

Positive Ageing Newsletter

Ageing well on the Mornington Peninsula

**Edition
#30
Autumn
2023**

Welcome to the
30th edition of our
Positive Ageing
Newsletter!



Tech help for Seniors, life skills for Youngsters!

Mornington Secondary College students will assist older people with their technology questions. This intergenerational program will be delivered by Youngsters.co, as one-on-one help for those who require assistance setting up a new device, learning social media basics or transferring photos.

Mornington Library
Tuesdays 1-3pm (March 7 – April 4, and May 2 – June 6)
Bookings essential. Chat with one of our friendly librarians, phone us or visit our website:

☎ 5950 1820
📧 ourlibrary.mornpen.vic.gov.au/whats-on

Volunteer at the Briars

Every week a group of passionate plant people of all ages and abilities gather around the production bench at the Briars Nursery.

They share ideas, rare plant finds, seeds, photographs and help in the identification of rare plant material. If you would like to make a contribution so future generations can enjoy our unique flora, contact us:

📧 the.briars@mornpen.vic.gov.au
☎ 5974 3686



Environmental Workshops at the Briars

Natural Backyard Beekeeping

Sat 1 April, 10am – 12pm

Cost: \$25

📧 [naturalbeekeeping23
eventbrite.com.au](https://www.eventbrite.com.au/naturalbeekeeping23)

Pruning and care of fruit trees

Sat 6 May, 10am – 12.30pm

Cost: \$15

📧 [pruning23.eventbrite.com.au](https://www.eventbrite.com.au/pruning23)

Introduction to organic vegetable growing

Sat 3 June, 10am – 12pm

Cost: Free

📧 [draughtproof.eventbrite.com.au](https://www.eventbrite.com.au/draughtproof)

For more information:

📧 [mornpen.vic.gov.au/
enviroworkshops](https://www.mornpen.vic.gov.au/enviroworkshops)
☎ 5950 1681



Mornington Peninsula Shire acknowledges and pays respect to the Bunurong people, the Traditional Custodians of these lands and waters. We are committed to the cultural safety of older people of Aboriginal and Torres Strait Islander, culturally and linguistically diverse and LGBTQIA+ backgrounds.



**MORNINGTON
PENINSULA**
Shire



Belgravia Leisure class

Spirit of Sorrento

Working together for our local community

Established in 2022, Spirit of Sorrento acts as one community network that speaks with one community voice.

The group made up of the Rotary Club of Sorrento, Sorrento Chamber of Commerce, Sorrento Portsea RSL, Point Nepean Men's Shed, Sorrento Community Centre, Sorrento Football and Netball Club, Sorrento Sailing and Couta Boat Club, Portsea Golf Club, and other representatives want to build a vibrant and desirable community for people to live in, work in and visit.

✉ spiritofsorrento@gmail.com

Stay Healthy and Strong

Exercise programs for older members of our community are proving popular at Belgravia Leisure facilities.

These programs are essential for strength, stability, flexibility, mobility, and heart health. Instructors cater to the physical changes and mental challenges that take place in the body and mind as we age.

Belgravia Leisure prioritise our ageing population when considering new classes.

For more information, contact Alana Thomas:

✉ athomas2@belgravialeisure.com.au
 ✉ mornpenleisure.com.au

Chatty Cafes

Jacky Howgate is on a mission to bring people together for an old-fashioned face-to-face chat. In her role as Mornington

Peninsula Chatty Café regional manager, Jacky, leads a team of volunteers aiming to combat loneliness and social isolation in our community.

Everyone is welcome. If you're interested in attending, volunteering, or offering your venue to host a Chatty Table, please contact them.

✉ chattycafeaustralia.org.au
 ✉ mornpen@chattycafeaustralia.org.au

Reviving a live music venue

Located in the heart of Sorrento, TomKatz is the premier music venue on the southern Peninsula.

With a musical heritage that began in the 60s, TomKatz promotes live Australian music and is proudly supported by the Sorrento Portsea RSL.

The club operates every Sunday from 4pm with selected top performers on Saturday nights.

Sorrento Portsea RSL
 3 Hurley Street, Sorrento
 ✉ tomkatz.com.au





John (Jack) Milledge



Billy Nye



Jacqui Beddows

The winners are...

Our Delys Sargeant Age-Friendly Awards recognise and value the contributions of older people in our Shire.

Senior Achiever goes to **John (Jack) Milledge**. Lions Club of Dromana, Rosebud and McCrae, and the Rosebud RSL

Senior Achiever goes to **Billy Nye**. An artist who experiences bipolar disorder and an active volunteer at Oak Hill Gallery.

Senior Achiever and PACE Community Award goes to **Jacqui Beddows**. Following a stroke, Jacqui provides creative opportunities for people with communication issues due to illness or disability at Seawinds Community Hub.

PACE Community Award and Intergenerational Award goes to **Oak Hill Gallery**, a place for artists and the



Oak Hill Gallery

community to come together to enjoy art, celebrate and acquire new skills. For more information contact the Positive Ageing Officer:

- ☎ 5950 1698
- ✉ positiveageing@mornpen.vic.gov.au

\$250 Power Saving Bonus

Worried about high energy bills? The Victorian Government's \$250 Power Saving Bonus may help provide your household with some much-needed relief. Your local Community Support Centres at Hastings, Mornington and Rosebud can help you apply. An energy-efficient home will save you hundreds of dollars on your power bills, saving you money and reducing emissions contributing to climate change.

- ☎ [mornpen.vic.gov.au](http://mornpen.vic.gov.au/saveenergy)

Dial T for transport

Dial-A-Bus operates right across the peninsula with each township having a dedicated day for services. Morning trips collect people from their homes with return trips starting in the early afternoon. Cost of travel on Dial-A-Bus is \$1 each way. For information and bookings, contact Community Transport:

- ☎ 5950 1605
- ✉ communitytransport@mornpen.vic.gov.au

Mornington Community Hub: A community for all ages

The Mornington Community House, 'The Corner' Youth Centre, Mornington Men's Shed and RPP FM make up the Mornington Community Hub at 91 Wilson's Road, Mornington. For information on the Men's Shed:

- 🌐 morningtonms.mpmsn.com.au
- ✉ mensshedmornington@gmail.com
- ☎ 0412 338 845 (membership)
- ☎ 0417 586 086 (donations/projects)

RPPFM radio is accessible via 98.7FM on your radio via digital stream: 🌐 rppplus.com.au

Contact the Mornington Community House Coordinator:

- ☎ 5975 4772 ☎ 5950 1698
- ✉ amy.pollard@mornpen.vic.gov.au

Learn how to use Telehealth

Learn how to manage your healthcare from home through our free library sessions. Many healthcare providers offer a telehealth consultation when a physical examination isn't necessary. It's not intended to replace essential visits to the doctor but is a convenient solution for when it isn't necessary to see a doctor face-to-face. Bookings are essential.

- 🌐 ourlibrary.mornpen.vic.gov.au/whats-on



PACE (Peninsula Advisory Committee for Elders) – Expressions of interest

The Peninsula Advisory Committee for Elders (PACE) works with the Shire to help guide it's Positive Ageing Strategy and to contribute to an age-friendly Mornington Peninsula. PACE provides a crucial voice in regard to opportunities and challenges that impact on our ability to age well. Access to information, respect, social inclusion and mobility are some of the issues of focus through PACE. For more information contact positiveageing@mornpen.vic.gov.au ☎ 5950 1000

The 'SHAPE' study – Living Well with Dementia

'SHAPE' is an international research trial, to test a new online training and support group for people in the early stages of dementia, and an e-learning program for their carers. People with dementia will be invited to attend the online group once a week for 10 weeks. We are looking for people over age 65 who have a diagnosis of dementia, can engage online and have a care

partner who can participate. Please contact Jana Koch:

✉ shape@neura.edu.au
☎ 02 9399 1116

FlexiRide Ventura Bus service Rosebud

is a demand responsive service that allows customers to travel between major hubs within the designated zone, and their closest virtual stop. FlexiRide does not operate on any fixed route, so bookings are essential.

Home pickup is available for customers with special accessibility requirements (call to request this). To book, use the FlexiRide app or call ☎ 8710 6377

Alfred Health Carer Services

provide a range of resources and activities for people who have caring responsibilities.

These are designed to provide carers the opportunity to connect with others, have a break from their caring roles, and take care of themselves. There is no cost, but please register your interest so you don't miss out.

✉ alfredhealthcarers.org.au
☎ 9076 6644



Dish Out Some Help – Meals on Wheels Volunteers

Did you know more than 120 dedicated local volunteers deliver around 75,000 meals across our Peninsula every year?

The Meals on Wheels Service delivers nutritious meals to residents who are unable to provide for their personal dietary needs. A delivery in some cases, may be one of very few interactions during the week. The team urgently needs more volunteers in the Rosebud area!

If you are interested and are free one weekday morning between 9.30-11.30am:

☎ 5950 1600
✉ monica.seal@mornpen.vic.gov.au

