

Positive Ageing Newsletter

Ageing well on the Mornington Peninsula

**Edition
#35
Winter
2024**

What's inside

- Ukulele Classes
- End-of-Life Doula
- Bringing the stories of death to life
- Dying to Know Day
- Grants and Sponsorships
- The FMP Job Expo
- Mornington Community and Support Centre
- Our Library – What's on
- Ending Loneliness
- Dementia Rehabilitation
- Dial-A-Bus
- Mornington VIEW Club
- Mornington Probus
- Older Men: New Ideas
- HALT steps into Positive Ageing
- Energy tips



Ukelele Classes – It's a wrap!

Our free ukulele classes held in Mornington and Somerville were a great success.

Led by Sally Carter, this beginners' program provided a welcoming space for people over 55 years to embrace new skills and forge meaningful connections.

Rye Community House is hosting ukelele classes each Friday at 10.30am. All skill levels and ages are welcome.

For more information:
📍 ryech.org 📞 5985 4462

For general information:
📍 positiveageing@mornpen.vic.gov.au
📞 5950 1695

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

What's an End-of-Life Doula?

'Doula' comes from the Greek language and reflects someone who helps at times of transition.

An end-of-life doula provides non-medical support (physical, mental, emotional, spiritual and/or practical) to someone who is advancing in age, living with an illness or diagnosis (whether life-limiting or terminal). A doula also provides this support to those close to the person.

It's about giving back choice, capacity and control to people approaching end of life. For more, contact Helen Callanan (Preparing the Way):

📞 1800 368 527

🌐 preparingtheway.com.au



**8 August, 10am – 1pm,
Peninsula Community
Theatre**

Community members are invited to attend our first Dying to Know Day event. Speakers and activities will address key questions, including how to plan for end of life, how to have a good death and how to support someone who is grieving.

For bookings, contact:

✉ positiveageing@mornpen.vic.gov.au

📞 5950 1695

Bringing the stories of death to life

Hosted by Critical Info founder Catherine Ashton, 'Don't Be Caught Dead,' is a groundbreaking podcast that bridges the gap between the living and the departed.

"Losing a friend so unexpectedly brought me face-to-face with the crucial importance of end-of-life planning, and made me determined to establish a secure platform that would empower people with the knowledge and tools they need for informed decisions and comprehensive preparation," says Catherine.

'Don't Be Caught Dead' interviews can be found on the website.

The guide *'My loved one has died, what do I do now?'* is now available for download.

Critical Info cloud-based web app will be launched later in 2024.

For more information:

🌐 criticalinfo.com.au

✉ Catherine.Ashton@criticalinfo.com.au

📞 0419 883 443



FMP Job Expo

Local Jobs for Local People

Frankston and Mornington Peninsula Job Expo

Are you looking for a career change, to increase your hours of work or want to get back into the workforce?

The Frankston and Mornington Peninsula Job Expo is your chance to connect with a wide range of local businesses that have current job vacancies.

- Meet the businesses and ask questions
- Discover what support is available to you
- Find resources to help you adapt to the changing job market
- Explore training options to develop new skills, or update existing ones
- Apply for available job positions.

Get the next phase of your work journey started!

**20 August 2024,
2.30-4.30pm**

Mornington Racecourse,
320 Racecourse Road,
Mornington

For more information:

📍 [mornpen.vic.gov.au/
FMPexpo](http://mornpen.vic.gov.au/FMPexpo)

📞 5950 1579

(Mornington Peninsula
Visitor Information Centre)

To book:

📍 [mornpen.vic.gov.au/
fmpjobexpo](http://mornpen.vic.gov.au/fmpjobexpo)

2024/2025 Grants and Sponsorships

Calling all Mornington Peninsula community groups, organisations, businesses, and sole traders!

Applications will open for the Shire's Grants and Sponsorships on 13 July.

We have grants and sponsorships available to help you to address climate change, support biodiversity conservation, create opportunities for social inclusion, build the capacity and capabilities of volunteers, contribute to township vibrancy through arts and culture, performing arts development as well as placemaking to increase social connections and to improve the natural and built environments.

For more information, contact our Grants team:

📍 mornpen.vic.gov.au/grants

📞 5950 1083

✉ communityinvestfunding@mornpen.vic.gov.au



Need help?

Book an information session (online and in-person) to learn how to apply for a grant and the projects funded previously.

To register: 📞 5950 1083

📍 mornpen.vic.gov.au/grantsinfo



MORNINGTON COMMUNITY SUPPORT CENTRE

Call for Volunteers

MCSC are seeking volunteers to help people who are facing financial difficulties.

Volunteers will receive training and support and be part of a program that adds significant value to the lives of people in our local community.

No matter your skill set, your availability, your age, or your location, we'd love to welcome you to our space. Training is provided in all our roles. Please call or visit our website:

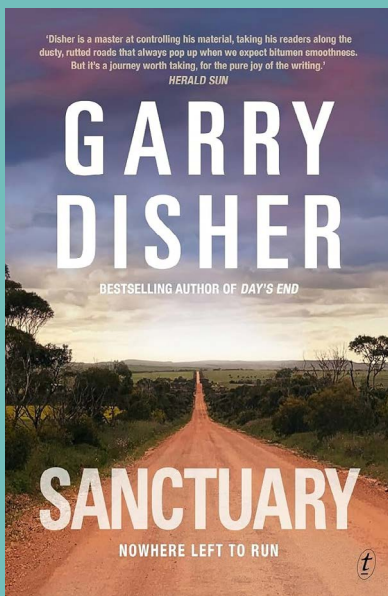
- 📞 5975 1644 (Louise Cranwell)
- 🌐 mcsc.au/volunteer

Dial-A-Bus

The Shire's Dial-A-Bus service operates 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 is \$1 each way.

For information and bookings:

- 📞 5950 1605
- ✉ communitytransport@mornpen.vic.gov.au
- 🌐 mornpen.vic.gov.au/communitytransport



Book this author talk:

- 🌐 mornpen.vic.gov.au/garrydishertalk

What's On at Your Local Library?

Researching your Family History

Mornington Library **Wed 28 August, 10.30am – 12.30pm**

Join the Mornington Peninsula Family History Society for an introduction to researching your family tree.

Advance Planning – Be the author of your own story

Mornington Library

Tues 16 July, 11am – 12pm

Hastings Library

Fri 16 August, 11am – 12pm

Grief coach Bronwyn will provide an informal presentation on the funeral planning process. This will be a valuable session if you wish to celebrate your life in a way that works for you and those you leave behind.

Local Author Talk with Garry Disher

Hastings Library

Tues 23 July, 2.30-3.30pm

Garry Disher is the award-winning, bestselling author of 60 titles, including Bitter Wash Road and Days End. His latest book, Sanctuary is a tense and atmospheric standalone novel set in regional South Australia. Join us for an engaging and dynamic talk from one of Australia's most esteemed crime writers.

Ending Loneliness Together

Imagine if everyone felt a sense of connection and belonging.

Ending Loneliness Together is a national network of organisations that have come together to address the growing problem of loneliness in Australia.

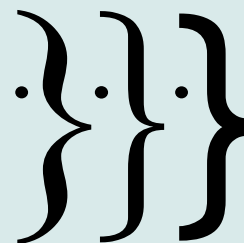
Founder, Associate Professor Michelle Lim, recently spoke at Jubilee Stadium in Frankston. Some key takeaway messages were that loneliness impacts people of all ages, that loneliness can harm our health and that it's important to work on developing meaningful connections over time.

For more information:

📍 endingloneliness.com.au

📍 info@endingloneliness.com.au

**ENDING
LONELINESS
TOGETHER**



In Home Dementia Rehabilitation Program

Receiving a dementia diagnosis can be challenging. For Bill and his wife, Betty, who is now also Bill's carer, it was a heartbreaking discovery.

"Before my diagnosis, I was learning Italian, playing chess and Sudoku. I gave up all those activities because I thought I couldn't do them anymore," Bill shared. They are now receiving support from the in-home Dementia Rehabilitation Program.

Led by a team of Allied Health Professionals, the program combines therapeutic interventions, education, and personalised care,



integrating allied health with aromatherapy, art therapy and music therapy.

The Program is provided by Encara, and funded by South Eastern Melbourne Primary Health Network. It is available to individuals aged

65 and over living in the South Eastern region including the Mornington Peninsula.

For more information, visit:

📍 encara.com.au/in-home-dementia-rehabilitation

📍 dementia@encara.com.au



Mornington Combined Probud Club

Probud clubs provide social opportunities, learning, and enjoyment for people in their retirement years.

Mornington Combined Probud Club meets on the first Friday of the month (except January). Meetings take place at 10am at the Mornington Civic Bowls Club, Dunns Road. New members are welcome. For more information call ☎ 0427 045 440



Older Men: New Ideas

OM:NI is a discussion group for men 60 years and over. We meet on the third Thursday of the month, 9.30am – 12noon at Hastings Community Hub, 1973 Frankston-Flinders Road, Hastings. Contact Ian Stephens: ☎ 0403 415 437



Mornington VIEW Club

This Club supports the work of The Smith Family in assisting in the education of disadvantaged Australian children. Mornington VIEW Club meets on the fourth Friday of the month. Meetings take place at the Mornington Golf Club over lunch. The Club also has outings, brunches, coffee mornings, walking and book groups, fashion parades and speakers. New members are welcome. For more information call Di on ☎ 0414 596 942



HALT steps into Positive Ageing

Hope Assistance Local Tradies (HALT) is a non-profit mental health awareness charity. They are normally active at building sites, industrial areas, and TAFE colleges. A recent spike in suicides in men over 65 has led to a focus on wellbeing and suicide prevention for older people. HALT, through grant funding is conducting workshops in the Mornington Peninsula. Pictured here is Mark from HALT with the Safety Beach and Dromana Men's Shed. For more information, contact Mark Foley:

☎ mark@halt.org.au ☎ 0427 972 370

Climate grants now open!

Climate Action Grant

The Shire's Climate Action Grant program provides funding up to \$10,000 to support small businesses, organisations and schools.

Projects will be funded that support our climate emergency goals.

Project examples are those that reduce waste to landfill, those that reduce greenhouse gas emissions, or those that encourage sustainable transport use and help to change behaviour.

Online information sessions will be held:

Mon 22 July, 6-6.30pm

📍 [CAGinfo-session22July.eventbrite.com.au](https://www.eventbrite.com.au/e/caginfo-session-22-july)

Wed 24 July, 3.15-3.45pm

📍 [CAGinfo-session24July.eventbrite.com.au](https://www.eventbrite.com.au/e/caginfo-session-24-july)

Mon 29 July, 1-1.30pm

📍 [CAGinfo-session29July.eventbrite.com.au](https://www.eventbrite.com.au/e/caginfo-session-29-july)

Applications open 13 July and close 7 September 2024. For more information, email:

📍 climateemergency@mornpen.vic.gov.au

Energy Support Grants

These grants will cover 50% of the out-of-pocket expenses (or up to \$1,000) for Reverse Cycle Air Conditioners, insulation and draught proofing. Grants aim to support residents at risk of temperature extremes by improving comfort, health outcomes and reducing energy bills. Eligibility criteria applies. Grants open 13 July 2024 until 4 June 2025.

For more information:

📍 mornpen.vic.gov.au/climateactiongrant

📍 climateemergency@mornpen.vic.gov.au

📞 5950 1297

Save on your energy bills

Book some time with one of our trained volunteer energy consultants at a Mornington Peninsula Shire library near you or via Zoom. Find out what you can do to have a more comfortable home and reduce your bills.

📍 mornpen.vic.gov.au/energyconsultation

📞 5950 1681 (Jacqui)

Learn about installing solar and batteries at your home

Sat 3 August, 1-3pm

Eco Living Display Centre, The Briars, 450 Nepean Highway, Mount Martha

Register: 📍 solarbatteries.eventbrite.com.au

Join this introductory workshop to learn how to select a solar and/or battery system for your home that works for you. Danielle from Green Moves will take you through getting the right system for your home, how to maintain your system and how financial rebates work, and answer any questions you may have.



2024 Seniors Festival

'Explore. Engage. Evolve.'

During October, you can join in a range of free or low-cost events and activities on our Peninsula.

This year's theme is 'Explore. Engage. Evolve.' This theme promotes a need to stay curious and open to exploring new activities, opportunities to meet new people and extend ourselves through new interests, discovering the ways we can enhance our life, develop our resilience and remain happy, healthy, and productive as we age.

Over 70 activities will be available for free or at low cost across the Peninsula. They'll be promoted through our Seniors Festival booklet.

For more information:

✉ positiveageing@mornpen.vic.gov.au
☎ 5950 1695



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