



# Positive Ageing Together Newsletter

June—July 2026 Edition

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Frankston Library

Welcome to our June/July edition of the Positive Ageing Newsletter. We're so glad you're here!

This time around we're diving into *Food Glorious Food*, exploring everything from community fridges and garden to plate ideas to senior friendly shopping, ready made meals and food delivery options, and even cooking classes to build confidence in the kitchen.

We're also excited to share the great news from the Social Inclusion Action Group (SIAG) who have recently supported some fantastic community projects, including Cycling without Age and Peninsula Transport Assist—both helping people stay connected and on the move.

You can find out more about Peninsula Transport Assist on page 2 and Cycling Without Age on page 7.

We're also highlighting World Elder Abuse Awareness Day, so keep an eye out for local activities and events happening in the community.

We hope you enjoy having a read and find something that sparks your interest.



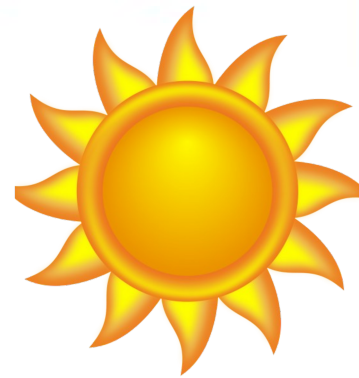
Don't forget to check out the Positive Ageing Together Webpage at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au).

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 04382 691 444

# Hot Tips for Seniors



## Home Equity Access Scheme

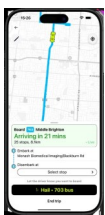
Many older Australians have most of their wealth tied up in their home, but may still find their retirement income stretched. The federal government’s Home Equity Access Scheme (formerly the Pension Loans Scheme) allows people aged 67 and over to access some of their home’s value as a low interest government loan, either as a regular payment or a lump sum, while continuing to live in their home. The scheme is open to age pensioners and self funded retirees, includes protections such as “no negative equity” guarantee, and charges a much lower interest rate than commercial reverse mortgages. Although it remains little known and underused, it can be a helpful option for retirees who are asset rich but income poor to boost their financial wellbeing and stay independent.

Applications are handled through [Services Australia](https://www.servicesaustralia.gov.au), or call 132 300

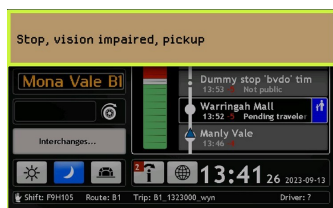
## Hailo—A world first accessible travel

The only app that lets you hail Ventura buses directly from your phone in real time—so you always know where you’re going. Hailo makes public transport in Melbourne even easier and more inclusive. Its for people with disabilities, for parents with prams and for seniors. Its for anyone that wants to travel with greater confidence and certainty. With just a tap, your driver receives the message and knows exactly where to stop, including any accessibility needs. Website [www.hailo.co](http://www.hailo.co)

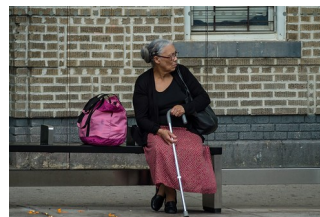
**Passenger hails the Ventura bus via phone**



**Driver receives the message.**



**Passenger picked up and dropped off at desired stop.**



**Free Transport**—The Social Inclusion Action Group (SIAG) continues to support initiatives that help older adults stay connected, active and engaged in the community—and the Healthy Futures Hub is a wonderful place to do just that. You may notice many of the programs and events in this edition are held at the Hub, and while transport can sometimes be a barrier, support is available.

Through partnership between Peninsula Transport Assist and the Healthy Futures Hub, with funding from SIAG Frankston, free return transport is offered to help you get there and back with ease.

It’s a fantastic option that removes the stress of travel and makes participating in local activities more accessible.

To book or find out more call 9708 8241 or visit [www.peninsulatransportassist.org](http://www.peninsulatransportassist.org)

# Hot Tips for Seniors

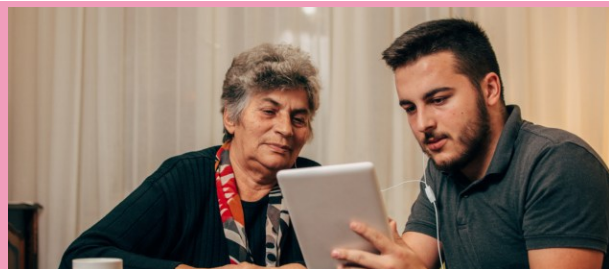
## Financial Assistance

If you can't afford your aged care costs, you may be able to get financial hardship assistance. This is available if you access the Support at Home Program or live in an aged care home, including residential respite. You, or your representative, can apply for financial hardship assistance through Services Australia.

If you're approved, Services Australia pays a supplement to your provider to cover some or all of your costs for a set period of time. This amount depends on your personal situation. You'll be responsible for paying any remaining costs that are not covered by the government.

If you use Support at Home services, tell your provider when you apply for hardship assistance. Your provider should pause contribution while your application is being assessed. If your application is not successful, you will need to pay the contributions.

More information—Call 1800 227 475 or visit website [www.health.gov.au](http://www.health.gov.au)



## Roving Repair Program

An initiative of Frankston City Council. This program empowers the community to develop skills and confidence to repair items instead of throwing them away. The goal is to reduce waste and landfill by promoting repair, reuse and upskilling within Frankston.

The events will link you to a local repair enthusiast who will do their best to help you repair your item. If they can't fix it, they will offer advice. If it can't be fixed and you no longer want it they will offer advice on the best way to dispose of it.

### Repair Event 2

Saturday 25th July 2026, 1pm—4pm

Karingal Place Neighbourhood Centre, 103 Ashleigh Ave, Frankston

### Repair Event 3

Saturday 19th September 2026, 1pm—4pm

Seaford Community Centre, 1/6R Broughton Street, Seaford

### Repair Event 4

Sunday 18th October 2026, 1pm—4pm

Frankston South Community and Recreation Centre, 55 Towerhill Road  
Frankston South



Bookings Essential

Call 1300 322 322 or visit [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)

## Spotlight—Food Glorious Food !

Food is about so much more than nutrition—its connection, routine, confidence and enjoyment. This month we're shining a light on local food and cooking options that support older adults, especially those cooking for one, living on a budget, or wanting to keep meals simple and social.

### Sharing food and Reducing Waste

#### Community Fridges— free and fresh food

Project Fresh Start is a registered charity that provides free plant based food to the community. Their community fridges operate during school terms and are restocked, with fresh food added every Monday and Thursday. Project Fresh Start also welcome volunteers—particularly people who enjoy cooking—to support their food programs, and donations to keep this initiative running. Contact 0455 276 372 or

[www.projectfreshstart.org.au](http://www.projectfreshstart.org.au)

You can find the Community Fridges at the locations below. **(during school term only)**

Bloom Café. 7A Station Street, Frankston. Thursday 10am-3pm

Orwil Street Community House. 16 Orwil Street Frankston. Monday—Friday 9am—3pm



#### Community Meals

Sometimes the best part of the meal isn't what's on the plate—its who you're sharing it with.

Project Fresh Start also host a Free Community Lunch at Orwil Street Community House, 16 Orwil Street Frankston. Held on the first and last Saturday of the month.

More information call 0455 276 372 or email [info@projectfreshstart.org.au](mailto:info@projectfreshstart.org.au)

#### Garden to plate sharing

Gardening clubs run at local community centres often include one or two small garden beds and provide opportunities for people to learn basic skills and connect with others. In contrast, dedicated community gardens offer larger shared spaces where participants can work together, grow a wider range of produce and share the harvest. Both are a great way to connect with local residents, garden and share knowledge.

Garden Club Frankston North Community Centre. Free to attend.

Friday 10am—12pm Call 8773 9545

Green Thumb Club Karingal Place Neighbourhood Centre. Free to attend.

Tuesday 9.30am—11.30am 8786 6650

Gardening Community Meet Up Belvedere Community Centre. Free to attend.

Thursday Fortnightly 10.30am—11.30am

Community Gardens for more information go to [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)

or call customer service 1300 322 322 for contact details



## Spotlight— Food Glorious Food !

### Senior Friendly shopping

Australia’s ageing population, with one in four people now over 60, is reshaping the supermarket industry. Retailers and food companies are responding by introducing smaller portions, easier to open packaging and clearer labelling to better meet the needs of older Australians.

Check out your local supermarket to see if they offer

- Senior discounts
- Priority Home Grocery delivery—some offer a Senior Delivery Unlimited Plan
- Quiet hours—a low sensory experience featuring dimmed lights, reduced volume, no PA announcements and fewer trolleys on the floor.
- Community Check in Lanes— that allow for slower service and conversation



### Meals Delivered or Ready Made

Frankston Meals on Wheels—A long established service providing fresh, nutritious meals to eligible older residents . The service is run by staff with the assistance of over 100 Meals on Wheels volunteers. The volunteers assist with food preparation, kitchen hygiene, meal packaging and delivery of meals to residents.

***“I’ve been receiving Meals on Wheels from Frankston for a few years now, and I always look forward to my meals. They’re delicious and give me something to enjoy each day. It also gives my family peace of mind knowing I’m eating well and being looked after”*** - Margaret, Frankston resident

If you are interested in volunteering contact: [fhssvolunteering@frankston.vic.gov.au](mailto:fhssvolunteering@frankston.vic.gov.au) or call 9786 1624



**Sikh Volunteers Australia** provide vital food support to the community through both mobile food vans and home delivery services. Their food vans operate in local areas offering free, freshly cooked meals to those in need. In addition, they support local seniors by delivery meals directly to their homes, ensuring those who may have difficulty getting out still have access to nutritious food.

#### Free Food Van Service

Wednesday 6pm to 6.30pm Frankston Young street Car Park (Next to Tasman Meats)

Wednesday 12.30pm - 1.00pm Mahogany Ave Frankston North

Saturday 6pm to 6.30pm Frankston Young Street Car Park (next to Tasman Meats)

#### Free Food Home Delivery every Sunday

Orders must be placed 1 day in advance by 7pm. Please mention Name, Address, Phone & Email

Order Your Free Meals By SMS / TEXT Only: 0452 401 734

Call: 0452 601 734 (For General Enquiries)

# Spotlight—Food Glorious Food !

## Cook and Chat

A very casual men’s cooking program that gives everyone the opportunity to learn basic cooking skills, make nutritious meals and enjoy friendly chat and banter over lunch.

Where: Frankston South Community and Recreation Centre

When: Every Thursday between 2 July—30 July 2026

Time: 10.30am—12.00pm

Cost: \$8.00 per session includes lunch

Limited to 6 people

Book at reception or call 9293 7122



## Creative Cakes at Belvedere Community Centre

Want to learn how to make stunning decorated cakes, cup cakes and biscuits and develop skills such as making figurines, piping, cake coverings and more?

Where: Belvedere Community Centre 151 East Road Seaford

When: Fridays 9am—12pm

Cost: \$35 per class Includes \$10 for materials

Call 9776 8922 or email [reception@belvedere.org.au](mailto:reception@belvedere.org.au) for the dates of the next term block.



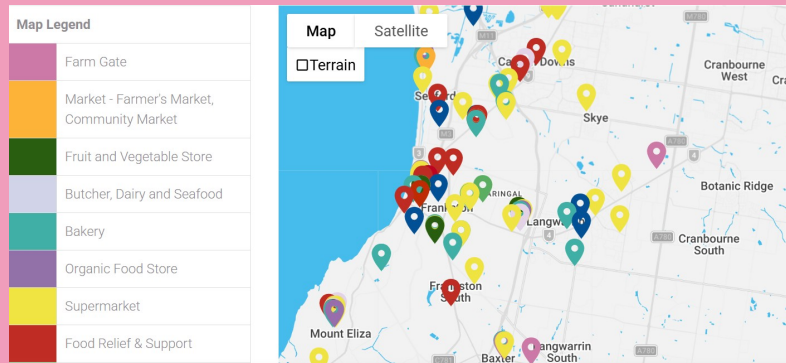
**The Local Food Map** is an online map developed by The Community Plate that showcases the hidden gems and local food spots within our local region.

Here’s a sneak peak of what you can find on the map:

Farm gates, farmers and community markets, fruit and vegetable stores, butcher, dairy, seafood, deli’s and bakeries,

Organic food store, supermarket, emergency food relief, food swap, grow free share carts and community gardens.

Check out the map at [www.communityplate.org.au](http://www.communityplate.org.au)



This is just a small sample of what's on offer locally—there are many more fantastic resources and programs supporting the community.

## Senior Groups

### The Carrum Downs Sri Lankan Seniors

are a vibrant community of Sri Lankan Australians who come together to celebrate the Sinhala and Tamil New Year.

The celebration begins with the lighting of the traditional oil lamp and the singing of the national anthems of Sri Lanka and Australia, honouring their heritage while appreciating their home in Australia.

Traditional food, sweets and cultural games enjoyed in Sri Lanka are shared, helping keep these important traditions alive. If you would like to join contact 0402 109 536



### Seniors Meet and Greet

The Healthy Futures Hub was recently alive with activity as the Positive Ageing Team, Monash University Ageing Well Clinic and the Cycling without Age hosted a relaxed Seniors Meet and Greet.

Held in sunny weather, representatives from our local Senior groups explored the Hub in small groups, visiting the seniors exercise park, intergenerational playground and Independent Living Hub, while learning about programs that support healthy ageing.

A highlight of the day was the Cycling Without Age rickshaw rides, with volunteer Ross taking seniors for a spin and putting smiles on many faces.

The event forms part of the Positive Ageing Teams ongoing support for local senior groups, bringing people together to connect, share information and strengthen community connections.

Want more information?

**Cycling Without Age**—To book a free rickshaw ride call Ross 0423 412 144

**Monash University Ageing Well Clinic**—to get more information on programs available Call 9904 4415 or email [alliedhealthclinics@monash.edu](mailto:alliedhealthclinics@monash.edu)

**Healthy Futures Hub**—to find out about community programs call 8905 4500 or

**Belvedere Community Centre** on 9776 8922



### Correction from April/May edition—Peninsula Arts Society

159 Overport Road, Frankston South

This local artists society hosts open studios, exhibitions, demonstrations and workshops in a friendly, welcoming setting in Frankston South. Free entry to exhibitions offer a great opportunity to see a variety of artwork and chat with artists.

More details at [www.peninsulaartsociety.org.au](http://www.peninsulaartsociety.org.au) or call 9775 2640

## Seniors News

### Navigation and Advocacy Service

Free support for individuals, families and carers.

Frankston City Council provides a Navigation and Advocacy Service that helps residents better understand the aged care system and assists them in accessing the services they need. This service is available to older adults, carers and family members, people living with disability and health conditions and anyone needing help accessing community services.

How can we help

- Guidance through aged care and community services
- Help understanding your rights and options
- Community care, health, social and wellbeing related support and referrals
- One on one and group support
- Advocacy support and practical assistance

Contact us to arrange an appointment or jump online for more information

Call (03) 9784 1818 Mon– Fri 9am—5pm

email [communitycareconnect@frankston.vic.gov.au](mailto:communitycareconnect@frankston.vic.gov.au) or website [Frankston.vic.gov.au](http://Frankston.vic.gov.au)



### World Elder Abuse Awareness Day—15 June 2026

World Elder Abuse Awareness Day is recognised each year on 15 June. It highlights the importance of respecting and protecting older people in our community. Elder abuse can occur within relationships of trust, such as with family members, friends or carers, and may include financial, emotional or physical harm or neglect.

It can be difficult to recognise or speak about so awareness is essential.

If you or someone you know may be experiencing elder abuse, confidential support is available in Australia by calling 1800 353 374 or check out the website [www.elderabuseawarenessday.org.au](http://www.elderabuseawarenessday.org.au)

### Share your journey through the aged care system.

Monash University researchers would like to understand what helps older Australians remain living in the community.

Who can take part and what's involved?

People receiving or waiting for in-home aged care services, those awaiting an Aged Care Assessment and carers or family members can participate in a 30-60 minute interview conducted by phone, online or face to face (if living in Melbourne), either alone or with a family member.

Participants will receive a \$50 gift card to thank them for their time.

Further information is available Phone 03 9904 4714

Email [anna.gillard@monash.edu](mailto:anna.gillard@monash.edu)

Visit [www.forms.gle/XcmmAH73WQzswxYb8](http://www.forms.gle/XcmmAH73WQzswxYb8) Or scan the QR Code



## See you there

The Maintaining Independence at Home program is a community-based, small-group program.

Program Topics Include:

- Task modification to support independence
- Home setup and safety strategies
- Evidence-based strategies to maintain health and wellbeing in adulthood
- Enhancing health-related quality of life and meaningful time use
- Group discussion and social connection and activity pacing and energy conservation

**Where:** Healthy Futures Hub, 151 East Road Seaford.

**When:** Weekly sessions **Contact:** 9904 4415 or email [alliedhealthclinics@monash.edu](mailto:alliedhealthclinics@monash.edu)

## Escorted Train Travel for Seniors a Big Success

Local seniors recently took part in a very successful Escorted Train Travel for Seniors program.

A theory session held at Karingal Place Neighbourhood Centre covered safe train travel, using a Myki card, Metro apps, trip planning and where to go for help. This was followed by a practical session the following week, where participants travelled by train from Frankston station to the city, explored two new stations, and visited Flinders Street station, where they were shown Travellers Aid and learnt how it can assist when travelling. The practical trip was supported by Positive Ageing staff, Metro trains and members of the local police force, who travelled with the group for the entire journey.

Feedback was overwhelmingly positive, with participants feeling more confident and excited to plan future trips.

As participant Gail shared:

*“Honestly, I found it a truly wonderful day, full of learning, confidence building and community spirit. It is an important day out that we should all try at least once”*

If you missed out, another Escorted Train Travel session will be held in September, just in time for Seniors Festival.

Watch out for further details in the next newsletter.

## The Letterbox Project—Launching during Loneliness Awareness Week

Positive Ageing, supported by the Frankston Library, invites you to be part of **The Letterbox Project** — a unique, anonymous letter exchange that connects people through handwritten words.

Join us at the launch to write a letter, read one from someone else, and take part in a simple and meaningful way to connect. A dedicated space will be available in the library each week for ongoing sessions.

**Where:** Frankston Library, 60 Playne Street, Frankston

**When:** Tuesday 4 August 2026

**Time:** 10.30–11.30am



## See you there

### Ageing Well Community Expo – You're Invited!

Looking to discover new services, programs, or social groups in your community?

Come along to the **Ageing Well Community Expo**

This Expo is a wonderful opportunity to connect directly with local **not for profit organisations** offering free or low cost services, activities, and supports.

#### Event Details

- **Tuesday 25 August 2026**
- **10am – 12pm**
- **Frankston Arts Centre 27–37 Davey St, Frankston**
- **Free to attend**

For more information, please contact

[positiveageing@frankston.vic.gov.au](mailto:positiveageing@frankston.vic.gov.au) or call **0482 691 444**



### Ozzi Elvis Tribute Show

Lyrebird Community Centre are hosting a delightful morning of Music Melodies, featuring the incredible sounds of Ozzi Elvis. Sit back, relax and enjoy a vibrant mix of classic tunes and unforgettable performances that will have you singing along.

**When:** Wednesday 29 July 10.30am—12pm

**Where:** Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs

**Cost:** \$15

Bookings essential—Call 9782 0133 or email [admin@lyrebird.org.au](mailto:admin@lyrebird.org.au)

### Free Legal Information Session

#### Wills & Medical Powers of Attorney

Join us for an informative and practical session to help you better understand Wills and Powers of Attorney. Hear from an expert and take part in a Q&A, followed by a shared lunch.

#### Guest Speaker:

Will Betts

Peninsula Community Legal Centre

**When:** 16 June 2026

**Time:** 10.30am – 11.30am

**Where:** Karingal PLACE Neighbourhood Centre  
103 Ashleigh Ave, Frankston

**Bookings essential** Call 8786 6650

or email [karingalplace@frankston.vic.gov.au](mailto:karingalplace@frankston.vic.gov.au)

**Free event | Everyone welcome | Light lunch provided**



Peninsula  
Community  
Legal Centre

# Frankston Library

## Puzzle Hour—Keep your brain fit!

Looking for a fun way to stay sharp and social?

Join us for Puzzle Hour, a weekly program designed to keep your mind active and engaged. Enjoy a variety of puzzles including crosswords, sudoku, word games and more—all in a friendly, relaxed setting.

Whether you're a seasoned puzzler or just curious to give it a try, Puzzle Hour is a great way to challenge your brain, boost memory and connect with others.

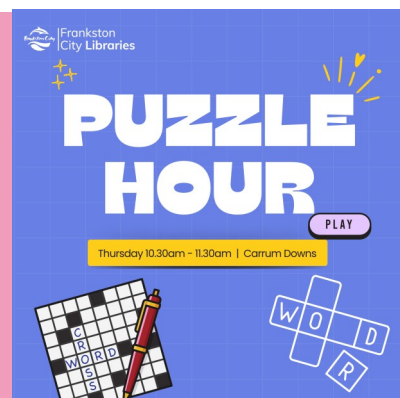
**Where:** Carrum Downs Library, 203 Lyrebird Drive Carrum Downs.

**When:** Every Thursday

**Time:** 10.30—11.30am

**Cost:** Free

No booking required



## Treasure and Tales

Every item has a story – would you like to share a story about an item that you have?

Whether it's a collectable with character, a souvenir from a holiday, a special shell from a beach find or a favourite photo, we'd love to hear the tale behind it. Not ready to share? No problem... come along, enjoy the stories and simply listen if you'd prefer. This relaxed event is for adults wanting to share stories in a safe, supported, inclusive space with a [Mental Health and Wellbeing Local](#) facilitator and library staff member.

**Where:** Frankston Library

**When:** Fourth Wednesday of each month

**Time:** 10.30—11.30am

**Cost:** Free

No booking required



## Social Mahjong

Whether you come with friends or on your own, you'll find a warm, welcoming group ready to play. We'll supply the tiles and tables—just bring your love of the game. You'll be led by our friends Bell and Jess from Prosperity Mahjong.

**Where:** Carrum Downs Library, 203 Lyrebird Drive Carrum Downs.

**When:** First Thursday of every month

**Time:** 7.00pm

**Cost:** Free

No booking required



# Important Contact Numbers

## **Mental Health and Wellbeing Local**

Supporting the mental health and wellbeing of Victorian communities.

Call 1300 111 400 or email [enquiries@wellways.org](mailto:enquiries@wellways.org) or [www.wellways.org](http://www.wellways.org)

**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 and to share a story or two.

Support line is open 10am - 8pm everyday . Online chat is open 6pm - 8pm Monday – Friday

Contact: 1800 424 287 or visit <https://friendline.org.au/>

**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 765 595 . 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 or Djirra 1800 105 303

Frankston City Council Positive Ageing Team

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – [PositiveAgeing@Frankston.vic.gov.au](mailto:PositiveAgeing@Frankston.vic.gov.au) or call 0482 691 444