

Living Well

POSITIVE AGEING IN GREATER DANDENONG

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Summer 2023

Welcome to the first edition of the Positive Ageing newsletter for 2023.

As we continue learning to live with COVID we want to know programs and activities you would like to participate in.

As an older resident of the City of Greater Dandenong there are already many opportunities for you to connect with other people, some of which are highlighted throughout this newsletter.

Our libraries offer in person and online sessions allowing you to learn, our seniors groups run regular activities and opportunities to socialise, our sporting groups and facilities run activities to keep you fit and healthy, our parks and gardens provide opportunities to explore and our day trips create opportunities to entertain and connect with other older people.

We want you to tell us what you think about what is on offer, what we could consider in the future and what is most important to you as an older person. Please contact us on 8571 5556 or complete the online survey <https://www.greaterdandenong.vic.gov.au/older-people-and-social-connection>

We look forward to sharing information, learning from you and connecting with you in 2023.

The Positive Ageing team



Multicultural Health Connect

Multicultural Health Connect (MHC) is a free help line that you can call to get health information and advice in your language from staff who understand your culture.

Call 1800 186 815 for health information in your language

The **Multicultural Health Connect** helpline
answers your questions about:

- ✓ Health concerns and symptoms
- ✓ COVID-19
- ✓ Health services
- ✓ Medicare
- ✓ Private health

Available 11:30am-8pm, 7 days a week

healthdirect



Community Transport



What is community transport?

Community Transport is a safe, friendly and reliable bus service to eligible residents that have difficulty accessing private or public transport.

Who can participate?

- Participants must reside within the City of Greater Dandenong, including Springvale, Noble Park and Keysborough.
- Participants must register as a Community Bus Service user.
- Priority is given to people that have difficulty accessing private or public transport.

Please note that this service provides transport only. Assistance with shopping is not provided with this service.

How much does it cost?

Community Transport is subsidised by Greater Dandenong Council.

Local trips start from \$2.50 each way.

Costs for day trips are based on destination.

Door-to-door transport:

- Parkmore Shopping Centre
- Waverley Gardens Shopping Centre
- Dandenong Market
- Dandenong Plaza
- Dandenong Library
- Springvale Library
- Springvale Social Support Group
- Dandenong Oasis - Hydrotherapy Sessions

Day trips to popular tourist attractions

Limited seats available
Eligibility criteria applies

To register your interest or for further information, please phone Community Transport on 8571 5556.



Day Trips



Bookings open Tuesday 17 January 2023, 10am

Bookings phone: 8571 5556

- Participants must be a resident of the City of Greater Dandenong and become registered users 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 one trip per month. 24-hour cancellation applies.
- Terms and conditions apply. Bookings accepted by phone only.

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

Queenscliff Ferry 1

Join us on the Searoad Ferries 40-minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula.

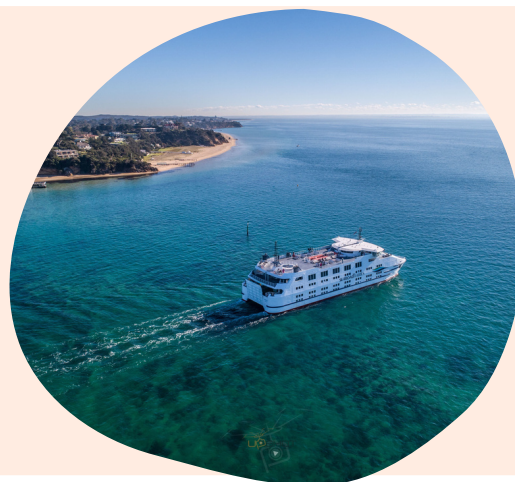
Thursday 2 February

Depart/Return: 8.30am - 4.30pm

Transport cost: \$18.80

Admission: Concession: \$32

Lunch: Purchase at café or BYO



Healesville Sanctuary and Beechworth Bakery

in the heart of the Yarra Valley Healesville Sanctuary is world-renowned as the best place to see Australian wildlife in their natural habitat.

Monday 6 February

Depart/Return: 8.30am - 3pm

Transport cost: \$18.80

Admission: Adult: \$42 Seniors: \$38

Lunch: Purchase at café, BYO or Beechworth Bakery



Queenscliff Ferry 2

Trip 2 on the Searoad Ferries. Join us on the 40-minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula.

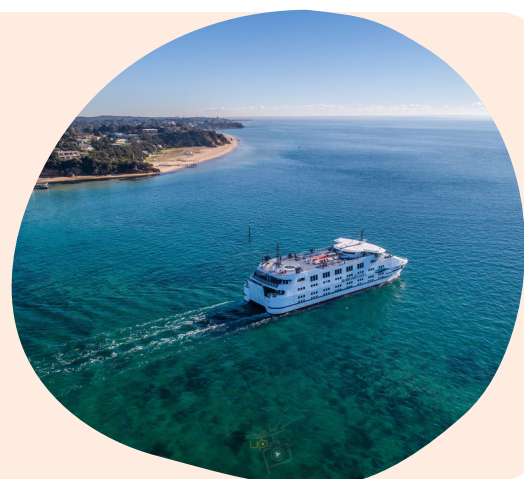
Tuesday 14 February

Depart/Return: 8.30am - 4.30pm

Transport cost: \$18.80

Admission: Concession: \$32.00

Lunch: Purchase at café or BYO



Bookings phone: 8571 5556



Beleura House

Beleura is one of the finest and oldest homes on the Mornington Peninsula. It was the home of composer John Tallis and houses a personal collection of art, artefacts and household memorabilia. Morning tea and 75-minute tour of the house included. Please note you will not be able to stroll through the gardens.

Thursday 23 February

Depart/Return: 8.45am - 1.30pm

Transport cost: \$12.60

Morning Tea; \$35



Waverley Antique Bazaar and Fat Jak's Lunch

Massive antique warehouse with over 240 stalls. Bring your comfy shoes, relics and treasures are around every corner.

Fat Jak's - American style food of burgers, hot dogs, parmas and more.

Wednesday 1 March

Depart/Return: 10am - 3.00pm

Transport cost: \$12.60

Admission: Free entry

Lunch: \$20+

Puffing Billy

All aboard Australia's favourite steam train, Puffing Billy, located in the heart of the Dandenong Ranges. We will depart from Belgrave and stop off at Lakeside where you will be able to enjoy the sights before the return trip to Belgrave.

Friday 10 March

Depart/Return: 8.45am - 3pm

Transport cost: \$12.60

Admission: Adult \$61.00 Concession \$48.00

Lunch: Purchase at Lakeside Visitor Centre Cafe or BYO



Bookings phone: 8571 5556



Ballarat Begonia Festival and Botanical Gardens 1

Ballarat Botanical Gardens are one of Australia's most significant cool climate gardens which cover 40 hectares and are divided into four distinct zones. We will be able to see thousands of begonias in over 500 varieties including unique and rare collections. at the Robert Clark Conservatory.

Thursday 16 March

Depart/Return: 8am - 4.30pm

Transport cost: \$18.80

Admission: Free

Lunch: Purchase at Cafe or BYO



Ballarat Begonia Festival and Botanical Gardens 2

Ballarat Botanical Gardens are one of Australia's most significant cool climate gardens which cover 40 hectares and are divided into four distinct zones. We will be able to see thousands of begonias in over 500 varieties including unique and rare collections. at the Robert Clark Conservatory

Tuesday 21 March

Depart/Return: 8am - 4.30pm

Transport cost: \$18.80

Admission: Free

Lunch: Purchase at cafe or BYO



Melbourne International Flower and Garden Show

Featuring the best landscape and floral talent from Australia and around the world alongside an extensive array of garden retail products, the show is a celebration of lifestyle and our great outdoors.

Wednesday 29 March

Depart/Return: 8.30am - 2pm

Transport cost: \$12.60

Admission: Adult \$28.50 Concession \$24.50

Lunch: Purchase at cafe or BYO



Multicultural Seniors Support Program

Victoria's multicultural seniors' groups can receive financial help through the *Multicultural Seniors Support (MSS) 2021-25 program*. Funding supports activities to benefit their members and build stronger community connections.

Funding can be used for:

- social and cultural activities
- improving seniors' digital accessibility and literacy
- providing practical support
- purchasing essential equipment and resources
- running costs

Grant recipients will also receive Public Liability Insurance (PLI) and Group Personal Accident (GPA) Insurance.

Funding available

Grants of \$2,000 are available each financial year, up to 2024-25. Applications close 28 February 2025.

More information:

Phone: 1300 112 755 or

Email: multicultural.seniors@dffh.vic.gov.au



Volunteering in Greater Dandenong

Volunteering makes a positive difference in Greater Dandenong – all while having fun, making friends, learning new skills and gaining a sense of achievement.

Volunteering with the City of Greater Dandenong provides you with an opportunity to share your time, talents and abilities in a supported and professional environment.

Council has lots of interesting volunteer roles available including reading buddies, Meals on Wheels deliveries, assisting at festivals and events and much more. There is something of interest for everyone, and you can volunteer a little or a lot.

More information:

greaterdandenong.vic.gov.au/volunteering



CARERS



Pathways for Carers

Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria together, and to learn more about news, services and supports available to them.

Free morning tea and guest speaker following each monthly walk

When:

First Thursday of the month
Meet at 9.45am for a 10am start

Where:

Burden Park, 880 - 924 Heatherton Road
Springvale South (parking available at entry)

Wheelchair accessible
Toilets and car parking available

Enquiries:

For questions about this walk contact Mala
disabilityinclusion@cgd.vic.gov.au

Find a walk near you:

To find a Pathways for Carers walk near you, or learn more about this statewide project, visit the website:

www.pathwaysforcarers.com.au

Survive the Heat



Summer is a time when many of us enjoy warm weather and being outdoors. During periods of prolonged and extreme heat, particularly with the heat lasting into the night, older people, people who live alone or are socially isolated and people with a chronic medical condition are at risk of illness or even death.

Age-related changes can reduce the body's ability to sweat in response to heat, causing dehydration. This can cause older people to have a reduced ability to adapt to summer heat and make them more prone to heat stress.

Planning ahead and being prepared for extreme heat is important:

- Stock up on food, water and medicines so you don't have to go out in the heat
- Store medicines safely at the recommended temperature
- Check that your fan or air-conditioner works and have your air-conditioner serviced if necessary
- Look at things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

Five key tips to help you to survive the heat this summer are:

1. **Drink plenty of water:** always carry a bottle of water with you and take regular sips, even if you are not thirsty.
2. **Hot cars kill:** never leave kids, adults or pets in the car – temperatures in parked cars can double within minutes.
3. **Keep cool:** seek out air-conditioned buildings, close windows and draw blinds, use a fan or air-conditioner, take cool showers and dress in light, loose clothing made from natural fibers.
4. **Take care of others:** look after neighbours and family who live alone, and don't forget your pets.
5. **Have a plan:** schedule activities during the coolest part of the day and avoid exercising in the heat. If you have to go out, wear a hat and sunscreen and take a bottle of water with you.

If you are unwell on a hot day, call NURSE-ON-CALL on 1300 60 60 24.

In an emergency call 000.





Be Connected

You can get all the online help you need with the *Be Connected* website.

Be Connected is a government initiative to help every Australian, young and old, to thrive in the digital world, learn a new skill from home or at a nearby community organisation.

Join thousands of Australians who are taking free courses and forming valuable networks of people who can offer internet support.

The site provides access to free, local face-to-face help and lets you browse a range of online learning topics from 'the absolute basics' and 'getting to know your device', to more advanced topics like 'all about data' and 'Wi-Fi and mobile networks'.

The site also has a simple search map that shows local community organisations that share a passion for digital inclusion.

More information:
beconnected.esafety.gov.au



Home Exercise Program

Are you 65 years or over, and interested in improving your health and wellbeing?

Make Your Move offers an opportunity for you to keep active in the comfort of your own home. Community Care Workers will support, motivate and encourage you to carry out activities suited to your unique abilities.

To learn more about this program and to discuss eligibility requirements phone Community Care on 8571 5503 Monday – Friday.



All home visits are based on current Community Care Service charges and are heavily subsidised by the Commonwealth Government and the City of Greater Dandenong.

Partners in Wellbeing



Free Wellness Coaching

Partners in Wellbeing are offering free wellness Coaching through Wellbeing Hubs.

Trained and experienced support workers help people who are having a difficult time, feeling stressed or sad. Signs of anxiety, depression or stress include:

- low mood or feeling down
- feeling overwhelmed and unsafe
- low energy
- feelings of hopelessness
- fear, nervousness or worrying
- avoidance of social situations
- thoughts of self-harm or harm to others.

Coaching is offered over the phone, or some face-to-face coaching may be available, in conjunction with any current support services.

Wellbeing Hubs

Mental Health and Wellbeing Hubs provide a range of support, including:

- Practical assistance to help with life stressors such as homelessness, financial difficulties, and social isolation
- Strategies to manage mental health symptoms
- Direct links and pathways to health and social services to address substance use or addiction, or any distress you may have
- Wellbeing supports tailored to individual needs.

There are hubs in Box Hill, Cheltenham, Clayton, Craigieburn, Frankston and Narre Warren. The wellbeing team are available 9am-10pm weekdays and 9am-5pm weekends.

More information:

partnersinwellbeing.org.au

Phone 1300 375 330

A large graphic at the bottom of the page. The word "WELLBEING" is written in a bold, black, sans-serif font. The letter 'O' is replaced by a silhouette of a hand with fingers spread, holding the letter. The background is a sunset sky with soft, golden clouds.

Collect from Customer Service Centres located at:

Dandenong Civic Centre

Parkmore Shopping Centre

Springvale Community Hub

**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



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greaterdandenong.vic.gov.au



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