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This report examines the recommendations proposed by the Aged Care Taskforce to support our aged care system that so it can be sustainable, fair and facilitate greater innovation in the sector.   The Royal Commission gave us a once-in-a-lifetime chance to re-think, re-design, and re-vamp services to a deeply significant section of the population. The chance has not merely been missed; it has been burned at the stake of profit for providers of outsourced government services.  Beverly Baker (Chair OWN NSW).  The **Seniors’ Festival** is over for another year. Many of our groups held or attended events and celebrated the contributions of older adults to our local communities. We had a stand at the **Seniors Expo** and thoroughly enjoyed meeting so many of the older women passing through.  Our Seniors Festival event **LONGEVITEA: The Culture of Chinese Tea and Wellbeing** was an enjoyable afternoon of tea tasting and culture. The participants tried four different types of Chinese tea over the afternoon - Dragon Well, Pu Er, Red Robe and Chrysanthemum all paired with Chinese snacks. We thank Jiefang, an OWN Volunteer, who helped coordinate and lead the session.  We congratulate our **OWN Deepwater** members who recently came to the aid of Mary Mac’s Food Pantry at Woy Woy after a recent urgent call for donations. Read more below. Our newly formed **Goulburn Network** had their first outing to view the regional road show of the Archibald exhibit and made it into the Goulburn post! View > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=4e74f3b892&e=4c905e0419).  OWN NSW ran a panel at the recent Elsie Conference which was held recently to celebrate the 50th year of the establishment of the first women's refuget in Australia. Called 'Looking for Silver: Why Older Women Should Be Counted Too', our panel featured Kathryn MacKenzie, Director of Operations, Ageing and Disability Commission; Amani Haydar, Survivor Advocate; and Yumi Lee, OWN NSW CEO. It was facilitated by Deb Barndon, OWN NSW's Coordinator of Hear Our Voices project.  Have you felt the very subtle change in temperature with autumn's arrival where you are? It has been very pleasant in Sydney. We take this opportunity to wish you a relaxing and peaceful break over the Easter long weekend. Regroup, refocus and enjoy nature's beauty and the joy of family and friends if at all possible!  Warmest regards, OWN NSW Team  ps - Here are some photos below of the Longevitea Seniors Festival event. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | A person sitting in a chair  Description automatically generated |  |  | | --- | | Two women smiling at the camera  Description automatically generated | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | Member Shefali showing the delightful ceramic cup used to taste the teas. | | |  | | --- | | Thank you Jiefang! | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | A person sitting in a chair  Description automatically generated | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | (l-r) Deb Barndon, Kathryn MacKenzie, Amani Haydar, Yumi Lee at the Elsie Conference | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Planning for the Unexpected**  Planning for the inevitable can be confronting and baffling, and easy to put in the too hard basket for now. It's something most of us don't want to think about.  This new, free, online series from OWN is presented by family lawyer Alice Mantel, elder law specialist and author of Every Woman’s Guide to Retirement, together with Amanda Armstrong, producer.  **Episode ONE: Why Your Will Is An Emotional Document** In the first episode, Alice Mantel explains why your will is both a practical and emotional document, why you should think about your funeral now, and how to choose trusted people to be your executors, and take on the power of attorney for you. We'll give you the steps and things to consider as you plan to provide peace of mind while you are in control. FREE - BOOK >[HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=473c9b2d68&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | You are invited to a special event hosted by the Theatre Group of the Older Women's Network!  Members of the Theatre Group will be playing the main roles in the reading of a new play by OWN member, Susan Thomas, called "An Ill Wind in the Garden of Eden". The play reading will take around 20 minutes followed by a feedback session with Susan Thomas, facilitated by filmmaker and playwright, Rivka Hartman, the convenor of the OWN Writing Group.  Thu 11th Apr | 2:00 pm - 3:30 pm AEST |  Older Women's Network NSW 8-10 Victoria St, Newtown | Bookings essential > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=7038083336&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Great to see that our **Deepwater OWN** members recently came to the aid of Mary Mac’s Food Pantry at Woy Woy after an urgent call for food donations.  The group was able to deliver over $500 in basic groceries and have pledged to continue to provide regular drop offs for Mary Macs. This is the spirit of OWN and the power of a group of older determined women !  Read the full article in the Coast News > [HERE.](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=b491c3ab85&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | We had a lovely two days at the Seniors Expo 2024 talking to so many interested women. We received 200 new sign ups for our newsletter so we welcome any new readers here today - you will find a wealth of information just for older women in NSW.   We also met some members from Blacktown, Bankstown and Newtown who were there enjoying the Premiers Concert and all the expo had to offer. | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | A group of women posing for a photo  Description automatically generated |  |  | | --- | | A group of women standing in front of a display  Description automatically generated | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | Board members Larissa & Carolyn helping out on the day with Phoebe. | | |  | | --- | | Members from Blacktown OWN. Thanks for coming and saying hi! | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The **NSW Get Healthy Service** is a **free telephone based health coaching service** for NSW adults aged 16 years and over. The Service will help you create and achieve your own healthy lifestyle goal through the support and guidance of your own expert health coach.  **NSW Get Healthy Service** 1300 806 258 Monday to Friday 8am to 8pm (AEST) Learn more > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=9d17200fe2&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Healthy Ageing Online Learning helps you make small changes to improve your health and wellbeing. Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your own home. You can access:   * eight online learning modules with quizzes * two online exercise circuits designed for beginners with videos so you can follow along at home * fact sheets with helpful tips and information * an exercise manual and logbook with images and easy-to-follow instructions   Learn more > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=d9c24985a7&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Everybody’s Home** is calling on people from all walks of life to contribute to the **People’s Commission** into the housing crisis. The People’s Commission is an opportunity for people across Australia to contribute to a national conversation about the housing crisis, its impacts and what can be done to fix it.   You can get involved simply by completing a short survey letting them know how the housing crisis is impacting you or the people you care about. This is our opportunity to get in front of decision-makers to ensure our voices are collectively heard. Take the short survey today > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=31eb1070a6&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **SBS Insight program** is putting together an upcoming episode about age limits and the discussion about how old is too old in various professions like politics, pilots, judges, doctors and other aspects of life like driving, looking after grandchildren etc.   They’d like to speak to older people who are thinking about how long they will keep driving, are having conversations with family and doctors about this or feel passionately that they can keep driving into their later years.  If you are interested in sharing your thoughts and experiences around driving then please contact Alex at SBS on 0419 513 010 or [alex.tarney@sbs.com.au](mailto:alex.tarney@sbs.com.au) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Australian Life showcases works from amateur and professional photographers across the country. From the epic to the intimate, the harsh to the fragile, Australia holds so many experiences for so many people. The City Of Sydney wants to see Australian Life through your lens!  Read more information and the creative brief > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=600f61ff6f&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [Green and white text with orange and green gradients  Description automatically generated](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=9c48ae258b&e=4c905e0419) | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Barnardos** has just introduced a Food Pantry in Auburn which is open every Tuesday from 12:30pm-2:30pm. Families can attend the food pantry twice a month and don’t need to provide any proof of finances - they just need to provide their name. If families require support outside of the pantry open hours, it’s best to reach out to Barnardos directly through the phone number on the brochure and they can organise a hamper for them.   Read more > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=b51294153a&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | NCOSS has launched its **Cost of Living in NSW 2024** survey. The project seeks to get a better understanding of the impact of cost-of-living changes on low-income households and those living below the poverty line across NSW.  You are invited to take part in a research study about cost of living in NSW. Take the survey > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=6f5358a80c&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A research team at UNSW/NeuRA is exploring the subjective ageing experience of older adults with age-related hearing loss. They are currently looking for volunteers to share their unique hearing loss experiences by attending a 1-hour online interview.  To take part you need to: - Be aged between 60-75 years - Be willing to join a 1-hour interview session to talk about your experiences - Have access to a device with internet  If you are interested in taking part in this study, please get in touch with the research team: Jana Koch (PhD candidate) Email: [jana.koch@unsw.edu.a](mailto:jana.koch@unsw.edu.a)u Phone: 02 9399 1116 | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Do you struggle with doing things online, or want to know how to better use your mobile phone or laptop? We're offering members **FREE** digital device **one-on-one support** thanks to our student volunteer. Just ring the office on (02) 9519 8044 or email [volunteer@ownnsw.org.au](mailto:volunteer@ownnsw.org.au) to fix a time to get the help you need. | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | There are still tickets available for the Older Women's Network Theatre Group's first public performance of their one hour show 'Not Dead Yet!' at Ashfield Town Hall at 1pm on April 20.   The show won a best cabaret award for week 4 at last year's Adelaide Fringe Festival and the group would particularly like to encourage OWN members to come for their Sydney show.  The Theatre Group also needs some volunteer ushers on the day from midday.  Please email [tg@ownnsw.org.au](mailto:tg@ownnsw.org.au) if you can help with this fun event.   Sat 20th April |  1:00 pm - 2:00 pm  | Ashfield Town Hall 260 Liverpool Rd, Ashfield. Book tickets > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=a95236ffcc&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Ageing is often framed as a series of problems that need to be fixed or a decline to be endured with graceful silence. Could we, as mature women, find a health program that embraces the joys of ageing?    The joy of not caring what people think of you, of knowing who you are and what you like, and the delight taken in smaller things: flowers, trees, children, pets, a well-cooked meal, a good book, a good poo…..  **Come and celebrate Joyous Ageing with *New Moves* at the Older Women’s Network**  **FREE! Monday April 8th class: 2:15- 3:30 pm followed by afternoon tea 3:30-4:30pm.**  Photographs will be taken during the class to be used for promotional purposes. (We will ask you to sign a release form on the day.)  **No dance experience is necessary, and you can do this class from a chair. Bookings are essential and limited. Call Older Women’s Network on 9519 8044.** | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | To make informed choices about their aged care, older people must be able to compare different services. Credible, transparent data on what providers are spending on things like care, food and wages is key.  In this webinar, OPAN's panel of experts will explore the resources available, including the new Dollar for Care feature on the My Aged Care ‘find a provider’ tool. Wed March 27  | 12:30 pm – 1:30 pm AEDT | Free online register > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=858d99a2cd&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Can more rights make less wrongs? Can we help future-proof justice with an Australian Human Rights Act?  Listen to Waleed Aly and Prof. Rosalind Croucher, as they debate future human rights dilemmas and tussle over how a Human Rights Act would protect people and communities in a hypothetical – but entirely possible – 2034.  Join timekeeper and sleek geek Adam Spencer as he corrals a compelling lineup of legal eagles, rights advocates, media personalities and comedy stars who’ll challenge and cajole each other – as well as the audience – to either save the future or let rights go wrong.  Thursday 6 June |  7pm – 8:30pm  |  Hyatt Regency Sydney  $70 - $150 [Book > HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=fed4d553dd&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | UNSW Ageing Futures Institute's Assoc Professor Soufiane Boufous is presenting a seminar on **Facilitators and Barriers to Cycling in Older Adults.** He will share the factors affecting cycling participation to improve mobility and social connectedness in older people. Cycling is a non-weight-bearing type of physical activity that is suitable for older adults.  Thu, 28 Mar  |  1:00 PM - 1:45 PM AEDT | Free online register > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=610a9ffe13&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | To mark the Aged with Rights Global Rally 2024, members of OPAN’s National Older Person's Group will have a roundtable discussion on the UN Convention on the Rights of Older Persons.    Join them on April 9 to hear what they have to say about the role a convention would play in strengthening protections and its impact on the delivery of aged care services.   Tuesday 9 April |  12 pm AEST | Online free register > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=c0b5d34187&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | An OWN member is involved with **Our Rainbow House** which has been operating a primary school in a village in Lusaka, Zambia for 12 years. Their vision is to provide education and nutrition to orphans and vulnerable children, encourage them to have an optimistic view of the future and empower them to break the cycle of poverty in their community. At present they have 73 students and funding is from sponsorships. Learn more > [HERE.](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=63f597266d&e=4c905e0419)  If you would like to support their work, you are warmly invited to the **Dreams Come True** Dinner Dance Fundraiser.   11 May |6:30–11pm  | Tickets $70. Learn more > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=e3a5445aee&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Join Generation Woman this month for a lively celebration of Women's History Month and International Women's Day with the theme, '**The M Words - Menstruation, Motherhood, Menopause'.** They're sharing stories about the ups and downs and everything in between when it comes to the moments that touch women's lives.  Wed March 27 | 7:00 PM  8:00 PM |  Generation Women Sydney 354 Bourke Street Surry Hills | Book Tickets > [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=bfbd0d696a&e=4c905e0419). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Join this webinar to hear from Dorte Caswell, Professor in Social Work at Department for Sociology and Social Work at Aalborg University (Coppenhagen, Denmark), who will reflect on how co-production has been adopted in Danish employment services, including practices of frontline staff, and how a professionalised workforce can make services more empowering.  Could this approach be adapted in Australia to give people who use employment services more choice and control?  Wed 10 April | 4:00 PM - 5:00 PM  | Online register > [HERE.](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=4ed61a0cab&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Sharon has posted new videos recently which you may find helpful in your job search. See below. If you need help, Sharon is available to assist. Contact her by dropping her an email [pathways@ownnsw.org.au](mailto:pathways@ownnsw.org.au) or call the office (02) 9519 8044.   * Get job ready. Our resume writing and cover letter workshop is up on our YouTube channel> [HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=5cd0bf494b&e=4c905e0419). * Watch a short introduction video to our Pathways to Employment Program for unemployed women over 50 > [HERE.](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=dc66d77ae8&e=4c905e0419) * Why Keywords Matter on Your Resume > [HERE.](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=100081dd18&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  |  |  | | --- | | We all need a great resume. It is a key document to showcase our skills. Resume writng has changed over the years. Download some free resume templates from SEEK >[HERE](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=5322514629&e=4c905e0419).   To get help with a resume that captures the employers attention and all other employement questions contact Sharon via email at [pathways@ownnsw.org.au](mailto:pathways@ownnsw.org.au) | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | The Last Word. Follow us on [Instagram](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=f7ced69a7d&e=4c905e0419) | | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Facebook](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=a2ce30e98d&e=4c905e0419) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Twitter](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=e3f6eb6f8a&e=4c905e0419) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Website](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=20efba3a19&e=4c905e0419) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Email](mailto:info@ownnsw.org.au) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Instagram](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=79e4371050&e=4c905e0419) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [YouTube](https://ownnsw.us17.list-manage.com/track/click?u=141e511b96531633cc0b09850&id=1a897f155f&e=4c905e0419) | | | | | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Copyright © Older Women's Network All rights reserved.  **Our mailing address is: 8 - 10 Victoria Street, Newtown, NSW 2042** | | | | | | |

