



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

Submission: Parliamentary Committee on Social Isolation and Loneliness

Submission prepared by:

Tony Christinson

Donald Simpson Community Centre

172 Bloomfield Street, Cleveland 4163

chairman@thedsc.com.au

Phone: 0447 177 633

**Approved for submission by the Donald Simpson Community Centre Board on
Thursday 22 July 2021**

Contents

| | |
|---------------|---------------------------------------|
| Pages 2 – 9 | Submission |
| Pages 10 – 20 | Appendix 1 - Submissions from Members |
| Pages 21 – 23 | Appendix 2 – DSC Activities |



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

1. Introduction

The Donald Simpson Community Centre was opened as the *Donald Simpson Over 50s Leisure Centre* in 1987 having been built with funds from local, state, federal governments and public donations. The name was later changed to operate as a centre predominantly for elders but welcoming younger members and intergenerational activity.

Information, educational, entertainment and wellness activities were added to the general operations of the Centre. The morning tea facility was developed into a café providing reasonably priced meals and casual coffee shop services.

At its inception, the Centre was placed into the care of the Redland Shire Council, now the Redland City Council, which became the landlord and currently requires the Centre to operate under a lease with peppercorn rental, maintains facilities provided by the Council but not those added with Council permission and does not provide any operational funding.

The Centre gains funding from membership fees and by charging a fee for each activity in which a member participates. Operational funds are earned from sponsors, café proceeds, daily bus trips, overnight trips within Australia and overseas, evening and weekend entertainment, occasional State Government Grants and sundry raffles, donations, and hall hire. The Centre receives no regular operational funding from external sources.

The Centre is registered as a charity and as a company of limited liability and is governed by a Board elected by the members at its AGM usually held in September.

2. Objects

Our objects, as stated in our Constitution, are broad allowing us to provide a wide range of services and activities to our members and the general community.

OBJECTS

The objects of the Company are to:



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

- (a) *provide a venue where persons, primarily but not exclusively those over 50 years of age, may gather and take part in activities which will provide fellowship and the opportunity to broaden their day-to-day experiences and to enjoy a better quality of life;*
- (b) *without derogating from (a) above, and subject to availability of funds and the policy determinations from time to time of the Board:*
 - (i) *promote the welfare and good of all persons over the age of fifty years;*
 - (ii) *provide recreational and educational facilities, social companionship and entertainment for members of the Centre and its invitees;*
 - (iii) *provide additional services for members of the Centre and its invitees as may from time to time seem desirable;*
 - (iv) *raise funds for the purpose and benefit of the Centre;*
 - (v) *provide cultural activities within set including music, choir, pottery, handicrafts, organ club and the like;*
 - (vi) *provide a venue for technical and further education and similar courses;*
 - (vii) *promote debating and discussion groups;*
 - (viii) *operate a library service;*
 - (ix) *provide facilities to be used as a drop-in centre;*
 - (x) *provide rooms for therapeutic, para-medical or personal care services for members of the Centre and its invitees;*
 - (xi) *provide facilities for the provision of meal and other refreshments to members of the Centre and its invitees,*

and to do all acts and things as may be deemed reasonably necessary or incidental to the achievement of similar objects.

3. Population and Social Isolation

In 1983, when a submission was made to the State Health Department for funds to help establish the Centre, the population of Redland Shire was 47,000. In 2020, the Council estimates the population of Redland City to be 160,000. The First Nations population, as recorded in the 2016 ABS census, was 4,064 or 2.8% of the total Redlands population of 147,000 at that time. No current figure is available on the Council's website for First Nations residents.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

With a fifties plus cohort in Redland City (39%) which is ahead of the Queensland (32%) and Australian (33%) averages, the Redlands is faced with a growing number of seniors living in aged care facilities or at home. We have all learned, during the lockdowns that we have experienced, that social isolation can be quite detrimental to health. However, social isolation was a well-known health factor long before this time.

A Redland Shire survey undertaken by the Redland District Committee on the Ageing in 2001 and reported in *Results of a Shire-wide survey of Social Isolation* reported that:

At least 73% of the respondents believe that it is important to have access to social groups in the district, Table 30.

| Table 30 | |
|---------------------------------------------------|-------------|
| <u>Important to access social groups %</u> | |
| Very Important | 27.0 |
| Moderately Important | 17.7 |
| Important | 28.3 |
| Not very Important | 19.7 |
| Unimportant | 7.3 |

Almost 30% say they feel lonely at least occasionally; 3.2% say they feel lonely most of the time – see TABLE 31.

| Table 31 | |
|-----------------------------------------|-------------|
| <u>Feel lonely or Isolated %</u> | |
| Mostly | 3.2 |
| Sometimes | 12.6 |
| Occasionally | 13.7 |
| Not really | 29.8 |
| Not at all | 40.8 |



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

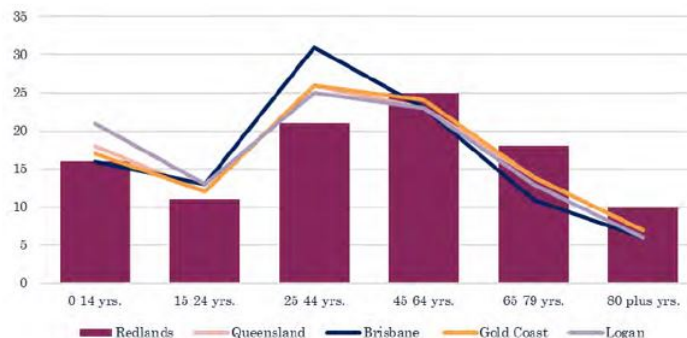
The Service organisations structured for seniors appear to be very popular, with the Donald Simpson Leisure Centre receiving excellent support, Table 48.

| <u>Seniors Organisation Usage%</u> | |
|-------------------------------------------|--------------|
| Donald Simpson | 30.13 |
| Local Seniors | 23.92 |
| National Seniors | 14.56 |
| Respite of Day Centres | 5.06 |

More recent information obtained from the Strategic Adviser of Social Planning, Community and Economic Development, Redland City Council, is further enlightening on the growth of the over-65 population in Redland City.

In 2016, 18% of the Redland City population were aged 65 years and over, this is expected to increase to 28% by 2041. The growth of the 65+ cohort in Redland City (as a projected population percentage) will surpass Queensland and neighbouring local government's including Brisbane, Logan and the Gold Coast. (See Figure 1 attached).

Figure 1:
Estimated projected percentage of population by age, 2041, Queensland and LGA comparison.



Data Source: ABS Census 2016, State, LGA]

In its document *Report on findings Age Friendly Cities Survey 2018 December 2018* produced by the Community and Economic Development



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

Group of the Redland City Council, in Section 5, Social Participation, the following statements can be found.

More meeting places with easy access to public transport - Main one at moment is Donald Simpson Centre that has a bus stop directly at site. Need to have a register of meeting places available and activities held that have easy public transport access. Could be available on Council website (Participant Alexandra Hills 60 – 64 years).

*Participants were asked how often, if ever that they feel isolated (e.g. you don't get to see family or friends or go to community events as often as you would like to). 73% reported they never or rarely feel isolated, whilst 24% identified feeling isolated sometimes and 4% often. **(consistent with earlier RDCOTA survey above – Table 31)***

Of the 28 participants that reported experiencing feelings of isolation 14 lived alone, 11 lived with family and the remaining 3 lived with unrelated people. However, of the total number of people (33) who live alone, more than half (19) reported never or rarely feeling isolated. (page 34)

*Seniors gain attention really during Senior's Week. Rest of the year **(except for DSC)** in a desert (Participant Victoria Point, 70-74 years).*

Support for activities such as those at the Donald Simpson Centre (Participant Alexandra Hills, 75-79 years).

In response to a question on cost:

The Donald Simpson Centre have plenty of activities but the cost is not affordable if the age pension is your only income (Participant Wellington Point, 80-84 years).

Report on findings Age Friendly Cities Survey 2018 December 2018 (pages 38 to 40)

The 2016 ABS census showed that the 55 and over population numbered 56 879 or 39% of the total population. Fifty-fives and over in Queensland accounted for 32% of the population and, for Australia, the figure was 33%.

As our Objects show, the Donald Simpson Community Centre exists to provide relief from social isolation by providing a venue for citizens to come together for active and social pursuits. As the testimonies from members provided in this submission show, our members value the Centre very highly as many of them would not find other accessible venues for this purpose. Although conditions have changed and, for example, Redlands University of the Third Age, which existed in 2001 and was not mentioned in Table 48, has increased to be probably second only to the Donald Simpson Centre in providing specific relief from social isolation.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

It seems that, in combatting likely growth in social isolation, with more retirees opting to remain at home rather than to residential facilities, organisations such as the Donald Simpson Centre should be supported by all levels of government both financially and in program assistance. Otherwise, these organisations are left to manage with volunteers and by seeking funding from some of the most vulnerable in the community as well as whatever other means their ingenuity can devise. There are no grants available for operational funding.

With its greater proportion of elder citizens, Redland City provides the Centre with the challenges of being able to accommodate membership growth as well as the difficult task of foreseeing and developing activities and events to cater for a changing demographic. Future members will be more technically aware and have some different interests from our current membership.

The original building has been added to over the years as population grew and has produced a building which is often not fit for its current purpose. Rooms were added without passageways leaving some areas accessible only through rooms where activities are being conducted. Sound proofing and lighting are well below an acceptable standard for current operations. In a Centre designed for elder citizens, there is no first aid room and little space for physical or wellness activities let alone a gym. The Centre is in need of renovation and expansion to make it suitable for future needs.

4. Donald Simpson Centre Contribution to Social Isolation and Loneliness

The Centre is used regularly on weekdays and Saturday mornings and sometimes on Saturday afternoons and Sundays. Between forty and fifty activities are provided as well as education and information sessions. Efforts are being made to engage with Redlands First Nations residents to work towards greater understanding and tolerance in the community and to make the Centre more inclusive.

Concerts and cabarets are organised for members and the general community and outside groups hire our facilities on occasion.

Between 60,000 and 70,000 individual visits are made to the Centre each year by members and others. Prior to Covid-19, membership was around 2,400 and is currently around 1800.

(a) Activities

Over forty activities are conducted at the Centre including card and tile games, computers, ukulele and guitar, theatricals, table tennis, wellness exercises (yoga, chi gong, pilates, etc), quilting, handicraft, leatherwork, wood carving, art and more.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

These are constantly reviewed to add exercises for a changing demographic as well as maintaining the skills of some activities.

Most are run by the Centre but Redlands U3A conducts some activities. As outlined in the *entertainment* section, efforts are made to provide relevant programs at reasonable prices in various formats.

As part of our community program, we currently are contracted to Brisbane South Primary Health Network to conduct a My Aged Care Navigation Trial and a Weavers Program for carers. We have also joined a CRC Longevity bid to the Australian Government to obtain funding to examine the effects of increased longevity in the community. Several Australian universities and a large number of industry partners are involved. We are the only community centre involved.

(b) Staff and Volunteers

Three fulltime staff are employed, a Chief Executive Officer, an Office Manager and a Catering Manager. With so much activity at the Centre, these are fully occupied and assistance is needed from volunteers. We employ two part-time caretaker/cleaners who clean the premises and supervise activities outside of normal office hours as well as opening and closing the building.

Each activity is run by a volunteer convenor and other volunteers operate the kitchen, arrange furniture for the various activities, organise daily and overnight trips, staff reception and manage the gardens.

(c) Café providing reasonably priced healthy meals

Our espresso coffee is very popular and our café provides coffee and snacks from around 8 am till 2 pm and lunches, all at prices that members can afford. Catering is also available for events, our Over 90s Club lunches and various other celebrations during the year.

(d) Meeting Venue for Community Groups

The Redlands University of the Third Age, Redlands Bonsai Society and other groups hire rooms for their activities. We host, free of charge, groups such as the Redlands Seniors Network, Redlands Coast Dementia Community Alliance and others from time to time.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

(e) Entertainment Venue

Though we are limited to performers whom we can afford who have an appropriate repertoire, we conduct well attended cabaret-style afternoon or evening shows at a reasonable price. Our approximately 30 strong theatrical group through the year develops a performance which entertains a large audience over four shows on weekends during Seniors Week.

(f) Invitation

The Centre Board invites the Parliamentary Committee to visit to witness first-hand our Centre and its activities and to take the opportunity to engage with members to gain their views.

5. Recommendations

- i. THAT the Queensland Government negotiate with Local and Federal Governments to develop a three-government level of recurrent funding or, alternatively, modify the current Queensland Neighbourhood and Community Centre Grants Programme to support centres which provide relief for social isolation***
- ii. THAT the Queensland Government institute a grants program aimed at the renovation and expansion of centres which provide relief for social isolation.***
- iii. THAT the Queensland Government establish a database of centres which is regularly updated to allow identification of centres which provide relief from social isolation and to avoid the necessity for those centres constantly to provide full evidence that they are serving that purpose.***

A handwritten signature in black ink that reads 'Tony Christinson'.

Tony Christinson (Board Chairman)



The DSC

Your Meeting Place


DONALD SIMPSON COMMUNITY CENTRE LTD

APPENDIX 1

Submissions from Members

- To the chairman,

I just wanted to say thank you, that this center exists! I came from Germany two years ago,

right after the death of my husband, a lonely widow and found such a lovely  painting group. After two years it nearly feels like family.

My greatest thank to all who make this center possible,
Sent from my iPad

- Dear Sir,

I wish to tell you how grateful I am to have been introduced to the Donald Simpson Centre. My husband and I have moved from a small village in northwest NSW to Brisbane 3 years ago, then to Thornlands 18 months ago, knowing no-one but my son and daughter-in-law. After meeting an elderly neighbour, who took me to lunch at your centre and she showed me around. My neighbour then introduced me to your receptionist, who then gave me a welcome pack.

I have since joined Matilda Quilters and made some great friends.

I feel I would still be sitting at home wondering what to do with myself without the Centre
So again I thank you for your centre and for making me feel so welcome.

Yours Faithfully

- The Chairman,D.S.C.C.

Dear Tony,

Having lived in the Redlands area for over 8 years, and having attended the Donald Simpson Community Centre every week, I would like to express my appreciation for the opportunity to attend the Centre in Cleveland.

This Centre provides its members companionship, knowledge, exercise, tasty food, and a relaxing haven, improving the life of everyone.

Congratulations and many, many thanks to the staff and many volunteers who have managed to keep the Centre open during this difficult Covid 19 period. I sincerely hope the Centre will continue for many years to improve the health of the many members and visitors in the Redlands area and beyond, whose wellbeing has been enhanced by attending the Donald Simpson Community Centre,



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

- Hi there Tony,

Two and a half years ago my husband died suddenly, At that time I didn't have a lot of friends as we did everything together. After a few weeks I called at the Donald Simpson Centre and soon joined several classes, day trips and trips away. After this time I know a lot of people by their first names, you see we wear name tags which is ever so helpful. I have made several close friends, one I call my 92 year old friend,

The centre is ever so friendly and there is always some one to talk to either in the Cafe or Library. The booking officers for day trips and trips away are just so friendly and helpful. I just don't know what I would have done without this resource.

Regards

- To chairman

Dear Tony,

As requested my thoughts on our wonderful Donald Simpson Community Centre. Going to DSC on a Friday is the highlight of the week for me. I have made some lovely friends and look forward to meeting them each week, though there is a lot of talking and little work some days, it's wonderful to have the interaction. Everyone is so keen to exchange ideas.

The office staff are all beautiful people and we appreciate them giving their time.

As for the cafe, where else can you get such lovely food for such a small price, and delivered with a big smile.

The centre means a lot to me and I tell anyone who will listen that they should come along and see just how many activities they could enjoy and maybe even learn something.

We must all take care of our very special meeting place, the distress centre.

Thank you everyone who keeps the centre running so I can go along and enjoy myself.

Kindest regards

- to chairman

Good afternoon, Tony,

On Monday at mahjong everyone was asked to submit comments on how much we benefited from enjoying the Donald Simpson Centre.

My comments are:

It allows for social contact which we all need.

Mental stimulation.

Choices of participating in a large number of different activities.

Company as it allows people to join in a different environment as there are many elderly



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

people who do not have visitors at home.

Pleasant settings.

Friendly staff and the volunteers do a fantastic job and are much appreciated.

Stimulates cognitive elderly brains.

Wonderful cafe where we can all enjoy a lovely cup of coffee/tea/hot chocolate or a wonderful reasonably priced meal.

- Dear Tony

I have been associated with the DSC for many years now, initially working in the kitchen/café as a volunteer for some years and then joining up with the Monday Matilda Quilters group.

I have enjoyed my time there and still very much look forward to meeting friends and acquaintances every Monday.

We learn new skill, we teach others we make new friends, we also often meet at our friends' homes for morning tea and a chat.

Without this Centre existing many of us would go our different ways and not have the enjoyment and companionship we have now.

I do hope it remains for years to come and continues to offer locals a range of activities that are second to none.

- Dear Tony,

I just want to say a big thank you for what you, your staff and all the wonderful volunteers, have been doing at the Centre to keep so many of us 'entertained' Quite a few of us are of a certain vintage, and it is good to have so many activities to keep our brains and bodies busy.

Much appreciation,

to chairman

Dear Mr Christinson

As a member of the Donald Simpson Centre, and being a widow, the operation of the centre is vital for well being and socialisation of elderly people.

I attend every week to catch up with like minded people, and mainly for the connection with others that the centre provides.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

The Donald Simpson Centre is vital for the mental health and well being of senior citizens in the area. It should be supported by local authorities as members can only donate/support to the best of their abilities.

Thank you

- to chairman@thedsc.com.au

Good Evening Tony

I am pleased to advise that the centre is important to me because of the activities that are offered and the companionship of members. I have been a member for quite a few years now and would certainly miss it if it had to close. My support is guaranteed.

Also the fact that meals etc. Are provided at a minimal cost which is important to all who take advantage of the café.

Kind regards,

- to chairman

The DSC is a drop-in, a home-from-home when I want a rest or "sit-down" while shopping in Cleveland. I used to be a volunteer in the museum and other local things - but not now - energy has evaporated a little, Please keep up the good work. Regards,

- to chairman

The benefits of social participation and involvement in the community provided by the Donald Simpson centre are improved mental and physical health and life satisfaction resulting in reduced depression and feelings of loneliness. Staying socially active is a way of keeping my brain healthy for longer. Connecting with others eg on trips etc regularly helps to keep the mind engaged and working. I find the ability to be able to participate in activities adds to my self esteem and feeling of being able to contribute to the community. The centre activities add to improvements to the life of seniors and those with disabilities to enable them to live independently and stay longer in their own homes.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

- Dear Tony

We wonder what life will be like the other side of COVID – with its impacts, lockdowns etc!! It is imperative that the Donald Simpson Centre continues to have its special place in the Redlands Community, addressing social isolation and loneliness. My husband and myself believe that DSC sets best practice in provision of communication access for people with hearing disabilities, such as ourselves.

My husband has been profoundly deaf for 76 of his 83 years. I have had a moderate to profound loss for 30 of my 82 years!

We know what social isolation and loneliness feels like it when you experience exclusion from community activities because of hearing disability!

We know what it's like to have organisations tell us to provide our own communication access technology to attend an event!

That of course is the equivalent of telling a person using a wheelchair to provide their own ramp to access buildings!!

The Donald Simpson Centre we believe, has established a best practice in its provision of communication access:

ie a desk audio loop at the entry / the FM system which we use on a regular basis when we attend the Better Hearing Australia – Redlands Support Group/ an excellent audio loop system in the auditorium which means we are included in meetings held there.

I recall using the desk audio loop for small group communication when David Brady, Chairperson of the Peak Body, Deafness Forum Australia (Canberra)

visited the Centre to see what had been done for people with hearing disabilities! We felt so proud of the Centre! Deafness Forum Australia states that:

“hearing loss is the most common disability of adulthood / is more common than heart disease, cancer and diabetes/ affects 70% of people over 70, and has huge impact on the quality of life.”

Kind regards

- to chairman

My husband and I wish to affirm in the strongest possible way the great value we place on our membership of the Donald Simpson Centre and our enjoyment of the many and varied activities it offers to retired, elderly people like us.

Research has repeatedly demonstrated how important it is that the elderly maintain social contact, mixing and integration; without this social stimulus and meaningful and enjoyable activities to pursue, the aged can lose their sense of purpose, becoming depressed, which has detrimental effects on their physical and mental health, and can result in their needing care in an institution much earlier than expected. Not only is this a very expensive outcome for the government, it is also a poor reward for a lifetime of work, caring for family and



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

undertaking volunteer work for the benefit of the community. Because many elderly people live alone due to higher rates of life expectancy, they can end up totally socially isolated: their families are generally working and occupied with their own children, and have limited time to provide a regular social outlet for their parents. The Donald Simpson Centre provides elderly people with the perfect opportunity to make friends easily and to socialise with their own generation. The Centre is a bustling, happy and active place where members are made to feel welcome, can enjoy a coffee with friends, share an inexpensive but delicious meal in the cafe, read books in the library, and participate, for a small charge, in any of the many activities that are offered. All of these features are invaluable assets to our lives

Speaking from our own personal experience, we thoroughly enjoy the stimulating and varied day trips that are offered by the Centre, and we could not imagine our life without them. They are superbly organised by caring volunteers who devote a huge amount of time and effort into giving us all many happy days. We rely on them exclusively for outings, because my husband no longer drives and I am not confident enough to venture too far out of the Redlands in my car. As I am my husband's carer, I find these trips especially relaxing and emotionally refreshing. We have also joined, in the past, some of the wonderful trips of a much longer duration, organised by a very enthusiastic volunteer in the Centre, that have added greatly to our lives and our happiness. All of these trips have furnished us with special memories that continue to enrich our daily lives.

If the Donald Simpson Centre were to close or even significantly restrict its range of activities and reduce its hours of operation because of insufficient funds to continue operating as before, the elderly would be severely impacted and their overall health, physical, mental and emotional, would certainly decline. This would be a very sad commentary on the value society places on the aged. The Donald Simpson Centre is a wonderful asset to the Redlands, which welcomes each year a steadily increasing number of senior citizens. We firmly believe that it is ethically responsible and socially necessary for funding to be provided to the Centre, so that it can continue its meaningful and praiseworthy work. We sincerely hope that this will be achieved.

- to chairman

Hi Tony,

Happy to contribute to your submission. Please feel free to edit as you wish!!

My wife and I have been members at the Donald Simpson Centre for several years. We cannot speak highly enough of the wonderful service that is provided. Apart from being able to pursue our interests, in Art and Wood carving, the social interaction is invaluable. We believe the Centre is making a vital contribution to the lives of our seniors living in the Redlands.

Thanks Tony.

- to chairman@thedsc.com.au



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

We have been members of Donald Simpson Centre for just over 14 years and it proved our Saviour. We had moved to the Redlands area and found most of our neighbours were in the workforce and therefore rarely seen. 5 years (none too happy) I heard about the Centre and liked the idea of actually socialising and making new friends topped off by a wide choice of activities - mah jong, line dancing, day trips, indoor bowls & table tennis and a great bunch of new friends changed everything and even though we have had to cut down on a number of these activities we are still devoted advocates of this wonderful Centre and to lose it would be devastating. The recent lock downs due to Covid were bad enough, a permanent loss is too sad to even contemplate.

- to chairman

Dear Sir,

I am writing in support of the importance of the Donald Simpson Centre in our community. When I moved to the area in 2019 my family recommended that I should join the centre because of the benefits it provides.

This includes everything from in house talks, craft, exercises, special events and well organized excursions of great interest such as the Lavender Farm at Boonah, the Queensland Transport Museum and recently historic St. Helena Island, all greatly enjoyed by myself and other friends made during the time since joining. The Cafe also provides a wonderful service and a safe venue for both members and visitors.

I understand that all this would not be possible without the support of our wonderful volunteers and staff for their assistance in maintaining the operation of the venue and the availability of necessary funding especially in these current 'trying times' of Covid restrictions.

Kind Regards,

- to chairman

Good Morning Tony,

Happy to add my involvement with the DSC. You may choose whatever part of my story that suits to had to your application.

I have been a member for over 25 years enjoying being involved with many activities and trips the DCS has to offer over these years. Was a board member for several years firstly as a representative of RDCOTA and as a member of the DSC.

Have had the opportunity of meeting many members over the years, the consensus has been what an asset the DCS is to their well-being.

They look forward to weekly involvement with activities and fellowship with like minded members.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

Hope this can be of some help Tony for your endeavours for extra funding for the centre.

- to chairman

Good Afternoon Tony

Please see below our statement:-

My wife is 69 years old and I am 79 years old and we are current members. We feel that the DSC is a huge asset to the growing and aging population of the Redland City. It offers:-

- a central location
- variety of activities
- affordable activities
- social connection
- health and wellbeing
- opportunity to be part of the community
- travel opportunities
- accessible activities for singles as well as those with partners
- a comfortable, safe and caring environment.

Regards

- to chairman@thedsc.com.au

Hi Tony

I would like to express and acknowledge the vital role that the Donald Simpson Centre has played in my life and the life of my friend, Patricia Barton.

We attend the centre activities regularly for much needed association with other senior members of the community. This centre provides activities that help to create connections and friendships with others and combats the feeling of isolation and loneliness we often feel in our communities.

I travel from the Gold Coast to attend the centre most weeks and take my friend with me who is from the Redlands community.

This feel a great need for this centre as it helps so many of the elderly with low-cost activities and does a wonderful job to provide the connections and outlets that we so desperately need in very challenging times.

Thank you to a wonderful place where we feel connected, cared for and supported.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

- to chairman

Hello Tony,

Refer to your recent newsletter regarding the shortfall of funding for the Donald Simpson Centre.

When I first moved to Cleveland twelve years ago, I had heard of the DSC from friends living in the area, all of them speaking very highly about this special facility. I thought and still think it is a wonderful idea.

Once I had settled in, I joined as a member and spent many happy hours there and also appreciated the day trips offered for members.

A few years ago, we had to 'fight' to keep the Centre going the way it was, but at a very high cost. I find it deplorable that a rich state like Queensland is unable to support such a valuable cause.

Unfortunately, there isn't a lot of compassion for older people, people who worked very hard all their lives and were not getting the many benefits the younger generations are getting now. Sad to see that all three levels of government cannot see a way to help finance the Centre in a way that we don't have to beg and grovel for help. We are not asking for any luxuries, just a bit of security and a safe place to share with like-minded people. Helping the Centre to continue without financial worries would also acknowledge the wonderful work the volunteers do and without whom it would be impossible to have this facility.

- to chairman

Hi Tony

I would like to add my voice to the thanks from older members of the Redland's community to the valuable work of the DSC. The centre has been a place for me to meet and make friends, enjoy activities and outings. It has a friendly and supportive cheerfulness and it's diverse range of activities, the cafe, and opportunities to volunteer, have helped me feel a part of my neighbourhood.



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

APPENDIX 2

DSC ACTIIVITIES

AGE 3 COVID Restrictions – DSC Timetable – July 2021 onwards

Based on Health Directive Restrictions on Businesses, Activities and Undertakings
Direction (No. 12)

MONDAY

| Times of Activity | Activity Name | Activity Room | Maximum No of participants |
|--------------------------|-----------------------|----------------------|-----------------------------------|
| 8.30am to 12.00pm | Matilda's Quilters | Act Room 3 & 4 | 40 |
| | Matilda's Quilters | Act Room 1 | 16 |
| 8.30am to 12.00pm | Mahjong (Western) | Act Rm 2 | 24 |
| 9.00am to 11.30am | Leatherwork | Workshop | 8 |
| 9.30am to 11.00am | U3A Life in Australia | Auditorium | 63 |
| 11.30am to 2.30pm | Line Dancing | Auditorium | 50 |
| 12.30pm to 4.30pm | Auction Bridge | Act Room 2 | 16 |
| 1.00pm to 4.00pm | Scrabble | Act Room 1 | 10 |
| 2.00pm to 3.00pm | Chair Dance Yoga | Act Room 3 | 40 |
| 3.00pm to 4.00pm | Qi-Gong | Auditorium | 63 |
| 4.30pm to 5.30pm | Ballet | Auditorium | 40 |

TUESDAY

| Times of Activity | Activity Name | Activity Room | Maximum No of participants |
|--------------------------|-------------------------------------------------------------------------------------|----------------------|-----------------------------------|
| 7.00am to 8.00am | Walkers for Health | Outside activity | No restriction |
| 8.30am to 11.30am | Woodcarving | Workshop | 8 |
| 8.30am to 11.45am | Painting / Art | Act Room 3 & 4 | 30 |
| 8.30am to 12.00pm | Parchment Craft | Act Room 2 | 12 |
| 8.30am to 12.30pm | Theatricals – Drama/singing/acting/performance | Auditorium | 63 |
| 9.15am to 11.15am | Discussion Group – Current affairs (1 st and 3 rd Tuesday) | Act Room 1 | 6 |
| 12.00pm to 3.30pm | Art Class (Afternoon) | Act Room 3 & 4 | 30 |
| 12.00pm to 4.00pm | Canasta Beginners | Act Room 2 | 24 |



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

| | | | |
|------------------|-----------------------------------------------------------------------|----------------|----------------------------|
| 1.00pm to 3.00pm | Writers Group (meets every 2 nd & 4 th Tuesday) | Workshop | 10 |
| 1.00pm to 4.00pm | Mahjong (Chinese) | Act Room 1 | 20 |
| 1.00pm to 4.00pm | Social Dance – New Vogue / old time / sequence | Auditorium | 50 |
| 3.15pm to 4.15pm | Guitar Lessons _ going to intermediate CURRENTLY ON HOLD | Workshop | 10 |
| 4.15pm to 7.30pm | Table Tennis (beginners welcome, all ages welcome) | Auditorium | Doubles ok - Max 5 tables) |
| 5.30pm to 6.30pm | Pilates | Act Room 1 & 2 | 30 |

WEDNESDAY

| Times of Activity | Activity Name | Activity Room | Max No of participants |
|--------------------|------------------------------------------------------------------|----------------|------------------------|
| 8.30am to 10.00am | Yoga | Auditorium | 40 |
| 9.00am to 11.30am | Library | | 2 |
| 10.00am to 10.45am | Ukulele Class – Intermediate | Workshop | 10 |
| 10.45am to 11.30am | Ukulele Class – Beginners | Workshop | 10 |
| 10.00am to 11.30am | Philosophy for everybody (U3A) | Act Room 1 & 2 | 20 |
| 10.00am to 12.00pm | Low Vision Group (2 nd & 4 th Wed) | Act Room 3 & 4 | 20 |
| 10.15am to 11.00am | Tap Dancing Class | Auditorium | 63 |
| 11.00am to 12.00pm | Jazz Dancing Class | Auditorium | 63 |
| 12.15pm to 2.30pm | Genealogical Society (2 nd Wed) | Act Room 1 & 2 | 32 |
| 12.00pm to 4.00pm | Rummy Tiles | Act Room 4 | 15 |
| 12.45pm to 1.45pm | Qi Gong | Auditorium | 63 |
| 1.00pm to 2.00pm | German – Beginners | Act Room 3 | 15 |
| 2.00pm to 3.00pm | German – Intermediate | Act Room 3 | 15 |
| 2.30pm to 4.00pm | Redlands Dementia group – 3 rd Wednesday of the month | Auditorium | 50 |
| 03.00pm to 4.00pm | Guitar Lessons – Beginners | Act Room 2 | 20 |



The DSC

Your Meeting Place

DONALD SIMPSON COMMUNITY CENTRE LTD

THURSDAY

| Times of Activity | Activity Name | Activity Room | Max No of participants |
|--------------------|------------------------------------------|------------------|------------------------|
| 7.00am to 8.00am | Walkers for health | Outside activity | No restriction |
| 8.30am to 12.00pm | Cleveland Senior Citizens – Indoor Bowls | Auditorium | 30 |
| 8.30am to 12.00pm | Cleveland Senior Citizens – Bingo | Workshop | 30 |
| 8.30am to 12.00pm | Cleveland Senior Citizens – Cards | Auditorium | 13 |
| 9.00am to 11.45am | Computer Workshop | Act Room 4 | 26 |
| 12.00pm to -4.00pm | Canasta – DSC | Act Room 2 | 24 |
| 12.15pm to 4.15pm | U3A Canasta | Act Room 3 | 24 |
| 1.00pm to 4.00pm | Indoor Bowls | Auditorium | 30 |

FRIDAY

| Times of Activity | Activity Name | Activity Room | Max No of participants |
|--------------------|---------------------|----------------|---------------------------|
| 8.30am to 9.30am | Pilates Class | Auditorium | 40 |
| 8.30am to 12.00pm | Handicrafts | Act Room 3 & 4 | 40 |
| 8.30am to 12.00pm | Parchment Craft | Act Room 2 | 12 |
| 10.00am to 12.30pm | Indoor Bowls | Auditorium | 30 |
| 1.00pm to 4.00pm | Table Tennis | Auditorium | Doubles ok – Max 5 tables |
| 1.00pm to 4.00pm | Table Tennis | Act Room 3 & 4 | Doubles ok – max 4 tables |
| 12.30pm to 4.00pm | Card 500 | Act Room 2 | 24 |
| 1.45pm to 4.15pm | Classical Music U3A | Act Room 5 | 6 |
| 4.00pm to 6.30pm | Table Tennis | Auditorium | Doubles ok – max 5 tables |

SATURDAY

| Times of Activity | Activity Name | Activity Room | Max No of participants |
|-------------------|---------------------------------------------|-------------------|---------------------------|
| 8.30am to 9.30am | Zumba Gold – NEW Starts 17th July | Auditorium | 63 |
| 9.00am to 12.00pm | Table Tennis | Act Room 3 & 4 | Doubles ok – max 4 tables |
| | THEATRICALS | AUDITORIUM | |
| 9.00am to 12.00pm | Hearing Impaired - 2 nd Saturday | Act Room1 & 2 | 24 |