

Join in, Join Up!

Get Connected.

There's a community group out there waiting for your call

OLDER PEOPLE



When people retire, they often miss the social contact they got from knocking around the workplace. You might tend to go out less and see fewer people, and that can get to be a habit, and your social ties gradually fray, and then when you could do with some support from your friends you look around and they've become a bit distant. That's the kind of vicious circle that leaves you prone to getting sick.

The more social networks you have, and the more groups you join, the healthier you are – **all the studies say so.**

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

Experience counts. You're wiser now than you were in your youth; don't let it go to waste. Join a community group and share what you've learned over the years.

There are groups that represent the interests of older people through advocacy and research, and there are groups that are made up of older people getting together to provide each other with company and support. They know what it's like. They can understand how you feel.

Look them up in the following pages.

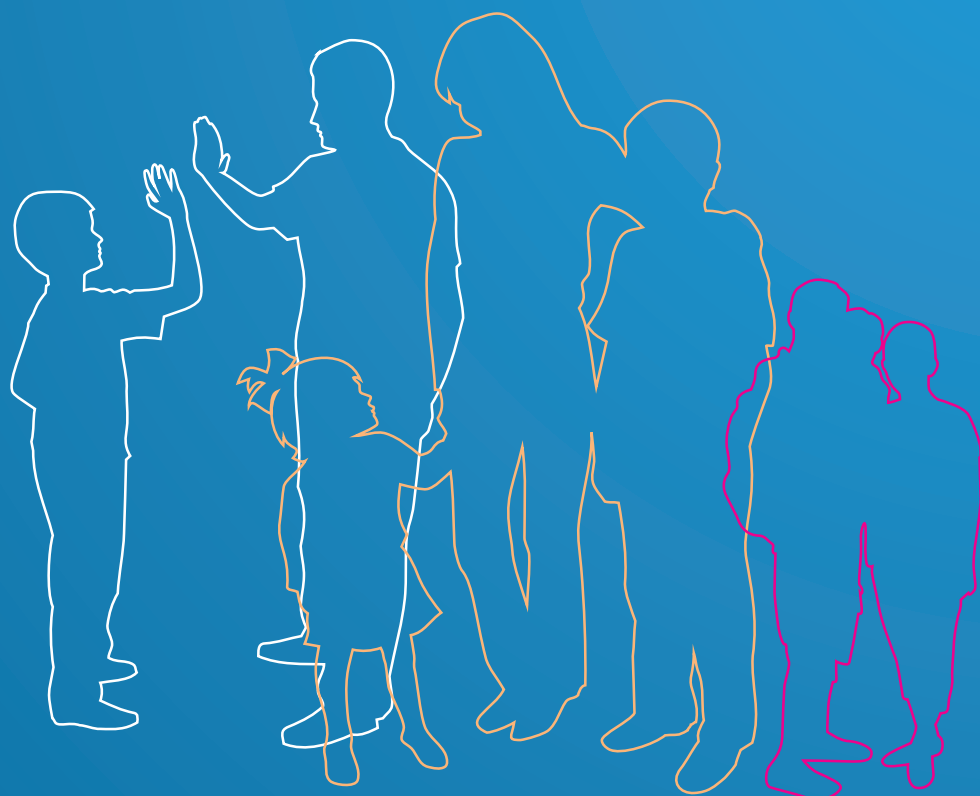
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

Look on the Our Community website – www.ourcommunity.com.au/joinin – for a group you can relate to.

Come on – Join in, Join up!

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

There's a community group out there waiting for your call!



National Groups

Group	Telephone	Freecall Phone	Website
Seniors.gov.au (Online resource for all Australians over 50)		1800 500 853	www.seniors.gov.au
About Seniors (Senior's Website & Online Community)			www.aboutseniors.com.au
COTA Over 50s	02 6295 1844		www.cotaover50s.org.au/
Adult Learning Australia	02 6274 9500		www.ala.asn.au
University of the Third Age			www3.griffith.edu.au/03/u3a/
Probus	02 9806 0100	1800 630 488	www.probus.com.au
Association of Independent Retirees		1800 063 304	www.independentretirees.com/index.shtml
Grey Path			www.greypath.com.au/
ARPA Over 50s Association	03 9650 6144		www.over50sonline.com.au
National Seniors Australia	07 3233 9191		www.nationalseniors.com.au
Australian Pensioners & Superannuants Federation Inc	02 9281 3588		Not yet available
Bushwalking Australia			www.bushwalkingaustralia.org/
Go Volunteer	03 9820 4100		www.govolunteer.com.au/
Volunteering Australia	03 9820 4100		www.volunteeringaustralia.org
Australian City Farms & Community Gardens Network			www.communitygarden.org.au
Australian Community Foods	0407 275 600		www.communityfoods.org.au/
Garden Clubs of Australia Inc			www.gardenclubs.org.au
Bowls Australia	03 9819 2722		www.bowls-aust.com.au/

ACT Groups

ACT Office for Ageing	02 6207 5987		www.dhcs.act.gov.au/wac/ageing/home
Council on the Ageing (ACT)	02 6282 3777		www.cota-act.org.au/
Relationships Australia		1300 364 277	www.relationships.com.au
ANU Centre for Continuing Education	02 6125 2892		www.anu.edu.au/cce/
Volunteering ACT			www.volunteeract.com.au/
National Seniors Australia	02 9251 6088		www.nationalseniors.com.au
Bowls ACT	02 62573560		www.bowlsact.org.au/

NSW Groups

Council on the Ageing (NSW)	02 9286 3860	1800 449 102	www.cotansw.com.au/index.asp?arID=1
The Confederation of Bushwalking Clubs NSW Inc	None		www.bushwalking.org.au/
Community Colleges NSW	02 9642 5622		www.communitycolleges.nsw.edu.au/
The Centre for Volunteering - Volunteering NSW	02 9261 3600		www.volunteering.com.au/
National Parks & Wildlife Service			www.environment.nsw.gov.au/volunteers/
National Seniors Australia	02 9251 6088		www.nationalseniors.com.au
Combined Pensioners & Superannuants Assoc NSW	02 9281-3588	1800 451 488	www.cpsa.org.au
Older Women's Network NSW	02 9247 7046		www.ownnsw.org.au
Royal New South Wales Bowls Association	02 9283 4555		www.rnswba.org.au/RNSWBA/jsp/c_index.jsp
New South Wales Women's Bowling Association	02 9267 7155		www.womensbowlsnsw.org/

NT Groups

Council on the Ageing (COTA) NT	08 8941 1004		www.cotant.org/
Office of Senior Territorians	08 8999 3862		www.nt.gov.au/dcm/seniors/
Darwin Bushwalking Club	0407 573 992		www.bushwalking.org.au/dbc/
Alice Springs Bushwalkers Association	Various – check web		http://home.austarnet.com.au/longwalk/
Volunteering SA & NT	08 8981 3405	1300 135 545	www.volunteeringsa.org.au/GroupHomepage.aspx?GroupID=608
Parks and Wildlife Service	08 8999 4825		www.nt.gov.au/nreta/parks/volunteers
National Seniors Australia			www.nationalseniors.com.au
Bowls NT	08 8945 9300		

QLD Groups

Group	Telephone	Freecall Phone	Website
Queensland Office of Seniors		1300 132 654 1300 135 500	www.communities.qld.gov.au/seniors/
Council on the Ageing Qld Inc	07 3316 2999	1300 738 348	www.cotaq.org.au/
Bushwalking Queensland Inc			www.geocities.com/qfbwc/index.html
Lifelong Learning Council Qld	07 3844 8400		www.llcq.org/ald/
Learning Network Qld - Adult & Community Education	07 5581 8574		www.lnqacecourses.com/
Volunteering Qld	07 3002 7600		www.volunteeringqueensland.org.au/
Volunteering Gold Coast	07 55262811		www.volunteeringgc.com.au/
Queensland Parks & Wildlife Service	Check web for contact numbers		www.epa.qld.gov.au/about_the_epa/volunteers/where_to_start/
National Seniors Australia	07 3233 9191		www.nationalseniors.com.au/ebiz/content/default.aspx?ID=106
Older Women's Network of (Qld) Inc	07 3358 2301		http://ownqld.googlepages.com/
Australian Pensioners' and Superannuants' League, Qld Inc. (APSL)	07 3844 5878		www.apsl.com.au
Queensland Council of Garden Clubs Inc	0404 448 745		www.qcgc.net/
Bowls Queensland	07 3355 9988		www.bowlsqld.org/

SA Groups

South Australia Office for the Ageing	08 8207 0522		www.familiesandcommunities.sa.gov.au/Default.aspx?tabid=46
Australian Retired Persons Association (SA) Inc	08 8211 9711		www.arpasa.asn.au/
The Walking Federation of South Australia	08 8361 2491		www.walkingsa.org.au/
Workers Educational Assoc of SA (Admin) (Enrolment hotline)	08 8223 1272 08 8223 1979		www.wea-sa.com.au/
Community & Neighbourhood Houses and Centres Association Inc	08 8371 4622		www.canh.asn.au/
TAFE SA Short Courses		1800 882 661	www.tafe.sa.edu.au/Courses/ShortCourses/tabid/638/Default.aspx
Volunteering SA	08 8221 7177	1300 135 545	www.volunteering.sa.org.a
Southern Volunteering (SA) Inc	08 8384 9202		www.svsa.on.net/
Northern Volunteering (SA) Inc	08 8250 1582		www.northernvolunteering.org.au/
Office for Volunteers	08 8463 4490		www.ofv.sa.gov.au/
National Seniors Australia	08 8218 4811		www.nationalseniors.com.au
Bowls SA	08 8234 7544		

TAS Groups

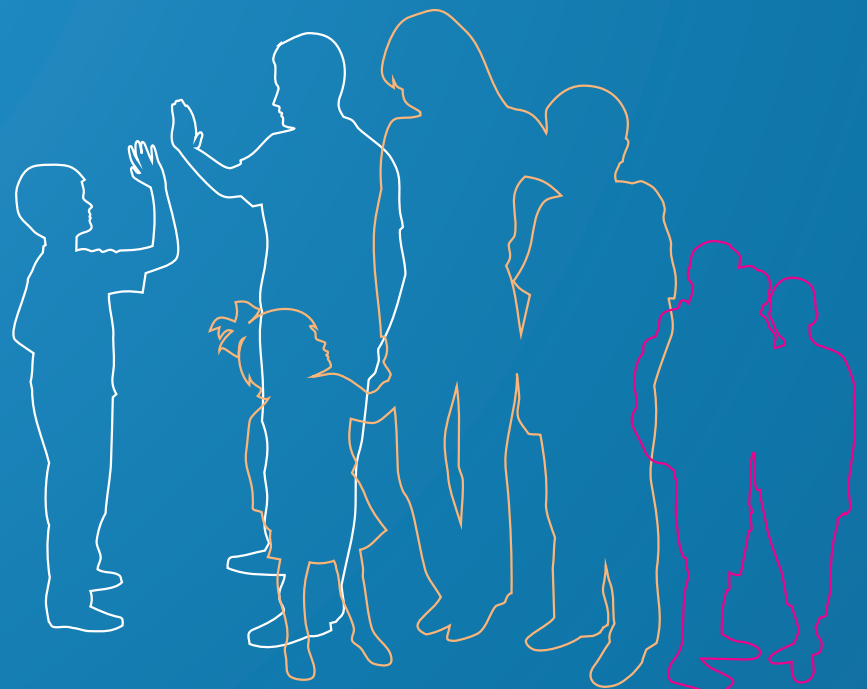
Tasmanian Seniors Bureau		1300 13 55 13	www.dpac.tas.gov.au/divisions/seniors/
Council on the Ageing (Tasmania) Inc	03 6228 1897		http://www.cotatas.org/
Relationships Australia		1300 364 277	www.relationships.com.au
Adult Education Tasmania	Check web for local numbers		www.adulteducation.tas.gov.au/
Adult Learning Tasmania Web Directory			wwwfp.opcet.tas.gov.au/ace/alt/default.asp
Book Groups Tasmania	03 6233 8681		www.adulteducation.tas.gov.au/book_groups_tasmania
Volunteering Tasmania		1800 677 895	www.volunteeringtas.org.au/
Tasmanian Association of Community Houses	03 6244 1615		www.tach.asn.au/index.htm
Parks & Wildlife Service Tasmania (North) (North East) (South)	03 6336 5328 03 62567009 03 62648463		www.parks.tas.gov.au/volunteer/index.html
National Seniors Australia (Hobart) (Launceston) (N-W Coast) (Rosny Park)	03 6229 2270 03 6334 0634 03 6435 1570 03 6244 3675		www.nationalseniors.com.au/ebiz/content/default.aspx?ID=113

VIC Groups

Group	Telephone	Freecall Phone	Website
Council on the Ageing Victoria	03 9654 4443	1300 13 50 90	www.cotavic.org.au/
Office of Senior Victorians	03 9208 3333		www.seniors.vic.gov.au/
Life Planning Foundation of Australia Inc	03 9670 4417		www.life.org.au/
U3A University of the Third Age Network Victoria Inc	03 9670 3659		http://home.vicnet.net.au/~u3avic/
Grandparents Victoria	03 9372 2422		www.grandparents.com.au/
Bushwalking Victoria	03 8846 4131		www.vicwalk.org.au/
Council for Adult Education TTY	03 9652 0611 9652 0748	1800 601 111	www.cae.edu.au/
Adult Community & Further Education (ACFE)	03 9637 2675		www.acfe.vic.gov.au/default.htm
Association of Neighbourhood Houses and Learning Centres	03 9654 1104		www.anhlc.asn.au/
Volunteering Victoria	03 9642 5266		http://volunteeringvictoria.org.au/
Sustainable Living Foundation	03 9249 1888		www.slf.org.au/
Environment Victoria	03 9341 8100		www.envict.org.au/
National Seniors Australia	03 9620 1311		www.nationalseniors.com.au/ebiz/content/default.aspx?ID=112
Royal Victorian Bowls Association	03 9819 6177		www.bowlsvic.org.au/RVBA.html
Victorian Ladies' Bowling Association	03 9819 1544		www.bowlsvic.org.au/vlba.html

WA Groups

Western Australia - Seniors' Resources Online	08 6217 8700		www.community.wa.gov.au/DFC/Communities/Seniors/
Council on the Ageing Western Australia	08 9321 2133		www.cotawa.asn.au/
Seniors' Recreation Council of WA Inc	08 9492 9773		www.srcwa.asn.au/
Bushwalkers of Western Australia Inc	08 9341 6043		www.bowa.iinet.net.au/
Learning Centre Link	08 9228 9000	1800 818 991	www.learningcentrelink.asn.au/
Volunteering WA	089482 4333		www.volunteeringwa.org.au/
National Seniors Australia	08 9420 7274		www.nationalseniors.com.au/ebiz/content/default.aspx?ID=108
Older Women's Network (OWN) of Western Australia Inc.	08 9493 2734		www.ownwa.org.au/
Bowls WA	08 9242 1822		www.bowlswa.com.au/



What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to www.ourcommunity.com.au/joinin to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

Who?

Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

Join In, Join Up! Get Connected!

www.ourcommunity.com.au/joinin

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health



The Pharmacy
Guild of Australia

Join in Join up

Helping Australians
engage in community
groups for better health.

We want to encourage you to
Join in Join up - for better health.

For further information visit your
local community pharmacy, or
www.ourcommunity.com.au

