



Dear [[first\_name]],

Welcome to the first newsletter from our new online platform at Better Together Housing. Thank you for signing up to receive our updates

### **Regional Host Mackay**

We are very exciting to announce the Regional Host for Better Together Housing Mackay! **Greater Whitsunday Communities** has a long history in Mackay as an organisation working with a core purpose of making communities better places to live. They are a committed community development organisation, working locally with groups and individuals to address the social issues which affect them. We are very excited to bring them on board to deliver Better Together Housing in Mackay. Stay tuned for more development in this space.

### **Better Together Housing photo shoot lunch**

In late 2020, with the development of the Better Together Housing new website in progress, we realised that we needed some photos of women to make it more visual and appealing. A quick scan of standard stock photos of older women revealed that there is not a lot of diverse representation of women! We wanted to see our women, see ourselves, see our participants as the representation of Better Together Housing. So in the spirit of the way we have approached the project, we decided to do it ourselves, co-create some images with our participants and supporters.

A day was organised on the beautiful Noosa River with some part participants and supporters and a local photographer. We lunched together, laughed together, walked together and talked together and created together a portfolio of beautiful images of real women in our community to promote the Better Together Housing community online and beyond! You can see some of the wonderful images on our new website. All the photos of women are our own. A big thank you to Tammy Simpson from Tammy Simpson Photography for your patience, good humour and support for Better Together.



### Local Initiative Showcase: I Age Well

[I Age Well](#) was established by Gerontologist Tanya Dave in 2017 to empower, recognise and celebrate our senior community on the Sunshine Coast. Their mission is to empower people and communities to age well. They have a range of initiatives, including:

- Senior Service Hub advocates for and support seniors to find the right service to meet their care and lifestyle needs
- **Lifestyle 55+ Expo** aims to bring the very best the Sunshine Coast has to offer its senior community under one roof . Held annually during seniors week this show stopping event celebrates seniors and those in their transitioning years. With over 80 exhibits on

display covering Health & Wellness, Retirement Living, Travel, Lifestyle Products and Services, Fashion and Accessories, Employment and Education, Legal and Finance, there is something for everyone. Informative free workshops, live entertainment and great food makes this event one that is not to be missed.

- Lifestyle 55+ Magazine /Service Directory was created to fill the information gap. The magazine celebrates ageing and tackles the challenges and myriad of social issues faced by our senior community. The magazine provides a much needed resource and directory to assist the over 55 community on the Sunshine Coast.
- Sunshine Coast Senior Leadership Awards was established in 2019 to recognise seniors – our greatest asset and their valuable contribution to our community.
- Lifestyle 55+ Videos will be launched in 2021. We have a series of lifestyle videos on a range of health and lifestyle topics, Get ready to be inspired to live your best life.
- Ageing Well Masterclass : We work with the best on the Sunshine Coast to bring you informative videos on a wide range of lifestyle topics to keep you well informed and engaged with the community.

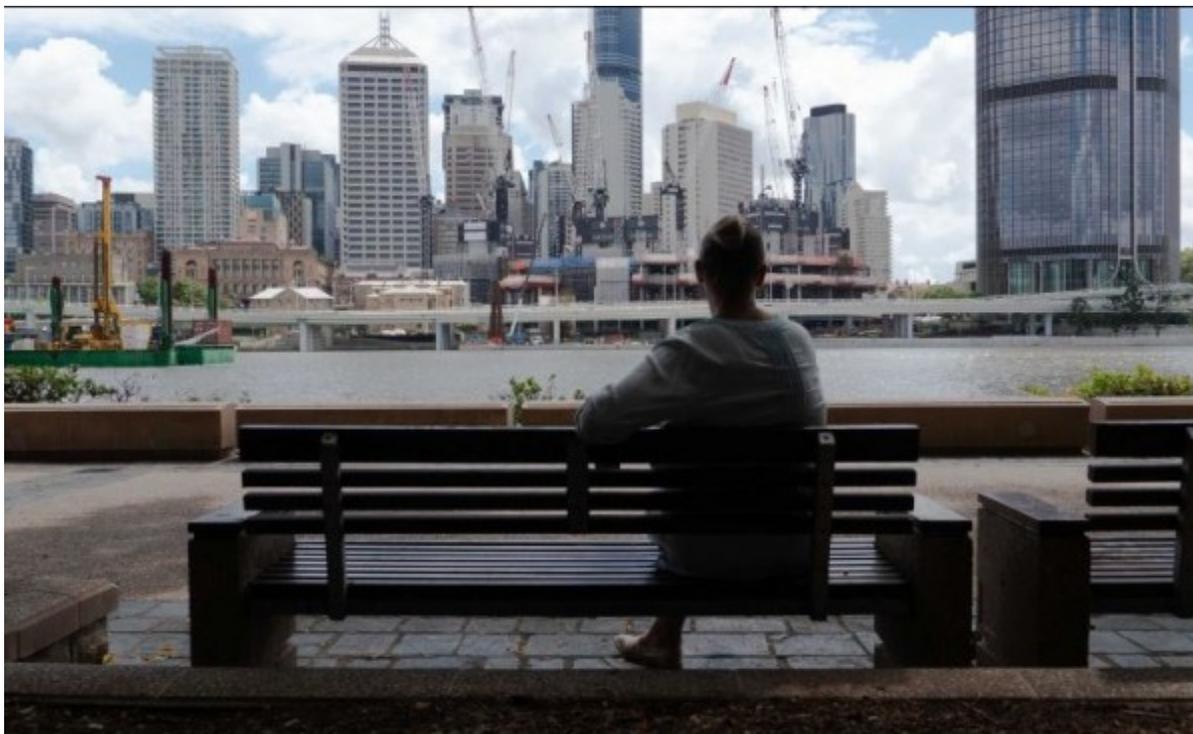
Visit their [website](#) to stay up to date with all the latest, particularly the **Lifestyle 55+ Expo**. Save the date for later in the year **5th August 2021** at the Nambour Show ground.

### Members

If you have recently registered as a member of the Better Together Housing Site, then we warmly invite you to complete your profile! The more involved you are the more you will get out of it. Be patient as we build the membership back up! We will soon have a schedule of informal Get It Togethers for the Sunshine Coast.

## Latest Articles

### House-sitting, couch surfing keeping 'almost homeless' older woman off the streets



Brisbane mother of two Zoe\* has not had stable housing for more than two years but she is not what you might imagine when you think of someone experiencing homelessness.

[Read More](#)

## The Lift Project



Lift your mood and your life

A FREE online wellbeing program exploring ten wellbeing enhancing topics over ten weeks with an emphasis on improving your mental wellbeing.

[Read More](#)

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