

FREE

Ageing Well



Creating an age-friendly shire

Edition 21 – June 2025

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newsletter
direct!

- Call 1300 787 624 to request a copy
 - Collect from a pick-up point (see back page)
 - Read online at www.cardinia.vic.gov.au/ageingwellnewsletter
 - Subscribe by scanning the QR code or visit www.cardinia.vic.gov.au/enewsletters
- For more information, contact the Ageing Well team:

Email: ageingwell@cardinia.vic.gov.au
Web: www.cardinia.vic.gov.au/ageingwell
Ph: 1300 787 624



21st edition of Ageing Well!

We are excited to release the 21st edition of this newsletter, a vital tool for connecting with older residents across Cardinia Shire. Our dedicated Ageing Well team supports residents aged 60 and over to embrace healthy ageing. We help you connect with your community, stay active, live well, feel safe, and stay informed through local activities, programs and services. A range of information is available on the Council website, including the Ageing Well events page at www.cardinia.vic.gov.au/ageingwellevents

This newsletter is published every June, September and February. Be sure to attend an Ageing Well information pop-up or check out the Cardinia Support directory (see back page). Join us at the free community information session this month (see page 3) or the Coffee with Community event in July (see page 7). We hope you enjoy this edition and we look forward to sharing many more wonderful editions with you!

Share your good news stories with us!

Call 1300 787 624 or email ageingwell@cardinia.vic.gov.au

Recognising achievements

New Changing Places facility in Pakenham

A new bathroom and changing facility has opened at Barring-buluk Park near Pakenham Main Street Train Station, enabling people with high support needs to fully engage in community life without worrying about suitable toilet access. The new facility features accessible toilets, a hoist, an adult changing table, handrails, disability-friendly seating, and charging points for mobility scooters.

The park also has accessible barbecues, drinking fountains and paths. Access to this facility requires a Master Locksmiths Access Key (MLAK) key, which can be obtained from a registered locksmith. Visit: masterlocksmiths.com.au/mlak/

The MLAK key system

This allows people with disabilities to access dedicated public facilities, including national parks, Council areas, railway station elevators, Changing Places facilities, locked toilets and Liberty Swings.

For more information:

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

Web: masterlocksmiths.com.au/mlak/

Ph: **1300 787 624**



Cardinia Shire Council Mayor Cr Jack Kowarzik, Henty Ward Cr Liz Roberts, Council CEO Carol Jeffs and Advisory Committee members were joined by Emma Vulin MP and Minister for Disability the Hon. Lizzie Blandthorn to officially open the new changing places facility in Pakenham.

2025 Senior Citizen of the Year: Magda Lane



Magda Lane served the Emerald community with unparalleled kindness for more than 40 years. As founder of the Emerald Op Shop, she raised more than \$1 million for local services. Magda has volunteered with Palliative Care Southeast Ltd for 36 years and her leadership in disaster preparedness and pastoral care has strengthened community resilience. Volunteering with ECHO Youth and Family Services for 25 years, she facilitated camps, youth groups, and humanitarian trips, creating a legacy of compassion.

2025 Citizens of the Year: Julia and David Graham



Julia and David Graham have led the Cockatoo Community Food Bank at St. Luke's for 6 years, supporting more than 80 people every week. They expanded services to include shower and laundry facilities for locals experiencing housing insecurity and needing crisis support. Julia and David postponed retirement to ensure the program's continuity, actively seeking a successor. Their compassion has made a significant impact on the community.

Be informed

Community elder law - information session

Join us for a free information session dedicated to protecting the rights and assets of older people. Peninsula Community Legal Centre's (PCLC) elder law expert William Betts will present tips and strategies to ensure your wishes are respected. Take the opportunity to ask questions in the Q & A session.

Topics will include:

- Wills and estate planning
- Powers of Attorney



Date: **Friday 6 June**
Time: **12–2pm**
Where: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**
Cost: **free (light lunch included)**

Bookings and enquiries can be made by calling the Ageing Well team on **1300 787 624** or by email to **mail@cardinia.vic.gov.au**.

PCLC provides a free legal service for people aged 65 and over in Cardinia Shire.

For more information:

Ph: **9783 3600**
Web: **www.pclc.org.au**

Ageing Well information pop-up

Members of various seniors' groups and local services will share information about opportunities, programs and community services at our next Ageing Well pop-up event.



Date: **Friday 6 June**
Time: **1-2pm**
Where: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**

Join our **free** elder law info session beforehand.



JUNE 15
WORLD ELDER ABUSE AWARENESS DAY **#WEAAD**

elderabuseawarenessday.org.au | seniorsrights.org.au

Respect is not a matter of age

World Elder Abuse Awareness Day will be held on 15 June. Join us and stand up against the abuse, mistreatment and neglect of older people.

Our homes should be safe, but sometimes the people closest to us can make them unsafe. If you, or someone you know, is experiencing elder abuse please use the contact details provided. In case of emergency, call **000**.



Respect is not a matter of age.



Support resources

Seniors Rights Victoria

Ph: **1300 368 821 (and select option 1)**
Web: **www.seniorsrights.org.au**

1800 ELDERHelp

Ph: **1800 353 374**

Safe Steps

Ph: **1800 015 188**
Web: **www.safesteps.org.au**

1800 RESPECT

Ph: **1800 737 732**
Web: **www.1800respect.org.au**

Human Rights Commission

(resources in 20 languages)

Ph: **1300 369 711**
Web: **www.humanrights.gov.au/elderabuse**

Let's connect

Seeking seniors for unique performance

Anything You Can Do is a radical project for all ages. Experimental theatre company PONY CAM invites community members aged 55+ to participate in this unique performance. Filled with laughter, love, shame, and grief, it presents rare stories, hidden histories, and deep emotions.

We are looking for performers to join a series of workshops, culminating in a performance for the Seniors Festival in October 2025.

If you are interested in this exciting project, please call Toni Main at Cardinia Cultural Centre on **5943 4937**.



Men... where are you?

Men... where are you? Ladies...where are your men? Men aged over 60 are invited to take a break from their daily routine and come to this free social event.

Join the team from this men's social, discussion group for morning tea in a friendly, welcoming environment. The event is open to everyone and is a great opportunity to meet new people, chat, and spend time together. Newcomers especially welcome!

When: **Wednesday 11 June**
Time: **9.30am–12pm**
Where: **Outlook Community Centre
24 Toomuc Valley Road, Pakenham**
Cost: **free, includes morning tea**

Call the Older Men New Ideas team:

Mick **0427 090 154**
Ken **0419 574 865**
John **0431 844 833**

or call Outlook Community Centre on **5940 4728**

Email: **communitycentre@outlookaust.org.au**

Shire-wide garage sale event

Here's a fun way to get involved in a shire-wide event! Cardinia Men's Sheds are planning a community-wide garage sale event on Saturday, October 11 from 9am to 3pm as part of the Victorian Seniors Festival. All participating garage sales need to be registered directly through the Men's Shed. A promotional flyer will be available prior to the event, highlighting garage sale locations on a map. Residents can make a day of it, visiting local garage sales and finding a bargain.

Full details of this Seniors Festival event and more will be included in the next edition (September) of Ageing Well.

Register your interest

Call Roger at Cardinia Men's Shed on **0414 749 904** or talk to your local Men's Shed.



Stay on your feet

Did you know you can reduce your risk of falling by changing the type of shoes you wear? Poorly fitted shoes and foot pain can influence falls.

Complete the checklist below to see if you need safer shoes.

	Yes	No
Do your shoes fit well?	<input type="radio"/>	<input type="radio"/>
Do you mostly wear flat shoes?	<input type="radio"/>	<input type="radio"/>
Does the sole of your shoe bend at the ball of your foot, not the arch?	<input type="radio"/>	<input type="radio"/>
Does your shoe have a textured sole?	<input type="radio"/>	<input type="radio"/>
Does your shoe have a firm heel collar?	<input type="radio"/>	<input type="radio"/>
Does the heel have a rounded edge?	<input type="radio"/>	<input type="radio"/>
Does your shoe fasten to your foot with laces, straps, elastic, Velcro or buckle?	<input type="radio"/>	<input type="radio"/>

If you ticked 'no' for any of these questions, your risk of falling may be increased.

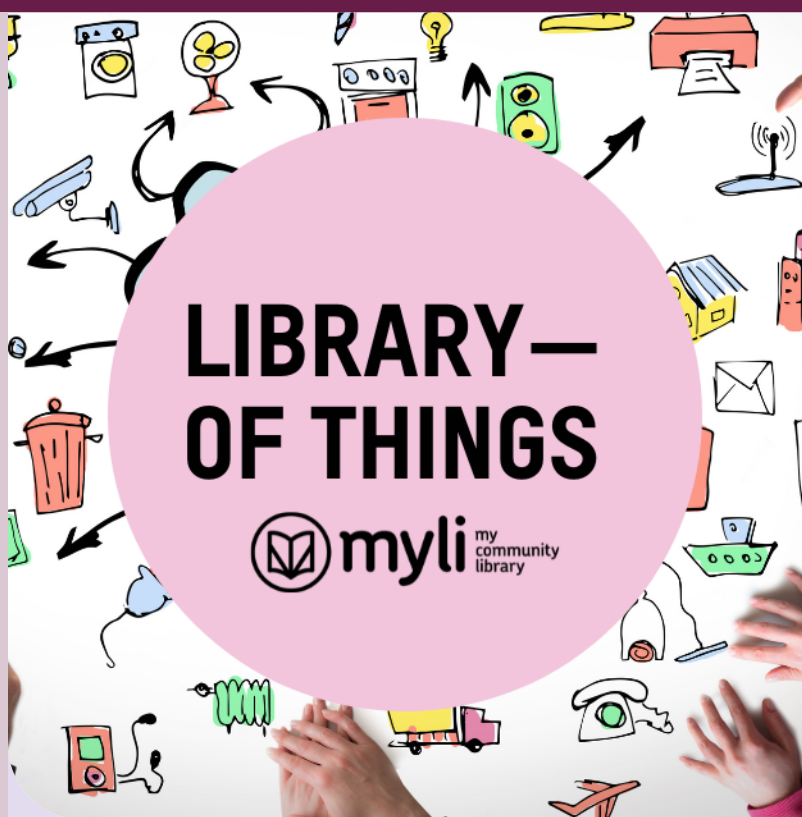
Please take this checklist to your podiatrist or GP to discuss ways to reduce the risks.

For more information:

Ph: **1300 30 35 40**

Web: **www.stayonyourfeet.com.au**

Source: Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health



Myli's Library of Things

Your library now offers much more than books! Myli's Library of Things lets you borrow items instead of buying, saving you money. Borrow a Home Energy and Water Efficiency kit or a Thermal Imaging Camera to identify draughts, leaks, inefficient appliances and taps. For adventure, you can hire walking sticks, a bird watching kit, even a GoPro camera. Check out what's available.

For more information:

Web: **www.myli.org.au**
Pakenham Library: **5940 6200**
Emerald Library: **5949 4600**
Home Library service: **0438 128 191**
Mobile Library service: **0417 588 48**

Flu vaccinations available

Have you booked in your annual flu vaccination? New vaccines are available each season, so staying up-to-date is crucial. It's free for people aged 65 and over, those with certain medical conditions, and Aboriginal and Torres Strait Islander people aged 6 months and over. Also ask your GP about your COVID-19 booster and whether you should have a shingles vaccination.

For more information, visit

www.health.gov.au/immunisation

Connect and belong



Cockatoos flying high!

Changing their name from Cockatoo Seniors to the Cockatoo Over 50s Group to attract a wider age range has been a game changer for the group.

Dot from Cockatoo says, "Participation has soared! Just last week, we had an absolute blast visiting Werribee Zoo, and we've got an exciting social calendar lined up for the rest of the year!"

You can find your local older adult group by using the Cardinia Support directory, see back page for details.



Senior Women's Health Circle

The Senior Women's Health Circle is a vibrant and culturally diverse social group that gathers every other Thursday from 12:30–3:25pm at Comely Banks (northern community room), 125 Bridge Road, Officer. This welcoming group places an emphasis on social connections, physical health and overall wellbeing. It's a great opportunity to build friendships and learn about the resources available in Cardinia Shire that can support your wellbeing.

Enquiries: **Rabecca on 0415 964 113.**

Vicki loves volunteering!

Vicki loves volunteering at her local Forget Me Not Cafe, an innovative dementia friendly social program at Outlook Community Centre in Pakenham. Here she welcomes carers, their family members, and dementia clients to find joy and connection. The cafe offers a much-needed social outlet for members of the community living with dementia and their loved ones. Ann, Cathy and many others love the free entertainment, friendships and refreshments.

"It is a delightful outing to be involved in providing for everyone!" says Vicki.

If you are interested in volunteering at the cafe:

- Phone **1300 787 624**
- Visit **www.cardinia.vic.gov.au/volunteering**

For more information:

Koo Wee Rup Kooweerup Regional Health
Ph: **5997 9792**

Outlook Community Centre, Pakenham
Ph: **5940 4728**

From left, Ann, Vicki and Cathy.



Feel safe

9PM Routine

The 9pm routine, a Victoria Police campaign supported by Cardinia Shire Council, reminds residents to secure their property to prevent theft. Thieves are opportunistic and look for easy targets, so you can make it more difficult for them by locking items away and keeping them out of sight.

Make it a habit to:

- Collect valuables from your car.
- Lock your car, home (doors and windows), and garage.
- Leave an exterior light on.

For safety tips, visit Victoria Police website at **www.police.vic.gov.au/your-safety**

Report any crime-related information anonymously to Crime Stoppers Victoria on **1800 333 000**.



9PM ROUTINE

Collect. Lock. Leave.
9pm safety routine.



Coffee with Community – July

Come along to the next Coffee with Community session and chat to us about how we can all work together to make a safer community. Speak with representatives from Victoria Police, Council and other community safety partners and service providers about community issues that matter.

The next session will be held:

Date: **Wednesday 23 July**
Time: **10:30am-12:30pm**
Venue: **Beans and Spice Cafe,
68 Main Street, Gembrook**

For more information, please visit:
www.cardinia.vic.gov.au/ageingwell
or phone **1300 787 624**

Bookings not required, just come along.

Contact police

For non-urgent calls, contact Victoria Police on **131 444** or report online. Always dial **000** in an emergency.

Be informed



Victorian Seniors Card

The Victorian Seniors Card program encourages people aged 60+ to stay active and engaged. Enjoy discounts at cafes and businesses, free public transport and/or concession rates, a free seniors myki card, and free fishing licences.

Apply today! Eligibility: 60+ years, work less than 35 hours per week or are fully retired, and a permanent resident of Australia, residing in Victoria.

To apply online, visit Seniors Online
www.seniorsonline.vic.gov.au/seniors-card
or obtain a hard copy application form by calling **9096 2752**.



Cardinia Support

Council's Ageing Well services are listed in this directory, including information on senior community groups, organisations and services.

Ph: **1300 787 624**
Web: www.cardiniasupport.com.au



Cardinia

Pick up a copy of your Ageing Well Newsletter 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, 40 Lakeside Blvd, Pakenham
- 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, corner John St and Henry St, Pakenham

- 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)
- Moy-Yan Neighbourhood House Beswick Street, Garfield

- 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: 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.



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