

## MEDIA RELEASE

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### DATE

Wednesday 20 November 2024

## **United Way Glenelg Allocates \$50,000 to 11 Local Organisations Supporting Older People**

United Way Glenelg has announced that 11 local organisations will receive funding to roll out projects in 2025, focusing on supporting older people in the Glenelg Shire.

The total pool of funds allocated amount is \$50,000, a significant investment in enhancing community wellbeing and promoting healthy ageing.

The announcement comes as United Way Glenelg celebrates the 10th anniversary of the fund's operation, honouring a decade of contributions to community wellbeing. The funding aligns with the vision laid out by the Board of Lewis Court for the Aged, following an initial bequest that established a strong foundation for initiatives supporting the elderly in the community.

Nicole Carr, Executive Officer of United Way Glenelg, reflected on the impact of this milestone, stating, "The Lewis Court Board's original vision was to create a legacy that would provide ongoing support for older members of our community. Ten years on, we are proud to continue fulfilling that vision by funding organisations that offer services and programs, making a difference in the lives of our senior residents."

The grants are spread geographically across the Shire, covering key areas including Portland, Heywood, and Dartmoor. The organisations receiving funds include:

### **Heywood Rural Health – Sound Relaxation**

A local Sound Therapist will visit Heywood Rural Health to offer a series of Sound Therapy sessions for residents. Each session will incorporate meditation and mindfulness, harnessing the scientifically-backed benefits of therapeutic sound.

### **Harbourside Lodge – Singing Strong**

The Singing Strong program aims to support residents with voice, speech, or breathing challenges through guided vocal exercises. These sessions offer participants a chance to express themselves, improve breathing regulation, and assist with swallowing.

### **Rotary Club of Portland – Lawn Mower for Seaview House**

The Rotary Club of Portland has been maintaining the lawns at Seaview House for years, providing upkeep as needed year-round. With an ageing membership, the club plans to switch to a ride-on mower to reduce physical strain, ensuring members can continue this service into the future.

### **Portland Community Garden – Poly Tunnels**

The project aims to build 18m poly tunnels at PCG to extend the growing season and engage more older volunteers in both construction and gardening. Over the years, the garden has fostered a strong sense of community and well-being, creating a "village" feel in the heart of Portland.

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### **Portland Bay Ladies Probus – Bus Trip**

A bus trip to enhance social connections for older residents, with a day out to Hamilton and Byaduk. The trip will include visits to three key spots in Hamilton, along with a shared lunch. This outing aims to create a relaxed and engaging opportunity for social interaction among older residents.

### **U3A – Excursion / day trip for members**

A bus trip designed to foster social connections among older residents. Explore the scenic Cavendish and Hamilton district, visiting the beautiful Wannan and Nigretta Falls, followed by a leisurely degustation lunch at the Bunyip Hotel. An opportunity to enjoy the day, connect with others, and experience the region's natural beauty together.

### **Days4Girls Portland – Days 4 Girls**

Volunteers, primarily older adults, meet to assemble kits for girls and women, including underwear, face washers, and other essentials. These kits are sent to areas of greatest need, mainly overseas, but with growing demand in Australia due to rising sanitary product costs. Each kit is high-quality, sustainable, and designed to last up to four years.

### **Dhauwurd Wurrung Elderly and Community Health Services Inc. – Storylines of my Life**

“Storylines of My Life” is a proposed project to record the life stories of Indigenous Elders, involving younger generations in the process to foster inter-generational connections and cultural knowledge transfer. It aims to enhance literacy, honour Gunditjmarra Elders, and inspire youth with stories of resilience and achievement, bringing Elders into youth learning spaces to preserve and celebrate their life stories.

### **Portland District Health Harbourside Lodge – Accessible Chair Yoga**

Certified yoga teacher will visit Harbourside Lodge fortnightly to lead accessible, hour-long chair yoga sessions. Each session will include meditation, mindfulness, laughter yoga, breathing exercises, and gentle chair-based movements, with options and modifications to accommodate all residents, regardless of mobility or medical needs.

### **Portland Neighbourhood House - Tackling isolation and loneliness within the ageing community in Portland**

Portland Neighbourhood House (PNH) will begin stage two of a community project aimed at reducing isolation and loneliness among Portland's ageing community. This stage involves expanding the community room by removing a wall to incorporate two unused, dilapidated offices.

### **Dartmoor & District Bush Nursing Centre Inc. - Weight management and well-being support group**

A recent community survey revealed strong interest in a weight loss program at the Bush Nursing Centre. They will offer support and motivation for those looking to achieve their health goals locally.

The supported projects cover a diverse range of initiatives, from enhancing healthcare and social connections to promoting environmental engagement among seniors. Carr added, “These grants not only honour the commitment of the Lewis Court Board but also reflect our ongoing dedication to ensuring that older residents in the Glenelg Shire enjoy a high quality of life, with access to the services and support they need.”

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## United Way Glenelg | Media Release



By funding these initiatives, United Way Glenelg aims to foster an inclusive and supportive environment for older members of the community, recognising their invaluable contributions and addressing their evolving needs.

Photo: Cat Bailey, Neighbourhood House Coordinator excited to begin the necessary changes to the Portland Neighbourhood House building.

Nicole Carr, United Way Glenelg Executive Officer  
Phone: 0410 513 305 Email: [mail@unitedwayglenelg.com.au](mailto:mail@unitedwayglenelg.com.au)

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