

Seniors HQ

Newsletter August 2026



Last chance to join our Focus Group!

We're seeking expressions of interest to attend our Healthy Ageing Consumer Focus Group Sessions in coming months to share your lived experience and help inform BCH service design.

To register your interest follow the link below or scan the QR code below and complete the online form.



Hurry, the form will close 1pm, 26th August.
<https://forms.office.com/r/8w7wJJqh4Y>



[Scan to submit interest](#)



Seniors Exercise Park at Lucas Central Park, Eleanor Drive Lucas

Spotlight on Lucas

Lucas is an ideal setting for staying fit, healthy and socially connected.

A dedicated space to stay active

The suburb is home to the Lucas Seniors Exercise Park. The park features age friendly equipment designed to support balance, strength, mobility, and falls prevention. A location for free, volunteer-led group sessions, giving residents a chance to exercise and socialise at the same time.

The park includes a variety of age friendly exercises stations supporting:

Balance - including safe, controlled challenges

Strength - using body weight and low impact resistance

Mobility - improving joint movement and everyday function

Coordination - through multi step and upper/lower body exercise stations.

The equipment is designed to be approachable for beginners while still offering progressions for those wanting more challenge.

This initiative is from the City of Ballarat Ageing Well Services team promoting healthy ageing and community connection.

Shout out to the the Ballarat Lions Club, who generously contributed to the refurbishment of seating and plantings around the park enhancing its welcoming atmosphere.



Ballarat Seniors Exercise Parks

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat/ballarat-seniors-exercise-parks>

Lucas offers a great local network of parks, playgrounds, and short walking loops in the neighbourhood, with easy access to a major rail trail for longer walks, runs, or rides.

"La Vol" a place of connection with a cuppa

If you visit our Lucas site on a Tuesday or Wednesday, you may already be familiar with the friendly faces behind "La Vol".

For the past few years, our wonderful volunteers Annie and Debbie have helped make the café on site a warm and welcoming place for our community.

The café is usually open from 10am to 12.30pm on Tuesdays and Wednesdays, subject to volunteer availability, offering tea, coffee and a selection of small snacks, with payment by cash.

More than just a place to grab a cuppa, "La Vol" has become a lovely social spot at Lucas. Many clients drop in after a gym session or appointment to have a chat, catch up with others and enjoy the welcoming atmosphere Annie and Deb have helped create.

Their contribution has certainly not gone unnoticed with Annie and Debbie having been recognised by staff as finalists in the BCH internal staff awards, which will be presented at our All Staff Planning Day on Wednesday 16 September - A reminder that BCH services will be closed on 16 September while our staff come together for the day.

Next time you're at Lucas on a Tuesday or Wednesday, make sure you drop into La Vol, say hello and congratulate Annie and Debbie on their very well-deserved recognition. Please refer to signage on the door for further information.



Adrian Misseri - Executive Manager
Primary Care & Healthy Ageing

A message from BCH Executive Manager Primary Care & Healthy Ageing, Adrian Misseri

Hello everyone, I'm Adrian, and I'm excited to be the new Executive Manager for Primary Care and Healthy Ageing here at BCH. After a career of over 20 years as a podiatrist, I moved into various management roles including in aged care, where I have seen the introduction of the new Aged Care Act and Support at Home program.

Supporting my older parents and grandparents in their ageing journey gives me an understanding of the complexities of the Aged Care system from a consumer perspective, and all the challenges which come with it. It makes me question 'how do we do this better?'

When not at work, my wife and I share our property in Smythes Creek with our two young boys and two little dogs, chasing after the kids at sports on a Saturday and trying to get away with the caravan where we can.

I believe we have a wonderful Ballarat community, full of diverse people and ages all who contribute to our community. Also in my spare time I am involved with The Ballarat Foundation through Dancing with Our Stars, and with Leadership Ballarat through the Future Shapers Program. This gives me a chance to give back a little to the Ballarat community.



"La Vol" Café at BCH
12 Lilburne Street Lucas

Events & Activities

For further information about events that may be of interest you can visit



Ageing Well Ballarat

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat>

Seniors online

<https://www.seniorsonline.vic.gov.au/>

Strength for Seniors

- Mondays, 2pm-3pm

Vickers Street Community Hub - 254 Vickers Street, Sebastopol, Vic 3356

Gentle and effective exercises that are tailored to your abilities. This class will help you to increase your strength, improve your mobility, and increase bone health.

\$5. Bookings are not required. Pay via EFTPOS (card) on the day. (Not held on public holidays).

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat/social-activities-programs-and-events>

(03) 5320 5500

Dance

- Mondays, 10.30am-11.30am

Lucas Community Hub - 17 Coltman Plaza, Lucas, Vic 3350

- Tuesdays, 10.30am-11.30am

Brown Hill Hall, 375 Hummfray Street North, Brown Hill, Vic 3350

A fun, upbeat dance session that builds strength, balance and mobility while supporting falls prevention.

\$5. Bookings are not required. Pay via EFTPOS (card) on the day. (Not held on public holidays).

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat/social-activities-programs-and-events>

(03) 5320 5500

Older Women's Recipes for Respect Meet & Greet

- Mondays 24 August, 10am-12pm

Ballarat Library - 178 Doveton Street North, Ballarat Vic 3356

A welcoming morning tea and the chance to meet some of the inspiring women behind #TheBiscuitTin project.

FREE, morning tea provided. Bookings required.

<https://events.humanitix.com/older-women-s-recipes-for-respect-ballarat-exhibition-meet-the-wonderful-women-behind-the-project>

(03) 5320 5500 (Ask for Cathy)



Need help getting online? The Good Things Foundation can help.

<https://goodthingsaustralia.org/learn/>



Download previous Seniors HQ Newsletter editions

<https://bchc.org.au/seniors-hq/>

Ballarat Seniors Awards

The annual Ballarat Seniors Awards acknowledge and celebrate inspirational people aged 60 years and over, and First Nations people 50 years and over, who are making a positive difference in your community.

Nominations for the 2026 Ballarat Seniors Awards are open from 1 August. Nominations will close at 5pm 10 September.

The Ballarat Seniors Awards categories for 2026

Community Service Award

For exceptional contribution by an individual to their community

Equity, Diversity and Inclusion Award

For an individual dedicated to improving social inclusion, connection and participation for our diverse communities such as LGBTI+, Disability, First Nations or Multicultural.

Healthy and Active Living Award

For an individual helping to create active and healthy communities through community involvement and as a role model.

Community Teamwork Award

For a voluntary group, club or project who have made an outstanding contribution to the community in the last 2 years.

Lifetime Achievement Award

For an individual, for dedicated, continuous voluntary service or contribution to the community over many years. (Can include service prior to eligibility age).

Nominations

Nomination forms are available online until 5pm 10 September.



Complete an online nomination form

https://www.ballarat.vic.gov.au/sites/default/files/2026-07/2026%20Ballarat%20Seniors%20Awards_form_DIGITAL.pdf

Hard copy nomination forms will be available at any Ballarat Library (Ballarat, Sebastopol and Wendouree) or from Customer Service at the Phoenix Building, 25 Armstrong Street South, Ballarat Central.

To request a copy to be sent by mail, or for more information or help completing the nomination form, call Ageing Well Services and ask for Claire or email the team.



City of Ballarat Ageing Well Services
(03) 5320 5500



Email
seniorsawards@ballarat.vic.gov.au

BCH Site Closure



All BCH sites will be closed
Wednesday 16th September 2026
for staff training. All sites will reopen
8.30 am Thursday September 17th.

We welcome you to provide feedback or suggestions anytime

You know your health and wellbeing better than anyone else. When you tell us what's working well, or what isn't, you help us make things better. Not just for you, but for other people too.

You don't need to be an expert to give feedback. Just tell us what you think, in your own words. There's no right or wrong way to do it.



Speak to our team at one of our
BCH locations



Call our Customer Service team
(03) 5338 4500



Visit <https://bchc.org.au/>