

Living Well

POSITIVE AGEING IN
GREATER DANDENONG

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April - May 2025

Changes to the aged care sector

The Support at Home Program is expected to start 1 July 2025 bringing significant changes to aged care.

These changes mean that older people will have greater choice and control, services that respect and meet their needs, and support to stay independent as they age.

Reforms will make accessing services simpler, more equitable, and more transparent in response to the Royal Commission into Aged Care Quality and Safety.

There will be:

- Simpler access – a single assessment process
- Faster access to the care you need
- More choice and control – you choose services that suit you
- Clear and transparent costs that fund your care

The booklet “Changes to Aged Care in Australia” is for older people, their carers and families who want to learn more about the changes to aged care. You can order a copy of the booklet by calling 02 6269 1080 or by emailing health@nationalmailing.com.au or download at health.gov.au





Finances

The cost of purchasing the goods and services required to maintain a particular standard of living, or their "cost of living," is a major concern for many households. Many of these things have a tendency to increase in price over time, which pushes the cost of living higher. In addition to non-essential items like entertainment, dining out, and nice clothes, the cost of essentials like fruits and vegetables, prescription drugs, gasoline for your car, and energy for your home has increased significantly.

Below is a list of options if you or your family members are experiencing financial concerns.

Victorian Concessions – A guide to discounts and services for eligible households in Victoria is available to download at services.dffh.vic.gov.au
To order a copy you can call 1800 658 521 or email concessions@dffh.vic.gov.au



Brotherhood of St Laurence

Climate Safe Homes - this program provides Victorian households living with chronic health challenges and low incomes the opportunity to receive subsidised home energy efficiency upgrades. For more information email climatesafehomes@bsl.org.au or call 9112 5398.

St Vincent de Paul Society

Advice programs and assistance include, Financial Counselling and Hardship, Vinnies NILS (No Interest Loans), Home Visitations and Welfare Assistance. Call 13 18 12. For Welfare Assistance please call 1800 305 330.

The Salvation Army

Doorways and Emergency Relief – provides emergency relief and holistic case management with referral to internal or external support services. Call 13 72 58 for more details.

Emergency Relief

South East Community Links - provides immediate support and relief to people with serious money trouble. Call 9546 5255 or email info@secl.org.au

Keysborough Learning Centre - Open Door provides emergency food to people who are in need of assistance in the City of Greater Dandenong. Operating times are Monday 10.30am-2.30pm and Wednesday 10.30am-12.30pm.
402 Corrigan Rd, Keysborough or call 9798 7005

Cornerstone - community meals are held at Dandenong Baptist Church, 25 James St, Dandenong
Tuesdays - Breakfast toasties from 9am, lunch at 12 noon
Thursdays - First, second, third and fifth Thursday of the month, dinner at 5.30pm
Fridays - second and fourth Friday of the month early breakfast 7.30am-8.30am
First, third and fifth Friday of the month Breakfast toasties from 9am
Every Friday lunch at 12 noon.

Seniors Afternoon Dance



Wednesday 9 April 2025

Steve Van - Memories of the Good Times



1pm-3pm



Springvale Town Hall

5 Hillcrest Grove, Springvale

Cost: \$5 (inc GST) payment at the door.
Includes light afternoon tea.

Bookings essential. Phone: 8571 5556



Seniors Day Trips

Bookings open Tuesday 18 March 2025 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

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 2 April

Depart/Return: 9am-1.30pm

Transport cost: \$10.20 (inc GST)

Admission: \$43

Lunch: Morning tea only for this event



Williamstown Ferry

A river cruise is one of the best ways to experience the city from a different vantage point. Join us on the Williamstown Ferry where we depart from Southbank and arrive at Williamstown one hour later.

Monday 7 April

Depart/Return: 9.15am-3pm

Transport cost: \$15.20 (inc GST)

Admission: Adult \$35, Concession \$32

Lunch: Purchase at cafe or BYO

Coombe Yarra Valley

Once the home of Dame Nellie Melba, Coombe Yarra Valley is situated amongst seven acres of stunning gardens. One hour Garden Tour includes Devonshire Tea. ***No entry to the house***

Wednesday 16 April

Depart/Return: 9am-2.3pm

Transport cost: \$23 (inc GST)

Admission: Adult \$30 - includes Devonshire Tea

Lunch: Purchase at cafe or BYO



Shrine of Remembrance Tour

Victoria's national memorial honouring the service and sacrifice of Australians in war and peacekeeping. Includes 45 minute tour.

Thursday 24 April

Depart/Return: 9.30am-3pm

Transport cost: \$10.20 (inc GST)

Admission: \$15

Lunch: Purchase at cafe or BYO

Seniors Day Trips



Phillip Island

Our first stop will be at the Chocolate Factory home to the world's largest chocolate waterfall, watch the chocolatiers at work sit and relax for morning tea in their cafe. From there we will travel to The Nobbies and hopefully see some seals on the rocks. Our last stop will be for fish and chips for lunch.

Thursday 1 May

Depart/Return: 9am-3.30pm
Transport cost: \$23 (inc GST)
Admission: \$18 (chocolate shop_
Lunch: Purchase from cafe or BYO



Paradise Valley Hotel Lunch

Located in the beautiful township of Clematis, Paradise Valley Hotel is a stylish and elegant venue that suits all seasons. You will be spoilt for choice from the menu including a seniors' deal.

Monday 5 May

Depart/Return: 11.30am-3.00pm
Transport cost: \$10.20 (inc GST)
Admission: Free
Lunch: Meals start at \$25, no BYO option



The Convent Daylesford

Enjoy this 19th century building and all it has to offer. Learn about the Convent's history, explore the chapel, museums and gardens and relax in the cafe and gift shop.

Friday 9 May

Depart/Return: 8.15am-4pm
Transport cost: \$15.20 (inc GST)
Admission: Adult \$10, Concession \$8
Lunch: Purchase at cafe or BYO



Pentridge Prison Tour H-Division: Unlocked

Experience the infamous history of Pentridge Prison. H-Division known as Hell Division to its inmates, this tour covers the dark heart of Pentridge.

Warning: This tour includes depictions of challenging subject matter.

Wednesday 14 May

Depart/Return: 9am-3pm
Transport: \$15.20 (inc GST)
Admission: Adult \$38, Concession \$35
Lunch: Purchase at cafe or BYO



Queen Victoria Market

Discover fresh and specialty produce, handmade and unique products, great food and coffee.

Tuesday 20 May

Depart/Return: 9am-2pm
Transport: \$10.20 (inc GST)
Admission: Free
Lunch: Purchase at cafe or BYO



Seniors Day Trips



Miss Mavis Cafe Lunch

A hidden gem in Heatherton, Miss Mavis Cafe offers a range of focaccia's, wraps, Parmas, burgers and Asian style dishes. A quick stop on the return trip at the Premium Chocolate Shop Braeside.

Thursday 22 May

Depart/Return: 11.30am-3pm
Transport cost: \$10.20 (inc GST)
Admission: Free
Lunch: Meals start from \$20

Overnewton Castle

Built in 1849 by William Taylor, this Victorian Tudor Style castle consists of over 35 rooms and acres of manicured gardens.

Wednesday 28 May

Depart/Return: 9am-2pm
Transport: \$15.20 (inc GST)
Admission: \$35 includes historical ground floor tour of Castle, gardens and Devonshire Tea.
Lunch: Not included. Devonshire Tea only



Community Education

Fall Prevention

Hear from physio Brendan Mason discussing the importance of exercise as we age, strategies to prevent falls, incidental exercise to do at home and how to get up off the floor in the event of a fall.

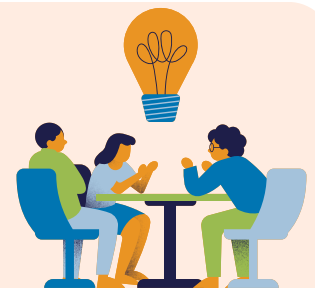
Friday 4 April

10am - 12pm
Cooinda Centre
587 Springvale Rd, Springvale
Free morning tea. Bookings essential 8571 5574

We Need Your Ideas

Do you know of any hidden gems throughout Melbourne that others would enjoy visiting or that venue you keep returning to because of the fabulous food? **We want to hear from you!**

Please contact us on 8571 5556 or email positiveageing@cgd.vic.gov.au with any and all ideas and thoughts.



DAY TRIP PHONE BOOKINGS

When the phone lines open on booking day for day trips and events, please only call **8571 5574 and remain on hold**. Your call **will be answered** by the next available staff member in the order of when your call was received.

If you call 8571 5556 **no** bookings for day trips or events will be taken, instead the staff member will transfer your call to 8571 5574 where you need to remain on hold until your call is answered. To help us to move quickly through the calls please have your day trip or event preferences ready and if you need to discuss anything else we will return your call later in the day.

We are all excited about the day trips but please remain respectful to the staff assisting you.



Men's Only Trips

Charlie's Auto Museum

A car museum housing a unique collection of over 80 motor vehicles, memorabilia, model cars and automobile paraphernalia from eras spanning over many years - this display will captivate the minds of both the young and young at heart for many hours.

Monday 14 April

Depart/Return: 9.30am-1.30pm

Transport: \$9.70 (inc GST)

Admission: \$15

Lunch: Purchase at cafe or BYO



National Vietnam Veterans Museum

The National Vietnam Veterans Museum houses an internationally unique collection of artifacts and memorabilia from the Vietnam war era that is dedicated to telling the story of the service and sacrifice of the veterans involved.

Friday 30 May

Depart/Return: 9am-3pm

Transport: \$10.20 (inc GST)

Admission: \$15

Lunch: Purchase at cafe or BYO



Shopping Centre Trips

Knox City

Thursday 10 April

DFO Moorabbin

Monday 28 April

Southland

Friday 16 May

Eastland

Monday 26 May

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 \$7.60 per round trip.


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

**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 for more details.**

**Subscribe to receive electronically:
greaterdandenong.vic.gov.au/living-well-greater-dandenong**

 (03) 8571 1000

 council@cgd.vic.gov.au

 greaterdandenong.vic.gov.au



TTY: 133 677

Speak and listen: 1300 555 727

Online: relayservice.gov.au



TIS: 13 14 50

 Acknowledging
Bunurong Country

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