



Media Release

16 November 2022

Cockburn named WA Age Friendly Local Government of the Year for 2022

Main points:

- The City of Cockburn has been named the WA Age Friendly Local Government of the Year for 2022
- The City was selected for its commitment and support for seniors through the development of its Age Friendly Strategic Plan, the first of which was developed in 2008
- The City won the Local Government Award at the 2014 WA Seniors Awards for its Age Friendly Strategic Plan.

The City of Cockburn has been named the WA Age Friendly Local Government of the Year for 2022.

The City's commitment to the wellbeing of its ageing population has been recognised at the 2022 WA Seniors Awards.

The Council on the Ageing Inc and Department of Communities award was announced by Minister for Seniors and Ageing, Hon. Don Punch at a special awards presentation this morning.

The City was selected for its commitment and support for seniors through the development of its Age Friendly Strategic Plan (AFSP), the first of which was developed in 2008.

The City is currently undertaking a review of its AFSP and will again seek input from the local community to help ensure seniors in Cockburn feel valued, have optimal opportunities for good health and active participation and a sense of security, inclusion and accessibility while they age in place.

City of Cockburn Head of Community Development and Services Karoline Jamieson said the City's commitment to older people over the last fifteen years has been extraordinary.

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“The City established its very popular Seniors Centre, which has more than 1,200 members, a community men’s shed, installed more than 90 pieces of public exercise equipment and is a member of the World Health Organisation’s Global Network for Age-friendly Cities and Communities,” Ms Jamieson said.

“It also had a significant targeted response to the pandemic, to increase social connection among the community’s senior residents during a time of unprecedented social isolation and increased anxiety and health concerns.

“It was identified that members of the seniors centre were in danger of isolation from what was their only social outlet when the COVID-19 state of emergency was declared and all City activities and services were temporarily closed due to lockdowns.

“Seniors centre volunteers established a Friendship Group for members of the centre and it still operates today as a proven way for people to form sustainable, long-lasting connections and friendships.

“It hosts an enthusiastic core group of participants including those who may otherwise have found it difficult to form social connections.

“These members now collaborate on weekly activities to prevent loneliness including community outings, catching up with one another for a cuppa and a chat, and giving each other a call. These connections have made all the difference.”

The City won the Local Government Award at the 2014 WA Seniors Awards for its Age Friendly Strategic Plan.

Other key achievements of the City’s AFSP include:

- A public bus service established in Spearwood, Coolbellup and Cockburn Central
- Multiple annual information forums held at the seniors centre
- CoHealth service to support people at risk of developing chronic disease
- Annual Healthy Lifestyle Expo for 55+ held in conjunction with the cities of Melville and Fremantle
- Increased CoSafe security patrols and a CCTV strategy to create a safer community
- Development of a public toilet map.



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Read a summary of the Age Friendly Strategic Plan on the City's [website](#).

ENDS

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