



# Positive Ageing Together Newsletter

April—May 2025 Edition

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See you there

Welcome to the Autumn edition of our Positive Ageing Together Newsletter!

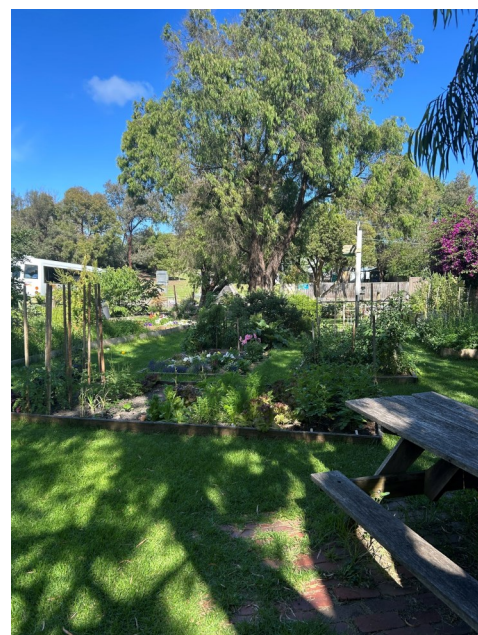
Autumn, with its stunning foliage and cooler temperatures, is the perfect time to shine a spotlight and dig up the dirt on all things gardening.

In this edition, we'll explore the benefits of gardening and showcase some wonderful local community gardens and garden clubs.

There are plenty of exciting events taking place in the Frankston area right now such as South Side Festival and Cultural Diversity Day.

Stay informed by checking out this newsletter and visiting the Positive Ageing Together webpage at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)

Photos below from the Pines Patch and Groundswell Community Gardens.



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 0438 902 205

## Hot Tips for Seniors



**72% of fatal house fires start in the bedroom and occur while a person is sleeping**

### Do you have working smoke alarms in your home?

If you do not have working smoke alarms in your home, you are risking your life and the lives of your loved ones.

You will not hear a fire or smell the smoke while you are sleeping and by the time it reaches you, it will be too late.

By law, all homes are required to have working smoke alarms in living areas, but CFA also recommends having them installed in bedrooms.

CFA is offering to install free smoke alarms powered with a 10 year lithium battery in the homes of people **who cannot purchase, install or maintain their alarms themselves.**

If you would like to have smoke alarms installed in your home or know of someone in your community who could benefit from this service, please get in touch with our team today.

**Contact us to book a free visit**  
T: (03) 9781 5400  
E: [firesafetyoutreach@cfa.vic.gov.au](mailto:firesafetyoutreach@cfa.vic.gov.au)

Learn about Home Fire Safety & Smoke Alarms

[cfa.vic.gov.au/homefire](http://cfa.vic.gov.au/homefire)



## February 2024 Bushfire and Storm Events



Recovery Support available for Seniors 65+



*Natural disasters can have devastating impacts and bring challenges with cleanup, insurance claims, finance and daily life. The journey to recovery is even more challenging for seniors who may face isolation, health needs or other difficulties.*

*Our Recovery Support Program is here to support you.*

If you have been impacted by the February 2024 Fire and Storm events, you may be eligible to receive:

- a dedicated recovery support worker
- referrals to external agencies for mental health and wellbeing needs
- practical and financial supports where available
- advocacy and assistance with financial or insurance claims and grants
- information and resources to connect with local services that can assist with the recovery process
- advocating on your behalf to overcome obstacles
- outreach visits by an allocated recovery support worker as needed.

You can contact us directly or referrals can be made via email or phone.

Contact the Windermere Disaster Recovery Intake Team:

(03) 8793 4206

[RecoverySupport@Windermere.org.au](mailto:RecoverySupport@Windermere.org.au)

8.00am - 5.00pm Monday - Friday

[www.vic.gov.au/recovery-support](http://www.vic.gov.au/recovery-support)

[windermere.org.au](http://windermere.org.au)

Learn more about our Recovery Support Programs



## LiveUp- Healthy Ageing Map

LiveUp is a free healthy ageing guide funded by the Department of Health and Aged Care. They are here to help you improve your health, and keep you doing the things you love as you get older. LiveUp offers free and impartial information on a diverse range of healthy ageing topics to support you stay physically active and socially connected.

A LiveUp Navigator will discuss with you local activities, habits and goal setting, helpful products for everyday tasks and helpful information and resources relevant to you.

You will receive a Healthy Ageing Map which you can use to plan and take action.

Contact a LiveUp Navigator 1800 951 971 and discuss your healthy ageing goals.

## Free support for Frankston Carers

The Mental Health and Wellbeing Local in Frankston is here to support anyone aged 26 and over including carers.

The free, no-referral needed service is tailored to your unique needs, ensuring you never face the challenge of caregiving alone.

The service includes one-on-one coaching, emotional support, and access to a Carer Support group.

Contact your Mental Health and Wellbeing Locals in Frankston—call 1800 000 545

or visit them at 454 Nepean Hwy Frankston.



## Hot Tips for Seniors



**PP5 Recycling**—In Australia, plastic plant pots and labels are typically produced from PP5 plastic, a material that can be recycled over and over again.

Currently, only a small fraction of PP5 plastic is recycled, with just 8% of PP5 plastic plant pots and labels being repurposed annually. That's where the mission of PP5 begins. Their aim is to collect and recycle PP5 plastic plant pots and labels, breathing new life into them as renewed plant pots. Once collected and recycled, industry leaders Norwood printers and Garden City Plastics (GCP) create new products out of the recycled materials.

Check out [www.pp5.com.au](http://www.pp5.com.au) to find your nearest collection point and discover what items you can Recycle.

Bunnings Frankston, Bunnings Carrum Downs and Plantmark Langwarrin are collection points in the Frankston area.



## Discounted Train Travel for Seniors

If you're a Victorian Senior, you may be eligible for a free Seniors myki and 50% discount on travel, as well as other benefits.

Your Seniors myki gives you:

- A 50% discount on train, trams and buses, including V/Line trains and coaches
- Free weekend travel in any two consecutive zones and on regional town buses
- Free travel during the annual Victorian Seniors Festival
- Access to free travel vouchers

You are also eligible for concession fares with [Pensioner Concession Card](#)

To be eligible for a Seniors myki card

- You must have a Victorian Seniors Card
- International seniors aren't eligible for a concession fare
- The Senior Business Discount Card doesn't give discounted public transport

Head to [www.ptv.vic.gov.au](http://www.ptv.vic.gov.au) or call 1800 800 007 for more information



# Spotlight - the dirt on Gardening

## Community Gardens

Recently I was offered a chance to visit eight remarkable local community gardens , it was an inspiring experience, and I can't wait to share the highlights.

One of the best aspects of community gardens is the opportunity to get your hands dirty. These gardens are not just places to stroll through and admire- they are spaces where anyone can dive into the world of gardening, learn new skills, and connect with the earth.

What I found particularly impressive about these gardens is the abundance of organic food being grown. From leafy greens to tomatoes, carrots, and herbs, each garden has its own unique array of produce. Many of the gardens have a community ethos, where the food grown is shared with the local area or donated to those in need. It's a beautiful way to help feed the community and promote sustainable, organic gardening practices.

These gardens are hubs of connection, where individuals from all walks of life can come together. Many of the gardens have created comfortable spaces where visitors can sit down, relax, and connect with others. Some feature pizza ovens, BBQ areas, and even tea and coffee facilities, turning these gardens into social spaces as well as green sanctuaries. It's amazing to witness how these gardens have become central to the community, bringing people together over a shared love of gardening and the outdoors.

Although all of the gardens I visited shared a common goal of fostering community and sustainability, each one had its own unique vibe. Some are small, intimate spaces, while others are larger and more structured. Some gardens are more focused on growing food, while others have an artistic or educational focus. But regardless of their differences, every garden is welcoming and eager to share its beauty and resources with anyone who is interested.

The members/volunteers were friendly, passionate, and happy to explain their work, so you never felt like an outsider. I can honestly say that I was completely captivated by each garden's charm and personality. I highly recommend you go and see what they're all about.

Contact details for our local community gardens can be found at [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au).

Thank you to: Downs Community Farm, Garden for Life, Groundswell, Joy of the earth, Kananook Community Garden, Langwarrin community garden, Orwill St and Pines Patch.

Photos Left to right—Pines Patch , Joy of the Earth, Langwarrin Community Garden and Orwill St.



## Spotlight- the dirt on gardening

### Frankston Garden Club- Growing together for 52 years

For over five decades, the Frankston Garden Club has brought together local garden lovers to share knowledge, enjoy outings, and support the community. With over 40 members they meet on the third Tuesday of each month, often welcoming expert speakers to discuss plant care and soil health.

Their monthly outings take them to beautiful private gardens and national parks, and each year, they embark on a longer trip— last year to Castlemaine for the Festival of Flowers, and this year, a six-day adventure to Canberra's Floriade. These trips create strong friendships, especially for their many members who live alone.

Community support is at the heart of what they do. Each month, members donate food to the Frankston Support Group, and they also contribute to the Alannah & Madelaine Foundation.

The club propagate plants at Baxter Village for their annual fete and collect seeds for the Carrum Downs Library Seed Exchange.

If you love gardening and good company, they would love to welcome you! Membership is just \$20 per year.

Contact Diane on 0491 111 9351 for more details.



### Mornington Peninsula Bonsai Society

Do you have a passion for Bonsai?

The Mornington Peninsula Bonsai Society welcomes enthusiasts of all ages and experience levels! They meet on the third Wednesday of each month (except December) at 7:30 pm in Moorooduc Hall. Throughout the year, they have held Open Workshops where members can bring their trees to work on and share ideas with fellow Bonsai lovers.

For more information, contact [jillian24@bigpond.com](mailto:jillian24@bigpond.com) 0407 361 989

or visit our website: <https://bonsaimornington.com.au>.





## Senior News

### Free Legal Information session

Come and learn about wills, medical decision making and what to do when a loved one dies?

Morning tea and \*\*transport provided\*\*

When: Thursday 5 June 2025 10am—1pm

Where: Safety Beach Community Centre 185 Marine Drive, Safety Beach

Register via QR Code <https://tinyurl.com/Free-information-session>

Bookings and Information: 9783 3600 or email [pclc@pclc.org.au](mailto:pclc@pclc.org.au)



\*\* Transport bookings (limited and available only for those who may have difficulty attending)

Mornington Peninsula 5950 1605

Frankston 1300 322 322



Peninsula  
Community  
Legal Centre



**COTA WISE services**— A free telephone information service aimed to make older people feel WISE: Welcome, Included, Supported and empowered.

The information hotline is ready to help with your queries between 10am to 4pm Monday through Thursday

COTA WISE Information Line 1300 135 090

Do you need help finding information about:

- Pensions and concessions
- Public transport
- Housing
- Utilities
- Banking

...or anything else

Their friendly Information Officer will help you find the information you need and either email you, post information out to you, or refer you to the right organisation.

You can also contact them via email at [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)

## Senior Group News

### About Action Sweetwater Creek

Action Sweetwater Creek is a very active Friends group that works within Sweetwater Creek Nature Reserve.

They have two groups:

- Thursday morning 9am to 11am
- First Saturday of the month group 9 – 11am.

The main task is 'rescuing' the indigenous plants that grow in the reserve from the many invasive weeds that threaten their existence.

They also hold a Community Planting Morning in late autumn which is much enjoyed and a very popular Seniors Walk held during Seniors Festival in October.

As with the regular working mornings both are a great opportunity to appreciate the beauty of Sweetwater Creek and to meet like-minded people.

For more information

visit the website [www.sweetwatercreek.org.au](http://www.sweetwatercreek.org.au)

or email [sweetwater.action@gmail.com](mailto:sweetwater.action@gmail.com)

Photos are from Seniors Festival 2024 Guided walk



### Carrum Downs Sri Lankan Seniors celebrated Harmony Week

"Harmony week is very important to our community as we live in a multicultural community in Australia and we are very thankful to call Australia home now. We embrace the opportunity this has provided to all of us and we encourage our members too to be thankful and to communicate with everyone so that they understand what opportunities have been extended to us to live in harmony and to be respectful of all cultures. Not only do we want to keep our culture alive but to celebrate our Australian culture as well. This way we are able to instill in the younger generation that we can live in harmony with other people as well irrespective of colour or culture. We as older citizens should be an example to others in the way we conduct ourselves.

Thank you to Australia and the Frankston Council for giving us this great opportunity". Rohini-President



# Frankston Library

## Hands-On Help: Protect Yourself Against Scams

Join our 1-hour presentation to discover:

- How to protect your personal information from scammers
- How to safely make friends online
- How to spot investment scams and where to go for help.

This session includes a 60 minute presentation from Be Connected plus 30 minutes of hands-on learning with one of our skilled library team members. BYO device.

When: Tuesday, 01 April 3:00 PM to 04:30 PM

Where: Frankston Library 60 Playne Street Frankston

Cost: Free

Contact: Bookings essential [www.library.frankston.vic.gov.au](http://www.library.frankston.vic.gov.au) or call 9784 1020

## National Road Safety Week 11-18 May

National Road Safety Week is an annual initiative which highlights the impacts of road trauma and ways to reduce it.

Join us for this engaging presentation on how older drivers can keep safe and mobile. Learn about keeping safe on the roads as we age, potential impacts of medical conditions or medications and a refresh on road rules, including rules that may have changed recently.

When: Wednesday 14 May 10 am

Where: Frankston Library 60 Playne Street Frankston.

Cost: Free

Contact Bookings essential [www.library.frankston.vic.gov.au](http://www.library.frankston.vic.gov.au) or call 9784 1020



## Grow food, improve soil, save seeds

Join local gardener and author Jaclyn Crupi for a winter gardening workshop! Learn all about soil improvement, making liquid fertilisers, composting, seed saving and more. This session is perfect for all skill levels, helping you prepare for a productive spring and summer while contributing to the frankston Library seed library.

When: Sunday 18 May

Time: 11.00am to 1.00pm

Where: Frankston Library 60 Playne street Frankston

Cost: Free

Book online [www.library.frankston.vic.gov.au](http://www.library.frankston.vic.gov.au) or call 9784 1020





# Frankston Art Centre

## We Remember

Join us on the eve of Anzac Day for We Remember, a moving tribute to the heroes of World War II and the Vietnam War, filled with timeless songs, captivating stories, and heartfelt memories.

When: Thursday 24 April, 10.30am & 1.30pm

Where: Frankston Arts Centre

Cost: Tickets: \$22 - \$25 (with complimentary refreshments before the show).

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



## Melbourne International Comedy Festival Roadshow

Bringing together the brightest stars from the 2025 Melbourne International Comedy Festival, we're delivering top-tier humour straight to Frankston!

Featuring a dynamic line-up of comedy legends and fresh faces, this year's Roadshow promises nation-wide happiness. Our line-up for this year's show includes: Bron Lewis, Alex Ward, Con Coutis, Takashi Wakasugi and Janty Blair.

When: Sunday 27 April, 7.30pm & 9.30pm

Cost: \$37—\$67

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



## Frankly Sinatra

Step into the golden era of music and theatre with music theatre star Ian Stenlake and the stunning Michelle Fitzmaurice as they bring the unforgettable hits of Sinatra, Garland, and Minnelli to life.

When: Friday 30 May, 10.30am & 1.30pm

Where: Frankston Arts Centre

Cost: Tickets: \$22 - \$25

(with complimentary refreshments before the show).

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



## See you There

International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT).

Join Frankston City Council for our annual Rainbow Flag Raising and Afternoon Tea. Come along to:

- Celebrate diversity and learn why the day is important to our community
- Explore how we can work together to create welcoming and inclusive spaces
- Make your own pronoun or LGBTQIA+ support badge
- Meet new people and discover how to stay connected with your local community

When: Friday 16 May

Time: 4pm

Where: Registered participants will receive further details

Registration is essential: <https://www.southsidefestival.com.au/Whats-On/Explore-the-full-program/IDAHOBIT-Rainbow-Flag-Raising>



### Nairn Marr Djambana First Nations Cultural Workshops

Walk around the beautiful gardens of Nairn Marr Djambana and learn about native plants and First Nations traditions.

The morning will include; native education and bush walk, traditional tool presentation and demonstration, culinary connections, traditional bush food tastings.

All ages welcome, children under 12 must be accompanied by an adult at all times

When: Monday 12 May and Tuesday 13 May

Time: 10.00am—1.00pm

Where: 32 Nursery Avenue Frankston

Cost: Free

Contact: [admin@djambana.org.au](mailto:admin@djambana.org.au)

### Symphonic Sportacular -A symphony of sporting greatness!

Experience the greatest sporting anthems live with the Frankston Symphony Orchestra and Mornington Peninsula Chorale! From Olympic Games to AFL to soccer and more, this one-time concert will rock you with unforgettable moments- get your tickets now!

Conductor: Thaddeus Huang      Compere: Drew Downing

When: Sunday, 18th May, 2025      2.30pm to 4.30pm

Where: Frankston Arts Centre, 27-37 Davey Street, Frankston

Cost: Adult \$35, Concession: \$28, Child 15 & Under \$8 Family (2A2C) \$75

Contact: [www.artscentre.frankston.vic.gov.au](http://www.artscentre.frankston.vic.gov.au) or call booking office on 9784-1060



## See you there.

**Walking Basketball**- is a low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Australians, including those recovering from injury.

Walking Basketball is for participants across all ages, genders and abilities and helps to maintain and improve health and decrease risk factors associated with sedentary behaviour.

Whether you played years ago and want to get back into it, have never touched a ball or want to give something less strenuous a go, Walking Basketball could be the sport for you.

When: Every Thursday 11am

Where: Dreamstreet Lending Arena 90 Bardia Avenue Seaford

Cost: Freeeeee

Contact: [tanya.thomas@fdba.com.au](mailto:tanya.thomas@fdba.com.au) or call 9776 8999



**South Side Sea Soak**- Its time to take the plunge again!

Whether you and your regular club want to come along, or you are a newbie wanting to give it a go with a whole cold-water tribe supporting you, there's no fresher way to get South Side started!

The Frankston Lifesaving Club will be with us again too with their classic brekkie BBQ to warm us up post dip. And new South Side swim caps for the first 100 people to register!

When: Saturday 10 May 7.45am to 9am

Where: Frankston Foreshore outside Frankston Life Saving Club 1 Long Island Drive Frankston

Cost: Free

Contact: [www.southsidefestival.com.au](http://www.southsidefestival.com.au)

[Waiver and Permissions form](#) must be completed and submitted before tickets can be booked.

You will receive the booking link upon completion of the Waiver and Permissions form for South Side Sea Soak. Please complete the form once per participant.



## 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

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 0438 902 205