

# Living Well

POSITIVE AGEING IN  
GREATER DANDENONG



GREATER  
DANDENONG  
*City of Opportunity*

## Highlights in this issue

- Heat Health
- Seniors Day Trips
- Shopping Centre Timetable



## December-January 2024-25

Welcome to our last edition of the Living Well newsletter for 2024. In this edition we are focusing on heat health as we head into the summer season.

Extreme heat can affect anybody and cause serious and potentially fatal health problems such as heat exhaustion and heat stroke or worsen existing medical conditions like kidney or lung disease.

### Follow these tips to stay healthy in the heat:

- Drink plenty of water, stay hydrated with frequent sips.
- Keep cool. Use a fan. Put a wet cloth around your neck or your feet in a bowl of cool water.
- Swap larger meals for smaller ones like salads and avoid using your oven or stove top.
- Avoid going out in the hottest part of the day.
- The temperature inside a parked car can double within minutes. Make sure you have windows open if you have to wait in a car.
- Check in on others or arrange for a friend or relative to check in on you.
- A trip to an air-conditioned public space, like the local library, cinema, or shopping centre may help you keep cool and give you some relief from hot weather.

Please see pages two and three for more information.

The Positive Ageing Team would like to wish you all a very Merry Christmas and a safe and Happy New Year





# SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster



## DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



## HOT CARS KILL

Never leave kids, adults or pets in hot cars. The temperature inside a parked car can double within minutes.



## KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



## PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



## HELP OTHERS

Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.



# Heat Health

Heat-related illness can quickly become life-threatening, and it is important to know what to look for.

## Heat Rash

Also known as “prickly heat”, this is an itchy, painful rash caused by excessive sweating during hot, humid weather. If you have heat rash:

- move to a cooler, less humid place
- keep the affected area dry

## Dehydration

This happens when the body doesn't have enough water and other fluids to carry out its normal function. Symptoms include:

- tiredness
- thirst
- dark yellow urine
- dizziness, fainting
- loss of appetite

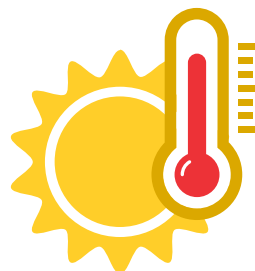


## Heat Cramps

Heat cramps are muscle pains or spasms and can be an early sign of heat exhaustion. If you experience heat cramps, you should:

- stop all activity and lie in a cool place with your legs raised
- have a cool shower or bath
- drink water or diluted fruit juice
- apply cool packs to the muscle pain

If heat cramps continue for more than one hour, seek medical attention.



## Heat Exhaustion

This is the body's reaction to losing excessive amounts of water and salt contained in sweat.

Symptoms include:

- heavy sweating or pale skin
- fast and weak pulse rate
- fast and shallow breathing
- muscle weakness and cramps
- nausea or vomiting
- headache, dizziness or fainting

If you have symptoms of heat exhaustion: move to a cool place and lie down. Take sips of cool fluids, have a cool shower or bath. Place cool packs under the armpits, on the groin or on the back of the neck to reduce body heat.

## Heat Stroke

This occurs when the body temperature is not controlled properly, and it rises above 40C. It is the most serious heat-related illness and is life threatening emergency. Immediate first aid aimed at lowering the body temperature as quickly as possible is very important.

Symptoms include:

- intense thirst
- rapid pulse and rapid, shallow breathing
- nausea and vomiting
- aggressive or bizarre behaviour, confusion, poor coordination or slurred speech
- loss of consciousness, seizures or coma

**If you suspect heat stroke telephone triple zero (000) immediately.**

If you or someone you know is unwell, contact [Nurse on Call 1300 60 60 24](tel:1300606024) for 24-hour health advice, see your doctor or contact the [Victorian Virtual Emergency Department 9485 9070](tel:94859070) for non-life-threatening emergencies. **In an emergency, always telephone triple zero (000).**



# Seniors Day Trips

Bookings open Tuesday 19 November 2024 at 9am



**Bookings/enquiries phone: 8571 5574**

- 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.

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

## Caldermeade Farm Morning Melodies and Lunch No.1

Caldermeade Farm presents morning melodies with The Real Paul Hogan. A seniors lunch is available on the day.

**Tuesday 3 December**

Depart/Return: 9.30am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20, no BYO option



## Cruden Farm

This beautiful property of Dame Elisabeth Murdoch, Cruden Farm was left for people to enjoy. Manicured gardens and peaceful walking areas are set among bushland and lakes. We will be stopping at Frankies Cafe for lunch.

**Wednesday 4 December**

Depart/Return: 9.15am-2pm

Transport cost: \$15.20 (inc GST)

Admission: \$10

Lunch: Frankies Cafe, meals start at \$20

## Caldermeade Farm Morning Melodies and Lunch No.2

Caldermeade Farm presents morning melodies with Marceau Camille - Mr Variety Christmas Show. A seniors lunch is available on the day.

**Thursday 5 December**

Depart/Return: 9.30am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20, No BYO option



## Caldermeade Farm Morning Melodies and Lunch No.3

Caldermeade Farm presents morning melodies with Alicia O'Brien - Rock and Roll Christmas Show. A seniors lunch is available on the day.

**Friday 6 December**

Depart/Return: 9.30am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20, No BYO option





# Seniors Day Trips

## Werribee Zoo

This African themed zoo is situated on approximately 560 acres and home to 360 animals of 40 species. Experience the free roaming animals on the safari bus. **Please note: significant walking is required.**



### Monday 9 December

Depart/Return: 8.30am-3.30pm  
Transport cost: \$23 (inc GST)  
Admission: Seniors \$48, Concession \$40  
Lunch: Purchase from cafe or BYO

## Waterfall Gully Cafe Lunch



Located in Rosebud, Waterfall Gully Cafe and Nursery has fabulous food, great staff and a variety of plants and nursery item for sale.

### Thursday 12 December

Depart/Return: 10.30am-2.30pm  
Transport cost: \$10.20 (inc GST)  
Admission: Free  
Lunch: Meals start from \$20

## Blue Hills Cherries and The Bramble Berry Farm

Our first destination is Blue Hills, Silvan for cherry picking and from there we head to Brambles Berry Farm to pick blackberries, blueberries and raspberries.

### Friday 13 December

Depart/Return: 8.30am-3.30pm  
Transport cost: \$15.20 (inc GST)  
Admission: Cherries: Concession entry \$14, cherries are weighed at \$16 per kilo upon exit. The Bramble Berry Farm: free entry, different sized containers available for purchase on the day  
Lunch: Purchase at cafe or BYO



## Mornington Main Street Market



Morning Main Street Market, where the shopping options are endless. Browse the home made crafts, home baked treats, home grown plants, produce and more.

### Wednesday 18 December

Depart/Return: 9.30am - 2pm  
Transport: \$10.20 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO

## Macca's Farm Strawberry Picking and Lunch

Set on 158 acres, Macca's Farm uses their own farm-fresh and locally sourced produce for their cafe menu. Enjoy waist high strawberry picking, or purchase items like vegetables, herbs, bread, preserves/jams or meat from the shop.

### Friday 20 December

Depart/Return: 10.30am - 3.30pm  
Transport: \$10.20 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20 no BYO option





# Seniors Day Trips



## Sky High Restaurant Lunch

Join us at the beautiful Sky High Restaurant, nestled amidst the hilly landscape and the cool fern glades of Mount Dandenong.

**Tuesday 7 January**

Depart/Return: 11.15am-3pm

Transport cost: \$10.20 (inc GST)

Admission: Free

Lunch: Prices start from \$20, no BYO option

## Blue Lotus Water Gardens

Over 14 acres and more than 40 different ponds, lakes and water features which produce the biggest display of lotus and waterlily flowers in the southern hemisphere. **Please note: lots of walking is required.**

**Thursday 9 January**

Depart/Return: 9am - 3pm

Transport: \$23 (inc GST)

Admission: Adult: \$20

Lunch: Purchase at cafe or BYO



## Rivers of Yarrambat Lunch

Join us for a beautiful lunch at Rivers of Yarrambat. Enjoy an all-day menu or vegan options. Take a stroll around the garden or browse through the home, gifts and fashion store, you never know what you might find.

**Monday 13 January**

Depart/Return: 10.15am-3pm

Transport: \$10.20 (inc GST)

Admission: \$40 includes tours and morning tea

Lunch: Purchase at cafe or BYO

## McClelland Sculpture Park

McClelland is a truly unique art gallery and sculpture park set amongst 16 hectares of natural bushland. 1hr free guided tour included. We will be stopping at Frankies Cafe for lunch.

**Wednesday 15 January**

Depart/Return: 10am-3pm

Transport: \$10.20 (inc GST)

Admission: Adults: \$10, Concession: \$6 includes free 1 hour guided tour

Lunch: Frankies cafe, meals start at \$20



## Amazing Mill Market Geelong

At the Amazing Mill Markets you will find a selection of vintage clothes, vintage furniture, collectibles, antiques, memorabilia, home decor, fine china, art, glass, coins, jewellery, books and records - to name a few.

**Tuesday 21 January**

Depart/Return: 8.30am-4pm

Transport: \$23 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO



# Seniors Day Trips



## Grants on Sherbrooke Lunch

See some of Australia’s beautiful native birds alongside amazing forest views from the windows at Grants on Sherbrooke restaurant. The tastiest meals and sweet treats are available in vegan, gluten free and vegetarian.

### Thursday 23 January

Depart/Return: 11.30am-3pm  
Transport cost: \$10.20 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20. No BYO option

## Black Rock House Tour

Join us for a morning tea and guided tour of the house and gardens of this intriguing historic Victorian-era home with its castle-style fortress walls, Black Rock House.

### Wednesday 29 January

Depart/Return: 9.15am - 12.30pm  
Transport: \$10.20 (inc GST)  
Admission: \$15 includes tour and morning tea  
Lunch: Morning tea only event



## Phillip Island

Our first stop will be morning tea at Phillip Island Chocolate Factory to see the largest chocolate waterfall. We then travel to The Nobbies and hopefully see some seals on the rocks. Our last stop will be for a fish and chips lunch.

### Friday 31 January

Depart/Return: 9am-3.30pm  
Transport: \$23 (inc GST)  
Admission: Adult: \$22, Pensioner cardholder \$19.80 (chocolate shop)  
Lunch: Purchase at cafe or BYO

# Shopping Centre Trips

The fee is \$7.60 per round trip.

Please contact the Positive Ageing team on 8571 5556 for more details.

<b>Moorabbin DFO</b>	Friday 6 December	Monday 16 December
<b>Southland</b>	Wednesday 11 December	Thursday 19 December
<b>Knox City</b>	Wednesday 8 January	Monday 20 January
<b>Fountain Gate</b>	Thursday 16 January	Tuesday 28 January









**If you would like a copy of this booklet, please 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)**

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