



**FREE 10AM - 2PM**  
**WEDNESDAY 2ND APRIL**  
Kempsey Central Coles Complex



## Health & Wellbeing Hub

Inside Country University Centre

Drop in for mindfulness, breathwork, fun and engaging chair exercise sessions. Limited seats per session.

### HEALTH & WELLNESS SESSION SCHEDULE

- 10:10am **Gentle Chair Exercises** (20mins)
- 10:40am **Mindfulness & Meditation** (20mins)
- 11:10am **Breathwork** (10mins)
- 11:30am **Gentle Chair Exercises** (20mins)
- 12:00pm **Mindfulness & Meditation** (20mins)
- 12:30pm **Breathwork** (10mins)
- 12:50pm **Gentle Chair Exercises** (20mins)
- 1:20pm **Mindfulness & Meditation** (20mins)
- 1:50pm **Breathwork** (10mins)

**Mid North Coast Local Health District will also be offering**

- ✓ **Free health checks** (blood pressure & respiratory health)
- ✓ **Falls risk assessments**
- ✓ **Nutrition & lifestyle advice** for healthy ageing

Talk to the **Clear Ear Clinic** about our professional micro-suction earwax removal services and diagnostic hearing assessments.



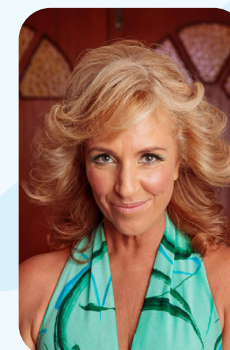
## Entertainment Zone

Level 2 - Riverside Cinemas

Accessible cinema - limited seating per session. Enjoy live music performances and a short film sharing community stories!

### PERFORMANCE & FILM SCHEDULE

- 10:10am **Life Stories of the Macleay in Flood** Short Film, 25 mins
- 10:40am **Kathryn Jones** Live Music, 35 mins
- 11:20am **Pete Ball** Live Music, 35 mins
- 12:10pm **Kathryn Jones** Live Music, 35 mins
- 12:50pm **Pete Ball** Live Music, 35 mins
- 1:30pm **Life Stories of the Macleay in Flood** Short Film, 25 mins



# VENUE MAP

Kempsey Central

## LEVEL 1





## Activity & Dementia-Friendly Zone

Interactive, hands-on activities to engage and inspire!

**Pickleball Demonstration & Stall** Try out this fun, easy-to-learn sport and find out how to join a local group!

**Manhuti WalkAbout Jewellery & Weaving** Learn simple weaving techniques and create your own piece of jewellery.

**Guided Art Project** Collaborative painting workshop with artist Yvonne Kiely - no experience needed!

**Dementia Australia** Play memory games, puzzles, and craft activities while getting expert advice on living well with dementia.



## Rest, Refresh & Social Space

Inside Country University Centre

A place to relax, connect, and enjoy light refreshments.

**Tea & Coffee Lounge** Free light refreshments available.

**Photo Booth** Capture the moment with fun props and friends.

**Lounge Area** A comfortable space to unwind and chat with others.



## Information & Community Stalls

Discover local services, get expert advice, and connect with community organisations.

### Community, Financial & Legal Support

**Seniors Rights Service** Free legal, aged care, and financial advocacy for older people.

**Mid North Coast Legal Centre** A community not-for-profit providing free legal advice, advocacy, and education.

**Service NSW** Helping seniors access savings, rebates, and cost-of-living support.

**Mid North Coast Financial Counselling Service** Free, confidential support for budgeting, debt management, and financial advocacy.

**NSW Police** Local officers available for a chat and advice.

**Carers NSW** Support for carers, including counselling, respite, peer groups, and financial assistance.

**Community Housing Limited (CHL)** A not-for-profit providing social and affordable housing for vulnerable and low to moderate-income earners.

## Technology, Health & Everyday Living

**Echo Voice & Data** (Telstra Partner) Help with mobile phones, avoiding scams, and using technology. Visit their stall for a chance to win a Philips Airfryer or a \$100 Kempsey Cash gift card!

**Kempsey Library** Sign up for a library card, grab freebies, and explore books, DVDs, and digital resources like magazines and film streaming.

**Guide Dogs Australia** Support and advice on mobility, low vision services, and assistive technology for people with vision impairment.

**Mid North Coast Health Promotion** Free advice on nutrition, physical activity, and healthy ageing, plus take-home resources.

**Vital Living** Explore mobility, disability, and independent living products, with items to trial!

**Dementia Australia** Advice and support for people with dementia and their carers.

**See Changes Disability** Providing NDIS therapeutic supports with local and remote practitioners to enhance quality of life.

## Aged Care & Home Support

**Nurse Next Door** Home care, 24/7 nursing, meal preparation, and dementia support for independent living.

**Home Instead** In-home care, companionship, and support for independent living.

**Calvary Aged Care** Person-centred aged care, offering permanent and short-term residential support in a welcoming environment.

**Roshana Macleay Valley Aged Care** Residential aged care in a tranquil setting, focused on keeping residents active, engaged, and connected.

**Macleay Valley Village** Independent senior living with tailored support, low-maintenance villas, and a vibrant community lifestyle.

**NVC Group** - provides aged care, lifestyle living, home care, and education services across the NSW Mid North Coast.

**Omnicare** Affordable home care services, including personal care, transport, meals, and home support to help you live independently.

### **Kinchela Boys Home Aboriginal Corporation (KBHAC)**

Supporting KBH survivors, Stolen Generations families, and the community through peer support, elder care, and NDIS services.

**Community Gateway** Providing respite care, in-home support, transport, and social connection through CHSP, Home Care Packages, and NDIS.

**Hastings Neighbourhood Services** Helps people with disability access Aged Care and NDIS services, assist with paperwork, and offers peer mentoring, social activities, and capacity-building workshops.

**Booroongen Djugun Limited** Culturally inclusive residential care for Aboriginal and non-Indigenous individuals, including those with disabilities.

**Red Cross** Learn about the Aged Care Volunteer Visitor Scheme, connecting volunteers with seniors to reduce social isolation.

**Annecto** A not-for-profit offering support for Home Care Packages, Short Term Restorative Care and My Aged Care access.

## Transport & Community Connections

**Linked Community Services** Subsidised transport, social outings, and volunteer visitor programs for seniors.

**The Man Walk** A men's walking group for social connection, support, and fitness.

**Smithtown Croquet Club** A friendly, social club where all ages can enjoy low-impact croquet—no experience needed.

**Kempsey Macleay Table Tennis Club** Stay active and social with friendly table tennis sessions for all skill levels.

**Kempsey Family History Group** Talk to the group about resources and support for family history research.

**U3A** Lifelong learning, social activities, and educational programs.

**Kempsey Friendship Force** - Founded in 1987, promotes cultural exchange through regular inbound and outbound trips.

