

Positive Ageing Together Newsletter



December / January 2021

Lifestyle Capital of Victoria

Welcome to the sixth edition of the Positive Ageing Together Newsletter for 2021

As we reach the end of 2021 it is exciting to see some amazing face-to-face events start to return to Frankston. Council's libraries and community centres have also started to reopen, after closing due to COVID restrictions. To keep up to date with what activities and services have returned please go to Frankston.vic.gov.au or call Council's amazing Customer Service team on 1300 322 322.

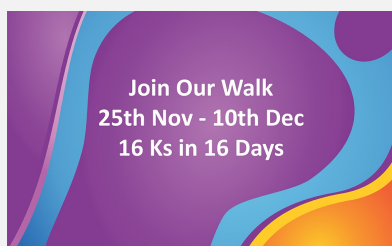
Frankston City Council has partnered with the State Government to support our culturally and linguistically diverse community members get vaccinated and access support services, but to do this we need your help. To find out more please refer to page 9.

Lastly, on behalf of Frankston City Council we wish you a fantastic Christmas and festive season. It has been a challenging year for so many but we hope you are able to enjoy some warmer weather and getting out and about once again!

Warm regards,

The Positive Ageing Team

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16 K's in 16 Days: Steps for Respect

This year the Respecting Seniors Network is coordinating its second 16 Days of Activism Against Gender Based Violence campaign. This year, the network are also seeking to empower our community to support older women victims of intimate partner violence.

How to get involved?

16 K's in 16 Days: Steps for Respect campaign encourages Frankston and Mornington Peninsula community members to walk against ageism, sexism and violence during the 16 Days of Activism (25 November to 10 December). Community members are also encouraged to promote their participation by logging their distance on an online distance counter hosted on the Respecting Seniors Network's dedicated campaign web page respectingseniornetwork.org.au/16ks-in-16-days/ and leaving a message of support on the page, as well as posting selfies using campaign themed frames and filters on Facebook and Instagram.

Physical selfie frames will be available at Beauty Park and next to Frankston Pier, Frankston and at partner hospitality venues in popular walking routes across Frankston and Mornington Peninsula LGAs for the duration of the 16 Days.



RAIL Narrative Portrait Exhibition

The Rehabilitation, Ageing and Independent Living (RAIL) Research Centre at Monash University is releasing a debut photographic exhibition that investigates community perspectives on intersections of health, ageing, rehabilitation and disability to build independent living.

When: Friday 3 – Tuesday 21 December

11am—4pm Tuesday to Friday and 9am – 2pm on Saturdays

Where: Cube 37, 37 Davey Street, Frankston 3199

Bookings: For more information please visit artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/RAIL-Research-Centre-Monash-University or call 9784 1060

An online exhibition video will be available on the Monash RAIL website from Tuesday 3 December at monash.edu/medicine/spahc/rail

RAIL Research Centre Community Conversations

During the Narrative Portrait Exhibition, Monash University's RAIL Research Centre will be conducting three community conversations to learn more about the community's experience. Free morning/afternoon tea at each community conversation.

Community conversation on rehabilitation:

Monday 6th December, 10am-12pm

Community conversation on rehabilitation:

Monday 6th December, 10am-12pm

Community conversation on ageing:

Monday 6th December, 1pm-3pm

Community conversation on independent living:

Tuesday 7th December, 1pm-3pm

Where: Cube 37, 37 Davey Street, Frankston 3199

If you're someone with lived experience of rehabilitation, ageing, or independent living / disability, and you would like to join these small group conversations please email spahc.rail@monash.edu or call Keith Hill on 0402 423 337

CWA Frankston branch cake stall

The Country Women's Association Frankston will be holding a Christmas cake stall at their hall this December. Go along and purchase, iced cakes, short bread biscuits, CWA scones, minced pies, rum balls, hand crafted items and even some reindeer food for the kids.

When: Saturday 11 December 9.30 am – 2.30 pm

Where: 33 Beach Street, Frankston 3199

If you want to get ahead and pre-order Christmas cakes, shortbread, and scones for pick-up on the day - you will also receive a **FREE** raffle ticket for a Christmas hamper!

Pre-order menu:

Our famous Decorated Christmas Cakes **\$14**

Scones **6 for \$12**

Shortbread Christmas Shapes 6-piece **\$5**

Shortbread Rounds 6 pieces **\$5**

Please contact Judith for pre-orders: 0407 871 179

FrankTALK with Julie Fisher

As a mum of a young boy with Down syndrome, Julie Fisher knows firsthand the heartbreak of seeing your child be made to feel they don't belong. Julie has made it her passion to educate others on the profound impact even the smallest acts of inclusion and acceptance can have.



“There are times in your life that don't go exactly according to plan and this was one of them. This is my story, and the experiences of my family and the birth of our son Darcy. The world of disability can be heartbreaking, but it's full of amazing people who teach us lessons every day. I am not trying to say things are easy or hard, everyone's stories are different”.

Please join us for this FrankTALK with Julie Fisher on International Day of People with Disability. This event will be supported by an Auslan interpreter thanks to Brotherhood of St Laurence.

When: Friday 3 December 11am – 12pm

Where: Frankston Library, 60 Playne Street, Frankston 3199

Cost: Free – Bookings essential

Bookings: To book, please visit Library.Frankston.vic.gov.au or call 9784 1020

Beyond our atmosphere

Trevor Hand of the Mornington Peninsula Astronomical Society joins us to celebrate Science Week with his collection of meteorites!

Where do meteorites come from? Are there different types of meteorites? Where have some meteorites famously landed, here on Earth? Trevor Hand will showcase some of his meteorite collection – that's right! Real life meteorites!

Trevor has been a regular presenter at public star gazing events for the Mornington Peninsula Astronomical Society (MPAS) for more than a decade and has been an invited guest speaker at several other astronomical societies and radio stations.

When: Thursday 13 January 6.30pm – 7.30pm

Where: Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs 3201

Cost: Free – Bookings essential

Bookings: To book, please visit Library.Frankston.vic.gov.au or call 9784 1020

Comedy and Connection Series

An exploration of physical comedy, collaboration and connecting to and leading from joy; for all levels of experience. This is not stand-up comedy! This workshop series is an exploration of physical comedy, collaboration and connecting to and leading from joy. Expect movement, games, exercises, improvisation and laughter. These sessions will be facilitated by Laura Trenerry, a well-known Melbourne comedian and workshop facilitator.



It is expected that participants attend all seven sessions as it is a series. Not sure if you want to commit to the full series? Book the first taster class free Monday 24 January, 2022.

When: Free taster session Monday 24 January 10am – 12.30pm

Seven week series every Monday 7 February – 28 March 10am – 12pm (excluding public holidays)

Where: Cube 37, 37 Davey Street, Frankston 3199

Cost: Taster session Free, \$30 for the 7 weeks of workshops

Enquiries: For more info email Heidi.Irvine@frankston.vic.gov.au or call 9784 1890.

Bookings: To book, please visit artscentre.frankston.vic.gov.au/Whats-On/Classes-Workshops/Comedy-and-Connection-Series-Taster or call 9784 1060

Mini Frankston City needs you

Mini Frankston City is our community of residents that gives us regular feedback on key projects and issues. Joining Mini Frankston City is your chance to guide Council on our diverse community's needs, and to ensure your voice influences our decision-making.

We need 500 Frankston residents aged 15 and over, from all backgrounds and suburbs to join us to share ideas and feedback on Council projects and initiatives.

It's easy to participate, with regular online surveys and quick polls 4-8 times a year. We ask members for their views on a range of topics, to hear a diverse perspectives from across the community. We will also invite members to participate in smaller deliberative panels on topics that require more in-depth discussion and input. To get involved visit engage.frankston.vic.gov.au/mini-frankston-city or call 1300 322 322

Jobs Victoria Advocates

Frankston City Council (FCC) has employed three Jobs Victoria Advocates who will be working throughout the Frankston City and Mornington Peninsula Shire communities, to offer practical, one on one confidential support to job seekers, people seeking a career change, or anyone needing help identifying the right training pathway.

While Jobs Victoria Advocates hold specialist knowledge about the employment and training systems, they also understand that people dealing with unemployment may need the support of other services. These services can include emergency food relief, housing and homelessness, financial assistance, legal aid, mental health support, drug and alcohol support, family violence support, disability services and other services as required.

Are you eligible or do you know someone that might be eligible?

- Are you 15 years or older, unemployed, seeking a career change, or looking for training pathways?
- Are you transitioning back into the workplace after some time off?
- Do you need support with identifying your skill gaps, and career options?
- Do you need help navigating the training and educational options available to bridge your skills gap?
- Do you simply need clear information and advice?

There are no boundaries on who can access the Frankston Job Advocates Service. The Job Advocates are here to help and are available between 8.30am and 5pm, Monday to Friday.

Contact the Frankston Jobs Victoria Advocates:

Phone: 03 9768 1387 Email: Job.Advocates@frankston.vic.gov.au Web: www.frankston.vic.gov.au/JVA

Good news!

We have two submissions for the fourth edition of the Good news section.

Congratulations, Fred! 1,000+ hours with L2P

Fred Hamilton has been a mentor with the Frankston TAC L2P Learner Driver Mentor Program since November 2012, generously giving his time to assist learner drivers gain the 120 hours' driving they need to obtain their licence.

In the time Fred has been with L2P he has assisted 24 learners to obtain their licence. In August 2021, Fred achieved another milestone when he reached 1000 hours of volunteer hours with the program. Thank you and congratulations Fred!

Please see page 8 for information on how to become an L2P Mentor.



My recent experience getting smartphone support at Telstra Frankston

During the lockdown I had the occasion to use this service for Telstra customers. When I was there every customer was a senior dealing with the same dilemma that I faced and some had travelled great distances for the assistance.

The service was performed by professional young people, they were supportive and reassuring in my problem highlighting the difficulty of my situation to the extent the manager was called for assistance as it was above the obvious.

I was there for about an hour (at no cost) and I would only have had to pay a fee if they physically needed to enter my device. I was impressed by the service and compassion of these young people and empathy for my lack of expertise in these constantly changing times and circumstances.

Brian Donnelly

Age Friendly Frankston Ambassador

If you would like to submit a good news story in an upcoming edition of the Positive Ageing Together Newsletter. Please contact Positive.Ageing@Frankston.vic.gov.au or call 9784 1046. We can't wait to hear all your good news!

Grants for Community Groups

Do you need funding to support your community group? Groups can apply for up to \$1,000 from the Covid-19 Relief Grants which will be open until funds are fully expended for this financial year.

Funding is available to assist grassroots not-for-profit community groups and organisations who have a pressing need for support. This funding is for a broad range of items to meet the urgent needs of the organisation (e.g. equipment, rent, utility bills, training, materials etc.) and/or enable the organisation to respond quickly to the immediate needs of the community arising from the impact of COVID-19 i.e. supply of food, mental health support, health and well-being initiatives, equipment and community connectedness.

For Grant Guidelines and to apply, please visit frankston.vic.gov.au/Our-Community/Community-and-Business-Support-Grant-Program/Community

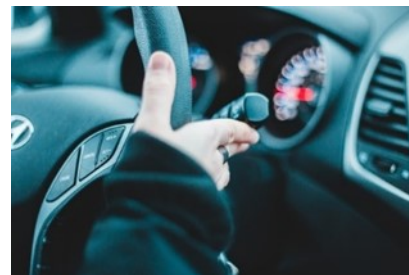
For further information, contact Community Grants Officer at communitygrants@frankston.vic.gov.au or phone 9784 1035.

Frankston's L2P Learner Driver Mentor Program needs you

Looking for a volunteer opportunity with a difference?

The Frankston TAC L2P Learner Driver Mentor Program could be just what you're looking for.

The TAC L2P Program is a state-wide initiative funded by the TAC and the Department of Transport (DoT). The Frankston program is managed by Frankston City Council, and local sponsors, including: Lions Club of Frankston, Brotherhood of St Laurence, VACC AUTO Apprenticeships, Rotary Peninsula 2.0 and Simply Red Signs. The program aims to assist eligible learner drivers between the ages of 16 – 21 who don't have access to supervising drivers, to gain the 120 hours of driving needed to obtain their driver license. With the assistance of volunteer mentor driving supervisors, the program provides an opportunity for young people to interact with positive adult role models, gain the confidence, skills and experience needed to get their Probationary licence.



To become a volunteer with the TAC L2P program, mentors must:

- be over 21 years of age;
- hold a full Victorian driver licence;
- be prepared to have a Working With Children Check, Police Check and Driver History and Licence Check; and sign a Mentor Code of Conduct;
- have experience and / or an interest in working with young people;
- have good communication skills;
- be able to participate in the supervising driver / mentor training; and
- commit to supervising a learner driver in driving sessions for a minimum of one - two hours per week and for a minimum of one year.

If this interests you, Expression of Interest forms can be found on our website:

frankston.vic.gov.au/Things-To-Do/Frankston-Youth-Services/Partnership-Programs

For more information or to lodge an Expression of Interest form contact:

Sally Taylor

Frankston TAC L2P Project Worker

Phone: 1300 322 322

Email: L2P@frankston.vic.gov.au



Local help to claim your \$250 power saving bonus

Many households are feeling the pinch with higher than usual energy bills during the coronavirus pandemic. If your household has at least one eligible concession card holder, you can apply for the **State Government's \$250 Power Saving Bonus**, a one-off payment to help ease the stress of increased electricity and gas costs.

Applications are online, however help is available to submit applications. This service is free, confidential and in-person. **Langwarrin** and **Belvedere Community Centres** have been approved to provide this assistance until January 2022.

To be **eligible**, you must have a residential electricity account in Victoria and be receiving payments under one of the following concession programs; Centrelink Pensioner Concession; DVA Pensioner Concession; or hold a DVA Gold Card.

Please call either Langwarrin Community Centre on 9789 7653 or Belvedere Community Centre on 9776 8922

Supporting the CALD community through COVID-19

Council is looking for community members to become **Community Health Champions!**

You can help support our culturally and linguistically diverse (CALD) community to access COVID-19 information in their own language, be aware of support services and help address barriers to getting vaccinated. Council is working with local organisations, businesses, community groups and places of worship to support the CALD community; but we need your help to reach everybody.



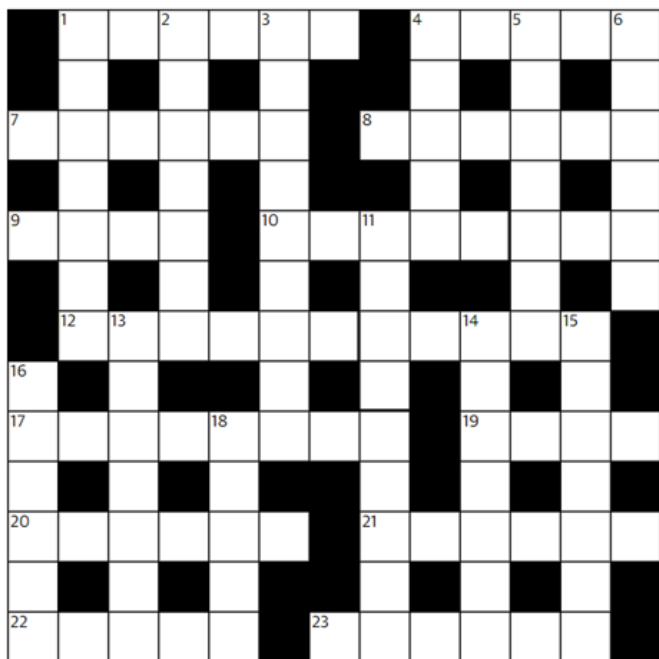
Taxi vouchers to help you get vaccinated

As part of this program we are offering a limited number of taxi vouchers to CALD members of the community to cover the cost to transport them to their vaccine appointments and back to their home following their appointment. The vouchers can be used at all vaccination locations including their local general practitioners clinic, pharmacy or one of the vaccine hubs or pop up vaccine clinics.

For more information about the Community Health Champions or taxi vouchers please contact Andrew on 9784 1046 or email andrew.peterson@frankston.vic.gov.au



Crossword – courtesy of thetheguardian.com (No. 16 078)



Across

- 1 One who achieved a state of perfect enlightenment, d. c.483 BC (6)
- 4 Spend (time in prison) (5)
- 7 American fraudster who ran the largest Ponzi scheme in history, d. in prison 2021 (6)
- 8 Cook gently in liquid below boiling point (6)
- 9 Burrowing shellfish (4)
- 10 A selection made purely at random (5,3)
- 12 Property specialist – negate taste (anag) (6,5)
- 17 US state (with a creeper?) (8)
- 19 Wish (4)
- 20 Kind of Swiss clock? (6)
- 21 Swoop (on) (6)
- 22 Camping canvas (5)
- 23 Chaste – valets (anag) (6)

Down

- 1 Raised bumps for reading (7)
- 2 Weak and ineffectual person (7)
- 3 Pretentious (informal) (9)
- 4 Superficially impressive (5)
- 5 Islam's month of fasting (7)
- 6 Continent (6)
- 11 Small sour fruit used for making jam and jelly (4,5)
- 13 Muslim who fought against the Crusaders (7)
- 14 Drain (7)
- 15 Distinctive – normal (7)
- 16 Octave (anag) – wading bird (6)
- 18 Golf clubs (5)

Sudoku

Fill in the numbers 1 to 9 exactly once in every row, every column and in every 3 x 3 grid.

Sudoku #1 – easy

	9	4	3	1		2	6	5
	5		2				9	1
				8	9		7	
			7		6	5		
1								8
		5	1		8			
	4		6	5				
2	6				1			5
5	7	1		4	2	3	8	

Sudoku #2 – intermediate

				4		2	6	
					8	5	1	
8		3					4	7
			1	9	6			
	6						2	
			4	5	2			
1	2					7		6
	5	6	8					
	7	4		2				

Answers

	1	B	U	2	D	D	3	H	A		4	S	E	5	R	V	6	E
		R		O		I						L		A			U	
7	M	A	D	O	F	F				8	S	I	M	M	E	R		
		I		R		A						C		A			O	
9	C	L	A	M			10	L	U	11	C	K	Y	D	I	P		
		L		A				U		R				A			E	
		12	E	13	S	T	A	T	E	A	G	14	E	N	15	T		
16	A		A					I		B			X		Y			
17	V	I	R	G	18	I	N	I	A			19	H	O	P	E		
		O		A			R			P		A			I			
20	C	U	C	K	O	O				21	P	O	U	N	C	E		
		E		E							L		S		A			
22	T	E	N	T	S			23	V	E	S	T	A	L				



Sudoku #1 – easy

8	9	4	3	1	7	2	6	5
3	5	7	2	6	4	8	9	1
6	1	2	5	8	9	4	7	3
4	8	9	7	3	6	5	1	2
1	2	6	4	9	5	7	3	8
7	3	5	1	2	8	6	4	9
9	4	8	6	5	3	1	2	7
2	6	3	8	7	1	9	5	4
5	7	1	9	4	2	3	8	6

Sudoku #2 – intermediate

5	9	7	3	4	1	2	6	8
6	4	2	9	7	8	5	1	3
8	1	3	2	6	5	9	4	7
2	8	5	1	9	6	3	7	4
4	6	9	7	8	3	1	2	5
7	3	1	4	5	2	6	8	9
1	2	8	5	3	4	7	9	6
9	5	6	8	1	7	4	3	2
3	7	4	6	2	9	8	5	1

Contact us

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

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 9784 1046