



# Positive Ageing Together Newsletter

April - May 2024 Edition

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There is so much happening in Frankston its hard to keep track. Luckily the team at Positive Ageing have all the latest news and events, in and around our Community.

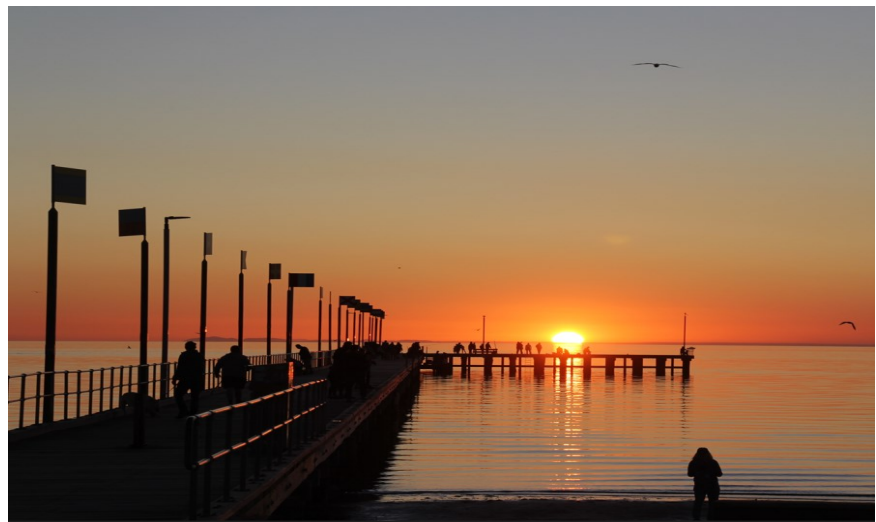
There really is something for everyone.

Did you know that the Frankston City Council have an amazing webpage just for our seniors called Active Ageing?

It has great information and resources such as:

- ◆ My Aged Care
- ◆ Positive Ageing Together Newsletter
- ◆ Local Senior Clubs and Groups contact information
- ◆ The Keeping Active and Involved Physical Activity Directory
- ◆ Senior Friendly Small Businesses
- ◆ Age Friendly Frankston Ambassadors
- ◆ Important contact details for many local, state and federal government websites

Please have a look for yourself at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)



Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, the Traditional Custodians of these lands and waters.



If you have any ideas you would like to submit or have events and activities you would like to promote, please contact Positive Ageing by emailing [PositiveAgeing@frankston.vic.gov.au](mailto:PositiveAgeing@frankston.vic.gov.au) or call 0438 902 205

## Seniors News

**Problem Gambling** and what's being done to tackle this.

Did you know that Frankston City has 519 electronic gaming machines (EGMs) in 9 gaming venues. In 2022-23 , \$185,392 was lost each day on EGMs within the Frankston City community , this totals nearly \$68 million lost per year. What's being done to help combat those figures?

**Bet Stop**— is a fairly new Australian Government Initiative

It is safe and free National Self Exclusion Register which allows you to block yourself from accessing all Australian licensed online and phone wagering providers. Once registered, online and phone gambling providers will not be allowed to; let you place a bet, let you open a new betting account or send you marketing messages.

It is making a big difference to Australians at risk of experiencing online gambling harm , with almost 10,000 people registered since its launch in August 2023.

[Find out more here](#) or check out <https://www.betstop.gov.au> or call 1800 238 786

**Libraries After Dark Program**—The city of Frankston is one of several councils participating in the Libraries after Dark Program. The program funds extended evening opening hours, positioning the local library as a community lounge—an alternative to the gambling lounge. It seeks to reduce social isolation, a well established risk factor for the social and economic harm caused by gambling.

Carrum Downs Library run an after Dark session on Thursday nights 6-10pm .

Contact Library 8773 9359 or [Find out more here](#)

Gamblers Help provide a range of confidential services for anyone impacted by gambling( your own or someone else's) . The helpline provides free support 24 hours per day. Call 1800 858 858

[Gamblers Helpline](#) 1800 858 858



**Welcome to the upside of ageing** 

[liveup.org.au](https://liveup.org.au)

Funded by the Department of Health and Aged Care,  
LiveUp is your free healthy ageing guide.

The image shows three elderly women in athletic wear running and splashing in the ocean waves on a sunny day.

**LiveUp** is powered by a not-for-profit that is funded by the Australian Government . It is focused on helping people stay independent through healthy ageing.

LiveUp works with industry and health experts to develop online tools that make finding free, impartial, relevant healthy ageing information accessible.

It has a comprehensive list of exercise classes, product suggestions and local groups so you can age your way.

This site has so much amazing information that is custom to you . There is no hard sell on the product suggestions as they are merely recommendations.

Visit [www.liveup.org.au](https://www.liveup.org.au) or call the support team 9am—5pm AEST 1800 951 971 if you would like to find out more.

## Community Centre News

### Frankston South Community Centre - Understanding Dementia

Dementia Australia in partnership with the Frankston South Community and Recreation Centre will be providing a FREE workshop on Understanding Dementia.

This session will provide an overview of different types of dementia diagnosis, planning ahead and how to support someone living with dementia.

Tea , coffee and light refreshments provided.

If you have a family member or know someone who may have dementia , then book early so you don't miss out.

For more information, please contact Dementia Australia on 0408 301 800 or email [Vic.Booking@Dementia.org.au](mailto:Vic.Booking@Dementia.org.au) or visit [Eventbrite](https://www.eventbrite.com) to make a booking (Bookings Essential)



**When:** Tuesday, 23 April 2024  
1pm-3.30pm, 2.5 hrs

**Where:** Frankston South  
Community and Recreation  
Centre, 2/55 Towerhill  
Road, Frankston South 3199

**Cost:** Free

**Additional information:**  
Bookings are essential.

### Langwarrin Community Centre— Exercise , Health and Wellbeing

**AGE STRONG**—Strength and balance program using resistance and weights designed for older people . In partnership with Peninsula Health. An assessment is required. Attend one or two sessions per week (Bookings essential)

Langwarrin Community Centre is part of the AgeStrong Network ; a group of local health professionals and leaders working together to increase safe and suitable strength and balance programs for older people .

**When:** Tuesdays 9.30—10.30 am OR 10.45—11.45am (no classes on Public Holidays)

Thursdays 9.30—10.30 am OR 10.45—11.45am (no classes on Public Holidays)

**Where:** Langwarrin Community Centre 2 Lang Road Langwarrin

**Cost:** \$7 per session

**Contact:** 9789 7653 for eligibility details

**STARTING OUT**—Gentle exercise for all ages.

New to exercise and wanting somewhere comfortable to start out, with a qualified and experienced trainer?

Need to improve core strength and balance?

**When:** Tuesdays 12.00pm—12.45pm (no classes on Public Holidays)

**Where:** Langwarrin Community Centre 2 Lang Road Langwarrin

**Cost:** \$9.50 per session or \$45 for 6 sessions

**Contact:** 9789 7653 Bookings essential



## Frankston Art Centre News

### Daytime Music + Theatre: I Love Paris

Experience the enchanting allure of Paris, as international soprano Alison Jones and acclaimed concert pianist William Schmidt take you on a captivating journey to the most magical city in the world. Enjoy the captivating melodies of *Les Misérables* and *An American In Paris*, as well as the exhilarating rhythms of the French Can Can, in this concert that promises to delight theatre and music aficionados alike.

**When:** Friday 5th April 10.30 am & 1.30pm

**Where:** Frankston Art Centre

**Cost:** Tickets \$22-\$24

**Contact:** Book online at [thefac.com.au](http://thefac.com.au) or call 03 9784 1060



### Daytime Music + Theatre: Practically Perfect – The Music of Julie Andrews

Don't miss this glorious stage production celebrating the life and music of the legendary Dame Julie Andrews, starring Karla Hallam and Jonathan Guthrie-Jones. Featuring some of her best known songs from shows such as *Mary Poppins*, *My Fair Lady*, *The Sound of Music*, *Victor Victoria* and more, interwoven with stories of her life both on and off the stage, be taken on an all singing, all dancing journey from the West End to Broadway and onto Hollywood.

**When:** Friday 17 May, 10.30am & 1.30pm

**Where:** Frankston Arts Centre

**Cost:** Tickets \$22 - \$24

**Contact:** Book online at [thefac.com.au](http://thefac.com.au) or call 03 9784 1060



### Myths & Legends

Join the Frankston Symphony Orchestra Mornington Peninsula Chorale and guests for this special celebration where the magic of Myths and Legends comes to life through the enchanting sounds of film scores and classical treasures.

**When:** Sunday 19th May 2.30pm—4.30 pm

**Where;** Frankston Art Centre

**Cost:** Full \$30 Concession \$27

**Contact:** Book online at [thefac.com.au](http://thefac.com.au) or call 03 9784 1060





## Hot Tips for seniors

**Housing for the Aged Action Group (HAAG)** is the only Australian organisation specialised in the housing needs of older people.

It works towards the alleviation of housing related poverty for older Australians through the service—**Home at Last**.

This service provides accessible, equitable and appropriate support and housing information to older people who are homeless or facing homelessness.

They can also help you to understand and navigate the aged care system through HAAG Care Finders



Visit HAAG at [www.olderrenters.org.au](http://www.olderrenters.org.au) or

Call 1300 765 178 for assistance with housing—Interpreters are available

**No Interest Loan Scheme (NILS)** provides safe and affordable credit to people on low incomes.

You can get a loan for up to \$2000 for essentials such as appliances or furniture, car repairs or rego or borrow up to \$3000 for housing-related expenses such as bond or rent in advance.

**0% interest and no fees or charges EVER.**

Visit [www.goodshep.org.au](http://www.goodshep.org.au) or contact 13 64 57 to see if you are eligible

No  
Interest  
Loans

**Utility Relief Grant Scheme**—relief grants for paying overdue energy or water bills are available to low income Victorians experiencing unexpected hardship.

Grants are available to an account holder who has one of the following eligible concession cards

Pensioner Concession Card

Health Care Card

Veteran's Affairs Gold Card

If you don't have one of these but are part of a low income household you may also be able to apply.

Available to renters and homeowners.

You can receive a maximum of \$650 on each utility type in a 2 year period ( or \$1300 for households with a single source of energy

Phone your electricity, gas or water retailer on the Concessions Information Line on 1800 658 521 or visit [www.services.dffh.vic.gov.au](http://www.services.dffh.vic.gov.au) for more information.

# Hot Tips for Seniors



**Peninsula Transport Assist are looking for volunteers.**

**Do you like driving? Would you like to help those who can't drive?**

PTA volunteers use their own vehicles to take people to medical appointments, shopping, exercise classes, social connection. The PTA clients are not able to drive due to illness or other circumstance and many need extra assistance. Drivers are offered some reimbursement to cover petrol costs. As the team of PTA volunteers are mostly retirees, they love the fact that their time given is flexible, allowing them to pursue their other interests.

Contact : Tim (03) 9708-8241 or email Tim:

[info@peninsulatransportassist.org](mailto:info@peninsulatransportassist.org)

Or you can get in touch on the PTA website:

[www.peninsulatransportassist.org](http://www.peninsulatransportassist.org)



**Are you 50-70 & live in Frankston or the Mornington Peninsula?**

Scan QR code to access the survey

Call Rose 0421 892 135 or email [beyond50@monash.edu](mailto:beyond50@monash.edu)

**YOU COULD BE ELIGIBLE TO PARTICIPATE IN A NEW HEALTH STUDY**

**Beyond 50**  
Health & social outcomes in Frankston and the Mornington Peninsula

MONASH UNIVERSITY

Participants are reimbursed \$40 for a 40-60 minute interview (online survey or phone interview at a time that suits you)

The Beyond 50 Study is looking to understand how navigating different health and social factors affects healthy aging. They are looking to recruit participants aged between 50-70 years living in the Frankston and Mornington Peninsula region to participate in 3 interviews( one interview per year over 3 years) which can be completed either as an online survey, over the phone or face to face. Participants will receive \$40 e-gift card as a token of appreciation.



If this interests you scan the QR code or visit [www.beyond50.study](http://www.beyond50.study) or contact Rose 0421 892 135

**Together Forward**—Co-designing a support program for individuals with dementia.

**Have you been recently diagnosed with dementia?  
Are you a carer for a person with dementia?**

We invite you to participate in a 45 min interview on how we can design resources to support you post diagnosis  
Participants will receive a \$20 voucher.

Contact Shabnam via email at [32049408@my.nd.edu.au](mailto:32049408@my.nd.edu.au)

**TOGETHER FORWARD**

**CALLING PEOPLE WITH DEMENTIA AND THEIR CARERS**

Complete a short interview on how we can design resources to support you post diagnosis to receive a \$20 grocery gift voucher

Contact Shabnam through email for further information at [32049408@my.nd.edu.au](mailto:32049408@my.nd.edu.au)

## Frankston Senior Groups News

### CWA Frankston Branch

Create friendships , learn and share new skills , enjoy volunteering to assist those most vulnerable and be involved in understanding issues impacting on your community and advocate for change.

Morning tea is supplied BYO lunch

Gift shop is open on meeting/craft days.

The gift shop is filled with hand made items and homemade jams.

**When:** 1st and 2nd Wednesday of each month **Time:** 10.30am - 2.30pm

**Where:** 33 Beach Street Frankston

**Contact:** Louise Jager 0407 051 322

or email [cwafrankston33@gmail.com](mailto:cwafrankston33@gmail.com)

Country Women's Association of Victoria Inc.  
Mornington Peninsula Group



**Peninsula Community Theatre**  
Cnr Nepean Hwy & Wilsons Rd, Mornington  
Saturday 27 & Sunday 28 April 10am-4pm

Stalls and Raffle

Devonshire Teas & Refreshments Available

Admission - Adults \$8  
Children under 14 accompanying an adult FREE

Thank you to Mornington Peninsula Shire Council for their ongoing support



@CWAMorningtonPeninsula



**Frankston Combined Probus** Please note amendment to the Keeping Active and Involved Directory Activities include guest speakers, day trips, caravanning, games, picnics, dinners, computer groups, walking club film nights, Classic Movies and Book club.

Meetings are 3rd Friday of the month at Frankston Bowls Club Yuille Street Frankston (not Frankston RSL)  
Contact: 0450 916 366 or email [fcprobus@gmail.com](mailto:fcprobus@gmail.com)

**CWA Frankston South** Please note amendment to the Keeping Active and Involved Directory  
Contact : Anne 0478 733 020

## Frankston Senior Group News

**Peninsula Activities Group** is a friendship club for men and women and they want **YOU** to join.

This amazing group has been going for over 20 years and there is a reason why they have lasted this long.

This inclusive group offers Fun, friendship and fabulous outings.

They have a Welfare Officer that checks in on the members wellbeing , sends Birthday cards and Get Well cards.

They have speakers regularly attend meetings that cover many varied topics.

Members bring along food to share with each other—there is a real sense of friendship as they really look out for each other.

They have monthly luncheons at the Seaford RSL (Bookings essential)

Monthly coach trips are also highly anticipated .

**When:** 3rd Friday of each month

**Where:** Uniting Church at 16 High Street Frankston at 10.30am.

**Cost:** is \$25 for a yearly membership plus \$3 to attend the monthly meetings.

**Contact:** Joana Alcock (03) 9775 2304

### Why join a senior group?

Provides social activities such as games , craft, music, dance , food and outings.

Provide Genuine community and social engagement.

Promote active and healthy living.

Provide learning opportunities and peer to peer support.

Head to Frankston City Council Active Ageing Website [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au) to find a full list of local groups waiting for you to join.

**East Frankston Over 55's Club** - has been a successful Seniors Club for 54 years!

The club rooms are spacious and comfortable and accommodate many activities.

They welcome new members and anyone that would like to join the committee.

Several outings are undertaken each year to popular tourist destinations.

The Lounge Area has an extensive library with an excellent selection of books and DVD's for members to borrow.

**Where:** 199 Beach Street Frankston

**Contact:** Pearl 0415 227 329 or email [eastfrankstonover55s@gmail.com](mailto:eastfrankstonover55s@gmail.com)

Activities include Monday Melodies (with a different and well know entertainer each week), gentle exercise classes, Bingo, Rummikub, Craft, Indoor Bowls and Bingo



# See you There

## Rainbow Flag Raising and Afternoon Tea

LGBTQIA+ community and allies are invited to celebrate International Day Against Homophobia, Biphobia,

Intersexism and Transphobia (IDAHOBIT) with a Rainbow flag raising and afternoon tea.

Join Frankston City Council for our 20th Annual Rainbow Flag raising and Afternoon tea to acknowledge IDAHOBIT.

Come along to :

- Celebrate diversity
- Learn why the day is important to our community
- Explore how we can work together to create welcoming and inclusive spaces
- Make your own pronoun or LGBTQIA+ support badge
- Meet new people and discover how to stay connected with your local community



**When:** Friday 17th May at 4pm—5.30pm

Registration Essential

<https://www.southsidefestival.com.au/Whats-On/Explore-the-full-program/IDAHOBIT-Rainbow-Flag-Raising>

**Pathways for Carers**  
**Frankston CARER GROUP**

Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria, and to learn more about news, services and supports available to them.

Free morning tea & guest speaker after each monthly walk!

**WHEN** First Thursday of each month from 9:30am - 11am  
1 February, 7 March, 4 April, 2 May, 6 June, 4 July, 1 August, 5 September, 3 October, 7 November, 5 December

**WHERE** Meet on the boardwalk next to Frankston Life Saving Club  
1 Long Island Drive, Frankston

**CONTACT** Email: [manager@orwilst.org.au](mailto:manager@orwilst.org.au)  
Phone: 9785 5073

**QUESTIONS?**  
To learn more, including how to be part of setting up a walk in your local neighbourhood within Victoria, contact the NHV's Carers Project Coordinator:

**FIND A WALK NEAR YOU!**  
Visit: [pathwaysforcarers.com.au](http://pathwaysforcarers.com.au)

[@pathwaysforcarersvic](#)  
[@pathways\\_for\\_carers\\_vic](#)  
[@pathways-for-carers-victoria](#)

**Indigenous Nursery Open Day**  
Frankston City Council

Come join the celebrations at Frankston Indigenous Nursery on its annual open day, April 6th 2024.

Enjoy a range of activities including plant sales and giveaways, nursery and propagation tours, coffee and a sausage sizzle. Local environmental groups, Wildlife carers and educators will also be providing educational resources.

Special guest presenter, ecologist Kelly Smith, will be speaking on her work with Koala conservation, and what we can do to help support these iconic Australian creatures.

When: Saturday 6 <sup>th</sup> April 2024 9am – 1pm	All day: Children's 'paint a pot' workshop
Where: Frankston Indigenous Nursery, McMannis Way, Seaford.	10am: Kelly Smith – Koala conservation
Parking is limited, where possible, we encourage you to walk, ride or catch public transport.	11am: Nursery Tour
	12pm: Propagation workshop

## Wingham Park Senior Activity Space

### Join us at Wingham Park Senior Activity Space!

Whether you are just wanting to meet others or looking for a fun and exciting way of keeping active, join us at the Wingham Park Senior Activity Space!

Come and chat to our Wingham Park Senior Exercise Champions and learn how to use the equipment by trained volunteers!



When: Every Friday (Except on Public Holidays) 10:30AM - 11:30AM

Where: 103 Ashleigh Avenue Frankston VIC 3199

To RSVP for a session or for more information, please contact Johanna Varghese Positive Ageing:  
**0438 902 205**



**Hello in There**— “In a world that often overlooks the wisdom and experiences of our seniors , our mission is to change the narrative.”

This amazing little coffee shop In Carrum Downs called Hard Livin’ HQ are throwing out the invitation to the community to “pay it forward” for the seniors .

They simply ask you to buy a coffee for a seniors , paying it forward to gather funds for a special outing to Hard Livin’ Head Quarters. As a guest of the café , seniors will be treated to coffee and cake and chats and much needed connections.

“Together , lets build bridges between generations , one cup and one story at a time.”

Visit [www.hardlivin.com.au/hellointhere](http://www.hardlivin.com.au/hellointhere) to check future outings and to make donations  
Hard Linin’ HQ is at 27 Concord Cres Carrum Downs

### **National Road Safety Week 5-12 May 2024**

National Road Safety Week is an annual initiative which highlights the impact of road trauma and ways to reduce it.

In 2023, 7 people tragically lost their lives on Frankston roads, making last year the deadliest on our roads since 2008. In the past 10 years, 24% of all lives lost on our Frankston roads were aged 60+.

As part of Council's Community Road Safety programs, 2 presentations for older drivers presented by VicRoads will be held in the Frankston Library this May.

### **Road Safety Presentations—Safe Driver**

This presentation covers how to keep drivers safe and mobile. Learn about keeping safe on the roads as we age, potential impacts of medical conditions or medications and a refresh on road rules, including rules that may have changed recently.

**When:** 10am Wednesday 8 May

**Where:** Frankston Library, 60 Playne Street, Frankston City Council

**Cost:** FREE bookings required

### **Fatigue - Keeping alert on our roads**

This presentation covers on how fatigue can increase the likelihood of a crash and strategies to help avoid driving whilst tired. Learn more about the causes and signs of fatigue, how it impacts your driving and how to prevent and manage fatigue.

**When:** 10am Wednesday 16 May

**Where:** Frankston Library, 60 Playne Street, Frankston City Council

**Cost:** FREE bookings required

To book, Please visit [Library.Frankston.vic.gov.au/Whats-On](https://www.library.frankston.vic.gov.au/Whats-On) or call 9784 1020

The Road Safety presentations are co-funded by the department of Transport and Planning.



### **Community Gardening— it has more benefits than you know!**

There are so many benefits to growing food in a community garden that empower, connect and educate community in so many ways. The cost of living is continuously rising, so it's a good time to consider the many benefits such as:

- Better Physical Health
- Enhance mental health and wellbeing
- Promote social health
- Learn new skills
- Positive environmental impacts
- Improve food systems

Did you know Frankston City is home to 9 Community gardens that you can connect with?

Every one of our local gardens would be happy to welcome you.

Visit [www.community-gardens](http://www.community-gardens)

or for a brochure visit Frankston Council Civic Centre at 30 Davey St Frankston

or contact [Communitystrengthening@frankston.vic.gov.au](mailto:Communitystrengthening@frankston.vic.gov.au)



# Important Contact Numbers

## Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat.

All conversations with FriendLine are anonymous and friendly volunteers are ready for a yarn and to share a story or two.

Contact: 9663 2740 or visit <https://friendline.org.au/>

When: Support line is open 10am - 8pm everyday

Online chat is open 6pm - 8pm Monday – Friday

## Lifeline

Lifeline is Australia's largest crisis support service, there to ensure you'll never face your darkest moment alone.

The service is confidential and you'll be connected to a trained Lifeline Crisis Supporter who will be there to listen, without judgment

If you or someone you know is going through a hard time and needs someone to talk to, contact

Lifeline on 13 11 14

## Financial counselling

Times are tough, if you are experiencing financial hardship, speak to a financial counsellor today

Good Shepherd: 1300 015 500

Better Place Australia: 1800 639 523

## Older Persons Advocacy Network

If you need support accessing aged care services, require advice or would like to speak to someone about your rights, Older Persons Advocacy Network (OPAN) is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

## Seniors Rights

Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

The Orange Door: 1800 319 353

Seniors Rights Victoria: 1300 368 821

## Domestic and Family Assistance

If you or someone you know is experiencing family violence you can get support via the following support services:

The Orange Door (Frankston) 1800 319 353

Men's Referral Service 1300 766 491

Djirra 1800 105 303

Frankston City Council Positive Ageing Team

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – [PositiveAgeing@Frankston.vic.gov.au](mailto:PositiveAgeing@Frankston.vic.gov.au) or call 0438 902 205