



Ageing Well

Creating an age friendly shire

Edition 1

In this issue:

My Aged Care2

Prepare NOW for fire season2

Introducing Cardinia Age Friendly Alliance group.....3

Seniors Festival 20184

Connecting to your community.....6

Victorian Seniors Card.....8



We would love your feedback.

To provide feedback email C.Strengthening@cardinia.vic.gov.au or phone 1300 787 624 and chat to our Ageing Well Team

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cardinia.vic.gov.au/enewsletters



Welcome to the first edition of Ageing Well in Cardinia Shire, brought to you by Cardinia Shire’s Age Friendly Alliance Group (AFAG) and Cardinia Shire Council.

Earlier this year the AFAG raised concerns that older residents of Cardinia Shire have become more at risk of social isolation. This is believed to be due partly to the decline of printed information with the rapid shift of information to websites and digital technology, and an increased ageing population with a preference to live independently.

If you don’t have a computer, how do you hear about the many physical activity and interest-based groups and services in our shire?

With the guidance of AFAG this newsletter will be produced quarterly for a 12-month trial.

Yes, you will be able to find it ‘on the website’ but you can also pick up a printed copy from a variety of locations including libraries, community houses, the Cardinia Cultural Centre, Cardinia Life, or Council’s civic centre in Officer.

To find out more about the Cardinia Age Friendly Alliance go to page 3.



Prepare NOW for fire season

Cardinia Shire Council begins its annual 'Fire hazard inspection program' this month so it's a good time to prepare your property for the coming fire season.

Get started NOW to reduce fire risks. Many hands make light work.

Have a conversation with your family, neighbours and friends to help you. Get the grandkids involved.

Helpful tips/actions you can take to prepare for the fire season:

- cut grass and remove fallen vegetation on your property within 30 metres of any building
- clean gutters to remove leaves or twigs
- cut back trees and shrubs overhanging buildings
- develop a written, well-practised plan that will help you remember what needs to be done during a crisis
- check and maintain adequate levels of home and contents insurance.

CFA helpful information and fire danger ratings:

<https://www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property>

VicEmergency Hotline Tel 1800 226 226

National Relay Service If you are deaf, hard of hearing or have a speech impairment, call VicEmergency Hotline through National Relay Service on **1800 555 677**



Free green waste drop-off service

Council will provide a free green waste drop-off service in the lead up to summer at the Pakenham and Lysterfield transfer stations. This will be a great way to dispose of green waste ahead of the fire season. Drop offs will be available Friday–Monday on nominated weekends in November. For further information and dates call: **1300 787 624** or visit **www.cardinia.vic.gov.au/greenwaste**

My Aged Care

The Australian Government has created a central point to assist in navigating the Aged Care system called My Aged Care.

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's My Aged Care phone line and website can help you to:

Access services to support you with:

- Transport (e.g. appointments and activities)
- Household jobs (e.g. vacuuming and preparing meals)
- Modifications to your home (e.g. hand rails, ramps)
- Nursing and personal care (e.g. help getting dressed, help shaving)

Find information in one spot on:

- Different types of services (in home support, short-term care, aged care homes)
- Your eligibility
- Your contribution to the cost
- Organisations that provide aged care

Connect with myagedcare on **www.myagedcare.gov.au** or call **1800 200 422**

*1800 calls are free from landlines; calls from mobile phones might be charged.



Introducing the Cardinia Shire Age Friendly Alliance Group

...continued from cover story

The Cardinia Age Friendly Alliance Group (AFAG) formed in 2017 to assist Council with its vision to create an age-friendly shire.

An age-friendly shire enables older people to live in security, maintain their health and participate fully in society.

Making cities age-friendly is one of the most effective approaches for responding to demographic ageing (World Health Organisation, 2007).

AFAG provides a platform for older residents to have a voice, share insights and advice based on their lived experience in their communities.

A highlight for the group this year has been a project funded by the Together We Can Victorian State Government initiative, delivered in conjunction with World Elder Abuse Awareness Day on June 15. The key message was 'Together we can protect the safety, dignity and wellbeing of seniors'.

We look forward to introducing you to the members of AFAG in the next edition.

More info: **1300 787 624** and ask to speak with the Ageing Well Facilitator

*Members of the Age Friendly Alliance Group
Back row L-R Janice, April, Geoff, Helen, Ken, Bev and Tina
Front row L-R Garry, Jenny and Mary*



Know your rights

Seniors Rights Victoria provides information to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

If you or someone you know needs support call Seniors Rights Victoria on **1300 368 821** (this is a free confidential helpline)

Join this year's Seniors Festival

Cardinia Shire events during Victorian Seniors Festival, October 2018

The Victorian Seniors Festival in October offers a variety of free or low-cost events and activities. Public transport is free between 7–14 October. Carry your Seniors myki card and Victorian Seniors Card to touch on and off – no charge!

Honey B and the Stingers Rock 'n' Roll show

Devonshire Tea

Thursday 18 October 2–4pm

Cardinia Cultural Centre Theatre
40 Lakeside Blvd, Pakenham

Passionate about rock 'n' roll 50s and 60s music? Enter jukebox heaven with this truly authentic rock 'n' roll band.

Bookings/Enquiries: 1300 887 624
www.cardiniaculturalcentre.com.au

Cost: \$12 pp Bookings essential
Visitors with mobility aids, wheelchairs must call to book for suitable seating allocation.

Social interactions/games with the Youth Services Team

Love seniors

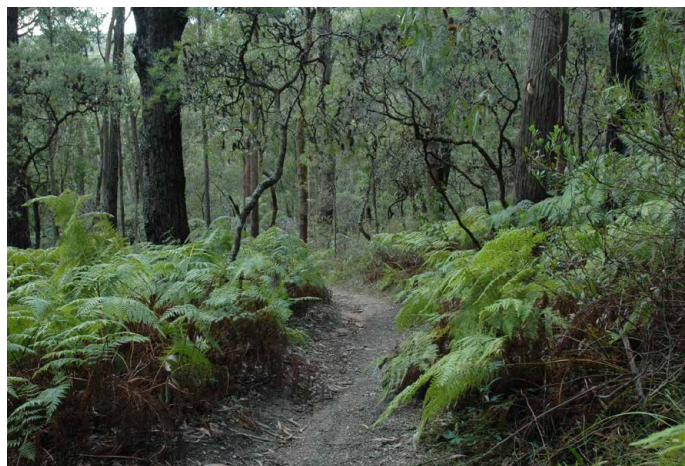
**Monday 1 to Friday 5 October
11am to 2pm**

Friends in Five

**Thursday 4 October
11am to 2pm**

Pakenham Central Marketplace
(meet outside the Coffee Club)
50–4 John St, Pakenham

Come 'n try some fun and friendly social activities, hosted by the Cardinia Shire Council Youth Services team.



Guided bushwalks, health presentation and refreshments

Tuesday 9 October 9.30am–12pm

Kurth Kiln Regional Park
(meet at Kurth Kiln picnic ground)
Beenak Road, Gembrook

Enquiries: 5967 4201

Enjoy all-abilities guided bushwalks. Health presentation by Kooweerup Regional Health. Refreshments provided

Wear comfortable walking shoes!

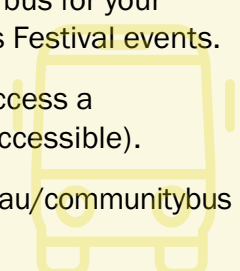
Cost: Free No bookings required

Community bus for hire!

Book Cardinia Shire Council's bus for your group to participate in Seniors Festival events.

For \$8 per hour groups can access a nine-seater bus (wheelchair accessible).

More info: www.cardinia.vic.gov.au/communitybus or call 1300 787 624.





Seniors Wildlife Walkabout tours

Wednesday 10 October 10am–noon session or 2pm–4pm session

Duration: 2 hours

Gumbuya World
2705 Princes Hwy, Tynong
Enquiries: 5624 9888

Includes entry, Devonshire Tea, complimentary senior admission voucher

Tailored Wildlife walkabout tours conducted by experienced park rangers. Well maintained, wide, flat walking trails, wheelchair accessible. Devonshire tea included.

Cost: \$14 pp Bookings essential

Social round robin tennis

Wednesdays in October 10am–noon

Pakenham Regional Tennis Centre
11 Webster Way, Pakenham

With an emphasis on being social, join in the fun of round robin tennis. Suitable for all ages and abilities

Cost: \$5 pp Bookings required
Bookings/enquiries: 5940 8510

Strong Movers classes

Monday 8, Wednesday 10 and Friday 12 October

8am start

Cardinia Life
4 Olympic Way, Pakenham

Wear suitable shoes

Stay for Friday morning tea 9–11am

Come 'n try these great fitness classes, suitable for all levels of fitness and ability

Cost: Free Bookings required
Bookings/enquiries: 5945 2888
www.cardinialeisure.com.au

Aqua Movers class

Friday 12 October 8.15am

Stay for morning tea 9–11am

Cardinia Life
4 Olympic Way, Pakenham

Come 'n try – suitable for all levels of fitness and ability

Cost: Free Bookings required

Casual gym visits for seniors

Every Monday, Wednesday and Friday in October

Come 'n try – suitable for all levels of fitness and ability

Cardinia Life
4 Olympic Way, Pakenham

Cost: \$2 pp

To see all 2018 Seniors Festival events in Cardinia Shire visit www.cardinia.vic.gov.au/events

FREE public transport for Seniors Card holders

Visit www.seniorsonline.vic.gov.au or call Seniors Online **1300 797 210** for further information



Connecting to your community

We have so many opportunities to connect in Cardinia Shire but sometimes it's difficult to know where to begin!

Isolation is a growing issue for seniors as more people choose to stay in their own homes longer and are living with increasing levels of chronic conditions.

Council works to support our residents to maintain physical and emotional wellbeing as they age – and here's some ideas to get you thinking about staying connected to your community.

Older men – new ideas (OMNI)

This men's discussion group aims to build social connections, and enhance the health, wellbeing and lifestyle of older men.

Developed and run by male volunteers from COTA (Council on the Ageing), the meetings provide opportunity for local district men to meet, talk and enjoy sharing stories with each other about their lives over a cup of tea. Confidentiality is most important within this group. This allows men the confidence to share their feelings with other like-minded men.

This new group meets in the Bunyip Hall on the first Wednesday of each month at 9.15am.

New men are welcome!

Enquiries: Bunyip and District: Tony 0407 563 441

Other OMNI locations

Beaconsfield: John 0402 206 689 Pakenham: Ken 5941 7400

Seniors groups

Groups offer a variety of affordable activities including meals, outings and trips.

Cockatoo Senior Citizens

Pakenham Rd, Cockatoo
Ph: 5968 8086

Emerald Evergreen Seniors

8 Church St, Emerald
Ph: 5968 5341

Gembrook Seniors Club

Gembrook Community Centre
4 Gembrook Rd, Gembrook
Ph: 5968 1262

Koo Wee Rup Seniors

1 Icke Rd, Koo Wee Rup
Ph: 0419 405 404

Lang Lang Senior Citizens

7 Westernport Rd, Lang Lang
Ph: 5629 2890

Pakenham Senior Citizens

James St, Pakenham
Ph: 5941 2562



Connecting to your community

Men's sheds

MYTH #1. You need to be handy to join the Men's Shed.

FACT #1. Anyone can join.

At a Men's Shed men can meet new people, make new friends, learn new skills, share skills with others and contribute to the local community. We have many great groups in the shire – see below for your nearest shed.

Bunurong Mens Shed

12 Eagle Drive, Pakenham | Ph: 5941 6869 | Mobile: 0437 900 996

Bunyip and District Mens Shed

22 A'Beckett Rd, Bunyip | Ph: 5629 6140

Cardinia Mens Shed

6 Henry St, Pakenham | Ph: 5941 2389

Emerald Mens Shed

Madigan Way, Emerald | Ph: 0490 851 835

Hills Mens Shed

79 Pakenham Rd, Cockatoo | Ph: 5968 1873 | Mob: 0427 812 555

Koo Wee Rup Mens Shed

235 Rossiter Rd, Koo Wee Rup | Ph: 5997 9687

Lang Lang Mens Shed

Whitstable Street, Lang Lang | Ph: 5997 5704

U3A: University of the 3rd Age

U3A promotes health by sharing educational, creative, and leisure activities provided by their own members in their own campus. But what is the 'Third Age'? Our first age is childhood, our second age is career and parenting, and our third age is active retirement!

Cardinia U3A

Pakenham Hall at
Pakenham Library

Ph: 5941 4164

Email: u3a_cardinia@outlook.com

Web: www.u3acardinia.org.au

Emerald U3A

Ph: 0490 805 743

Email: info@u3aemerald.org.au

Web: www.u3aemerald.org.au

Get moving with a Heart Foundation walking group

Toomuc Valley Walking Group Tuesday 9.30am

Meeting point: Outlook Community Centre each Address 24 Toomuc Valley Road,

Pakenham, 3810

Cardinia Wanderers Thursday 9.30 am

Meeting point: Outlook Community Centre each Address 24 Toomuc Valley Road, Pakenham, 3810

Marketplace Marchers Friday 8.30 am

Meeting point: Inside Pakenham Central Marketplace Shopping Centre. Meet at the top of the elevators outside the Reject Shop. 50-4 John Street, Pakenham,

Cardinia Leisure Walking Group Tuesday 9.30am

Meeting point: At the entrance of Cardinia Leisure Centre 6 Olympic Way, Pakenham VIC 3810,

For more details or to register your walking group

www.walking.heartfoundation.org.au/walking/ or phone 13 11 12.

For more events on throughout the Cardinia Shire visit

www.cardinia.vic.gov.au/events



Seniors cards

The Victorian Seniors Card program encourages people aged 60 years and over to keep active and engaged in their community.

You can receive discounts at participating cafes and businesses, which makes it more affordable to get out and be social.

Apply today to access benefits including business discounts, free and concession public transport, a free seniors myki card, and free fishing licences!

To be eligible you must be 60 years of age or over, work less than 35 hours per week in paid

employment, or fully retired and a permanent resident of Australia, residing in Victoria.

Apply online:

<https://dhhsseniorsonline.secure.force.com/NewApplication>

Have your Medicare Card with you!

More info and to receive a hard copy application form, phone **9096 2752** or visit

www.seniorsonline.vic.gov.au



SENIORS CARD

Get your newsletter!

Find your local pick-up point



The Ageing Well publication is supported by your councillors

Council contacts

Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer
Open 8.30am–5pm,
Monday to Friday

Postal address:

PO Box 7, Pakenham 3810

Phone: 1300 787 624

Fax: 5941 3784

Email: mail@cardinia.vic.gov.au

Website: www.cardinia.vic.gov.au

After-hours emergencies:

1300 787 624

National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

TTY users phone 133 677

then ask for 1300 787 624.

Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727
then ask for 1300 787 624.

Central Ward

- Pakenham Library or Cardinia U3A
- Cardinia Cultural Centre
- Mobile Library Beaconsfield Community Complex
– O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Cardinia Life 4 Olympic Way, Pakenham

Port Ward

- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- Bunyip Community House 27 Main St, Bunyip
- Koo Wee Rup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Mobile Library points:
 - Bunyip, Main St 9.30am–1.45pm (Sat)
 - Bunyip Primary School 10.45am–12.15pm (Mon)
 - Garfield, Ritchie St 12.30–3.15pm (Mon)
 - Koo Wee Rup, V/Line Bus interchange 2.15–5.30pm (Fri)
 - Lang Lang Primary School 11am–1.45pm (Fri)
 - Maryknoll, Koolbirra Rd 12.30–1.30pm (Thur)
 - Nar Nar Goon Primary School 11am–12pm (Thur)
 - Tynong, Railway Ave 3.30–5.30pm (Tues)

Ranges Ward

- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Mobile Library points:
 - Cockatoo Bowling Club 2.15–6pm (Thur)
 - Gembrook Community Complex, Gembrook Pakenham Rd 2.30–5.30pm (Tues)
 - Upper Beaconsfield, Charing Cross 10.45am–1.30pm (Tues)
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald



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