



by *Desley Cowley*,
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National Seniors
AUSTRALIA

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Branch Advocacy our priority

Do you know your Rights and Responsibilities when receiving Aged Care Services?

We have two very special guest speakers for our meeting this month (which is also our AGM).

Joanne Jamieson and Ben Shaw from Aged and Disability Advocacy Australia Inc will share information about the services they offer and how they can help you.

Consumers of aged care services, their relatives and carers, or any interested parties are invited to attend this session.

An Advocate can:

- Support you to ensure your rights are upheld
- Support you to work through a problem with your service
- Explore options with you
- Be with you at assessments
- Provide accurate information

National Seniors Australia members are encouraged to bring a friend to this meeting. The last time we had Joanne speak at the village, we had many more questions than we had time to fit into the day!

Upcoming Events

It's our AGM this month – Tuesday August 27th 10.30am – FREE lunch

We'd love you to join us in August for our AGM and consider nominating for a committee position. We are always looking for more people to join our happy group and the work load isn't too onerous. Nomination forms are available.

As mentioned above, we also have a great guest speaker joining us. ADA (Aged and Disability Advocates) Central Queensland Advocate, Joanne Jamieson and Disability Advocate Ben Shaw will be speaking on the services ADA offer in CQ.

PLUS FREE lunch for the AGM. We know how hard it is to convince people to come to an AGM, but we promise we won't pressure you in any way to join the committee, unless you want to, so to encourage more people to attend, as well as our wonderful guest speaker, we'll not only provide FREE morning tea, but also FREE lunch!

Couldn't get better than that. New members are very welcome any time.

Questions? Please don't hesitate to call me on the number listed below.

Free Special Events

Be Connected – Every Australian online – fully booked until February 2020!

Our Be Connected weekly workshops are now fully booked until February 2020! We are working on applying for additional funding to run more programs.

This free 8 week, Australian Government designed

program takes the beginner from getting the settings right on their phone, tablet or computer through to booking tickets on line for the State of Origin, including flights, accommodation and tickets. The September and February programs are fully booked out, but you can phone Judi on 0447 227 630 if you would like to go on the waiting list.

Join us

Looking for ways to contribute? Consider joining CNSA.

You have a voice and can have genuine input into a range of issues concerning older Central Queenslanders.

Meetings are held on the fourth Tuesday of the month from 10.30am.

Unless otherwise stated, events and meetings are

held at Oak Tree Retirement Village Community Centre, 40 Foulkes St, Norman Gardens. Limited parking and disabled parking is available on site with ample parking in the street. Optional RSVP lunch - \$10. <https://nationalseniors.com.au/about/branches/capricornia-rockhampton>

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