



# Positive Ageing Together Newsletter

December 2025—January 2026 Edition

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See you there

## Seasons Greetings

As we wrap up the year and head into the festive season, we want to take a moment to look back — what a busy year its been!

From WEAAD (World Elder Abuse Awareness Day) in June to Loneliness Awareness Week in August, our Escorted Seniors Train Trip in September and a HUGE calendar of activities for Seniors Month in October. It was fantastic to see so many of you getting involved, catching up with old friends and making new ones. We're incredibly grateful for your support and shared moments throughout 2025.

The Positive Ageing team is already looking forward to the fun ahead—and we will be back in 2026 with even more to share and celebrate.

Until then we wish you a peaceful Christmas and a very happy New Year.



Don't forget to explore the [Positive Ageing Together](#) webpage—it's your one-stop hub for events, activities and helpful information.

Visit [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)

Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, the Traditional Custodians of these lands and waters.



If you have any ideas you would like to submit or have events and activities you would like to promote, please contact Positive Ageing by emailing [PositiveAgeing@frankston.vic.gov.au](mailto:PositiveAgeing@frankston.vic.gov.au) or call 0482 691 444

## Hot Tips for Seniors

### Clear Vision doesn't have to Cost a Fortune - Victorian Eyecare Service (VES)

Eligible patients can access low cost eye care and visual aids through this state government program. Services include:

- Subsidised eye consultations
- Low cost glasses or contact lenses
- Victorian Aboriginal Spectacles Subsidy Scheme (VASSS)

The closest VES is at 116 David Street Dandenong.

To discuss your eligibility, please call 9771 1007 or email

dandenong@acoeyehealth.org.au



### Mental Health and Wellbeing Local

Free, confidential support for Victorians aged 26+ experiencing mental health or substance use challenges. Get one-on-one or group help in person or via telehealth. The team listens, supports and helps you create a plan that suits your needs.

Located at 454 Nepean Highway Frankston

Contact: 1800 000 525 or visit [www.wellways.org/our-services/mental-health-and-wellbeing-local/](http://www.wellways.org/our-services/mental-health-and-wellbeing-local/)



### What if ..... I need food assistance?

Here are just a few in the Frankston area.

- Visit [Community Support Frankston](http://Community Support Frankston) for emergency food vouchers or advice  
Call 9783 7284 or [www.frankston.net](http://www.frankston.net)
- [Theodora's Cheerful Givers](http://Theodora's Cheerful Givers) helping families and individuals put food on the table.  
Call 0413 807 763 or [www.theodorahouse.org.au](http://www.theodorahouse.org.au)
- [Project Fresh Start Community Fridges](http://Project Fresh Start Community Fridges) provide free and fresh plant based food to the community. Lunch at Orwil St Community House on the first and last Saturday of each month. Additionally they have stocked refrigerators at multiple locations.  
Check details at [www.projectfreshstart.org.au](http://www.projectfreshstart.org.au) or call 0455 276 372
- [Life-Gate Inc](http://Life-Gate Inc) provide food hampers and frozen meals. Call 9770 0595 to make an appointment.
- [Sikh Volunteers Australia](http://Sikh Volunteers Australia) offer free home delivery service every Sunday for older people.  
Pre order via text to 0452 401 734

## Local Volunteers

### Kev—Wingham Park Senior Exercise Champion

Hi, I'm Kev.

I'm an exercise champion who volunteers at the Wingham Park Seniors Exercise Space. I have always had an interest in exercise after using it to overcome some physical injuries. I always wanted to be involved in the community and help others so when the seniors exercise champion role came up, I jumped at the opportunity. I have met some wonderful people all whilst helping attendees improve their strength, mobility and balance in a socially friendly, outdoor setting. I always come away from the exercise park feeling great whether it is from instructing a new person, seeing a regular make progress or a just nice chat during the session or afterwards over a cuppa.

Volunteering has brought so much positivity into my life and is something I will continue to do wherever life takes me.

Join Kev at Wingham Park Seniors Activity Space at 103 Ashleigh Ave Frankston Every Friday (except public holidays) 10.30am—11.30am.



### Rohini—Sri Lankan Seniors.

I am of Sri Lankan origin and migrated to Australia in January 1990 with my husband and two young sons. I am a proud grandmother to three beautiful grandchildren. I worked at the Bank before retiring to spend time caring for my grandchildren. In retirement, volunteering has become a very rewarding part of my life. I currently serve as Secretary for the Carrum Downs Sri Lankan Seniors, where my professional background in secretarial work has been invaluable. I also volunteer at the Seaford RSL, helping to pack badges for Anzac Day and Poppy Day appeals.

I love volunteering—it allows me to meet people from various backgrounds while sharing my skills and knowledge. With the Sri Lankan Seniors, I'm actively involved in organising bus trips, lunches and dinners, and I make sure our members know about seniors discounts available for electricity and gas. For those who are less fluent in English, I'm always happy to assist with translations. Most importantly, I encourage our community to connect and engage with other groups as I believe this builds confidence and creates stronger, more inclusive communities.



# Spotlight— Seniors Festival 2026



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## Senior News

### Aged Care Reform: A Positive Shift for Older Australians

On 1 November 2025, the new Aged Care Act 2024 came into effect - marking a major step forward for aged care in Australia. The Act puts older people first, embedding their rights, dignity, and preferences at the heart of care. Key changes included a strong focus on high quality care, clear provider responsibilities, and the introduction of a Statement of Rights, ensuring older Australians are treated with respect, fairness, and compassion. This reform will make a positive impact, supporting a more transparent, person-centred aged care system. For more information or help accessing aged care services, contact My Aged Care 1800 200 422 or [myagedcare.gov.au](http://myagedcare.gov.au). If you need independent advice or advocacy, contact the Older Persons Advocacy Network (OPAN) on 1800 700 600 or visit [open.org.au](http://open.org.au). OPAN provides free, confidential support to help older people understand and exercise their aged care rights.

### Prepare Your Property for Fire Season

Fires can occur anywhere — even in suburbs with nearby grass, bushland or parks.

Get ready now by:

- Keeping grass under 10cm
- Clearing gutters and removing dry leaves, twigs and bark
- Cutting back branches over buildings
- Storing flammable liquids and wood away from your house
- Talking with neighbours about your fire plans



Leaving early is the safest option — know your trigger to leave and where to get reliable emergency updates. Council's Fire Prevention Officers will begin inspections in mid-October. Properties posing a fire hazard will receive a Fire Prevention Notice. Failure to comply may result in a **\$2,035 fine plus hazard removal costs**. Learn more at [cfa.vic.gov.au/plan-prepare](http://cfa.vic.gov.au/plan-prepare)

### Frankston Croquet Club

The Mayor and Councillors recently joined members to celebrate the newly refurbished Frankston Croquet Club rooms, enjoying afternoon tea and a friendly game of croquet.

Looking for fun, social and low impact sport?

Croquet is great for the mind and body—just ask the Councillors!

Join in on Tuesday, Thursday and Saturdays

61N Nolan Street Frankston

Bookings essential - Call Fay on 0407 342 562



# Senior News

## Escorted Train Travel Empowers Seniors to Travel with Confidence.

In partnership with Frankston City Council Positive Ageing, Karingal Place Neighborhood Centre, Metro trains, Frankston Police and Local Protective Service Officers (PSO'S), local seniors enjoyed a fun and successful Escorted Train Travel Program!



Week one covered Myki card, travel safety, emergency help and trip planning apps.

In week two, participants put their skills into practice on a city train trip supported by Metro trains, with friendly chats from local Police and PSO's along the way.

At Flinders Street Station, they visited Traveler's Aid to learn about their great support services available.

Sessions were full of learning, laughter and new friendships—with plans already underway for the next trip!

## Stay Cool, Stay Well this Summer

As the weather heats up, take simple steps to stay safe and comfortable:

- **Keep Cool:** Use air conditioning or fans, wear light clothing, and cool your skin with water or a damp cloth.
- **Stay hydrated:** Drink plenty of water, even before you feel thirsty. Avoid alcohol and caffeine.
- **Plan ahead:** Schedule activities for cooler times and check VicEmergency for heat alerts.
- **Check in:** Call or visit neighbours, friends or family—especially those living alone.

Heat can affect anyone, particularly older people and those with health conditions.

For emergencies call 000, or Nurse on Call on 1300 60 60 24 (24/7 Victoria wide)

If you know of an amazing volunteer or organisation in our community please let us know so we can share their story. Email [positiveageing@frankston.vic.gov.au](mailto:positiveageing@frankston.vic.gov.au)

## Australia's Most Accessible Beach at Frankston!

Council, in partnership with Accessible Beaches Australia, is thrilled to announce a groundbreaking, 'Australia's Most Accessible Beach' pilot program, set to launch in Frankston this summer.

The 3-month pilot, delivered with financial support from Council's Social Inclusion Action Group as well as from local businesses and organisations, will transform our iconic beach into a truly inclusive space – providing dignity, freedom, and fun to over 30,000 residents living with disability, 21,000+ seniors, and 15,000 unpaid carers.

For many, it will be their first ever opportunity to enjoy a day at the beach with loved ones. Beach access was identified as a key priority in our Disability Action Plan, and this pilot builds on existing partnership projects at Seaford Life Saving Club and Frankston Yacht Club work – offering a higher level of support for those needing extra assistance.

The pilot developed with advice from Council's advisory groups including Australia's Most Accessible Beach Advisory Committee will include.

- beach matting
- shaded sunlounges
- beach wheelchairs and walkers
- support staff and a booking system to help you plan your visit with confidence.



For more information or to join the Frankston City Beach Access mailing list:  
email [disability@frankston.vic.gov.au](mailto:disability@frankston.vic.gov.au)

### Privacy

Frankston City Council is committed to protecting your privacy. The personal information you provide will be used to send email updates about the Beach Accessibility Opportunities in Frankston City and related initiatives. You can unsubscribe at any time by emailing [disability@frankston.vic.gov.au](mailto:disability@frankston.vic.gov.au). Your personal information will only be used and shared as authorised by law. For more detail about how Council handles and protects personal information, or to access your information, see Council's privacy policy at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au) or contact Council's privacy officer on 1300 322 322.



# See you There!

## Christmas Lunch—Frankston Life Community

Do you live in the Frankston area?

Will you be alone on Christmas Day?

Are you struggling financially and wondering how to make the day special?

If this sounds like you, we warmly invite you to join us for the Frankston Life Community Annual Christmas Lunch—a day of joy, connection and festive celebration.



**When:** Thursday 25 December 2025

**Time:** 12.00pm—2.30pm

**Where:** Frankston Art Centre, 27-37 Davey Street Frankston

Guest registration open 1st December 2025

**Registration is required and can be done via their website [www.frankston.life/](http://www.frankston.life/) or phone 0490 807 004**

For more information email [aimee@frankston.life](mailto:aimee@frankston.life)

## Vision Australia Low Vision Recreation Group for Seniors—Frankston

Activities include

- Low intensity chair based gentle exercise
- Gardening
- Craft and cooking
- Scrabble, music bingo, memory games—crossword, trivia, quizzes
- Social outings and more!

**When:** Every Tuesday (excluding public holidays) 10am—2pm

**Where:** Ebdale Community Hub, 20 Ebdale St. Frankston

**Contact** (03) 8971 0200

**General enquiries:** 1300 847 466 email [info@visionaustralia.org](mailto:info@visionaustralia.org)



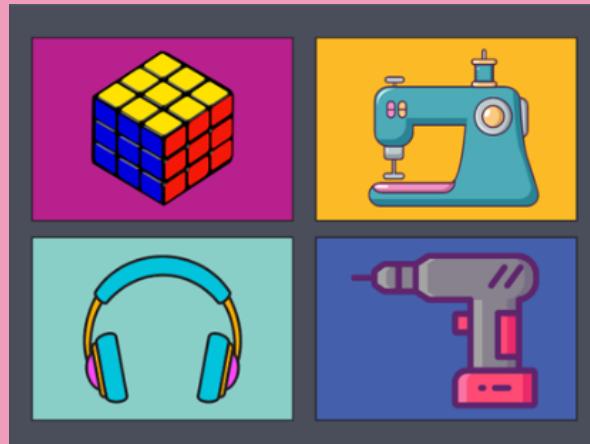
# Frankston Library

## What is the library of things?

Borrow a range of useful everyday items; garden tools, kitchen goods, hobbyist gear and more. All for FREE!

- Sign up for a Frankston City Libraries card
- Book in for a once off LOT Induction (18+ years only)
- Select your item from the display and borrow

Phone 9784 1020 or [library.frankston.vic.gov.au/whatson](http://library.frankston.vic.gov.au/whatson)



## Home Library Service

Know someone who loves to read or listen to books, but can't get to the library?

Frankston Libraries offer a FREE delivery service!

Who is this service for?

Community members who live in the Frankston City municipality and:

- have a disability
- are too frail to visit the library
- have mobility issues or
- have blindness/low vision

The volunteers deliver a range of resources at an agreed time and frequency. Items available include books, magazines, large print books, talking books, films, documentaries, and music CD's.

To find out more about the service, please contact [libraryenquiries@frankston.vic.gov.au](mailto:libraryenquiries@frankston.vic.gov.au) or call 9784 1020

## Binge Bags

Binge bags are a quick and easy way to get more of the items you love. You can reserve them online or by calling the library.

Their curated binge bags include genres such as picture books, DVD's, crime novels, biographies and more!

Once your binge bag is packed and ready to collect, you will be notified.

For more information, contact 9784 1020 or email [library.frankston.vic.gov.au/whatson](http://library.frankston.vic.gov.au/whatson)



## Cube 37 & Frankston Art Centre

### 30<sup>th</sup> Anniversary Christmas Special

Celebrate the festive season in style as we wrap up the 2025 Day-time Music and Theatre season with a joyful Christmas spectacular! Featuring audience favourite Chris McKenna, the dazzling Michelle Fitzmaurice, tenor Roy Best, and pianist William Schmidt, this special 30th Anniversary performance by Promac Productions promises classic carols, Christmas cheer, and plenty of laughter—making it the perfect way to end the year on a high note.



**When:** Friday 19 December, 10.30am & 1.30pm

**Cost:** \$22 - \$25

Book online at [thefac.com.au](http://thefac.com.au) or call 9784 1060

### Artful – art & dementia program at Frankston Arts Centre (6 week series)

Artful is a FREE creative and supportive workshop program designed especially for people living with Dementia and their family members or carers.

Join us at Cube 37 for a structured art program and morning tea.

Bookings via the FAC Box Office (thefac.com.au or phone 97841060).

Each Friday from 20 February to 27 March 2026, 10.30am – 12.30pm.

For more information, please email Cath Hedge: Team Leader Programming & Engagement  
[cath.hedge@frankston.vic.gov.au](mailto:cath.hedge@frankston.vic.gov.au)

### The songs of Bassey : In Cabaret

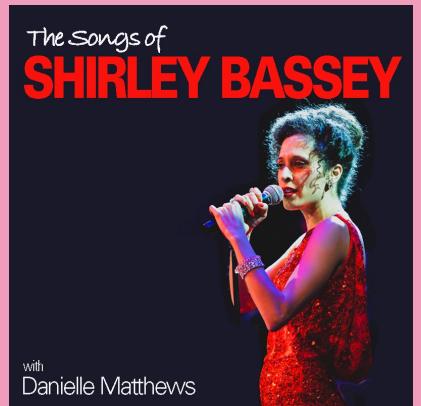
Experience an unforgettable evening of fine dining and dazzling entertainment as Danielle Matthews pays glamorous tribute to the legendary Shirley Bassey. With powerhouse vocals and iconic hits including Goldfinger, Big Spender and Diamonds are Forever, this dinner and show promises a night of timeless music and style.

**When:** 17 January 2026

**Time:** 6pm

**Cost:** Dinner and Show: Member \$80, Full \$85, Concession \$78, Companion Card \$29

**Contact:** <https://thefac.info/ShirleyBassey> or call 9784 1060



# Important Contact Numbers

## Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat.

All conversations with FriendLine are anonymous and friendly volunteers are ready for a yarn.

Contact: 9663 2740 or visit <https://friendline.org.au/>

When: Support line is open 10am - 8pm everyday

Online chat is open 6pm - 8pm Monday – Friday

## Lifeline

Lifeline is Australia's largest crisis support service, there to ensure you'll never face your darkest moment alone.

The service is confidential and you'll be connected to a trained Lifeline Crisis Supporter who will be there to listen, without judgment

If you or someone you know is going through a hard time and needs someone to talk to, contact Lifeline on 13 11 14

## Financial counselling

Times are tough, if you are experiencing financial hardship, speak to a financial counsellor today

Good Shepherd: 1300 015 500

Better Place Australia: 1800 639 523

## Older Persons Advocacy Network

If you need support accessing aged care services, require advice or would like to speak to someone about your rights, Older Persons Advocacy Network (OPAN) is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

## Seniors Rights

Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

The Orange Door: 1800 319 353

Seniors Rights Victoria: 1300 368 821

## Domestic and Family Assistance

If you or someone you know is experiencing family violence you can get support via the following support services:

The Orange Door (Frankston) 1800 319 353

Men's Referral Service 1300 766 491