

MEDIA RELEASE

22 May 2023

Expo connects seniors with show of unity

COTA NT's Seniors Expos have gone from strength to strength with over 2 500 visitors expected to stream through this year's Darwin Seniors Expo event on Saturday at the CDU Marrara Netball Stadium.

The 8th Expo in Darwin continues the event's theme of connection and this year over 80 exhibitors and performers including many of COTA NT's Club and Associate Members, local seniors' groups and local service providers will attend.

Space and time have been deliberately set aside at this year's Expo to address key issues of concern in the community, safety and domestic and family violence. A personal Safety Workshop is being held during the expo and following an opening address by the organisation's Patron, His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory, COTA will be asking event attendees to display unity in support of the NO MORE program by linking arms for a campaign photograph. The program led by Charlie King says 'NO MORE' to domestic and family violence against women and children in the Territory and across Australia.

"At our Expo event this year, we have an opportunity to show how powerful Territory voices are - especially those of community elders - when they are raised together," says Sue Shearer, Chief Executive Officer of COTA NT. "Connecting people to create strong, safe, caring communities has been at the core of COTA NT's work in the Territory since 1969. And in recent years, we have worked hard to create a significant calendar event which draws attention to the needs of seniors particularly. We are proud that once again, so many organisations come to support our work at Expo."

"There are many highlights to be enjoyed at this year's event too," added Ms Shearer. "Territory 104.1 FM will be broadcasting live; entry and morning tea refreshments are free. We have dance, live music, demonstrations and join-in sessions from local fitness groups and a huge range of free advisory services and products. If you need to find out more about concessions, banking, finance, legal, end of life planning, health, retirement, mobility equipment, aged care, nursing, employment, government services, seniors' groups and more, Expo is the perfect place to start.

"And despite a bit of a squeeze across the board on funding, we are especially grateful for the goodie bags, freebies, raffles and competitions being provided on the day."

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- **Date/ Time: Saturday 27 May, 10.00am – 2.00pm (free entry)**
Venue: CDU Marrara Netball Stadium, 235 Abala Road, Marrara
Dress code (optional): Orange (in support of the No More campaign)
- COTA NT's Seniors Expo 2023 is sponsored by the Northern Territory Government. Netball NT, Territory 104.1 FM.
- To view/download the full program, book into the Personal Safety Workshop, download a flyer or find out more about the No More Campaign follow this [link \(www.cotant.org.au/darwin-seniors-expo-2023/\)](http://www.cotant.org.au/darwin-seniors-expo-2023/)

COTA Northern Territory is the peak advocacy and representation organisation for senior Territorians advocating for and working towards an age-friendly, just, inclusive and equitable society since 1969

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