



# Positive Ageing Together Newsletter

February—March 2025 Edition

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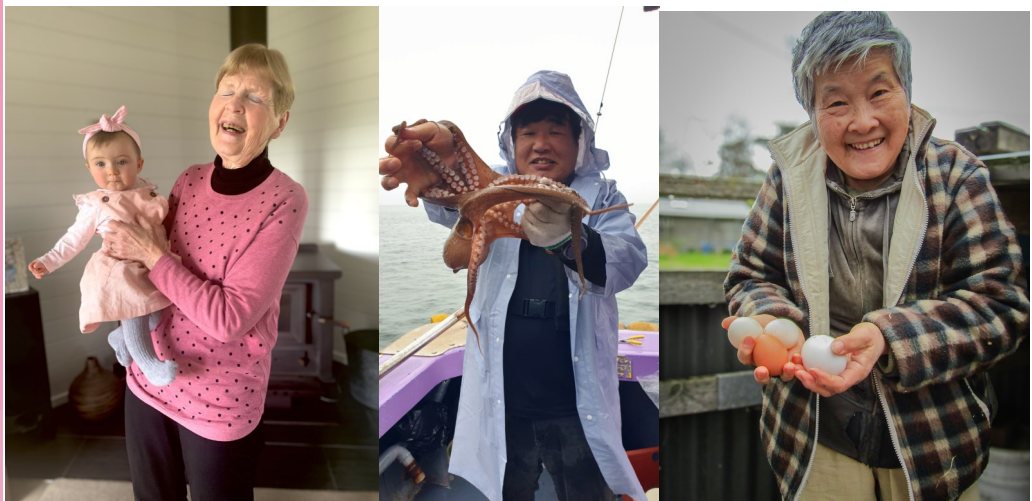
Community Centre News

Welcome to the first edition of the 2025 Positive Ageing Together newsletter! We hope you had a wonderful Christmas.

Stay tuned for all the exciting happenings ahead, and be sure to keep on top of all the upcoming events and news by visiting the Positive Ageing Together webpage at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)

During the 2024 Frankston City Seniors Festival the Respecting Seniors Network, in partnership with Frankston City Council, launched an intergenerational photo competition, encouraging photographers to capture older individuals doing what they love most, reflecting their true lifestyle. Participants had the chance to win a prize while helping redefine the image of ageing.

Here are just a few of the entries. Visit the Positive Ageing webpage to explore all the finalists or check out [Page 6](#) of the newsletter.



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

# Hot Tips for Seniors

Drop in Social Worker Service

When: every Tuesday and Thursday

Time: 9.30am—3.30pm

Where: Frankston Library 60 Playne St Frankston

Cost: Free

Contact: Speak to library staff or call 0492 192 884 for a referral

Postgraduate Masters of Social Work students are on placement at the library and are available to help our community with a variety of things including, help with housing or other government applications and forms, connection with social services, support in finding services relating to ageing or caregiving, emotional and practical support and many other things you may be facing.



## Staying Healthy in the Heat

Heatwaves pose a significant risk to older adults, who are more vulnerable to heat stress due to age-related changes, chronic medical conditions, medications, and social factors. Hot weather, especially with consecutive days of high temperatures and warm nights, can be deadly, even with temperatures as low as 30°C. The 2009 heatwave in Victoria led to hundreds of deaths, showing the severe impact. Older people are less able to adapt to heat, may not stay hydrated, and often live alone, making it harder for them to seek help. With climate change expected to increase heatwaves, it's vital to prepare and reduce risks for seniors each summer.

For more information visit [www.health.vic.gov.au](http://www.health.vic.gov.au)

<h3>Staying healthy in the heat</h3>	<h3>health</h3>
<p><b>Hot weather can make you very sick so remember to...</b></p>	
	<p><b>Look after yourself</b> Talk to others. Ask for help if you need it.</p>
	<p><b>Drink lots of water</b> Check with your doctor about how much water to drink when it is very hot.</p>
	<p><b>Keep cool</b> Stay in a cool, air-conditioned place like your house or a shopping centre.</p>
	<p><b>Keep out of the sun</b> Stay in the shade. Wear a hat. Wear loose clothing that is light in colour.</p>
<p><b>If you feel sick when it is hot you can phone NURSE-ON-CALL on 1300 60 60 24 or in an emergency an ambulance on 000</b></p>	

# See you There

## IMAGINE Frankston 2025 Event Season



<b>Blessing of the Waters</b>  <small>Monday 6 January Frankston Waterfront</small>	<b>Allure Market – Frankston</b>  <small>Friday 24 January 5 – 9pm Frankston Waterfront</small>	<b>Little Beauty Twilight Market</b>  <small>Saturday 25 January 3 – 8pm Beauty Park, Frankston</small>	<b>The Beach Club</b>  <small>Friday 31 January – Sunday 30 March 2 – 10pm (Friday to Sunday) Frankston Waterfront</small>	<b>Waterfront Festival</b>  <small>Friday 7 February, 5 – 10pm Saturday 8 February 12 – 10pm Frankston Waterfront</small>
<b>Frankston Swim Classic</b>  <small>Saturday 8 February 8:30am – 12pm Frankston Waterfront</small>	<b>Little Beauty Market</b>  <small>4th Saturday of month February – April. 9am – 2pm Beauty Park, Frankston</small>	<b>Big Picture Fest</b>  <small>Monday 17 – Sunday 23 March Frankston City Centre</small>	<b>The Block Party</b>  <small>Saturday 22 March Frankston City Centre</small>	
<b>Australian Sand Sculpting Championships</b>  <small>Saturday 5 – Sunday 27 April Frankston Waterfront</small>		<b>Mayor’s Party in the Park</b>  <small>Sunday 13 April 10am – 2pm Cruden Farm, Langwarrin</small>		<b>South Side Festival</b>  <small>Friday 9 – Sunday 18 May Various locations</small>

Event dates and times correct at time of printing and subject to change without notice. Check [imaginefrankston.com.au](http://imaginefrankston.com.au) for programming details, entry fees and event times.

**1300 322 322**

[imaginefrankston.com.au](http://imaginefrankston.com.au)

Cut me out and put me on the fridge

## Frankston Seniors Festival 2025

### Pre-festival Meeting

Planning for this year’s Frankston Seniors Festival has begun and your club/group is invited to attend a meeting to share, exchange ideas and receive information about this year’s festival.

If your club or group is thinking of hosting an event this year, we encourage you to attend this session. We’d love to see all local seniors clubs and groups! Morning tea will be provided.

- When: Tuesday, 4<sup>th</sup> March 2025
- Time: 10am-12pm
- Where: R F Miles Recreation Reserve (pavilion)  
Seaford Cricket Ground, Seaford Road, Seaford  
Free on-site public parking or Seaford Station is a 6 minute walk

Register: email [Giselle.dupon@frankston.vic.gov.au](mailto:Giselle.dupon@frankston.vic.gov.au)  
or text 0488 500 191



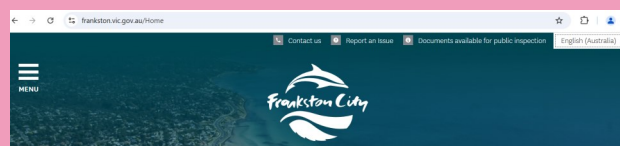
## Spotlight - Multicultural Frankston



Frankston City has historically been home to a strong Anglo-Australian community, but it is also enriched by a growing diversity of cultural backgrounds, including vibrant Indigenous communities. These emerging and well established cultures contribute to the areas rich heritage and dynamic future. See a summary of our [Community profile](http://www.profile.id.com.au/frankston) on [www.profile.id.com.au/frankston](http://www.profile.id.com.au/frankston)

Lets look at Services available to our Multicultural Community

Did you know that on the Frankston City council webpage, you can select your preferred language, and the page will change to that language, making it easier for people from different cultures and backgrounds to access information. [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)



First Peoples' Health and Wellbeing is a dynamic Aboriginal community-controlled health organisation offering affordable primary healthcare services to Aboriginal and/or Torres Strait Islander People and their families in Frankston area. The clinics offer trauma-informed care in environments that are culturally safe, calm and healing.

The clinic offers services such as : General Practice, Mental Health Care, Physiotherapy, Skin Checks, Aboriginal Health Checks , Chronic Disease Management and much more.

Where: 401-403 Nepean Hwy Frankston

Contact: [info@fphw.org.au](mailto:info@fphw.org.au) or call 03 9070 8181



### Multicultural Dementia Care and Support Centres

A FREE support program for both carers and their loved one who has dementia.

Benefits for Carers—Join small group sessions for skill development, information sharing, and connections with others carers, while enjoying morning tea, lunch and referrals to relevant services.

Benefits for those with dementia include engaging in fun activities in a friendly environment, improving quality of life, and receiving assistance to stay home longer.

Centre locations options in: Metro Melbourne and Greater Geelong—FREE transportation support available upon request from Frankston area.

For more information call 03 9689 9170 or email [sah@amcservices.org.au](mailto:sah@amcservices.org.au)

# Spotlight—Multicultural Frankston



## Everyone Belongs!

Harmony Week is an important recognition of the cultural diversity that is the heart of who we are.

Did you know that over 20% of Frankston Residents were born overseas and over 10% speak English as a second language? Celebrating Frankston City's richly multi-cultural identity promotes a safe, welcoming and inclusive community.

The CALD Network was formed in 2023 to strengthen Council's communication and relationships with local CALD communities and increase community connection in Frankston City. If you are interested in getting involved with either our steering group or joining our informal networking sessions email [communitystrengthening@frankston.vic.gov.au](mailto:communitystrengthening@frankston.vic.gov.au).

March is a very important time of year for celebrations of our multicultural community.

17 March— 23 March 2025 Harmony Week

17 March—23 March 2025 Cultural Diversity Week .

21 March 2025 United Nations International Day for the Elimination of Racial Discrimination.

## Photos from CALD Network Display 2023



# Intergenerational Photo Competition 2024.



## Senior News

Stay Informed: How Aged Care is changing—Support at Home Program Launching 1 July 2025

Big changes are coming to Aged Care to make it simpler, safer and more focused on individual's needs through the Support at Home Program. Reforms respond to the Royal Commission into Aged Care Quality and Safety and will make accessing services easier, fairer and more transparent.

What's New?

Simpler access—a single assessment process

Timely, high quality services—faster access to the care you need

More choice and control— you decide the service that suits you

Fairer Fees— clear, transparent costs that fund quality care

Stay informed—order the “Changes to Aged Care in Australia” booklet

Email [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au) or call 02 6269 1080



Celebrating outstanding older Victorians

Fifteen outstanding older Victorians were recognised at the 2024 Victorian Senior of the Year Awards.

For more than 30 years, these important awards have celebrated the contributions and achievements of older Victorians.

The awards ceremony is a highlight of the annual Victorian Seniors Festival. This year's award recipients show the many ways older Victorians strengthen our state. Their skills, time and energy make a difference across Victoria, including:

- hands-on support with meals, transport and social connection
- advocacy for veterans and multicultural communities
- the prevention of family violence.

Read more about the 2024 award recipients on [Seniors Online](#).



Changing the Focus Project—Dementia and Physical Activity

Monash University's Rehabilitation Ageing and Independent Living Research Centre is seeking people with mild dementia or cognitive impairment to participate in a personalised 12 month physical activity program called “Changing the Focus”. You will be supported by physiotherapists and/or exercise providers throughout the program. Contact: [angel.lee@monash.edu](mailto:angel.lee@monash.edu) or call 9904 4662

Or [lisa.licciardi@monash.edu](mailto:lisa.licciardi@monash.edu) or call 9904 4350.

The Carer Health and Wellbeing Service

This service aims to enhance the wellbeing of carers in the community.

The service has a social worker, occupational therapist, psychologist and

physiotherapist available to help carers set and achieve health and wellbeing goals.

Contact Peninsula Health ACCESS team 1300 665 781

## Senior Group News

We are fortunate to have so many multicultural senior groups in the Frankston area, enriching our community with diverse cultures and experiences.

Below are just a few—for a full list go to [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au) to Senior Groups and Clubs

### Carrum Downs Sri Lankan Seniors

Contact: Rohini 0402 109 536

Carrum Downs Sri Lankan Senior Club provides a welcoming space for members to speak Sinhalese and stay connected to their culture. The club encourages participation in local events to help build confidence in interacting with people from diverse backgrounds, while preserving Sri Lankan traditions. They meet on the 1st and 3rd Sunday of each month, engaging in activities such as exercise and indoor games to keep both the body and mind active.



### Polish Senior Citizens Club

Contact: Dominika 0468 640 786

Members of Polish heritage that meet up socially to find new friends of a similar age, cultivate polish custom and language, participate in organised local trips around Victoria and most importantly HAVE FUN!

Come along and enjoy tea and coffee, conversation, bingo.

The club meets every second Wednesday 1pm - 4 pm



### Chinese Senior Citizens Club

Contact: Ming 0488 990 499

Involved in all sorts of activities from dancing or Tai Chi to Mahjong and singing. A very welcoming and fun group.



### South American Senior Citizens Club of Frankston & Mornington Peninsula

Contact: Cesar 0415 981 942

This amazing group meet on the first Thursday of each month between 9am and 1pm.

Everyone is welcome to join in their activities.



## Frankston Library

Frankston City Libraries Digital Literacy Sessions

Be-Connected – Staying Safe on Facebook, plus hands-on assistance.

When: 11<sup>th</sup> February 2025

Time: 3pm – 4:30pm

With over 2 billion daily active users, Facebook is the world's most popular social networking sites, helping people stay connected globally. In this 1 hour webinar, you'll learn how to use Facebook safely and enjoyably, including:

- what you can do on Facebook
- how to manage your privacy settings
- common Facebook scams
- how advertising works on Facebook.

Bring your own device for hands-on help during the last 30 minutes.

Register via [www.library.frankston.vic.gov.au/Home](http://www.library.frankston.vic.gov.au/Home) Or call the library directly on 9784 1020

Be-Connected – Apps for Safe Travel, plus hands-on assistance.

When: 18<sup>th</sup> February 2025

Time: 3pm – 4:30pm

Where: Frankston City Library

Planning your trip is easier than ever with the right apps on your smart device. In this 1 hour presentation, you'll discover apps to help you research holidays, book accommodation, access entertainment, and navigate transport, both in Australia and overseas. We'll also cover how to stay safe while using these apps.

Join us to learn about:

- Benefits of using travel apps
- Useful apps for travel
- Transport apps for easy navigation
- Safety tips when using apps.

Bring your own device for hands-on assistance during the final 30 minutes .

Register via [www.library.frankston.vic.gov.au/Home](http://www.library.frankston.vic.gov.au/Home), or call the library directly on 9784 1020



## Frankston Art Centre

### David Hobson: Hear me know

Experience an unforgettable journey through the world's most beloved melodies, from the grandeur of opera to the timeless charm of musical theatre, led by the extraordinary David Hobson.

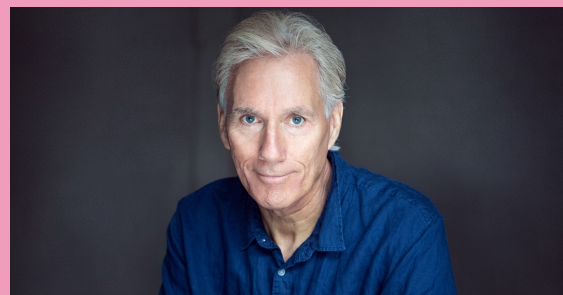
When: Friday 7 February 2025

Time: 10.30am and 1.30pm

Where: Frankston Art Centre, 27—37 Davey Street Frankston

Cost: \$22—\$25

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



### Rachael Beck: Both Sides

Join Rachael Beck, Australia's beloved star of stage and screen, as she takes you on a heartfelt musical journey featuring a captivating blend of songs that reflect life's highs and lows.

When: Friday 21 March 2025

Time: 10.30am and 1.30pm

Where: Frankston Art Centre, 27—37 Davey Street Frankston

Cost: \$22—\$25

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



### Artful: Art & Dementia (6-week program)

A gentle, creative, and supportive workshop program designed especially for people living with Dementia and their family members or carers.

Guided by two art therapists, the group will participate in structured art activities, and enjoy morning tea together.

When: 21 February to 28 March, every Friday

Where: Cube 37, Frankston Arts Centre

FREE but registration is essential – secure your spot online at [thefac.com.au](https://thefac.com.au) or call 9784 1060.



## Community Centre News

### Frankston South Community and Recreation Centre

#### Death Café – Advanced Care Plan

Jennifer from Death Café Australia will be discussing advanced care planning...an important conversation that is often postponed until its too late.

When: 12 February 2025 10am-11.30am

Cost: Free

#### Dementia Australia Creating a Dementia Friendly Home

This session covers the impact of dementia on a person's perception and ability to navigate their home environment. You will learn strategies and practical tips to support and enable people living with dementia in their own homes.

When: 27 February 2025

Time: 10am-12.30pm

Cost: Free

#### FREE hearing tests

Hearing Australia will be running free 15 minute hearing checks

When: 5 March 2025. 9am-4pm

All of the events above are held at Frankston South Community and Recreation Centre 55 Towerhill Road Frankston

To book any of the above events Book via email [fscrc@frankston.viv.gov.au](mailto:fscrc@frankston.viv.gov.au) or call 9293 7122

### Orwil Street Community House

Disability support group for culturally and linguistically diverse  
Individuals with a disability

Join the FREE support group in Frankston

- Meet people in a safe and welcoming space and enjoy fun activities
- Learn about your rights
- Learn about self advocacy
- Talk about issues that are important to you

Session dates: 6/2/25, 24/4/25, 26/6/25, 28/8/25 and 13/11/25

Time: 10.30am-12.30pm

Where: 16 Orwil Street Frankston

Contact: [sorgul@valid.org.au](mailto:sorgul@valid.org.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