

# Living Well

POSITIVE AGEING IN  
GREATER DANDENONG

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June/July 2024

## World Elder Abuse Awareness Day (WEAD)



**JUNE 15**  
**WORLD ELDER ABUSE  
AWARENESS DAY**

Elder abuse comes in many forms. It can be financial, emotional, psychological, physical, sexual, or social.

Elder abuse can occur once, or many times, and can vary in severity from subtle through to extreme. Most often, elder abuse is carried out by someone known to the victim, with two thirds of abusers being an adult child. Abusers can also be other family members, relatives, or friends.

The most recent study of elder abuse prevalence in Australia found that 14.8 per cent of people aged over 65 had experienced at least one recognised form of elder abuse over the previous 12 months.

Seniors Rights Victoria works to prevent elder abuse from occurring by offering free legal advice and information as well a range of educational and advocacy activities. They are committed to safeguarding the rights, dignity and independence of older Victorians.

If you are experiencing elder abuse and want to know what options are available to you, phone the **Seniors Rights Victoria helpline on 1300 368 821**.



## Energy Assistance Program

Get free help with your energy bills from Anglicare Victoria.

 Talk to your energy retailer and get help if you have debt	 Access extra financial support	 Check you are getting your Government energy concessions and ensure the concessions are applied to your bill	 Find and move to an affordable energy plan
 Understand your bill and fix any possible errors	 Save money by changing the way you use energy around the home	 Understand what other supports are available	<b>All you need is a copy of your most recent bill.</b>

Phone Anglicare Victoria's Energy Team on 1800 531 741 (between 8am and 7pm, Monday to Friday excluding public holidays) or email [energy@anglicarevic.org.au](mailto:energy@anglicarevic.org.au)



## Community Education

### Seniors Home Fire Safety Presentation

Presented by Fire Rescue Victoria, this interactive session helps older residents understand home fire risks, how to prevent fires, how to ensure you have working smoke alarms that are suitable to your needs and the importance of having a home escape plan.

**Monday 3 June**  
10am-11am  
Cooinda Centre  
587 Springvale Rd, Springvale  
Free morning tea. Bookings essential 8571 5574.

### The *Life!* Program and Healthy Living.

The Healthy Living Session is to raise awareness of type 2 diabetes and introduce the *Life!* program. Topics covered will be: what are diabetes, heart disease and stroke; healthy eating and weight control; reducing stress in daily life. Each attendee will receive a free 3-minute health check.

**Monday 15 July**  
10am - 11am  
Cooinda Centre  
587 Springvale Rd, Springvale  
Free morning tea. Bookings essential 8571 5574

# FIGHTING FLU STARTS WITH YOU

2024 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** for those most at risk of influenza and its complications\*



Read about the flu vaccine today

[health.gov.au/flu](https://health.gov.au/flu)



\*Some states and territories may provide free influenza vaccines for other groups. Speak to your GP or other health professional for more information.

## Seniors Day Trips



### Bookings open Tuesday 21 May 2024 at 9am

- Participants must be a resident of the City of Greater Dandenong and be a registered user of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

**Bookings/enquiries phone: 8571 5574**

**Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park**

### Grants on Sherbrooke Lunch

Nestled in the lush surrounds of Kallista, Grants on Sherbrooke offers some of the tastiest meals and sweet treats in the area.

#### Monday 4 June

Depart/Return: 11.30am-2.30pm  
Transport cost: \$9.70 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20



### Government House Tour

Visitors will be guided through the State Apartments to learn about the history of Government House and its contemporary role.

**\*A lot of walking is required.**

#### Friday 7 June

Depart/Return: 8.45am-2pm  
Transport cost: \$14.70 (inc GST)  
Admission: Free includes guided 90 minute tour  
Lunch: Purchase at café or BYO

### Metartworld

Metartworld, the biggest metal art gallery in Australia. Each piece is interactive; take pictures, touch, hold, sit, ride or drive them! **\* Please note - stairs to second level.**

#### Thursday 13 June

Depart/Return: 9am-2.30pm  
Transport cost: \$14.70 (inc GST)  
Admission: \$35  
Lunch: Purchase at café or BYO



### MCG Tour & Sports Museum

Get the best of both worlds, enjoy a 75 min tour of the Melbourne Cricket Ground and visit the new and fully interactive Australian Sports Museum.

#### Tuesday 18 June

Depart/Return: 9am-3pm  
Transport cost: \$14.70 (inc GST)  
Admission: \$30 includes 75 min tour  
Lunch: Purchase at café or BYO



## Seniors Day Trips

### Kinglake Hotel

Join us for a relaxed dining experience in the heart of Kinglake. On the menu you will find all the pub classics and weekly Chef Specials.

**Thursday 20 June**  
Depart/Return: 11am-3pm  
Transport cost: \$9.70 (inc GST)  
Admission: Free  
Lunch: Meals start from \$20



### Beleura House

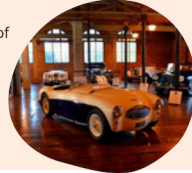
Enjoy a guided House Tour with a morning tea and an introduction to the story of Beleura. **\*90 minute tour with a lot of standing and walking.**

**Wednesday 26 June**  
Depart/Return: 9am-1.30pm  
Transport cost: \$9.70 (inc GST)  
Admission: \$40  
Lunch: Morning tea only for this event

### Fox Classic Car collection

The Fox Classic Car Collection stands as a testament to some of the rarest and most prestigious vehicles in the world. We will be stopping at South Wharf DFO for lunch.

**Thursday 4 July**  
Depart/Return: 9.30am-2.30pm  
Transport cost: \$14.70 (inc GST)  
Admission: \$9.50  
Lunch: Purchase at Southwharf DFO or BYO



### Moorabbin Air Museum and Flight Deck Bar & Grill Lunch

Visit one of the most significant collections of aircrafts and engines in Australia. Afterwards enjoy lunch at the restaurant Flight Deck.

**Tuesday 9 July**  
Depart/Return: 10.30am-2.30pm  
Transport: \$9.70 (inc GST)  
Admission: \$7  
Lunch: Meals start at \$20, no BYO option

### The Pig & Whistle Tavern

A traditional English tavern in the picturesque Dandenong Ranges.

**Friday 12 July**  
Depart/Return: 11.15am-3pm  
Transport: \$9.70 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20, no BYO option





## Seniors Day Trips



### Pentridge Prison Tour H-Division: Unlocked

This tour covers the dark heart of Pentridge.  
*Warning: This tour includes depictions of challenging subject matter.*

**Wednesday 17 July**  
Depart/Return: 9am-3pm  
Transport cost: \$22 (inc GST)  
Admission: Adult \$38, Concession \$35 includes 90 minute tour  
Lunch: Purchase at café or BYO

### Sealife Aquarium

Sea Life Melbourne Aquarium is a Southern Ocean and Antarctic aquarium in central Melbourne.

**Monday 22 July**  
Depart/Return: 11.15am-2.15pm  
Transport: \$14.70 (inc GST)  
Admission: Adult \$39.60, Concession \$31.60  
Lunch: Purchase at café or BYO



### Pharaoh Exhibition

The National Gallery Victoria presents Pharaoh, a landmark exhibition that celebrates 3000 years of ancient Egyptian art and culture. **\*A lot of walking is required**

**Friday 26 July**  
Depart/Return: 11.15am-2.15pm  
Transport: \$9.70 (inc GST)  
Admission: Adult \$38, Concession \$35  
Lunch: Purchase at café or BYO

### Pie in the Sky Olinda

Voted Victoria's No.1 and Australia's Top 10 Pies. Come and taste the difference. Other menu choices available.

**Monday 29 July**  
Depart/Return: 11.15am-2.15pm  
Transport: \$9.70 (inc GST)  
Lunch: Meals start at \$20, no BYO option



### 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 [www.friendline.org.au](http://www.friendline.org.au)  
**When:** Support line is open 10am-8pm every day  
Online chat is open 6pm-8pm Monday-Friday



## Shopping Centre Trips

<b>Eastland</b>	Wednesday 5 June	Monday 17 June
<b>The Glen</b>	Friday 14 June	Tuesday 25 June
<b>Doncaster</b>	Friday 5 July	Tuesday 16 July
<b>Karingal Hub</b>	Thursday 11 July	Wednesday 24 July

Numbers for the shopping centre trips are limited. The community bus picks you up from home between 9am and 10am and takes you to the shopping centre. You will have two hours at the destination before returning home.

The fee is \$7.30 per round trip.  
Please contact the Positive Ageing team on 8571 5556 for more details.

## Our City, Our Future



Over the coming months residents will be invited to have their day on the future direction of Council.

Under the *Local Government Act 2020*, following each Council election, we must complete a new Council Plan. The Council Plan, which will include our Municipal Public Health and Wellbeing Plan, helps guide our organisation over the next four years and it is important to include our community when putting this plan together.

We want to hear what is most important to our residents, how we can achieve your community vision and what key activities and projects you want us to focus on. We want to hear from individuals and community groups.

There will be many opportunities to have your say ahead of the October Council Elections and we will be popping up in locations across the city and at major events. Visit [greaterdandenong.vic.gov.au/council-plan-2025-29](http://greaterdandenong.vic.gov.au/council-plan-2025-29) for more information or email [ourfuture@cgd.vic.gov.au](mailto:ourfuture@cgd.vic.gov.au) to register your interest and keep up to date.

(03) 8571 1000	TTY: 133 677	Administering Bunurong Country
<a href="mailto:council@cgd.vic.gov.au">council@cgd.vic.gov.au</a>	Speak and listen: 1300 555 727	Follow us:
<a href="http://greaterdandenong.vic.gov.au">greaterdandenong.vic.gov.au</a>	Online: <a href="http://relayservice.gov.au">relayservice.gov.au</a>	
TIS: 13 14 50		

**Collect from Customer Service Centres located at:**

- Dandenong Civic Centre
- Parkmore Shopping Centre
- Springvale Community Hub
- Dandenong Oasis
- Noble Park Aquatic Centre

Please contact the Positive Ageing team on 8571 5556 or email [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au) for more details.

Subscribe to receive electronically:  
[greaterdandenong.vic.gov.au/living-well-greater-dandenong](http://greaterdandenong.vic.gov.au/living-well-greater-dandenong)

(03) 8571 1000 <a href="mailto:council@cgd.vic.gov.au">council@cgd.vic.gov.au</a> <a href="http://greaterdandenong.vic.gov.au">greaterdandenong.vic.gov.au</a>	<b>RELAY SERVICE</b> TTY: 133 677 Speak and listen: 1300 555 727 Online: <a href="http://relayservice.gov.au">relayservice.gov.au</a> TIS: 13 14 50	Acknowledging Bunurong Country Follow us: 
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