

## Great conversations start with a cuppa!

We all know that some of the best conversations happen over a cuppa. So why not gather a few friends, neighbours, or family members and chat about what matters most to you as you get older in Melville?

As part of our Age-Friendly Melville Plan review, we're inviting people aged 55 and over (or nearly there!) to host their own Cuppa Conversation - a simple, do-it-yourself chat about life in our community.

It's easy to take part. All you need is:

- A few people (friends, family, neighbours or club members)
- A cuppa and some snacks
- ♣ About 30–45 minutes to share your thoughts

## Three easy steps to get you on your way

Step 1: Ask these five questions at your chat:

- What helps you stay healthy, active and connected?
- How easy is it to get around?
- Does your home suit your lifestyle and needs as you age?
- How do you find out what's happening in the community?
- Thinking about the next five years, what's most important for people over 55?

Step 2: \( \) Capture your group's responses.

Use the conversation guide or jot down key points.

Step 3: ➤ Share your feedback.

Scan the QR code below or visit melvillecity.com.au/agefriendly to submit your conversation notes by Sunday,30 November 2025.

## Every cuppa helps shape our next Age-Friendly Melville Plan

Pop the kettle on, invite a few people over, and share your ideas for a more age friendly Melville.

melvillecity.com.au/agefriendly



