stamp — visit the stalls listed in our program and get a stamp (or scribble). You'll be in to win a GIFT HAMPER!

Enjoy the day.

Sue Shearer CEO, COTA NT



TODAY'S PRESENTATIONS

Today's presentations are in the library conference room. There are limited spaces, so please arrive in plenty of time. (First in, best dressed door policy applies).

Presentations last approx 15 minutes.

- **10.15am** Minister Charls' welcome
- **10.30am** Arthritis & Osteoporosis
- **11.00am** Ageing With Grace
- **11.30am** Australian Ears & Hearing
- **12.00pm** Dementia Australia
- **12.30pm** Right at Home NT
- **1.00pm** Services Australia
- **1.30pm** Coolalinga Community Bank

HOUSEKEEPING NOTES

Photography Photography, audio and video recording may occur at this event. By visiting this event, you consent to photography, audio and video recording and its reproduction by COTA NT (or authorised 3rd parties) in its marketing.

Toilets Toilets are located within the Centre.

Smoking and alcohol This is a smoke-free and alcohol-free event.

First aid If you, or someone else, requires first aid attention, please notify staff in the library.

Voluntary assumption of risk You undertake entry at your sole risk & acknowledge & voluntarily accept the level of risk consequent with entry and any activities.

Exhibitors

- **Ageing with Grace** Information about the ACVVS (Aged Care Volunteer Visitor Scheme).
- **Arthritis & Osteoporosis NT** Interactive information including teaching models, joint, bone and lifestyle health advice.
- **Asthma Foundation NT** Information stall with some giveaways.
- **Audika** Hearing health information and on-site hearing screenings.
- **Australian Ears and Hearing Care** Health, hearing aids and ear wax removal advice.
- **Autism NT** Services and support information.
- **Carers NT** Services and support information, plus merchandise.
- **Coolalinga Community Bank** Financial information and giveaways.
- **COTA NT Aged Care Navigator** Aged care information and consultation bookings.
- **Creative Jewellers Studio Coolalinga** Showcase of jewellery and tools, plus sales.
- **Crest NT** Rural and remote home care workforce and support information.
- **Dementia Australia** Learn about dementia, brain health and cognitive changes.
- **Department of Health, Disability and Ageing** My Aged Care, services and supports.
- **Department of People, Sport & Culture NT** Concession and Seniors Recognition Schemes.
- **Dheran Young MLA - Member for Daly** Talk to Member's representatives, information, enter raffle and pick up giveaways.
- **Emerse** Test your grip strength to win free water cycling class and find out more about exercise physiology services.
- **Genealogical Society of the Northern Territory Inc** Find out how you can research your family history.
- **Gerard Maley MLA, Member for Nelson and Andrew Mackay MLA, Member for Goyder** Community information with local Members.
- **Humpty Doo Aquatic Adventures** Pool info including aqua aerobics, water therapy, adult swimming lessons. Pick up free voucher for a trial aqua class.
- **Jacana Energy** Help to reduce energy bills.
- **Marion Scrymgour MP Member for Lingiari** Display of federal government information.
- **nbn** Information to pick up and take home.
- **Neighbourhood Watch NT** Information on community safety and safe practices.
- **Northern Territory Fire and Rescue Service** Information on fire safety.
- **NT Seniors Card** Program information, discount directories and membership services.
- **Parkinson's NT Support Group** Information including details of local support groups.
- **Prosper - Darwin Prostate Cancer Support Group** Information and conversation.
- **Public Guardian and Trustee NT** Information and guidance about advance personal plans, wills, estate and planning for the future.
- **Right at Home Northern Territory** Information about care services.
- **Road Safety NT** Driving for seniors in the NT.
- **Services Australia** Meet local Financial Information and Aged Care specialists.
- **Sexology Down Under** Information about safety, consent and intimacy during older age.
- **Silver Linings NT** Aged care services.
- **SWELL Palmerston** Information about multi-activity centre.
- **The Heart Foundation Heart** health resources, walking program, recipes plus spin the wheel and hosted walk around the shopping centre.
- **Victims of Crime NT** Brochures, giveaways and sign up for volunteers and home security assessments.
- **Wildcare Inc** Information for caring for wildlife plus giveaway magnets.
- **Will Care Home Support** Information on services with giveaways and prize to win!



“STROLL AND STAMP” FOR YOUR CHANCE TO WIN

To go in the draw to win a magnificent GIFT HAMPER,
visit the stalls listed on this sheet, get a stamp or scribble,
fill out your name and number, drop this sheet into the box inside
Litchfield Community Library and you are in it to win it!
Good Luck!

Name: _____ **Phone Number:** _____

Ageing with Grace

**Arthritis and
Osteoporosis NT**

**Australian Ears
and Hearing Care**

Carers NT

Coolalinga Community Bank

Creative Jewellers

Dementia Australia

**NT Concession and
Seniors Recognition Scheme**

Jacana Energy

**NT Fire and
Rescue Service**

Parkinson's NT

**Public Guardian
and Trustee NT**

Right at Home NT

Services Australia

**Dheran Young
Member for Daly**

**Gerard Maley, Member for Nelson
Andrew Mackay, Member for Goyder**

More stallholders on the other side!

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"STROLL AND STAMP" FOR YOUR CHANCE TO WIN

Audika

Autism NT

Crest NT

**Prosper
Prostrate Cancer Support**

Emerse

NBN Local

Neighbourhood Watch NT

Road Safety NT

**Sexology
Downunder**

SWELL Palmerston

The Heart Foundation

Victims of Crime

**Genealogical Society
of the Northern Territory**

Silver Linings NT

Wildcare Inc

**Marion Scrymgour MP
Member for Lingiari**

**Will Care
Home Support**

Humpty Doo Aquatics

**Department of Health,
Disability and Ageing**

NT Seniors Card

**COTA NT
Aged Care Navigator**

Asthma Foundation NT

Winner will be contacted by Litchfield Community Library and published on social media

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