

FREE

Ageing Well

Cardinia

Creating an age-friendly shire

Edition 15 – June 2023

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Share your story with us!

Send contributions (max 250 words):
Ageing Well, Cardinia Shire Council
PO Box 7, Pakenham 3810 VIC

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Enquiries:

Ageing Well team
Cardinia Shire Council
Ph: 1300 787 624
Email: ageingwell@cardinia.vic.gov.au
Web: www.cardinia.vic.gov.au/seniors

Free Community Connectors Service

Are you linked to a regular social or activity group? If not, this free service can help. Enquire today!
Free information sessions, see page 2.

If you want something done, ask a busy person...

My grandmother Nel loved the saying, “if you want something done, ask a busy person”. Simply said, what she meant was, busy people get things done!

This was certainly the case with Senior-tivity, a promotional event hosted by Cardinia Men’s Shed last year. Having observed the emergence of a new post COVID-19 phenomenon, known as ‘social hesitancy’. The busy people at Cardinia Men’s Shed sort to showcase the ample variety of activities available for older residents in Cardinia Shire. This event was recognised at the 2023 Cardinia Shire Council Australia Day Awards, receiving the award for most outstanding community event of the year.

This year, the Cardinia Seniors Network, Council’s Ageing Well team, and the Community Connectors service will all take part. If your group would like to be part of Senior-tivity this September, contact Roger at Cardinia Men’s Shed. For more information see page 4.

All busy people welcome!



Mayor Tammy Radford (right) with award recipients (clockwise from Mayor) Cardinia Men’s Shed members Roger, Geoff, David, Ken and Brijal.

All things shiny and new!

This edition is jammed with new opportunities, from the latest \$250 energy bonus to hot tips to reduce home energy usage (see page 6). Seniors Rights Victoria are presenting at a free community information session and afternoon tea at Cardinia Cultural Centre (see page 5). The library has new Justice of the Peace hours (see page 2) and we introduce a new Care Finder support service for those seeking assistance to access My Aged Care, the upcoming new Community Services Directory and much more... Happy reading!

For more information, call our Customer Support team on 1300 787 624.

Library Services

Libraries change to Myli

Cardinia Shire Council libraries became part of My Community Library (Myli) in 2022. Besides the new name, Myli, what's not changing is all the bits you love about your community library. You will see the same friendly staff, free programs, services and resources.

Justice of the Peace

Free drop-in service, certify and witness documents.
Tuesdays and Fridays 10am–2pm
Wednesdays 5–7pm

Legal Services

If you have a legal issue, Southeast-Monash Legal Service can help.
Make a free appointment at Pakenham Library.
Ph: **9038 8002**

Free Food Fridays

Fridays 6–9pm

Care packs available every day

Ask at customer service desk.

Individual digital technology support

Get the most out of your smartphone, computer, email or social media and feel more independent. Please bring along your device if you have one and any relevant passwords or email addresses.

Resource support

Increase your confidence using library resources; using e-books, e-audiobooks, digital magazines and newspapers.

Home library service

If you are physically unable to visit your library for any reason, you can have a volunteer drop books to you. Volunteer enquiries welcome.

For more information:

Web:	www.myli.org.au
Pakenham Ph:	5940 6200
Emerald Ph:	5949 4600
Home Library service Ph:	0438 128 191
Mobile Library service Ph:	0417 588 487



Library services being enjoyed by residents.

Ageing Well Community Connectors

Come and meet our Ageing Well Community Connector volunteers who provide support to older residents experiencing loneliness or social isolation. Volunteers are ready and willing to assist!

Get connected at a free drop-in information session:

Pakenham Library

Cnr John St & Henry St, Pakenham

Date: **Thursday 22 June**

Time: **1-2pm**

Emerald Library

400B Belgrave-Gembrook Rd, Emerald

Date: **Tuesday 20 June**

Time: **1-2pm**



Connect with our Community Connectors at a library drop-in session!

Volunteering a journey

Volunteering at The Bridge

The Bridge Inc is a not-for-profit social purpose organisation, providing a wide range of services and support to people with disability as well as young people from disadvantaged backgrounds.

Karen is a vital part of The Bridge Officer team, teaching cooking, crafting and knitting skills in a fun and supportive environment. Her group supports KOGO (Knit One Give One), a charitable organisation that accepts donated knitted squares to create blankets for vulnerable residents in our community. Participants thoroughly enjoy these sessions with Karen each week, not only learning a new skill, but knowing they have contributed to their community.

“Kris approached The Bridge to volunteer to gain experience for a possible career change. She has become involved in a variety of activities, including cooking and gardening”, she said.

Her time with us has helped her make the decision to study Certificate IV in Disability. She will complete her work placement with us at The Bridge later this year. Her choice to study disability speaks volumes about the positive experience volunteering has been for her.”

If volunteering is something you would like to try, please call Aimee-Ellar Bye, Volunteer Coordinator at The Bridge Inc. Details below.



Karen and Rhiannon knitting.

For more information:

Web: www.thebridgeinc.org.au/get-involved/volunteer-with-us
Email: volunteer@thebridgeinc.org.au
Ph: 8710 8520



Rhiannon and Karen cooking together.

Shared stories

A trip down memory lane...

Submitted by Audrey Dodson, recipient of the Cardinia Shire Council 2023 Senior of the Year award, for many years of service to her community.

I came to Pakenham to live in 1952, to teach grade 1 at Pakenham Consolidated School. I shared a flat at the end of the Domestic Arts Wing of the school. The grounds spread across 24 acres, stretching from Main Street and McGregor Road, nearly down to Rogers Street. Main Street Retirement Village in Pakenham now sits at the top of the original school site.

At the top of Main Street, you will find the magnificent Oak tree, still a constant reminder.

In the 50's, we did our shopping at Robinson's grocery, which was one of three grocery stores. I recall Alan Robinson was engaged to Elsie Hodge, another teacher at the school.

Children came into town from surrounding areas courtesy of 9 buses. Students had a uniform, but it was not compulsory. The children and their parents were lovely. When the main building of the Consolidated School was condemned, a new school was built on a much smaller site of just 4 acres on the Princes Highway, Pakenham.

I left teaching in 1957 to start a family. My 5 children attended the Pakenham Consolidated School and later, Pakenham High School.



Audrey Dodson 2023 Senior Citizen of the Year.



Oak tree on Main Street.



Original Pakenham Consolidated School building.



Members of Cardinia Men's shed.

For more information:

If your group would like to be involved in Senior-tivity 2023, contact Roger Barnett, Cardinia Men's Shed on 0414 749 904.

Senior-tivity is back for 2023

Following the huge success of this event last year, Senior-tivity 2023 is tipped to be bigger and better, says Geoff, President of Cardinia Men's Shed. "Once again, we expect to attract hundreds of local seniors who will meet with and learn about the variety of community groups and their activities face to face." Cardinia Men's Shed supports older men to be active and connected. Increasing social connections and networks has a positive effect on health and wellbeing.

Raising community awareness



Understanding elder abuse

World Elder Abuse Awareness Day (WEAAD) is acknowledged each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is defined as any act causing harm to an older person, often carried out by a family member, friend or person in a position of trust. Elder abuse comes in many forms:

- physical
- social
- financial
- psychological
- sexual
- mistreatment or neglect.

Elder abuse can be minimised by encouraging and supporting older people to ensure their financial, medical and legal affairs are in order.



Free community information session and afternoon tea

Guest speaker: Seniors Rights Victoria

If you would like to understand more about elder abuse, you are welcome to join this free community information session. Elder abuse is hard to picture, but it happens every day. What starts out small doesn't always stay that way for long. Show your support by joining this presentation to raise awareness of elder abuse as a form of family violence.

Date: **Thursday 15 June**

Time: **1.30–3pm**

Where: **Cardinia Cultural Centre
40 Lakeside Blvd, Pakenham**

Cost: **Free event**

Ph: **1300 887 624**

Afternoon tea provided, bookings essential

If you or someone you know may be experiencing elder abuse, contact one of these services. In the case of an immediate danger, always call **000**.

Additional support

Seniors Rights Victoria

Ph: **1300 368 821**

Web: **www.seniorsrights.org.au**

Safe Steps

Ph: **1800 015 188**

Web: **www.safesteps.org.au**

1800 RESPECT

Ph: **1800 737 732**

Web: **www.1800respect.org.au**

Cardinia Seniors Network

Established in 2022, the Cardinia Seniors Network continues to provide representatives of our shire's community involved with residents aged 55 years and above, the opportunity to share information, build new connections and explore emerging opportunities. This group gets together bi-monthly for a couple of hours in the spirit of positive, inclusive, and respectful collaboration.

If you are involved in a group that has not joined this fantastic new network yet, please contact Council's Ageing Well team on **1300 787 624** or email **ageingwell@cardinia.vic.gov.au** to find out more.

Save money on energy

Reduce home energy usage and save

Did you know, on average, appliances contribute to about 33% of a household's energy usage? To help you reduce your energy costs, check out and try some of these small changes, they will cost you nothing:

- turn off TVs and computers at power points
- hang wet clothes in the sunny or windy outdoors, then finish drying inside
- limit use of clothes dryer
- keep showers to 4 minutes or less
- switch lights off when you leave a room
- adjust windows to control the internal temperature
- set your heater thermostat between 23-26 degrees celcius
- purchase high energy star rated appliances
- share your knowledge and teach your grandchildren about energy usage.



The \$250 Power Saving Bonus is available again

To apply, find your most recent electricity bill, then call your retailer or visit their website. Also have your bank details (BSB and Account number) ready.

Some eligible households can also apply for a discount on their gas bills from 1 May to 31 October. Call your gas retailer (listed on your latest gas bill) and give your concession card details or apply through your retailer's website.

Energy Assistance program

New!

Anglicare Victoria has a new Community Outreach Program, available weekdays from 8am until 7pm, to help you with your electricity and gas bills - all you need is a copy of your most recent bill! The team can help you:

- if you have debt
- understand your bill and fix any possible errors
- save money by changing the way you use energy around your home
- understand what other supports are available
- talk to your energy retailer for you
- access extra financial support
- find and move to an affordable energy plan
- check your eligibility for Government energy concessions and ensure the concessions are applied to your bill.

For more information:

Anglicare

Ph: **1800 531 741**

Email: energy@anglicarevic.org.au

Web: www.Anglicarevic.org.au

Face-to-face and online appointments available

Cardinia Shire Council Environment team

Web: www.cardinia.vic.gov.au/energyefficiency

Ph: **1300 767 624**

Services Victoria Savings finder

Web: www.service.vic.gov.au/services/savings-finder

Improving household energy efficiency

Learn how to improve the energy efficiency of your home, reduce your household energy costs, and understand the benefits of solar energy at this free event.

Bookings essential.

Thursday, 15 June 10–11am

Outlook Community Centre,
24 Toomuc Valley Rd, Pakenham
Ph: **5940 4728**

Thursday, 22 June 10–11am

Beaconsfield Community Centre,
8 O'Neil Rd, Beaconsfield
Ph: **8768 4400**



Health and wellbeing

Are you taking a gamble?

Does gambling affect how you feel, no matter how much or how often you do it?

If so, try this checklist.

After gambling, I have:

- ☐ celebrated if I win but keep quiet when I lose?
- ☐ thought about it more even when I am not doing it?
- ☐ felt guilty?
- ☐ snapped at family members or friends over little things?
- ☐ had trouble concentrating at work?
- ☐ found it difficult to unwind or sleep?
- ☐ smoked more cigarettes or had more alcoholic drinks?
- ☐ had to miss out on other activities or items because I overspend?

If any of these relate to you, you could be feeling the effects of gambling. You can call the Gambler's Helpline for free at any time for confidential support.

For more information:

Gambler's helpline

Ph: **1800 858 858**

Gamblers Help Southern

Web: **www.gamblershelpsouthern.org.au**

Ph: **9575 5353**

Victorian Responsible Gambling Foundation

Web: **www.responsiblegambling.vic.gov.au**

Ph: **9452 2600**



Cultural Centre ramps it up!

The installation of the new pedestrian ramp between Cardinia Cultural Centre and the nearby lake area is a reminder of how small changes can make a big difference to people's lives.

This ramp is the missing link! It's non-slip surface with handrails and gentle gradient, provides a safe and convenient way for people of all abilities to reach an area which was previously less accessible. It is a welcome addition to the Lakeside area, offering a better-connected community and a greater sense of inclusion for all.

Enjoy the vibrant spaces of Cardinia Cultural Centre. Visit Chimes Cafe for a bite to eat, experience a Sip and See show, explore the artworks, or take the ramp to the lake and get close to nature. Everyone is welcome.

Cardinia Cultural Centre is situated at 40 Lakeside Boulevard, Pakenham.

Enquiries: **1300 887 624**

Web: **www.cardiniaculturalcentre.com.au**



Ed and Jane enjoy ramp to lake

New resources

coming soon!

Community Services Directory

The Cardinia Support Services online directory is very easy to use and contains a wide range of details for community organisations, senior groups, service providers, and government bodies, that offer health and social services to Cardinia Shire residents.

Call or email Council's Community Support Facilitators to add your service or community group to the directory.

For more information:

Community Support team

Ph: **1300 787 624**

Email: **communitysupportadmin@cardinia.vic.gov.au**

New care finder support

Care finder is a national, face-to-face, free service. It supports older people who do not have a family member or friends who can help, to interact with My Aged Care and access aged care services.

Care finders can help people understand the Aged Care system, set up an assessment and find and choose services. They also help people with access to other supports in the community.

For more information:

South Eastern Melbourne Primary Health Network

Web: **www.semphn.org.au/care-finder-services**

Ph: **1300 331 981**



Pick up a copy of your Ageing Well from the following locations or download a digital copy from www.cardinia.vic.gov.au/ageingwell

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- Mobile Library Beaconsfield Community Complex – O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Cardinia Cultural Centre
- Cardinia Life 4 Olympic Way, Pakenham
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham
- Pakenham Library or Cardinia U3A

- Moy-Yan Neighbourhood House Beswick Street, Garfield
- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- 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)

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, 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 Reserve 10:45am–1:30pm (Tues)
- Upper Beaconsfield Community Centre, 10-12 Salisbury Rd, Beaconsfield Upper

Council contacts

Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer

Postal address:

PO Box 7, Pakenham 3810

Phone: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

Web: **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.



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