



Positive Ageing Together Newsletter

August—September 2025 Edition

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See you there

Welcome to the August/September edition of the Positive Ageing Together Newsletter.

As we ease from winter into the promise of spring, there's no better time to get moving around our beautiful patch of the world—Frankston.

In this edition, we're all about getting out and about, whether it's a wander through the local community gardens a visit to the Frankston Art Centre, or catching a train into Melbourne for a day out. We've included some handy tips on local transport, fun places to explore and ways to stay active and connected in the community.

And don't forget—the much anticipated Seniors Festival booklet will be available in September! We're so excited about the amazing events lined up for Frankston Seniors Festival in October, and just know you're going to love what we have planned.

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

Visit 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 or call 0482 691 444

Hot Tips for Seniors



Free online learning —Be Connected

Be connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Classes/topics such as:

- Finding what you want with Google search
- What to do when your mobile phone isn't charging
- How to use Gemini on your Android phone
- How to use Siri on an iPhone and much much more

Visit www.beconnected.esafety.gov.au or call 1300 795 897



OUR ENVIRONMENT



Don't buy new, repair it!

Are you passionate about reducing waste? Do you love to give old items new life? Do you love to tinker, fix and mend things? Then we need YOU!

Frankston City Council, in collaboration with Let Me Be Frank, will soon be trialling a series of repair workshops and we would love for you to join us to create a more sustainable future.

Volunteering for these events will give you an opportunity to help

repair and restore items brought in by community members, learn new skills and connect with your community, share your knowledge and skills with others and help to reduce waste. There are also other volunteer roles we will be looking to fill, including admin, promotion, data capture and greeting visitors. If you would like to volunteer complete the Expression of Interest form by scanning the QR code and we will be in touch with you shortly.



New Reusable Sanitary, Nappy and Incontinence Rebate Program

Frankston City Council now offer rebates to help residents choose reusable nappies, sanitary, and incontinence products—reducing landfill waste and saving money.

The program is delivered through the [Rebately platform](#) and includes three rebates:

- Reusable Cloth Nappy Rebate - 50% back, up to \$100
- Reusable Sanitary Product Rebate - 50% back, up to \$50
- Reusable Incontinence Underwear Rebate - 50% back, up to \$50

One rebate per category per household.

For full details please see the [Reusable Sanitary, Nappy and Incontinence Rebate Program - Frankston City Council webpage](#) or call Waste Circularity Team 1300 322 322

Local Volunteers

Lets shine a light on the individuals who give up their time and energy to make our community stronger. Here's what some of our locals are up to—and why they do it.

Brian—Pines Men's Shed

Hi, I'm Brian. I'm the President of the Pines Community Men's Shed and a member of the Social Inclusion Action Group (SIAG) with Frankston City Council.

Over the years, I've done a few different things — I spent some time as a volunteer firefighter, and most of my working life was with Telstra.

I retired about four years ago. I found myself needing something that gave me a bit of purpose and a way to connect with others. That's what drew me to the Pines Men's Shed. It's a great space where local blokes can come together, work on projects, share stories, and support each other. I've put a fair bit of time into it, and it's been really rewarding. The Shed plays a big role in helping people stay connected and look after their mental health — it's more than just woodwork or fixing things, it's about mateship and community.

I also got involved with the Social Inclusion Action Group (SIAG). It's a great team that works to make sure everyone in our community feels like they belong, especially those who might otherwise be a bit isolated. These days, I spend a lot of my time volunteering, and I believe it's one of the best things you can do with your time. If you've got even a few hours to spare, I'd really encourage you to think about giving back in some way — there's always someone out there who could use a friendly face or a helping hand.



Steve—Peninsula Transport Assist

Steve is a local whose journey—from caddying at Metropolitan Golf Club and training as a golf pro, to a 27 year career as a linesman and foreman—has been marked by resilience and devotion. After caring full-time for his first wife Julie through her MS and later losing his beloved partner Pam to cancer, Steve found new purpose in 2019 by joining the PTA (Peninsula Transport Assist) as a volunteer driver. Since then, he's been tirelessly transporting clients in his own car, as well as in the wheelchair-accessible and 25-seat buses, forging meaningful connections with the people he serves. Steve enjoys meeting all the people that use PTA services, and loves listening to their stories.

In recognition of his dedication, he was recently nominated for the Impact Volunteering Awards—a testament to how volunteering with the PTA has brought connection, purpose, and joy back into his life.

See more about the Peninsula Transport Assist on [Page 4](#)



If you know of an amazing volunteer in our community please let us know so we can share their story. Email positiveageing@frankston.vic.gov.au

Spotlight— getting around town

Many take the ability to travel—by car, train, or taxi—for granted. But for those facing transport disadvantage, limited mobility can lead to disempowerment, social isolation and reduced access to essential services. Lets look at what's available in our area.



Travellers Aid

Travellers Aid offers valuable support for those travelling on public transport. Although not available in Frankston, its still an amazing resource for when you do travel.

They have hubs at Flinders St, Southern Cross, Ballarat and Seymour stations, offering a wide range of services that enable people with diverse needs to travel across the Victorian public transport system, access events and participate in their community.

Services such as:

- Connection assistance at Southern Cross and Seymour station
- Volunteer travel Companions
- Mobility equipment hire
- Personal care for people with disability, impairment or age related needs
- Luggage storage at Flinders street station
- Emergency travel support for people in crisis

Book online at www.travellersaid.org.au or call 9654 600



Peninsula Transport Assist—Need a lift?

Volunteers use their own cars to drive clients to a wide range of destinations, such as medical appointments, metropolitan hospitals, shopping centres, aged and disability services and airports.

This service is available to all residents and to community organisations within Frankston and Mornington Peninsula region.

Prices vary and the mileage price covers the volunteer drivers costs and service administration.

Buses also available to hire

Contact: 9708 8241 or www.peninsulatransportassist.org



Australian Red Cross

The Transport service is only available to help people access hospital and medical appointments. You don't need to be registered for My Aged Care to access this service, but you will need a referral from your doctor or specialist.

Contact www.redcross.org.au or call 1800 733 276

Spotlight— getting around town

St Johns Community Transport Service

Assists meeting everyday needs of people in the local community by being more mobile and having safe and reliable transport.

Non-for-profit community transport service is staffed by qualified and friendly St John volunteers, offering a reliable, cost effective transport solution to meet your needs.

Contact (03) 8588 8544 or www.stjohnvic.com.au



Frankston City Council Community Transport Program

A safe friendly door to door service for residents who may find transport difficult.

Runs on a fixed timetable to places like:

- shopping centre
- seniors clubs
- Peninsula Aquatic Recreation Centre
- Frankston Library.

Not for individual appointments.

Gold coin donations to the driver to help cover costs.

Walking aids (wheelie walkers) are welcome, if you are physically independent.

Contact 9784 1933

Frankston City council runs outings and excursions for residents who want to socialise and have fun with other members of the community.

Residents are picked up from their home in a council mini van, taken to the outing as a group and driven home after.

Residents aged 65 years and up who are currently registered with My Aged Care are eligible.

Call 9784 1933 to find out more

Public Transport

Seniors in Victoria can enjoy significant benefits when traveling by train, including discounted fares and free travel options. A Seniors myki card provides a 50% discount on train, tram and bus fares.

Including V/Line trains and coaches, and free weekend travel within two consecutive zones, as well as free travel during the first week of the Victorian Seniors Festival.

Additionally, free travel vouchers are available for eligible seniors.

For more information www.ptv.vic.gov.au

Senior News

Australian Government Aged Care Reforms

Thanks to those that contributed to the Connecting with Community Care Engagement Project. This helps council understand what matters most to our community on the future of aged care services. You can read the results and get updates by visiting engage.frankston.vic.gov.au/care-connections. Engagement was the first step; next phase will ensure plans align with Aged Care Reforms, are sustainable for council and reflect community needs and feedback. A final decision is expected later this year. The Australian Government has delayed the implementation of the new Aged Care Act 2024 and the Support at Home program. It will now start on 1 November 2025. This allows for a smooth and informed transition for older Australians, their families and care providers. The Commonwealth Home Support Programme (CHSP) will continue as usual and is expected to transition to the new Support at Home system no earlier than 1 July 2027. The CHSP helps older Australians live independently in their homes and communities by funding essential services like meals, cleaning, transport, and home maintenance. The Australian National Audit Office (ANAO) is reviewing the program and wants public feedback. If you or someone you care for has experience with CHSP services, your input can help shape its future. Submit feedback or documents through the ANAO website before Sunday 26 October 2025. To learn more and have your say, visit www.anao.gov.au/work/performance-audit/effectiveness-of-the-commonwealth-home-support-programme. Any questions contact Council's Aged Care Reform Project Officer at communitycareconnect@frankston.vic.gov.au

Down's Community Farm

A place to connect, learn and grow a healthier and more sustainable community together. People of all ages and abilities can participate in a range of activities including sustainable food growing and sharing, garden maintenance, community workshops and more. Wheelchair accessible ramp to the outdoor space and composting toilet. Where: 190 Old Wells Road Seaford
When: Every Saturday 10am—1pm
Contact: Maureen 0403 174 976 All Welcome



The Victorian Government are standardising waste and recycling services across Victoria.

All Victorian councils will be obligated to provide households with access to the following four bin services.

- Mixed recycling (yellow lid)
- Glass recycling (purple lid)
- Food organics and garden organics recycling (FOGO - lime green lid)
- General waste (red lid)

Congratulations to everyone who's already actively using the four-bin system – which is more than 70% of our community! Want to join them? Contact Council 1300 322 322 or Website: www.frankston.vic.gov.au



Senior Group News

The Sri Lankan Seniors have been out and about. They recently traveled to Wangaratta and visited the Ned Kelly Museum and homestead. Here are a few photos they would like to share. Contact Rohini 0402 109 536 for more information in regards the Sri Lankan Seniors Group. New members welcome.



Action Sweetwater Creek Friends Group

Action Sweetwater Creek is a volunteering group caring for Sweetwater Creek Nature Reserve in Frankston South. They meet every Thursday and one Saturday a month, 9-11am, to weed, plant and protect the reserves natural habitat for wildlife and community engagement. Contact: sweetwater.action@gmail.com or check out the website www.sweetwatercreek.org.au



The Seniors Meet and Greet for June was held somewhere a little different this time.

The groups braved the cold wind and got active with the Wingham Champions, the amazing volunteers that run the Friday program at Karingal Place Neighbourhood Centre. Wingham Park (next to Karingal Place Neighbourhood Centre) includes specialised outdoor exercise equipment for older people to engage in physical and social activities. This space is so welcoming and so much fun, I think we were all a little surprised with how much we enjoyed it.

The equipment is available for everyone to use at any time. However, I recommend coming on a Friday, when the Wingham Champions are around to give you a guided tour. Coffee/tea available afterwards.

Where: Karingal Place Neighbourhood Centre,
103 Ashleigh Ave Frankston
When: Every Friday (except public holidays)
10.30am until 11.30am
Contact: Positive Ageing 0438 902 205



Frankston Library

FrankTALK with Jaclyn Crupi

One of our favourite gardening-gurus is back! And this time, we are talking all things native gardens.

In celebration of the release of *Planting for Native Birds, Bees and Butterflies*, writer and gardener Jaclyn Crupi will be showing us that protecting and fostering precious native wildlife starts in our own backyards. Sometimes it's the smallest actions that make the biggest difference! Come along and get inspired - for green thumbs and gardening newbies alike.

When: Sunday, 10 August 2025 10:30am to 11:30am

Cost: FREE

Contact: www.library.frankston.vic.gov.au or call 9784 1020



FrankTALK with January Gilchrist

Join us for an exclusive author talk with debut mystery writer January Gilchrist, as she shares the inspiration and process behind her upcoming novel, *The Final Chapter*.

January will take you behind the scenes of her writing journey, including her time at the iconic Varuna Writers House, and how the Australian landscape shaped the novel's eerie atmosphere. Perfect for mystery lovers, book clubs, aspiring writers, and anyone fascinated by the creative process.

When: Wednesday 20 August 2025 11:00 am to 12:00pm

Cost: FREE

Contact: www.library.frankston.vic.gov.au or call 9784 1020



FrankTALK with Julie Dyer

Julie Dyer, Downsizing Communications Specialist, shares her lived experience of helping people downsize their things, and discovering what their things are actually worth through a proven formula.

If you are thinking of downsizing, decluttering, or if you have ever wondered what your stuff is worth, come along for an insightful information session.

When: Saturday 06 September 2025 11:00am to 12:00pm

Cost: FREE

Contact: www.library.frankston.vic.gov.au or call 9784 1020



Frankston Art Centre

I Got Rhythm – The Great Gershwins

Experience a 'S Wonderful' salute to George and Ira Gershwin, whose timeless melodies and unforgettable lyrics shaped the golden age of American music.

Join us in the theatre foyer prior to the performances for complimentary refreshments.

Where: Frankston Arts Centre

When: Wednesday 20 August, 10.30am & 1.30pm

Cost: Tickets \$22-\$25

Contact: 9784 1060 or www.artcentre.frankston.vic.gov.au



The Grandparents Club 2

Following sold-out shows and overwhelming demand, the team behind last year's hit The Grandparents Club return with an all-new stage adventure!

Starring Lynne McGranger, Wayne Scott Kermond, Andrew James and Meredith O'Reilly.

Where: Frankston Arts Centre

When: Monday 1 September 3pm and 7pm shows

Cost: \$67.50-\$72.50

Contact: 9784 1060 or www.artcentre.frankston.vic.gov.au



The 60 Four: Hits of the 60s & 70s

Hailed as "Australia's best tribute act," The 60 Four are set to deliver an unforgettable experience, recreating the biggest hits of the '60s and '70s in a spectacular, Vegas-style production.

Where: Frankston Art Centre

When: Friday 19 September 7.30pm

Cost: \$69.95-\$79.95

Contact: 9784 1060 or www.artcentre.frankston.vic.gov.au



See you There

Walking Football 4 Health Victoria

Thanks to a grant from the Social Inclusion Action Group (SIAG Frankston) and support from Frankston City Council, seniors are invited to join a new walking football program facilitated by Walking Football 4 Health Victoria. This modified version of football is designed to be low-impact and accessible, making it ideal for older adults looking to stay active and social.



The first sessions was a great success lots of laughs and friendly competition, and plenty of smiles. Everyone had such a fantastic time. Come and give it a try!

Where: Jubilee Park Netball Stadium
85 Hillcrest Rd Frankston
When: Fridays
Time: 10.30am till 11.30am
Contact: info@wf4hvictoria.org.au



Loneliness Awareness Week "Moments Matter" 4 -10 August

This Loneliness Awareness Week we're all about the little moments that help us connect and make us feel like we are part of something.

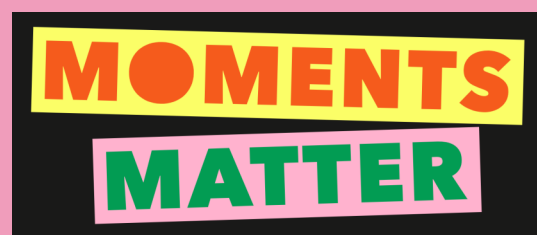
Enjoy a relaxed conversation circle, reminiscing games and a chance to connect over shared experience.

Pictured are two wonderful local ladies who love catching up, staying connected and sharing stories and memories together.

A little catch up can go a long way.
Please join us.



Where: Frankston Library, 60 Playne St Frankston
When: Monday 4 August, Tuesday 5 August and Friday 8 August
Time: 12.30—1.30pm
No RSVP needed—just come along



See you there.

Free technology and smartphone support with Youngster and Co

Free one on one support for all your tech and smartphone questions.

Connect with Youngsters and learn new skills.

Get local tech help, help to create jobs for local youth, share your life wisdom with Youngsters

Where: Karingal Hub 330 Cranbourne Road Frankston

When: Every Saturday from 10am to 12pm

Contact: Scan the QR code or call 1300 774 711

Walk -ins are also welcome



Escorted Train Travel for Seniors

Join the Positive Ageing Team and Karingal Place Neighbourhood Centre for a fun, TWO part program to help seniors build confidence using trains—just in time for Free Travel Week this October.

Learn about—train safety, using Myki, navigating stations and travel tips from Metro and Frankston Police.

Must be available to attend both theory and train trip sessions.

FREE to attend —LIMITED SPOTS AVAILABLE

Session 1 www.trybooking.com/DCCAP

Theory—Tuesday 2 September

Train trip—Tuesday 9 September

Session 2 www.trybooking.com/DCCAT

Theory—Tuesday 16 September

Train trip—Tuesday 23 September

Or email positiveageing@frankston.vic.gov.au for more information



Managing Your Diabetes

Join us for a free information session to learn about

- What is diabetes and the different types
- Basics of managing type 2 diabetes
- The role of the health professional
- Support from Diabetes Victoria and the NDSS

Where: Frankston South Community and Recreation Centre

When: Thursday 28 August

Time: 10.30am—11.30am

Contact: Bookings required. Call 9293 7122 or email fscrc@frankston.vic.gov.au



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 or call 0482 691 444