



March 2025 Newsletter

Greetings to all our fantastic volunteers

The NSW Seniors Festival this year is March 3rd to 16th. Bega Valley events.

1. The Silver Summit Seniors Conference

Mayor Fitzpatrick said NSW Government funding has allowed Council to bring the shire's seniors together for an engaging series of presentations, entertainment, refreshments and a mini expo of display booths.

At the Civic Centre in Bega, Thursday 13th March 9m -3pm. For more information go to the link: <https://begavalley.nsw.gov.au/council/stimulating-program-for-silver-summit-seniors-conference>

2. Free Scam and Phishing Awareness Training, this is being held at the Bega Village Book Nook (which is in the shopping centre to the left of Big W) Thursday March 6th 10am-11am. It is a free information session and you will receive a coffee voucher to be used at anytime.
3. Community Conversations: Are you keen to learn more about advance care planning, services and community supports available in relation to ageing, loss, dying and grief?
2 Sessions available on March 14th one in Bega and one in Eden.

For further details on any of the above please see attached flyers.

A Reminder for the get together support groups in March are:

Saturday 1st 10:30am and Friday 28th 3pm at the Uniting Church Merimbula. The subject up for discussion will be on the benefits of volunteering, so bring some of your experiences along to share.

April support group will be Tuesday the 8th Uniting Church Hall 10am. Please let me know if you are able to attend.

Education opportunities

All the above events are great educational opportunities.

For those who couldn't attend on the 26th, the webinar on "Elder Abuse" from the Older Person's Mental Health people in Anglicare - below is the link to the recording. <https://vimeo.com/1060340758?share=copy>

Please let me know if you are interested in viewing it and can't access at home. I will then make a time to show it at the Uniting Church Hall for those that are interested.

This also applies to the Grief webinar that I held a few weeks ago.

You are all very special people.

Sincerely, Lee