

Positive Ageing Newsletter

Ageing well on the Mornington Peninsula

**Edition
#36
Spring
2024**

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Mornington Peninsula Seniors Festival

1-31 October, 2024

- Low cost or free events
- Events at multiple venues across the Peninsula

Pick up the event guide at your local Shire office, community centre or view it online:

📍 mornpen.vic.gov.au/seniorsfestival

Key events:

Get Active Expo

Camp Manyung, Mt Eliza
Friday 4 October

The Piano Men: The Songs of Elton John and Billy Joel

George Jenkins Theatre, Frankston,
Saturday 26 October

To join the mailing list or view electronically:

📍 mornpen.vic.gov.au/PositiveAgeingNewsletter

📍 positiveageing@mornpen.vic.gov.au



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



Grandparents Playgroup at The Briars

Are you ready to explore the wonders of The Briars with your grandchildren?

Our Grandparents Supported Playgroup gives you the opportunity to build on your grandparenting confidence and support your grandchild's development and wellbeing.

Meet other grandparents and make new connections in your community.

The Briars
450 Nepean Highway,
Mount Martha
(meet at the Visitor Centre)

Every Thursday from
10 October, 10am-12pm

Cost: Free

📞 5950 1099 (Gwen)

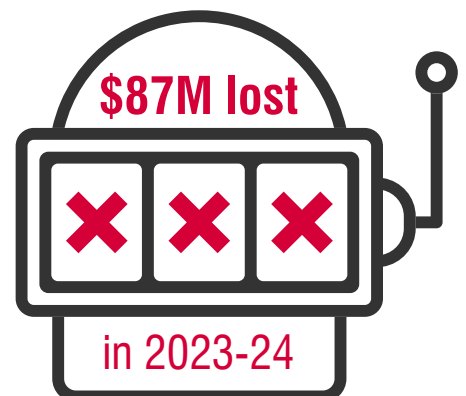
🌐 mornpen.vic.gov.au/supportedplaygroups

Gambling harm

Did you know?

On the Mornington Peninsula there are 17 venues with 705 electronic gaming machines (pokies). In the past year **\$240,821** was lost to the pokies each day, a total of **\$87 million** in 2023-24.

If you or someone you know is affected by gambling harm, call Gambler's Help: 📞 1800 858 858



Seniors Law Forum

Join us for a **free** workshop presented by Lardner's Solicitors about these topics:

- The importance of will making
- How to obtain a Grant of Probate
- Understanding the effect of making financial and medical Powers of Attorney documents.
- How to protect yourself from elder abuse.

Mornington Library Friday 18 Oct, 10.30am
Rosebud Library Monday 21 Oct, 10.30am
Hastings Library Friday 25 Oct, 10.30am

Bookings essential. To book, visit:

📍 ourlibrary.mornpen.vic.gov.au/events

📞 5950 1710

How does sleep clean your brain?

Monash University is recruiting healthy older adults (60+) who are willing to participate in an exciting new sleep research, looking at sleep and brain health to determine if sleep may be a critical target in reducing the risk of developing dementia or cognitive impairment.

Participants will be reimbursed up to \$325 for completing the study.

For more information, please contact Monash University:

📞 9905 5889

📧 base.sleepwell@monash.edu

Staying at home – Dementia Care

Multicultural Dementia Care and Support Centres offer a **free** support program for both carers and their loved ones who have dementia. This can have a positive impact on the caregiver and the individual with dementia.

For carers:

- Enhance personal wellbeing
- Small group sessions to share experiences and ideas
- Skill development sessions to strengthen at-home care abilities and boost confidence
- Information sessions to improve knowledge of dementia care
- Referrals to relevant services
- Make connections with other carers in a relaxed environment

For individuals with dementia:

- Fun activities in a friendly and welcoming environment.
- Improve quality of life.
- Assistance with ways to stay at home longer.



Carers and their loved ones with dementia are welcome to join the centres at no cost.

Free:

- Transportation support, available on request.
- Morning tea and lunch.

Session start: November, Mornington area.
Date and exact location to be provided at time of enquiry.

For more information, contact Heena:

📞 0413 376 079

📧 sah@amcservices.org.au

📍 amcservices.org.au

Australian Multicultural Community Services – we care, we support, we empower.

Workshops at The Briars

The Briars, 450 Nepean Highway,
Mount Martha



Shire Nursery

free plant giveaway

Wed 2 Oct – Fri 4 Oct,
9am-3.30pm

Sat 5 Oct, 9am-1pm

Cost: Free

The Shire Nursery specialises in native and indigenous plants.

Present your seniors card to receive two plants per senior resident.



Successful Home Composting

Tues 8 Oct, 10.30-11.30am

Cost: \$10

(Seniors Card holders)

Bookings essential:

📞 5950 1221

📍 [homecompostingSW2024.
eventbrite.com.au](https://www.eventbrite.com.au/e/homecompostingSW2024)

Whether you're just getting started or would like to broaden your compost knowledge, this workshop will cover different composting systems, beneficial additives, harvesting, common problems and much more.

Come along to share, be inspired, and succeed in your composting journey.

Homestead Gardens and Outbuildings Tour

Tues 8 Oct, 12.30-1.30pm

Cost: \$10

(Seniors Card holders)

Bookings essential:

📞 5950 1221

📍 [homesteadtourSW2024.
eventbrite.com.au](https://www.eventbrite.com.au/e/homesteadtourSW2024)

Immerse yourself in an external tour of The Briars Homestead outbuildings and historic gardens.

One of the first houses built by Europeans on the Mornington Peninsula, our tour guide will share their extensive knowledge on the history of the Balcombe family who farmed the land for five generations.

Eco living workshops

Eco Living Display Centre (next to The Briars Nursery),
450 Nepean Highway, Mount Martha



Free



Free

Home harvest exchange at the Eco Living Display Centre

First Sat monthly, 11am–12pm
Third Thurs monthly,
9.30-10.30am
Cost: Free

Bring your excess garden produce to this free fortnightly harvest exchange and swap with other home gardeners.

Come along and meet like-minded people and pick up some handy gardening tips.

To receive reminders:

📍 mornpen.vic.gov.au/HomeHarvestReminder

More info:

📍 mornpen.vic.gov.au/ELDC-Harvest-Exchange

Natural backyard beekeeping

Sat 5 Oct, 9.30-11.30am
Cost: \$30 full, \$18 concession

Bookings essential:

📍 [beesoct24.eventbrite.com.au](https://www.eventbrite.com.au/e/bee-soct24)

Join Robin to learn more about bees, including:

- how a colony works
- how to care for bees to ensure a healthy colony.

Healthy home workshop

Sat 5 Oct, 1-3pm
Cost: Free

Bookings essential:

📍 [healthierhome24.eventbrite.com.au](https://www.eventbrite.com.au/e/healthierhome24)

This workshop covers how to:

- maintain high air quality
- avoid dangerous gases
- ensure adequate ventilation
- avoid dampness
- be more energy efficient.



Scan the QR code to book workshops on this page!



Get behind the National Bowel Cancer Screening Program

Did you know that bowel cancer is the second biggest cancer killer in Australia?

There is some good news: over **90 per cent** of bowel cancers can be treated successfully if found early.

The Bowel Cancer Program sends a **free** at-home bowel cancer screening kit every two years to eligible Australians aged 50-74. To request a kit, call 📞 1800 627 701



Your next visit to the bathroom could save your life.

Free Home Test Kit

4 easy steps that could help save your life.

NATIONAL BOWELCANCER SCREENING PROGRAM

Maggie Beer's Big Mission

Spurred by the shocking findings revealed in the 2021 Aged Care Royal Commission, showing high rates of malnutrition in older people living in aged care, Australian food icon Maggie Beer leads an ambitious, world-first social experiment taking on a struggling industry to transform the food and dining experience in an aged care home. Available on ABC iView.



Dignified and Respectful Decisions

A new free resource for Victorian seniors and their families

This year Palliative Care Victoria launched the Dignified and Respectful Decisions project – a free online resource that supports families and substitute decision-makers. The site includes helpful contacts, downloadable resources and accompanying booklet: *Being prepared as a family decision maker*.

The information helps families prepare for the different types of decisions they may need to make if their loved one loses the capacity to make their own decisions.

It provides guidance on how to determine what your family member would want for ongoing care and at the end of life, particularly when they have not shared any advance care instructions in the past.

The resource includes tips on how to care for your own wellbeing during a time that can be both challenging and unpredictable. To request your free resource pack, contact:

📞 9662 9644

🌐 pallcarevic.asn.au/dard

Are You Prepared?

Community resilience and emergency management workshops

In today's unpredictable world, being prepared for emergencies is more important than ever. Natural disasters, accidents and unforeseen events can disrupt our lives in an instant.

That's why community initiatives like the **Are You Prepared?** workshops are invaluable in ensuring our neighbourhoods are ready to face emergencies.

Are You Prepared? workshops are designed to educate and empower local residents to understand potential risks, learn skills and connect with essential emergency contacts.



Participants will learn about common local hazards, such as floods, fires, and severe weather.

For bookings, contact:
☎ 5950 1375 (Abbey)
✉ em@mornpen.vic.gov.au



Make a difference in healthy ageing research

The National Centre for Healthy Ageing invites you to join **Voice Australia**, the new platform for community involvement in research.

If you would like to connect with like-minded people and help shape research about healthy ageing and wellbeing, then Voice Australia is for you!

We invite you to come along to our local events and workshops, either in person or online – there is something for everyone!

Becoming a Voice Australia member is easy and it's free, and most activities offer rewards just for getting involved. To join or for more information, visit:

➔ voiceaustralia.community
➔ ncha.voiceaustralia@monash.edu
☎ 9788 1722



Out and about with Rye Whitecliffs Probus Club

Rye Whitecliffs Probus Club is a very active club, offering a wide range of interesting and varied activities each month.

Have you ever thought about joining a group of like-minded seniors who enjoy all that life has to offer?

Want to keep active and meet new people in your area?

Our Probus Club has a variety of activities available for members, including:

- walking groups
- dining out
- away trips
- theatre visits
- happy hour
- gardening
- and so much more.

Club members are heading off to the wonderful Apollo Bay in October, where we are sure much frivolity will be had. This will be the second away trip for the club this year.

Our away trips are generally held in March and October each year and a trip to Anglesea is already being planned for March 2025.

All visitors are most welcome.

Meetings:

Fourth Thursday of every month (except December), Blairgowrie Community Hall

If this interests you, please call or email us:

📞 0418 996 567

(Lillian Malone)

✉️ probusclubryewhitecliffs@outlook.com

Have your say

As a community newsletter, we welcome your input. What type of information would you like to read about? Do you have a community event you would like to advertise?

Please email your ideas to:

✉️ positiveageing@mornpen.vic.gov.au

We are committed to Positive Ageing.

For a copy of the Positive Ageing Strategy:

📞 5950 1000

✉️ positiveageing@mornpen.vic.gov.au